



Health Related Physical Fitness among Boys Studying in Different School of Mathura

* Sameer Kumar Yadav

* Suite No. 1, Vivekanand House, LNUPE, Mela Road Gwalior (M.P.)

ABSTRACT

The purpose of the present study was to compare the health related physical fitness among boys studying in different school of Mathura. For the survey the investigator has chosen schools namely Kendriya Vidyalaya and Shree Ji Baba Saraswati Vidhya Mandir, Mathura. One hundred subjects, (50 from both schools) were randomly selected. The following variables were tested in their respected schools i. e. endurance, agility, abdominal strength, Shoulder strength, body composition and flexibility. The reliability was established on the basis of test retest method. Flexibility (Sit and reach test was used and it was recorded in cm), Muscular strength (bend knee sit-ups test was used and it was recorded in numbers), Shoulder muscular strength (Bend arm hang test was used and it was recorded in Sec), Agility (Shuttle run test was used and it was recorded in one tenth of Sec), Cardio-Vascular Endurance (12 min run-walk test was used to measure the cardio-vascular endurance and it was recorded nearest every 25meter), Body Composition (Fat percentage), To find out the significant differences among the schools, 't' test was employed and the level of significance was 0.05 level of confidence. The analysis of the data revealed that there were no significant differences of health related physical fitness among boys studying in different schools of Mathura. The students from Kendriya Vidyalaya and Shree Ji Baba Saraswati Vidhya Mandir, Mathura did not show any statistical significant differences in health related physical fitness components namely Endurance, Agility, Flexibility, Body Composition, Abdominal strength, and Shoulder strength. From the findings it was observe in case of flexibility and body composition, Shree Ji Baba Saraswati Vidhya Mandir, was better in compare to Kendriya Vidyalaya, but statistically not significant. In case Cardio-Vascular Endurance, Abdominal Strength, Agility and shoulder Strength Kendriya Vidyalaya was better in compare to Shree Ji Baba Saraswati Vidhya Mandir.

INTRODUCTION

Physical education activities are important for children's proper growth and development. Regular fitness activities started in early childhood can enhance bone development and delay osteoporosis, reduce the risk of heart disease, challenge to the developing bodies of all school-aged children. Furthermore there is strong evidence that regular physical activities improve self-concept and confidence, assist children coping with stress and is related to physical activity participation in adult years. The civilization of Sparta, Athens and Rome in the history of the world has stressed physical fitness or physical training as an important objective of the educational program. Every nation is becoming increasingly concerned about the physical fitness of its men, women and children, recognizing that physical fitness is fundamental and contributory to happy and useful living in any capacity. Physical fitness is a matter of fundamental importance to individual well-being and to the progress and security of a nation. It is the basis for all other forms of excellence. With increased mechanization there has been a corresponding decrease in the number of tasks that require an expenditure of energy, sufficient vigorous exercises are not done to develop and maintain adequate levels of physical fitness. Many individuals must rely on attain an acceptable level of physical fitness. Maintenance of an adequate level of physical fitness is essential or anyone wishing to make the most of himself and his life and many advantages results from achieving and maintaining an adequate level of physical fitness. Adequate levels of physical fitness should be developed early in life and then continuously maintained through regular participation in a well-designed activity program to promote the total well being of an individual. Children should be fit for participation in the play activities of childhood, through which they develop organic vigour, physical strength and other fitness qualities. Physical fitness is an individual matter and as such has little meaning unless viewed in relation to the specific needs of each individual. The amount in performing every day task may be determined by the kind and degree of physical fitness that is necessary. Health and physical fitness have remained the motto of man from ancient

times. The marked deterioration in health and physical fitness of people may be due to present automation and a short of mechanized day to-day life. Because of very limited movements caused by scientific and acute stress and strain has caused considerable damage to the health of the people by and large. A physically fit man will live a long and rich life. His entire success in life depends on his physical fitness. A physically fit man not only lives for himself but also for others. The society and the nation particularly in a developing country like ours, the need for physically fit person is very great. "Since the days of early Greeks, physical fitness has important objective of physical education. Infact the desire to establish a scientific approach to the development of physical fitness was the primary reason for meeting of physical education in 1985, that resulted in the birth of as profession." Physical fitness is to improve the muscular performance of the human being; it can useful for optimum performance of the game in competitive situations. Physical fitness is to develop emotional stability, endurance, strength, agility, speed, flexibility and co-ordination. Regular activity of physical exercise stimulates growth and development. Fitness improves general health and is essential for full and vigorous living. The physically fit children can to move with confidence. Physical Fitness is the ability to meet each day demands without becoming exhausted. It is the ability to have a reservoir of endurance life' emergencies in short, "physical fitness is that condition of your body that giver buoyancy to living." "Fitness is the one who is well adjusted to his environment whose mind and body are normal demand on his both mentally and physically without undue fatigue. The body structure change according to the age. The basic abilities are entirely dependent on bodily structure. Though it is a well known fact, the development of basic abilities are at different rates, most of these physical fitness abilities reach a plateau between the age of 10 to 22 years. Health plays an important role in children daily to practice for the better health in the future. These statuses are gradually developed by practice and through proper guideline. The children came to a different environment and the good status, which are thought in the early stage grow gradually and become

