



ISSN: 2456-0057
IJPNPE 2018; 3(2): 1094-1095
© 2018 IJPNPE
www.journalofsports.com
Received: 22-05-2018
Accepted: 23-06-2018

Surender Kumar
Research Scholar, Dept. of
Physical Education, CDLU,
Sirsa, Haryana, India

Ravinder Pal Ahlawat
Professor, Dept. of Physical
Education, CDLU, Sirsa,
Haryana, India

Comparative study among physical fitness variables between the Government school boys and private school boys

Surender Kumar and Ravinder Pal Ahlawat

Abstract

Objective: The purpose of this study was to determine whether there was a meaningful relationship of physical fitness variables between government school boys and private school boys.

Methods: The AAHPER (1976) Youth Physical Fitness Test (Shuttle run and 50 yard Dash) was conducted on 200 school boys students ranging between 10 to 16 years boys in different schools from Government (N=100) area of Haryana. To compare the difference physical fitness variable between government school boys and private school boys t-test was computed with the help of SPSS Software. The level of significance chosen was .05.

Results: There were significant differences obtained between physical fitness of government school boys and private school boys. Researcher found the significant difference between government school boys and private school boys.

Keywords: Speed, agility, AAHPER fitness test

Introduction

Sports and physical education play an important role in human resource development. Games and other outdoor activities, properly planned and executed, promote social harmony, discipline and increased productivity. These activities develop in student's right attitudes and values and help them grow into balanced, integrated and healthy citizens. Participation in physical activities and sports is a fundamental right of every citizen. Physical education and sports are essential elements of educational processes which promote among the participants health, physical fitness and quality of life, besides producing top notch athletes / sportsmen.

Physical education which is commonly a part of the curriculum at school level includes training in the development and care of the human body and maintaining physical fitness. Physical education is also about sharpening overall cognitive abilities and motor skills via athletics, exercise and various other physical activities like martial arts and dance. Motor fitness is one of the major components of physical fitness and includes such elements as muscular strength, speed, agility, balance and co-ordination. These qualities are not as directly vital as cardio-respiratory fitness for general health but play several important direct and indirect roles both in functional health and performance capacity. Motor ability and motor fitness are essential top human development. When motor behavior in team and individual sport is highly coordinate, the team 'athletic ability' can be applied. The motor ability has a great effect on athletic performance. There is a positive inter relationship between traits of personal and social adjustment and level of motor correlated. The speed of performance is a rather stable motor element. Moto skill learning will be effective in well-developed motor ability.

Sampling procedure

In this study, only those school students were selected, who had participated in minimum district level sports. The students falling under the age between 15 and 18 years were studied. The sports performance of the students was conformed from the physical education teacher.

Correspondence
Surender Kumar
Research Scholar, Dept. of
Physical Education, CDLU,
Sirsa, Haryana, India

Administration of Test and Collection of Data
According the manual of AAHPER physical fitness test

- 4 x 10 M. Shuttle Run: To measure agility.
- 50 Meter Dash: To measure speed.

Descriptive Statistics of 4x10 m. Shuttle

Table 1: Descriptive statistics of 4x10 m. Shuttle of Private School Students and Government School Students (in Second)

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean
Shuttle run	Private	100	10.93	0.88	.088
	Gov	100	10.09	0.58	.058

Table no.1 indicates the values of descriptive statistics of the private school students and government school Students for Shuttle run, which shows that the mean and S.D. values of Private School students and Government School Students are found to be 10.93±0.88 and 10.09±0.58 and S.E.M values of the private school students and government school Students were found to be 0.88 and 0.58 respectively.

Table 2: t-test description of Private School Students and Government School Students value of shuttle run

Variable	Groups	df	t-value	Sig.
Shuttle run	Private School Students- Government School Students	198	8.02	.00

The t-test value of shuttle run of private school students and government school Students is shown in table-2. As shown in the table the government school students were significantly higher agility ($t=8.02, p<0.05$) than the private school students. There was significant difference in physical fitness variable agility between private school students and government school Students.

Descriptive Statistics of 50 m. Dash

Table 3: Descriptive statistics of 50 m. Dash of Private School Students and Government School Students (in meter)

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean
50 m. Dash	Private	100	9.11	1.05	.105
	Gov	100	7.87	.93	.09

Table no.3 indicates the values of descriptive statistics of the private school students and government school Students for 50m dash, which shows that the mean and S.D. values of Private School students and Government School Students are found to be 9.11±1.05 and 7.87±0.93 and S.E.M values of the private school students and government school Students were found to be 0.105 and 0.09 respectively.

Table 4: t-test description of Private School Students and Government School Students value of 50m dash (in second)

Variable	Groups	df	t-value	Sig.
50m dash	Private School Students- Government School Students	198	8.8	0.02

The t-test value of 50m dash of private school students and government school Students is shown in table-4. As shown in the table the government school students were significantly higher speed ($t=8.8, p<0.05$) than the private school students. There was significant difference in physical fitness variable speed between private school students and government school Students.

Results and Discussion

The data collected by adopting above procedure were statistically analyzed. The results are presented in the following tables. For testing the significance in Shuttle run and 50 yard Dash, the level of significance chosen was .05. The Comparison of agility and speed between government school boys and private school boys. The data pertaining to the same is presented in Table 1.

Discussion

There was significant difference in physical fitness variable speed and agility between private school students and government school Students. After finishing research, Researcher found that keeping the government school students of high physical fitness level comparison than the private school students.

Conclusion

In the light of the findings and limitations of the present study the following conclusions were drawn: There was significant difference obtained on 50-yard Dash between Private school boys and government school boys. There were also significant differences obtained on shuttle run between Private school boys and government school boys.

Reference

1. Barnes JI, Schilling BK, Falvo MJ, Weiss LW, Creasy AK, Fry AC. Relationship of jumping and agility performance in female volleyball athletes. Journal of strength and conditioning research. 2007; 21(4):1192-1196.
2. Dumith SDC, MR Jr Azevedo, Rombaldi AJ. Health-related physical fitness in students from elementary school of Rio Grandedo Sul, Brazil Revista Brasileira de Medicina do Esporte. 2008; 14(15):454-459.
3. Yobu A. Test, Measurement an Evaluation in Physical Education and Sports, New Delhi: Friends Publication, 2010.
4. Rousanoglou EN, Georgiadis GV, Boudolos KD. Muscular strength and jumping performance relationships in young women athletes. Journal of strength and conditioning Research. 2008; 22(4):1375-1378.
5. Tahir P Hussain. Anthropometry in Physical Education and Sports, New Delhi: Sports Publication, 2011.