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Research Paper

A Comparative Study of Motor Fitness of Rural and Urban High-School Boys of Raichur -Disrtict

Physical Education

KEYWORDS : Motor Fitness, Rural and Urban etc.

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ABSTRACT

It is common experience that rural high-school boys are better in motor fitness than urban high-school boys on account of their rigorous lifestyle. However, conflicting results have been reported in researches that were surveyed. Hence the objective of study was to investigate the motor fitness levels of rural and urban high school boys. A sample of 50-urban and 50-rural high school boys in the age group of 14-16 years were tested using "STANDARDISED OREGON MOTOR FITNESS TEST BATTERY" for the purpose. For data was subjected to simple 'T' test using SPSS V-21 statistical package. The study revealed that there existed a significant difference between urban and rural school-boys. The direction of difference was in favour of urban high-school boys. Therefore it was concluded that the urban school boys of Raichur district have higher level of motor fitness.

INTRODUCTION

Every individual on earth wants to be physically fit to carry out his day to day tasks or activities. These activities vary from sedentary office work to competitive sports. Physical fitness levels of these individuals depend upon the task and vice-versa. A person may do little to lengthen his life span but he can make efforts to make life to be full. For one would lead an effective and full life physically fitness at which he can live most effectively. The desirable elements of fitness cannot be discussed properly unit the question. Fitness for what? Is answered before our can plan wisely are must know the answer to this question "be it warm be it peace, be it a soft life or be it a hard one" the child grown to manhood can fit only into such a niche as demands no more in capacity then he possess.

Motor fitness provides capacity for activity. Motor fitness has been considered as one of the most important requirement of sports performance. Greater the motor fitness, better the endurance and precise the movement will be. Fitness improves general health and is essential for full vigorous living. The physically fit person has a proportionate and well developed body and his posture is usually good.

Physical fitness is recognized as important component of health and it is important for performance of functional activities and quality of life. Low physical fitness may result in high physical strain during the performance of activities. As a consequence activity level may decrease due to fatigue and discomfort thus result in lower physical fitness.

Urbanization influences the physical fitness of the men and women alike. Rural and urban environment there food, there way of living, culture influenced the growth and physical fitness of the girls and boys. Urban boys all facilities but not work, except perhaps going to school. On the other hand the rural boys are always in their domestic and field work along with the school education. May be this is one of the reason way the rural boys are perceived to be more physically fit.

Tanner (1989) found that children in urban areas to be usually larger and have more rapid tempo of growth than children in villages of the surrounding countryside. This was perhaps due to better nutrition, affluence and psychological liberation.

Choudhary(1998) studied the deference in physical fitness of rural and urban students in the class 9th and 10th and found that rural students were batter in physical fitness than urban students. However, over the past one decade, both urban and rural India has undergone a considerable change.

In summary we may say that rural; boys are more physically fit than urban boys because in urban areas unlimited facilities are available the needs of the boys are met very easily. On other hand the rural boys are always busy in the domestic works. In some villages physical education facilities are also not available. The boys are required to go the school physical education facilities also not available. The boys are required to go the by bus or by walk. Thus these activities purportedly result in better physical fitness of rural boys.

However if we compare the motor fitness of the rural and urban high school boys we can find that urban high school boys are more attitude towards physical education than rural boys because new technology, quilting physical education teachers and as a compulsory subject in all schools good sports facilities' provided by the urban schools. Additionally urban boys take good nutrition food, which make them fit. These even get good sports training.

The main reason for difference is the availability of facilities and financial support of urban parents. Urban schools advance technology is used that enhance the physical performance of the students are always motivated by their teacher and coaches. Additionally the urban boys enjoy liberation from cultural constrain of tradition which thus rural counterparts to not. The regular sports practice helps to improve performance in sports with better physical components.

PURPOSE OF THE STUDY

Therefore, in the light of contradicting reports, the main purpose of this study was to compare the motor fitness of rural and urban high school boys of Raichur district.

METHODOLOGY

100 students from various 4 schools of Raichur district (Karnatak) were selected for the present study of which 50 were rural high school boys and 50 were urban high school boys. Two rural and two urban schools were selected at random and 25 students from each of the schools, during the physical education period with the help of physical education teachers and staffs, as furnished in table 1.

