



## COMPARISON OF HEALTH RELATED AND PHYSICAL FITNESS COMPONENTS AMONG PRIVATE AND GOVERNMENT SCHOOLS OF DHANBAD DISTRICT.

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### ABSTRACT

The purpose of the study will be to compare the Health related physical fitness component among the boys studying in Private and Government Schools of Dhanbad District. The study will be designed to find out the Health Related Physical Fitness of male students of 12-16 years old age.

For the purpose of this study 200 students were selected, out of these 100 were of Private schools and the 100 were of government schools. The schools which was selected for the study are Himalaya Public School, and Government School, of Dhanbad.

Research scholar has selected Four test battery for calculating Health Related Physical Fitness i.e. Flexibility, which was measured by Sit & reach test. Muscular Endurance; was calculated by Bent Knee curl ups test. Muscular Strength was measured through Pull ups, whereas Body Composition measuring test for Fat percentage.

To access the comparison of health related physical fitness between Private and government school students, two sample 't' test was applied. The level of significance was set at .05.

### KEYWORDS

**Sports Aggression:** Physical Fitness and Health Related Physical fitness.

### INTRODUCTION:

If we view in the field of physical education, physical fitness plays a major role. The sportsman who does not have optimum level of physical fitness can't face the competition successfully. The Greek philosopher and thinker, Aristotle stated, "Body is the temple of the soul and to reach harmony of body, mind and spirit must be physically fit.

To measure the health related physical fitness components at the school level children is the right step because the children are said to be the citizens of tomorrow & builders of the nation. They must be given right guidance and training to promote the health and fitness at the right time. Today everyone is concerned with school health and health related fitness of school going children.

The health related physical fitness is not only significant in general aspect but also from the sports point of view. A large number of national and international level players are coming out from school level. The research has proved that potentiality of the child can be gauged when the child reaches early teenage.

### PROCEDURE:-

The study will be designed to find out the Health Related Physical Fitness of male students of 12-16 years old age. For the purpose of this study 200 students were selected, out of these 100 were of Private schools and the 100 were of government schools. The schools which will be selected for the study and which acted as source of data were as follows:

1. Public School, Dhanbad.
2. Government School, Dhanbad.

The following variables abdominal strength, shoulder strength, body composition and flexibility were tested in their respected schools. 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 (Pull ups test was used and it was recorded in number) and body composition (fat percentage)

**Statistical Procedure:** Two sample 't' test will be applied for the comparison of health related physical fitness between Private and government school students. The level of significance was set at 0.05.

### FINDINGS

**Table – 1 Comparison of mean scores of abdominal strength among Boys of Private and Government Schools of Dhanbad District.**

Groups	Mean (M)	S.D.	Diff. B/W Mean (DM)	't' ratio
PS	18.90	2.54	0.74	0.06
G.S.	18.16	3.12		

Tab't'0.05(198)=1.98

It is evident 't' value is 0.06 which is not significant at 0.05 level with df = 198. It indicates that mean scores of abdominal strength among Private and Government Schools boys of Dhanbad District do not differ significantly. Thus the null hypothesis namely there is no significant difference in mean scores of abdominal strength of Private and Government Schools is accepted.

It may, therefore, be said that Private and Government Schools possess similar abdominal strength.

**Table –2 Comparison of mean scores of Private and Government Schools Boys of Dhanbad District in Flexibility**

Groups	Mean (M)	S.D.	Diff. B/W Mean (DM)	't' ratio
PS	10.50	2.08	0.38	0.24
G.S.	10.12	2.47		

Tab't'0.05(198)=1.98

It is evident 't' value is 0.24 which is not significant at 0.05 level with df = 198. It indicates that mean scores of flexibility among Private and Government Schools do not differ significantly. Thus the null hypothesis namely there is no significant difference in mean scores of flexibility of Private and Government Schools is accepted.

It may, therefore, be said that Private and Government Schools possess similar flexibility.

**Table – 3 Comparison of mean scores of Private and Government Schools Boys of Dhanbad District in Shoulder Strength**

Groups	Mean (M)	S.D.	Diff. B/W Mean (DM)	't' ratio
PS	8.51	2.11	0.36	0.20
G.S.	8.15	1.84		

Tab't'0.05(198)=1.98

It is evident't' value is 0.20 which is not significant at 0.05 level with df = 198. It indicates that mean scores of shoulder strength among Private and Government Schools do not differ significantly. Thus the null hypothesis namely there is no significant difference in mean scores of shoulder strength of Private and Government Schools is accepted.

It may, therefore, be said that Private and Government Schools possess similar shoulder strength.

**Table – 4 Comparison of mean scores of Private and Government Schools Boys of Dhanbad District in Body composition**

Groups	Mean (M)	S.D.	Diff. B/W Mean (DM)	't' ratio
PS	19.29	2.67	0.24	0.15
G.S.	18.77	2.43		

Tab't'0.05(198)=1.98

It is evident't' value is 0.15 which is not significant at 0.05 level with df = 198. It indicates that mean scores of body composition among Private and Government Schools do not differ significantly. Thus the null hypothesis namely there is no significant difference in mean scores of body composition of Private and Government Schools is accepted.

It may, therefore, be said that Private and Government Schools possess similar body composition.

**Discussion of Findings**

The analysis of data using the't' test shows that the Private and Government Schools Boys of Dhanbad District had no significant difference on the cardio-vascular efficiency, abdominal strength, flexibility, shoulder strength, agility and body composition.

This may be attributed to the fact that geographical condition & food habits were almost similar in different types of school students of Dhanbad District.

Since physical education has been the compulsory subject in most of the Government as well as Private School of Dhanbad District since many years. Hence the students have been engaged in regular physical education, sports activities and programme in their curriculum. So they have more or less similar health related physical fitness. Also, the sample size and the number of schools chosen for the study might be the reasons for the statistical insignificance of the results.

**Discussion of Hypothesis**

Based on the statistical finding it may be said that the hypothesis stated earlier that there is no significant difference in the health related physical fitness component between Private and Government Schools Boys of Dhanbad District is accepted. All the four variables did not showed significant difference among both the groups.

**CONCLUSION**

The students of Private and Government Schools boys of Dhanbad District did not show any statistical significant differences in health related physical fitness components namely Abdominal Strength, Flexibility, Body Composition, and Shoulder Strength.

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