



ISSN: 2456-0057  
IJPNPE 2019; 4(1): 1070-1072  
© 2019 IJPNPE  
www.journalofsports.com  
Received: 19-11-2018  
Accepted: 22-12-2018

**Bhubneshwar Singh**  
Research Scholar, Sant Baba  
Bagh Singh University, Punjab  
India

## A study on selected physical fitness components of government and private school going teenagers

**Bhubneshwar Singh**

### Abstract

The purpose of current study was to ascertain variations of physical fitness parameters between Government and private school going teenager. Total 30 boys' students (n=30) had been selected for current study from different government schools of Jammu district, their age ranged between 14-18 yrs. All the subjects were intimated about the procedure and methodology of the study and they were agreed to participate in this study. The subjects were gone through different physical fitness test. The subjects were assessed on speed by 50yd dash, explosive strength by standing broad Jump, flexibility by sit and reach test, muscular endurance by sit ups. T-test was used to find the difference between both groups. To test the hypothesis, the level of significance was set at 0.05. The results of the study revealed that the government students found better than private school in the component of muscular endurance. Whereas, private schools found better in speed and explosive strength and no significant differences found in the components of flexibility.

**Keywords:** Physical fitness, private, government, teenager

### Introduction

Human attention towards physical education is pretty old and fitness has been a main concern of physical educationist. Even medical discipline got attracted to the field of physical education due to their curiosity in physical fitness. It was due to better knowledge of the functioning of human body that medical specialist became the early promoter in the field of physical education (Kansal 2012) <sup>[5]</sup>. Physical fitness is a state of health and well-being and, more specifically, the ability to execute aspects of sports, job and routine activities. Physical fitness is generally attained through proper nutrition, moderate-vigorous physical exercise, and adequate rest (Das 2017) <sup>[6]</sup>. Modern day schools have recognized the challenge of current society to develop the total capacity of each child, so that in adulthood, the child will be furnished with the knowledge, judicial thinking processes, physical endurance and emotional development to live efficiently in an ever changing and highly complex society (Adegun, 2008) <sup>[1]</sup>. Physical Activity is any bio- movement produced by skeletal muscles resulting in a considerable increase in energy expenses (Bouchard and Shephard, 1994) <sup>[2]</sup>. Wide evidence state that physical fitness levels in children and teenagers are reflector of their standard of living and their cardio-vascular health status and are the forecasters of the probable threat of chronic ailments such as obesity, cardio-metabolic problems, physiological and psychological health (Ramos-Sepúlveda, 2016) <sup>[3]</sup>. It has been a well established fact that physical fitness is proportionally correlated with enhanced health outcomes in children. Moreover, it has a contrary relationship with overweight among adolescents. Physical fitness influences the total person their mental ability, emotional stability, physical toughness and anxiety levels. The main stress in physical fitness consists of proper medical care, the right kinds of food in appropriate amounts, good oral hygiene, sufficient physical activity that is personalized to individual needs and proper amounts of rest and relaxation. (Milanese *et al.* 2010) <sup>[4]</sup>. Many studies have been conducted to find out particular physical and physiological characteristics of athletes in a variety of sports. For example, with respect to team and individual sports, playing position has been studied in Basketball, hockey, football, netball, and handball.

**Correspondence**  
**Bhubneshwar Singh**  
Research Scholar, Sant Baba  
Bagh Singh University, Punjab  
India

**Methodology**

For the aim of current study, total thirty (30) students were selected. The age of boys students ranged between 14 to 18 years. The subjects were selected from district Jammu, Jammu and Kashmir. For data collection, the researcher has gone through the various schools took consents from principals and administrate various tests.

