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## A comparative study of selected physical fitness variables between Kendriya Vidyalaya and Convent School Students of Uttar Pradesh

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### Abstract

The purpose of this study was to compare the physical fitness variable (speed, agility, cardio vascular endurance, explosive strength & strength endurance) between Kendriya Vidyalaya and Convent school students of Uttar Pradesh for which 196 students (98 from kendriya Vidyalaya & 98 convent school) were randomly selected from various schools of U.P. having age ranged between 12 to 16 years. The tests used to measure physical fitness variables were 50 mt dash, 4x10 mt shuttle run, 600 run/walk, S. B. J. Pull-ups & sit-ups respectively. The mean difference of physical fitness variables between Kendriya Vidyalaya and Convent school students was tested for significance by t-test. The level of significance was fixed at 0.05 level of confidence. There was significant difference found in physical fitness variables between kendriya Vidyalaya & convent school.

**Keywords:** Physical fitness variables, kendriya vidyalaya convent school & students

### Introduction

This is noticeable that efficient citizens are a nation's real asset and weak citizens are its amenableness. Hence, it is the responsibility of every country to promote the physical fitness of its citizens because physical fitness is the basic requirement for most of the tasks performed by a person in his daily life. If a person's body is underdeveloped or has become soft or inactive and if he fails to develop physical strength, he is reducing his capacity to think and work, which is important for his own life and society. There is an emerging demand for physically healthy citizens. In peace or war, a healthy nation is an efficient and productive nation.

The world's greatest thinkers and philosophers have advocated the importance of physical fitness for mankind, with the Greek philosopher Aristotle emphasizing physical fitness and the harmony of body and mind.

Indian philosopher saint Swami Vivekananda advocated that our country needs muscles of iron and nerves of steel. He further said that first our youth have to be strong, religion will come after that. The ancient Indian system of yoga practice emphasizes physical well-being in addition to mental and spiritual attainments. Ramayana and Mahabharata testify that physical fitness was given great importance during this period.

After achieving independence in 1947, the Government of India felt the need to start the Physical Fitness Scheme, which was started in the year 1959 to increase the physical fitness status of the Indian youth, thereby making the youth in the country fitness conscious and active, can be included in some kind of program which will not only motivate children to participate in some kind of fitness activities but will also evaluate the fitness status of the youth by developing fitness criteria. This scheme was called National Physical Fitness Program.

Subsequently with the establishment of SAI at the national level fitness schemes like jogging clubs, sponsored races, neighborhood communities (Bharatiyam) were merged with the National Physical Fitness Program to make it more interesting and comprehensive.

### Methods and Materials

To achieve the aim of the study total 196 secondary school students (98 students from

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Kendriya Vidyalaya & 98 from Convent school) were selected as subjects at randomly from different school of Uttar Pradesh. Subjects were male students only. Their age ranged between 12 to 16 years.

### Aim of the study

The aim of the study was to compare the selected physical fitness components between kendriya Vidyalaya and convent school students of Uttar Pradesh.

### Selection of variables

Among the physical fitness variables speed agility cardio vascular endurance explosive strength & strength endurance were selected as variables. The tests used to measure physical fitness variables were 50 mt dash, 4x10 mt shuttle run, 600 run/walk, S. B. J. Pull-ups & sit-ups respectively.

### Scoring

For speed, time taken by the subject to run 30 mt. dash was recorded to the nearest 1/10<sup>th</sup> of a second, for agility, time taken by the subject to perform 4x10 mt. Shuttle run was recorded to the nearest 1/10<sup>th</sup> of second, two trials were done for the shuttle run and the best between the two was recorded. For explosive strength the distance covered by the subject in standing broad jump was recorded. Three readings were taken and the best one was recorded in mts., for cardio vascular endurance total time taken to cover the distance, recorded in mints and to the nearest 10<sup>th</sup> sec was the score of the performer, for strength endurance (abdominal muscle) the max. No of sit ups completed in 60 sec. was the score of the subject and for (arm) no of times the subject pulled himself up correctly was his score.

### Statistical technique

The mean difference of physical fitness components between kendriya Vidyalaya and convent school was tested for significance by t-test. The level of significance was fixed at 0.05 level of confidence.

**Table 1:** Significance of difference between Kendriya Vidyalaya and Convent school students on physical fitness variables.

Variable	Group	Mean	S.D.
Physical fitness	Kendriya Vidyalaya	54.77	19.52
	Convent school	50.35	11.35

Significant at 0.05 level of confidence  $t @ d. f. (198) = 1.97$

**Table 2:** Significance of difference between Kendriya Vidyalaya and Convent school students on physical fitness variables.

Variables	Mean difference	t-value
Physical Fitness	4.4668	2.225

### Result

The result of this study based on score obtained as response of Kendriya Vidyalaya and convent school students of U.P. The scores are statistically analysed in the term of mean, S.D., and t- test.

Table 1 and 2 indicate that there is significant difference in selected physical fitness variables between Kendriya Vidyalaya and Convent school students at 0.05 level of confidence with 198 degrees of freedom. The t- value required for significance is 1.97 and the obtained t-2.225 much than the required value.

### Conclusion

With the limitation of the present study, it is very clear that the children of Kendriya Vidyalaya are differ significantly from convent school of different secondary students as it may be the curriculum of Kendriya Vidyalaya for Physical Education and sports are wider than Convent School. The student of Kendriya Vidyalaya is more active as compare to convent school children as well as curriculum at daily routine in term of Physical Fitness activity.

### Recommendation

In my opinion, it is strongly recommended that the curriculum of Convent school should be consisting of physical fitness Physical Education Programme and Sports activity, so that physical fitness should improve.

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