



## Comparative Study of Physical Variable Speed, Flexibility and Agility of School Level Athletes of Urban and Rural Areas

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### ABSTRACT

The purpose of the present study was to compare the selected physical variable speed, flexibility and agility of school level Athletes of urban and rural areas. Total 60 Athletes (30 from urban area and 30 from rural area) male Athletes from Sonapat district were selected for this study. Their ranged between 13-17 years. Apher Youth physical fitness test was utilized to measure speed, flexibility and agility components of Athletes. It was hypothesized that no significant difference would be found between selected physical variable of urban and rural athletic Athletes. For analysis of the data mean & SD were calculated and to examine the significance difference between the group mean of different physical fitness variables 't' test was applied and level of confidence was set at 0.01 level. Study concluded that significant difference found between the mean of selected physical variables such as speed, (50 mts. dash test), Flexibility (Bend and Research test), and Agility (Zig-Zag run) of school level Athletic Athletes of urban and rural areas.

**KEYWORDS :** Physical fitness, speed, agility, flexibility

### INTRODUCTION;

Physical activity is an important ingredients in the quality of life, when we do physical activity or physical exercise, blood will circulate in all the parts of our body even for brain nerves system also very effectively so that our concentration capacity as well as memory capacity will be improved much better because it increases energy and promotes physical, mental and psychology well being. Through systematic training programme one can improve both physical and mental fitness. Most physical movements incorporate the elements of force quickness duration complexity and range of motion to a certain extent further it can distinguish individual motor aspects and physical logical comments such as speed, strength and endurance.

### ATHLETICS:

Infact, athletic is the eldest form of organized sport in the world human beings have been doing the activities of athletics such as running, jumping and throwing etc. from the ancient period. These activities were used to be essential for their survival because in the absence of such activities, hunting an animal, saving oneself from the attacks of wild animals or fighting with the enemies was very difficult. The Egyptians used to take part in running activities in 3500 B.C. but the Greeks, were the people who laid the foundation stone of athletics. Indeed, these people understood the importance of such activities exactly and therefore, they included these activities in their first Olympiad in 776 B.C. the name "Track and Field" for athletics was started in England in 1800 A.D.

### URBAN AREA

It is the segments other than rural area of Haryana and it is spread over the District headquarter, big cities, main subdivisions and few leading kasbas (mini-cities). Haryana State is one of the leading and prosperous state of India, born in 1966 after the division of Punjab. It is situated on the north side of India adjoining to Delhi, Rajasthan, Punjab, Uttar Pradesh and Himachal Pradesh of India. House dictionary explains the word urban means city or town. here investigator is concern with urban area under Municipal Corporation Committee.

### RURAL AREA

As per the latest census, 60% of the total geographical area of Haryana is rural area and 70% of the total population of Haryana living in rural area. This section has economically, socially and politically, rural background the rural definition has of Haryana.

### PURPOSE OF THE STUDY:

Purpose of the study was find out the comparison of selected physical fitness variables of school level athletic of urban and rural areas.

### SIGNIFICANCE OF THE STUDY:

1. The result of the study would provide knowledge about the difference in Physical fitness variable between urban and rural area school athletic.
2. The study will help the physical education teachers, coaches and

trainers to prepare training schedule for producing athletic.

### LIMITATIONS:

The following limitations are not considered while interpreting the result of the study. The previous experience of the subjects in the field of sports and games was not considered. Psychological factors, food habits, life style could not be controlled.

No special motivation could be given for the subject during testing and instruction period.

### METHODOLOGY:

#### Selection of subject:

Total 60 students were selected for this study, 30 athletes from rural area and 30 athletes from rural area of Sonapat districts.

#### Selected of Variable:

Speed	50mts. Dash test
Flexibility	Bend & Reach Test
Agility	Zig-Zag Run

### TEST:

For measurement of selected physical variable speed, flexibility and agility of school level athletic athletes of urban and rural areas. 50 mts. dash test bend and reach test and zig-zag run test was utilized. Data of subject's were collected to attain the objectives of the present study.

### STATISTICAL PROCEDURE:

For analysis of the data collected from 30 urban and 30 rural Athletic athletes of school level. Mean and standard deviation was computed. Comparison was made on the basis of activity i.e. rural and urban. For this purpose 't' test was applied for testing the hypothesis the level of confidence was set at 0.05 level of significance.

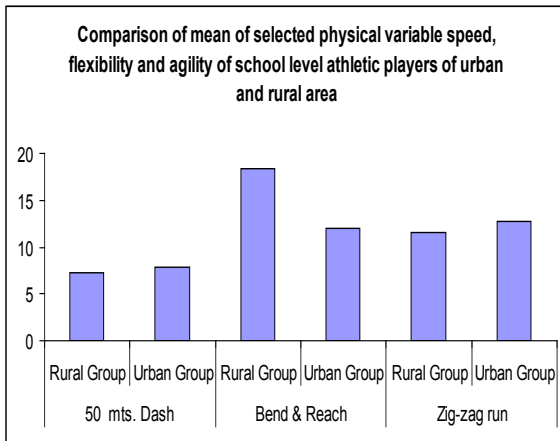
### DISCUSSION AND FINDINGS:

Table 1 shows the comparison of means of selected physical fitness variables of school level athletic athletes of urban and rural areas. In 50 mts. dash mean value of rural areas athletic athletes is 7.21 urban areas athletes is 7.91 in Bend & Reach mean value of rural area athlete is 18.40 and urban areas athletes is 11.97 In Zig-zag run mean value of rural Athletes s is 11.53 and urban areas Athletes s is 12.80.

**Table No.1 Comparison of mean of selected physical variable speed, flexibility and agility of school level athletic Athletes s of urban and rural Athletes s.**

Components	Group	Mean (Sec.)	S.D	t
50 mts. Dash	Rural Group	7.21	0.403	6.40*
	Urban Group	7.91	0.411	
Bend & Reach	Rural Group	18.40	4.48	4.71*
	Urban Group	11.97	5.77	
Zig-zag run	Rural Group	11.53	0.477	12.72*
	Urban Group	12.80	0.497	

\* Significance Of 0.01 Level



**Fig. No. 1**

There is significant difference found between the means of selected physical fitness variables Speed (50 mtr dash), Flexibility (bend & Reach) and Agility (zig-zag run) of school level athletic Athletes s as "t" value required to be significant is 1.98 and calculated value si more to tabulated value.

**CONCLUSION:**

Significant difference found between the mean of selected physical fitness variables speed, flexibility and agility of school level athletic Athletes s of rural and urban areas. Mean value indicated that in 50 mtr dash (speed, bend & reach and zig-zag run) rural athletic Athletes s are better that urban areas Athletes s.

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