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**Shashi Kant Yadav**  
Research Scholar,  
Department of Physical  
Education, Banaras Hindu  
University, Varanasi,  
Uttar Pradesh, India

**Dr. T Onima Reddy**  
Associate Professor,  
Department of Physical  
Education, Banaras Hindu  
University, Varanasi,  
Uttar Pradesh, India

## Comparison of agility between government and non government school

**Shashi Kant Yadav and Dr. T Onima Reddy**

### Abstract

In the present study, an attempt has been made to compare physical fitness namely agility between students belonging to government and non government school. The study is carried out on 40 male students, 20 students of Kashishwar inter collage Lucknow and 20 students of st. John vianney school of Lucknow. Subject was selected from 7th standard within the age group of 13 to 16 years from govt. and non govt school. The data was collected by application of tests like shuttle run. The data are analyzed and compared with the help of statistical procedures in which arithmetic mean, standard deviation (S.D), standard error of mean (SEM), t- test were employed. Government school students were found to be superior in Agility.

**Keywords:** Physical fitness, government school, non government school, agility

### Introduction

Concept of physical fitness is as old as humankind. Throughout the history of mankind physical fitness has been considered an essential element of everyday life. The ancient people were mainly dependent upon their individual strength, vigor and vitality for physical survival. This involved mastery of some basic skill like strength, speed, endurance, agility for running, jumping, climbing and other skills employed in hunting for their livings.

Over the past four decades, there has been an increase in the prevalence of overweight and physical fitness deterioration in adult across all genders, ages and racial/ethnic groups (Ichinohe *et al.* 2004). The negative effects of degraded physical fitness on both the individual and society are serious and multi-dimensional. It can cause many risk factors to health including coronary heart disease, certain forms of cancer, diabetes, hypertension, stroke, gall bladder diseases, osteoarthritis, respiratory problems, and gout is associated with increases in all-cause mortality (Cataldo 1999). In adults, relationship among physical activity, health related fitness, and health are fairly well established (Boucherd and Shepherd 1994).

Low levels of physical activity and cardio-respiratory fitness are both associated with higher risk of all cause and disease specific mortality (Thune *et al.* 1998). Physical fitness is the ability to perform daily activities willingly and actively. Physical fitness includes not only components of sports but those of health as well.

Regular physical activity prevents or limits weight gain, and gain in body mass index (BMI) (Kyle *et al.* 2001) Every person has a different level of physical fitness which may change with time, place of work situation and there is also an interaction between the daily activities, and the fitness of an individual, the point if where to put the level of optimum fitness. From the physiological point of view physical fitness may say to be ability at the body to adopt and recover from strenuous exercise. Chaudhary (1998) studied the difference in physical fitness of urban and rural students studying in Yekatite 25/67 and Homecho secondary school.

### Objective of the Study

The objective of this study is to compare the agility between government and non government school Students.

**Correspondence**  
**Shashi Kant Yadav**  
Research Scholar,  
Department of Physical  
Education, Banaras Hindu  
University, Varanasi,  
Uttar Pradesh, India

## Methodology

### Selection of Subject

In this study to compare the agility between government and non government school; the subject was selected from 7<sup>th</sup> standard within the age group of 13 to 16 years from govt. and non govt school. Twenty male students from government school and twenty male students from non government school were selected as the subject from Lucknow. The purposive sampling technique was used for collection of the data.

### Selection of Variables

The agility was selected as a variable for the present study.

### Criterion Measure

Agility was measured with the help of 4 x 10 meter shuttle run test.

### Administration of the Test

To measure agility between government and non government school, 4x10m shuttle run test was conducted on the subjects for the present study. Each student was given two times and best time is recorded.

### Statistical Analysis

The collecting data were calculated by using independent 't' test and level of significance was set as 0.05 level.

**Table 3:** The mean and standard deviation of obtaining data belonging to motor fitness item of agility as measured by 4x10m test of shuttle run of government and non government school was presented in following table.

No.	Group	Number	Mean	S.D.	SEM	't' value
1	Govt School	20	17.44	1.46	0.25	0.22
2	Non Govt School	20	18.39	1.41	0.20	

No Significant Difference:  $t$  at 0.05 (98) = 1.98

Analysis of the table 3 shows that the mean and standard deviation values on the agility variable for government and non government school students were recorded as 17.44, 1.46 and 18.39, 1.41, respectively. Therefore, the government students have performed slightly better than their non government counterparts.

## Conclusion

Within the limitation of the present study the following conclusion were drawn on the basis of obtaining result. The results of the present study confirm that government school students are comparatively better than non government school students in agility.

## References

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## Result

Mean and standard deviation of the selected dimensions of government school students and non government school students were computed. Its results have been depicted in table 1 and table 2.

**Table 1:** Mean and standard deviation of government school students

No.	Variable	Mean	S.D.
1	Agility	17.44	1.46

S.D=standard division

Table 1 depicts that the mean and standard deviation values of physical fitness of government school students. The values of agility were recorded as 17.44 and 1.46, respectively.

**Table 2:** Mean and Standard Deviation of non government school students

No.	Variable	Mean	S.D.
1	Agility	18.39	1.41

S.D=standard division

Table 2 depicts that the mean and standard deviation values of physical fitness of non government school students. The values of agility were recorded as 18.39 and 1.41 respectively.