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Savsingh Chouhan

School of Physical Education,  
DAV Indore, Madhya Pradesh,  
India

## Comparative study of physical fitness between rural and urban girls of Madhya Pradesh

Savsingh Chouhan

### Abstract

**Background:** Health is a very important aspect of every person's life. If the human being does not have good health, he or she is unable to perform any kind of activity. Physical fitness is to the human body what fine – tuning is to an engine.

**Objectives of the study:** 1. To characterizes the physical fitness of rural and urban girls of Madhya Pradesh. 2. The second objective of the study was to compare the physical fitness of rural and urban girls of Madhya Pradesh.

**Materials and Methods:** Randomly selected five hundred rural and five hundred urban girls of Madhya Pradesh and the age group of the subject from 13-18 years.

**Conclusions:** The Significant difference was found between Urban and Rural Girls of Madhya Pradesh in relation to Physical fitness. Rural Girls of Madhya Pradesh were having greater Physical fitness in comparison to urban girls of Madhya Pradesh.

**Keywords:** Physical fitness, rural and urban girls

### Introduction

Health is a very important aspect of every person's life. If the human being does not have good health, he or she is unable to perform any kind of activity. Physical fitness is to the human body what fine – tuning is to an engine. It enables us to our potential. Fitness can be described as a condition that helps up look, feel and do our best. More specifically, it is: “The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well-being. The physical fitness is the sum total of five motor abilities namely speed, strength, endurance, flexibility, and co-coordinative abilities. Therefore, the sports depend to great extent on these abilities.

### Objectives of the study

- To characterize the health status of health status between rural and urban girls of Madhya Pradesh.
- The second objective of the study was to compare the health status of rural and urban girls of Madhya Pradesh.

### Material and Methods

To conduct this study of randomly selected five hundred rural and five hundred urban girls of Madhya Pradesh. The age range of the subjects was between 13-18 years. The criterion measures of study were the scores obtained from Modified AAPHER youth fitness test.

### Results, Discussion and Conclusions

The data pertaining to Modified AAPHER youth fitness test of five hundred rural and five hundred urban girls of Madhya Pradesh was analyzed by Descriptive Statistics, and comparison was made by an independent t-test.

The comparison of Physical Fitness of 500 urban and 500 rural girls have been presented by T-test in table -1.

Corresponding Author:

Savsingh Chouhan

School of Physical Education,  
DAV Indore, Madhya Pradesh,  
India

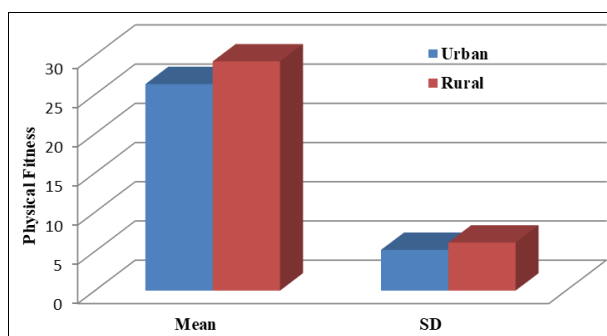
**Table 1:** Comparison of Physical Fitness between Urban and Rural Girls of Madhya Pradesh

Variable	Category	N	Mean	MD	df	t
Physical fitness	Urban	500	26.33	2.88	998	8.04*
	Rural	500	29.22			

Tab. 't' at 998 degree of freedom= 1.96

Table-1 reveals that there is a significant difference found in Physical Fitness between Urban and Rural Girls of Madhya Pradesh. Since, the calculate *t* value (8.04) is greater than the tabulated *t* value (1.96) at 0.05 level of significance. Hence, It is seems that the Physical Fitness of Rural Girls (M= 29.22) is found to be better than the Urban Girls (M= 26.33) of Madhya Pradesh.

**The Graphical Representation of comparison of means of Physical Fitness between Urban and Rural Girls of Madhya Pradesh has been presented in figure 1**



**Fig 1:** Graphical Representation of Mean and SD of Physical Fitness of Rural and Urban Girls of Madhya Pradesh

### Discussion of Findings

The result of the present study shows that significant difference was found between rural and urban girls of Madhya Pradesh in relation to Physical Fitness. Rural Girls were having greater Physical Fitness in Comparison to Urban girls, this might be due to that rural girls do hard work at their home. They do not only work their home but also involved physical activity related to sports and games.

Kanwar Mandeep Singh (2016) compare the physical fitness of the rural and urban children from Punjab. Total 360 children (180 rural and 180 urban) of age between 12 to 17 years were selected to participate in the study. All the subjects were measured for various physical fitness components concluded that rural children were having greater Physical Fitness, the present study was supported by the study conducted by Kanwar Mandeep Singh (2016).

Narges Aliniya (2015) compare physical fitness relevant to performance and skill between urban and rural students in Astra city. Out of two urban and rural schools, 270 urban students and 158 rural students were selected from fourth, fifth and sixth grade of element Aryl School. The physical fitness tests were taken from urban and rural students in same condition. The tests were included: flexibility, cardio – respiratory endurance, muscular endurance, muscles of the shoulder girdle, agility, speed, explosive power and BMI. Descriptive (average, standard deviation) and inferential statistics (independent t- test) were used for data analysis. The results of the study indicated that in all measured parameters there were significant difference between rural and urban students ( $p < 0.05$ ). Rural students were stronger than urban students. The life style of rural children likely was the best reason for their better physical fitness. The present study was

supported by the study conducted by Narges Aliniya (2015).

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