Table 1.number of subjects selected for the study from rural and urban schools.

Rural school		Urban school		Grand Total
Name of the school	No of students	Name of the school	No of students	
Govt high school Tidigol	25	Venkateshvara high school Sindhanur	25	50
Govt high school Hampanal	25	Saint Josef high school Sindhanur	25	50
Total	50	Total	50	100

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The performance in each of test items of the battery was converted to score provided by the author of the test. The Oregon state department of education provides a manual of motor fitness test batteries and norms for age groups. Standing vertical jump, 160 yard potato race and pull-ups for high school students.

Table 2. Selected variables and there criterion measures.

Sl.no	Variables	Criterion measures	Units
1	Speed and agility	160 yard potato race	In seconds
2	Explosive power	Standing vertical jump	In cm
3	Shoulder strength	Pull-ups	In numbers

Further to test the difference between means of rural and urban high school boys data was subjected to independent sample t-test.

After the data had been collected it was processed and tabulated using Microsoft excel-2007 software. The data collected on 160 yard potato race, standing vertical jump and pull-ups from rural and urban boys of high schools. The main purpose of the study was 'A comparative study of motor fitness of rural and urban high school boys'. Then data were analyzed with reference to the objectives and hypotheses by using SPSS V-21 statistical package and the results obtained thereby have been interpreted.

RESULTS AND DISCCUSSION

It is the intention of the investigator and find out whether difference in the independent variables namely group of rural and urban with respect to agility and speed(160 yard potato race), explosive power (standing vertical jump) and strength endurance (pull-ups) from rural and urban high school boys and consequently others.

Table no 3. Mean and standard deviation (x -+ SD) of Composite score of speed and agility, explosive power and shoulder muscular strength of rural and urban high school boys

		Speed and Agility	Explosive Strength	Shoulder Strength	Motor Fitness Total Score
Rural	Mean	29.0746	34.3200	6.6800	8.4000
	N	50	50	50	50
	Std. Deviation	1.5533	6.6928	2.9389	1.7843
Urban	Mean	27.2998	33.6276	9.8000	9.7600
	N	50	50	50	50
	Std. Deviation	2.3489	7.6384	6.3567	2.4207
Total	Mean	28.1872	33.9738	8.2300	9.0800
	N	100	100	100	100
	Std. Deviation	2.1727	7.1533	5.1735	2.2233

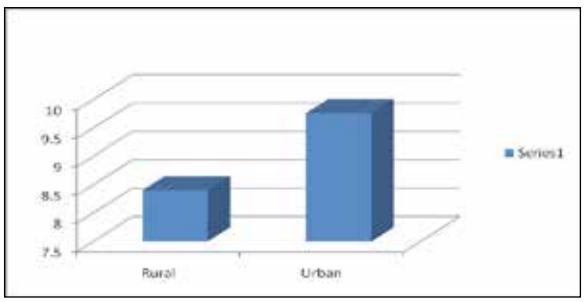
Above table clearly indicates that mean and standard deviation of speed and agility, explosive power and shoulder strength between rural and urban high school boys. The speed and agility urban boys are superior to rural boys, explosive power the rural boys are greater than urban boys and shoulder strength the urban boys are showed better when compare to rural boys.

Table no 4: Showing the mean value, standard deviation and't' value on motor fitness of rural and urban high school boys.

Variables Area No of subject		Mean	SD	SD-Error	't'-Value
Rural	50	8.4000	1.7843	.2523	-3.198*
Urban	50	9.7600	2.4207	.3423	

*P<0.005 level

From the above table we can observe that there was significant difference in motor fitness between rural and urban high school boys. The mean score of urban students (9.7600) is higher than the rural students (8.4600). Hence urban students are greater than rural students in overall motor fitness.



From the above figure we can observe that mean score motor fitness of urban boys are significantly higher than the rural boys.

Conclusion:

Based on the result of the present study it was concluded that urban high school boys had superior performance in speed and agility, and shoulder muscular strength than the rural high school boys. In explosive power rural high school boys were better than the urban high school boys. In case of overall motor fitness urban high school boys are supper seeded to their counterpart (rural). This is because of urban students have better exposure in physical activity at school as well as outside the schools like summer camps, good awareness about food and nutrition socio-economic status and infrastructural facilities are better when compare to rural high school boys.

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