

Comparative Study of Physical Fitness Components Of School in Relation to Their Socio-Economic Status



Physical Education

KEYWORDS : Physical fitness, strength, endurance, speed, agility, flexibility, Agility, High Socio-economic status & low socio-economic status

Gulshan Kumar

Asstt. Professor, MGKM Shahi Sports college of education, Jhakroudi Samrala Ludhiana(Punjab)

Sunil Kumar

DPE, Govt. Sr. Sec. School, Sonipat (Haryana)

ABSTRACT

The purpose of this study was to compare the physical fitness components of school boys of different socio-economic status. A total of 60 students were selected (30 from high socio-economic & 30 from low socio-economic status) from different school of Sonapat district of Haryana. In this study the Physical fitness of the school boys has studied in term of Endurance, strength, speed, agility & flexibility. The five elements of Physical fitness were studied with the help of different tests. The present study have been analyzed with the help of mean, SD, SEM and the comparison between the group was done with the help of 't' ratio. The study revealed that on the basis of 't'-test applied the finding of the study calculated the high and low socio-economic status boys shows no significant difference in possessing the Endurance, Strength, Speed & Agility. But shows significant difference in possessing the flexibility. The level of confidence was sat at 0.05 level.

INTRODUCTION :

In simple word physical fitness is the capacity to do prolonged and hard work, and to recover the same state of health in a short duration, which amount to low much degree of strength, speed, agility, flexibility, power & co-ordination one possesses.

Most authors define physical fitness as the capacity to carry out every day activities (work and play) without excessive fatigue and with enough energy in reserve for emergencies. Its various components are as under:

- Endurance
- Strength
- Speed
- Flexibility
- Agility

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.

In this modern age or electronic age, a lot of stress is laid down upon athletic activities in comparison to the yester decades now a days, every nation wants to ameliorate its reputation. Now days, the coaching and training of athletics events have become highly sophisticated and scientific. The competitions in the athletics have become universal. Every nation tries hard to produce excellent athletes, who could win the laurels for their countries at international level competitions. Such types of achievements have become the prestige of every country.

SOCIO-ECONOMIC STATUS:

Socio-economic status in terms of primary education and characteristics is determined through vocation, income, and wealth home, and its location, education activities and association.

For the purpose of this study, socio-economic status is the status that an individual gets in this society by virtue of meeting certain norms of jobs, income, caste, education, possession of consumer ar-

ticles, etc. indicative of his ranking in the hierarchy of social scale and economic level.

Socio economic means pertaining to both social and economic conditions or phasers. it indicates the social and economic background of the family of an individual. This includes socio education, occupational, cultural and financial status of the parents. It gives a clear picture of the socio and economic status of the person in a particular group.

In the International Dictionary, (1959) of education socio-economic status has been defined as person's position in any given group, society or cultural as determined by wealth, occupation, education and social class: according to Funk and wag Nail, (1974) is new standard Dictionary status define as made of existence as regards some special set of circumstances Good, (1959) define 'Socio economic status as the level indicative of both social and economic achievement of an individual or group'.

PURPOSE OF THE STUDY:

The purpose of the study was to find out the comparison of Physical fitness components of high socio-economic status and low socio-economic status of school level athletes.

HYPOTHESIS:

There exists significant difference in physical fitness between high and low socio-economic status of male athletes

METHODOLOGY

SAMPLE: Sample was important process in research work, especially where the researcher has to collect the data from limited or particular population. The study was conducted on 60 boys (30 high socio-economic & 30 low Socio-economic status) from different schools of sonipat.

Test: for the collection of data required for the study the investigator has applied the following tests.

- 600 yard run/walk less for endurance.
- Standing broad Jump test for strength ability.
- 50mts Dash test for speed ability.
- Bend and reach test for measuring flexibility.
- Zig zag run test for measuring primarily agility and secondarily the speed.
- Social economic status questionnaires (constructed by Gyanender P Shrivastav) were used.

DATA ANALYSIS:

The present study have been analyzed with the help of mean, SD, SEM and the comparison between the groups was done with the help of t-ratio.