part of their daily life. The health helps the children to pay attention to their own environments. Hence the child must be taught and helped at an early age to improve his knowledge of health at an early age to improve his knowledge of health status. This is the responsibility of his teachers and parents. We need school health education first, because medical and public health records show clearly that present health practices are poor. Innumerable instances reveal the development both organic and communicable diseases as the result of unhygienic living of lack of hygienic precautions.

The purpose of the study was to compare the health related physical fitness components among boys studying in different schools of Mathura.

On the basis of the available literature and the scholars own understanding of the problem it was hypothesized that there would not be significant difference in the selected health related physical fitness components among boys studying in different of schools.

METHODOLOGY

The study was designed to find out the health related physical fitness among boys studying in different types of schools of Mathura, age between 12-14 years. There are fifty subjects from each school and students were randomly selected for the present study. The schools were involved in the collection of data are Kendriya Vidyalaya, Cant, and Shree Ji Baba Saraswati Vidhya Mandir, Mathura.

The criterion measures chosen for testing the hypothesis were as follows: -

1. Flexibility: - Sit and reach test was used and it was recorded in cm.
2. Muscular strength: - bend knee sit-ups test was used and it was recorded in numbers.
3. Shoulder muscular strength: - Bend arm hang test was used and it was recorded in Sec.
4. Agility: - Shuttle run test was used and it was recorded in one tenth of Sec.
5. Endurance: - 12 min run-walk test was used to measure the cardio-vascular endurance and it was recorded nearest every 25meter.
6. : - Body Composition measuring test for Fat percentage.

Establishing the instrument reliability tester competency with the help of test retest method ensured the reliability of data. The stop watches, the measuring tape and all the other instruments were used in this study were manufactured by renowned concern and compare their calibration was considered adequate for the purpose of this study. The scholar has sufficient practice under the guidance of expert, thus their ability to administrate the tests in this study was considered quite adequate. To compare the health related physical fitness components among the boys of different school't test was employed. The level of significance was set at 0.05 level.

RESULT

The mean difference between the boys of kendriya vidyalaya and shree ji baba saraswati vidhya mandir in relation to abdominal strength has been presented in table 1.

Table – 1
SIGNIFICANT OF DIFFERENCE BETWEEN THE BOYS OF KENDRIYA VIDYALAYA AND SHREE JI BABA SARASWATI VIDHYA MANDIR IN ABDOMINAL STRENGTH

Groups	Mean	SD	DM	"t" ratio
K.V.S.	11.16	5.29	0.14	0.05
S. J.B. S.V.M.	11.02	0.14		

$t_{0.05} (98) = 1.98$

The data presented in table 1 clearly reveals that there are no significant differences between the Kendriya Vidyalaya and Shree Ji Baba Saraswati Vidhya Mandir. School in the ab-

dominal strength, since the calculated 't' value 0.05 was found to be less than tabulated 't' value 1.98 required to be significant at 0.05 level.

The mean difference between the boys of kendriya vidyalaya and shree ji baba saraswati vidhya mandir in relation to agility has been presented in table 2.

Table – 2
SIGNIFICANT OF DIFFERENCE BETWEEN THE BOYS OF KENDRIYA VIDYALAYA AND SHREE JI BABA SARASWATI VIDHYA MANDIR IN AGILITY

Groups	Mean	SD	DM	"t" ratio
K.V.S.	12.82	2.61	0.54	0.05
S. J.B. S.V.M.	13.36	2.80		

$t_{0.05} (98) = 1.98$

It is evident from the table – 2 that there is no significant differences exist among the K.V. and Shree Ji Baba Saraswati Vidhya Mandir in the agility, since the calculated 't' value 1.22 was found to be less than tabulated 't' value 1.98 required to be significant at 0.05 level.

The mean difference between the boys of kendriya vidyalaya and shree ji babasaraswati vidhya mandir in relation to endurance has been presented in table 3.