**Selection of the Variables**

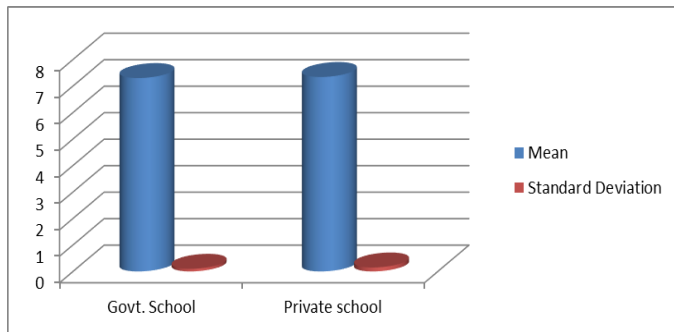
**Table 1:** Physical Fitness Components and Test

S.No.	Physical Fitness Component	Test
1	Speed	50yd Dash
2	Explosive Strength	Standing Broad Jump
3	Flexibility	Sit And Reach Test
4	Muscular Strength endurance	One Minute Sit-Ups Test

**Result and Discussion**

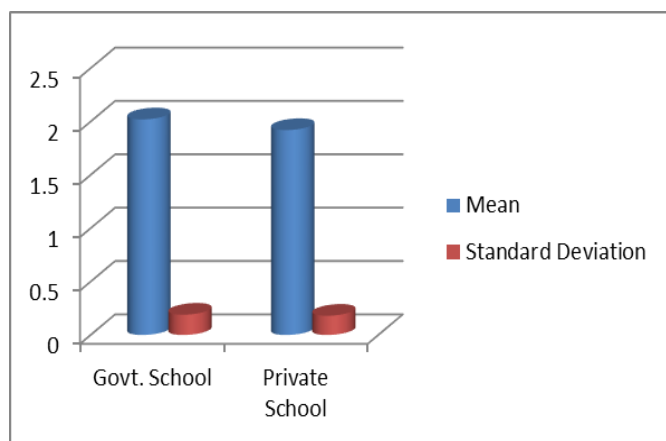
**Table 2:** Descriptive statistics of selected variables for government and private school going teenagers

S. No.	Variables	Mean		Standard Deviation		t'-value
		Govt. School	Private School	Govt. School	Private School	
1	Speed	7.30	7.34	0.10	0.15	0.86
2	Explosive Strength	2.02	1.92	0.19	0.18	1.47
3	Flexibility	18.46	17.86	2.16	1.96	0.98
4	Muscular Strength endurance	35.8	33.40	2.68	2.44	2.56



**Graph 1:** Shows that the mean of the speed of Government and private school going teenager are 18.46 and 7.34 respectively.

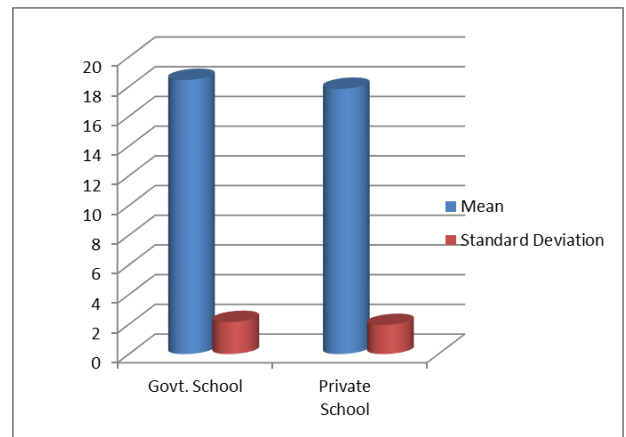
Graph- 1 shows that the mean of the speed of Government and private school going teenager are 18.46 and 7.34 respectively. Whereas standard deviation of the speed of Government and private school going teenager are 0.10 and 0.15 respectively, 't' value is. 86. The result reveals that no statistically significant difference in speed found between Government and private school going teenager.