Table No.1
SIGNIFICANCE DIFFERENCE OF PHYSICAL FITNESS COMPONENTS BETWEEN HIGH AND LOW S.E.S OF ATHLETES DF=29

S. No.	Physical Fitness component	High Group		Low Group		“t” ratio	Level of Sing
		Mean	S.D	Mean	S.D		
1	Endurance	192.83	55.18	193.63	51.77	.109	N.S.
2	Strength	223.50	20.67	222.27	29.88	.262	N.S.
3	Speed	7.52	0.487	7.59	.585	.665	N.S.
4	Flexibility	16.77	5.42	13.60	6.34	2.718	Sign.*
5	Agility	12.15	0.732	12.17	.865	.136	N.S.

*Significant at 5% level= 2.04

*Significant at 1% level= 2.76

Table 1 shows the comparison of mean of selected physical fitness variables of school boys of high and low socio-economic status. In 600 yards Run/Walk mean value of high SES player is 192.83 and a 2000 SES players to 193.63. In standing broad jump mean value of high SES player is 223.50 and a low SES players is 222.27. In 50 mtr. dash mean value of high SES players is 7.52 and low SES player is 7.59. In bend & reach mean value of high SES players is 16.77 and a low SES players is 13.60. In Zig-Zag run mean value of high SES players is 12.75 and r low SES is 12.17.

There is significant difference found between the means of physical fitness variable flexibility (Bend & Rich) of school level athletes of different socio-economic status as “t” value required to be significant is 1.98 and calculated value is more tabulated value.

There is no significant difference found between the means of selected physical fitness components (Endurance (600 yard

run/walk) and strength (standing broad jump, speed (50 m dash) and Agility (Zig-zag Run) of school level athletes from different socio-economic status as “t” value required to be significant is 1.48 and calculated value is less compare to tabulated value.

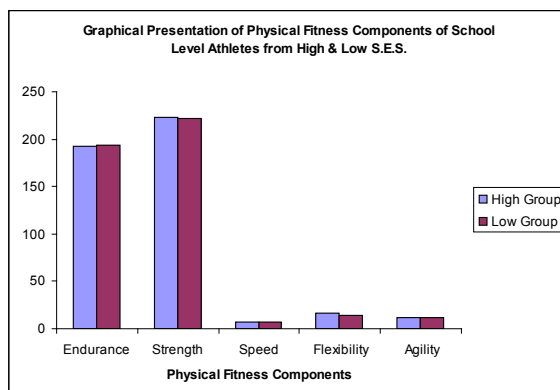


Fig. No.1

CONCLUSION:

Significant difference found between the means of selected fitness such as flexibility of school level athletics players of high and low socio-economic status. Mean value indicated that in flexibility (Bend & Reach) high socio-economic status athletic players are better than low socio-economic status athletic players. No significance found between the means of selected physical components Endurance (60 yard) strength (stanering scowet jump), speed (50 mt. dash) and Agility (Zig-zag Runs). Mean value indicates of Endurance, strength, speed & agility of high socio-economic status of athletic players

REFERENCE

- Robinson, M., Uppal, A.K., Thirumalla, G., Brar, T.S., "A Comparative Study of Physical Fitness of Elementary School Children of Defense And Defense Personal", SNIPES Journal Vol. 1 No.4, 1978 pp. 22-26. Sabharwal, Manoj "Comparative study of physical fitness of players participating in individual and team games". Unpublished M.Phil dissertation, Vinayaka Missions University, 2007 pp 37-65. Safrit, J.M., Evaluation in Physical Education Addressing Motor Behaviour Prentice Hall, Inc. Englewood Cliffs, New Jersey, First Edition 1973, pp 95-97. Scott, M.G. and French, E. "Measurement and Evaluation in Physical Education Dubuque Lowe, W.M.C. Brown Co-Publishers, 1959, pp 344-363. ' Shekhar, M.C., "A Comparative Study of Selected Physical Fitness Components of Football and Basketball Players". Unpublished Master's Thesis Jiwaji University, 1981. Sigereth, P.O., "Flexibility in Physical Fitness: An Introduction to Measurement in Physical Education". VOL 4 Ed. HJ. MONOTOYE, Indianapolis, Phepsilion Kapa Fraternity, 1970. pp.89.