Table – 3
SIGNIFICANT OF DIFFERENCE BETWEEN THE BOYS OF KENDRIYA VIDYALAYA AND SHREE JI BABA SARASWATI VIDHYA MANDIR IN ENDURANCE

Groups	Mean	SD	DM	"t" ratio
K.V.S.	1636.2	277.97	12.8	0.05
S. J.B. S.V.M.	1623.4	277.65		

$t_{0.05} (98) = 1.98$

It is evident from the table – 3 that there is no significant differences exist among the Kendriya Vidyalaya and shree ji baba saraswati vidhya mandir in the endurance, since the calculated 't' value 1.14 was found to be less than tabulated 't' value 1.98 required to be significant at 0.05 level.

The mean difference between the boys of kendriya vidyalaya and shree ji baba saraswati vidhya mandir in relation to flexibility has been presented in table 4.

Table – 4
SIGNIFICANT OF DIFFERENCE BETWEEN THE BOYS OF KENDRIYA VIDYALAYA AND SHREE JI BABA SARASWATI VIDHYA MANDIR IN FLEXIBILITY

Groups	Mean	SD	DM	"t" ratio
K.V.S.	10.98	4.72	0.27	0.05
S. J.B. S.V.M.	11.25	4.60		

$t_{0.05} (98) = 1.98$

It is evident from the table – 4 that there is no significant differences exist among the Kendriya Vidyalaya and shree ji baba saraswati vidhya mandir in the flexibility, since the calculated 't' value 0.28 was found to be less than tabulated 't' value 1.98 required to be significant at 0.05 level.

The mean difference between the boys of kendriya vidyalaya and shree ji baba saraswati vidhya mandir in relation to shoulder strength has been presented in table 5.

Table – 5
SIGNIFICANT OF DIFFERENCE BETWEEN THE BOYS OF KENDRIYA VIDYALAYA AND SHREE JI BABA SARASWATI VIDHYA MANDIR IN SHOULDER STRENGTH

TI VIDHYA MANDIR IN SHOULDER STRENGTH

Groups	Mean	SD	DM	"t" ratio
K.V.S.	19.07	14.86	0.43	0.05
S. J.B. S.V.M.	18.64	14.46		

$t_{0.05 (98)} = 1.98$

It is evident from the table – 5 that there is no significant differences exist among the Kendriya Vidyalaya and shree ji baba saraswati vidhya mandir in the bend arm hang, since the calculated 't' value 0.145 was found to be less than tabulated 't' value 1.98 required to be significant at 0.05 level.

The mean difference between the boys of kendriya vidyalaya and shree ji baba saraswati vidhya mandir in relation to body composition has been presented in table 6.

Table – 6

SIGNIFICANT OF DIFFERENCE BETWEEN THE BOYS OF KENDRIYA VIDYALAYA AND SHREE JI BABA SARASWATI VIDHYA MANDIR IN BODY COMPOSITION

Groups	Mean	SD	DM	"t" ratio
K.V.S.	18.16	2.52	0.52	0.05
S. J.B. S.V.M.	17.68	3.54		

$t_{0.05 (98)} = 1.98$

It is evident from the table – 6 that there is no significant differences exist among the Kendriya Vidyalaya and shree ji baba saraswati vidhya mandir students of Gwalior, since the cal-

culated 't' value 0.144 was found to be less than tabulated 't' value 1.98 required to be significant at 0.05 level.

DISCUSSION

The finding of the study shows that the students from both school had no significant difference on the cardio-vascular efficiency, abdominal strength, flexibility, shoulder strength, agility and body composition.

This finding may be attributed to the fact that, geographical condition, similar food habits almost same in the both school of Mathura. This may also be attributed fact that physical education subject and physical activity has been very popular and compulsory subject every school so that every student participate various sports and games. Due to this students have no significant difference in the health related physical fitness components. Further it can be said that the age levels of the subjects were same.

CONCLUSION

The students from Kendriya Vidyalaya shree ji baba saraswati vidhya mandir of Mathura did not show any statistical significant differences in health related physical fitness components namely Endurance, Agility, Flexibility, Body Composition, Abdominal strength, and Shoulder strength. From the findings it was observe in case of flexibility and body composition, shree ji baba saraswati vidhya mandir was better in compare to Kendriya Vidyalaya, but statistically not significant. In case Cardio-Vascular Endurance, Abdominal Strength, Agility and shoulder Strength Kendriya Vidyalaya was better in compare to shree ji baba saraswati vidhya mandir.

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