**Graph 2.** Shows that the mean of the Explosive Strength of government and private school going teenager are 2.02 and 1.92 respectively

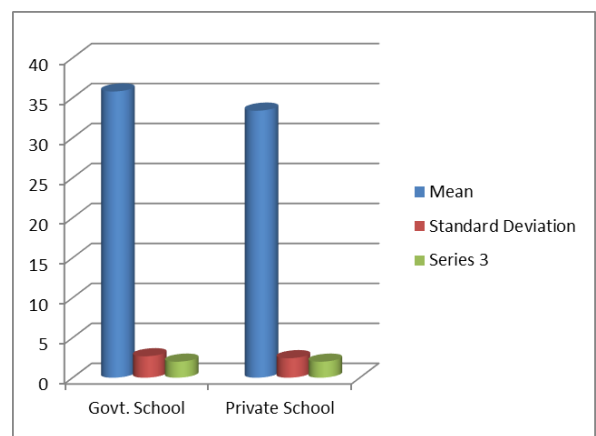
Graph- 2 shows that the mean of the Explosive Strength of government and private school going teenager are 2.02 and 1.92 respectively. Whereas standard deviation of the speed of government and private school going teenager are 0.18 and 0.19 respectively, 't' value is 1.47. The result reveals that no

statistically significant difference in Explosive Strength found between government and private school going teenager.



**Graph 3:** Shows that the mean of the Flexibility of government and private school going teenager are 2.02 and 17.86 respectively.

Graph- 3 shows that the mean of the Flexibility of government and private school going teenager are 2.02 and 17.86 respectively. Whereas, standard deviation of the speed of government and private school going teenager are 2.16 and 1.96 respectively, 't' value is 0.98. The result reveals that no statistically significant difference in Flexibility found between government and private school going teenager.



**Graph 4:** Shows that the mean of the Muscular Strength endurance of government and private school going teenager are 35.8 and 33.40 respectively.

Graph- 4 shows that the mean of the Muscular Strength endurance of government and private school going teenager are 35.8 and 33.40 respectively. Whereas, standard deviation of the speed of government and private school going teenager are 2.68 and 2.44 respectively, 't' value is 2.56. The result reveals that statistically significant difference in Muscular Strength endurance found between government and private school going teenager.

### Conclusion

The investigator analyzed the collected data as per the aim of study. The statistical analysis of physical fitness components shows that in the components such as speed, Flexibility, Explosive Strength and there were no significant difference between government and private school going teenager. However there was significant difference in the component of Muscular Strength endurance strength between government and private school going teenager. Similar results were founded in the study carried out by Das (2017) <sup>[6]</sup> A study on selected physical fitness components of rural and urban school going adolescent students. The differences in physical fitness parameters between government and private school going teenager may be due to difference in social economic status, students' attitude towards sports, etc.

### References

1. Adegun JA. Body Composition and physical performance of preadolescent males. *Pakistan Journal of Social Sciences*. 2008; 5(2):160-164.
2. Bouchard C, Shephard RJ. Physical activity, fitness and health: the model and key concepts, international proceedings and consensus statement. *Human Kinetics Champaign, Illinois*. 1994, 77-88
3. Ramos-Sepúlveda JA, Ramírez-Vélez R, Correa-Bautista JE, Izquierdo M, García-Hermoso A. Physical fitness and anthropometric normative values among Colombian Indian schoolchildren. *BMC Public Health*. 2016; 16:962. doi: 10.1186/s12889-016-3652-2.
4. Milanese C, Bortolami O, Bertucco M, Verlato G, Zancanaro C. Anthropometry and Motor Fitness in Children Aged 6-12 Year. *Journal of Human Sport and Exercise*. 2010; 5(2):265-279.
5. Kansal Devinder K. *A Practical Approach to Test Measurement and Evaluation*. New Delhi: sports and spiritual Science Publications, 2012.
6. Das Debasis. A study on selected physical fitness components of rural and urban school going adolescent students. *International Journal of Physiology, Nutrition and Physical Education*. 2017; 2(2):05-06.