



ORIGINAL RESEARCH PAPER

Physical Education

A COMPARATIVE STUDY ON HEALTH RELATED PHYSICAL FITNESS BETWEEN THE STUDENTS OF KENDRIYA VIDYALAYA AND JAWAHAR NAVODAYA VIDAYALAYA

KEY WORDS: Health related physical fitness, School, KV and JNV

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ABSTRACT

In present scenario, the health related physical fitness is not only substantial in general aspects, but also from the sports point of view. A large number of national and international level players are coming out of schools. Therefore, it is very essential to assess the health parameters time to time in schools and keep them for the training of sports development and promotion of health and fitness among the society. The purpose of the study was to compare the health related physical fitness (HRPF) level between Kendriya Vidyalaya (KV) and Jawahar Navodaya Vidyalaya (JNV) students. For achieving the purpose 400 boys' subjects with their age range between 14-18 years were selected and further 200 subjects were from each Vidyalaya from the area of western Uttar Pradesh has selected. Cardiovascular endurance, Muscular endurance, Muscular strength, Body composition and Flexibility were considered as criterion variables. This study may highlight the status of health related physical fitness of students of Western Uttar Pradesh schools. The collected data were analyzed by incorporating the descriptive statistics Mean, Median, Mode and Standard deviation. Further, the analysis was done by independent t-test. The conclusion of the present study showed the significant difference in health related physical fitness (HRPF) level between the students of Kendriya Vidyalaya and Jawahar Navodaya Vidyalaya of Western Uttar Pradesh.

INTRODUCTION

The modern age is an age of competition. In this age, one must be physically fit in all aspects to fight against adverse forces and various obstacles that arise in daily life. Physical fitness is a great weapon for soldiers to fight against enemies. It is a mastermind for scientists, engineers, research scholars, thinkers, investigators, statements and psychologists to achieve success in daily life.

Health is the highest asset of an individual. It is not merely absence of ailment. Health educationalist are a slowly evolving away from the view that health is merely the treatment and prevention of illness, to a more open ended view that emphasizes the individual's own responsibility for this own well-being. It may be emphasized that health is neither static nor isolated from external circumstances, our health depends on the way we relate to our environment and to each other, where we live, the jobs we do, the food we eat, the water we drink and air we breathe are all important. We are now coming to realize that health is extricable bound up without drink and air we breathe are all important. We are now coming to realize that the health is extricable bound up without minds, environment and way of living. The benefits of physical activity are universal for all people. The participation of people in sports and physical activities promotes and enhances overall well-being.

Exercise of any kind of physical activity which involves the consummation of energy of our body than it would normally, makes breathe of body becomes a bit harder and makes the besting the heart faster. In simple terms exercise is any kind of physical movement that involved our body at high intensity in comparison of daily life activities. Exercise improves the heart rate and smooth working the muscles and it used to achieve the aim to achieve the physical fitness. An ideal exercise is involved with the movement of the body includes running, walking, playing, cycling, swimming, skipping, gardening, weight lifting and yoga. Physical exercise tends to increase the basic metabolic rate reflects the result of absorbing of digested food.

MATERIAL AND METHOD

The purpose of the study was to compare the health related physical fitness (HRPF) level between Kendriya Vidyalaya (KV) and Jawahar Navodaya Vidyalaya (JNV) students. For achieving the purpose 400 (Four hundred) boys' subjects with their age range between 14-18 years were selected and further 200 subjects were selected from each Vidyalaya. The area of study was western Uttar Pradesh. The five health related physical fitness variables were considered as the criterion variables, i.e. cardiovascular endurance, Muscular endurance, Muscular strength, Body composition and

Flexibility. Factors like daily routine, food habits and climatic conditions and Psychological factors, which may affect the study and beyond the control of the researcher were considered as limitations of the study.

The statistical technique that had been used for the systematic and meaningful analysis of collected data pertaining to the selected health related physical fitness components of the 400 boy students of Kendriya Vidyalaya (KV) and Jawahar Navodaya Vidyalaya (JNV) of western Uttar Pradesh. The collected data were analyzed by incorporating the descriptive statistics Mean, Median, Mode and Standard deviation. Further, the analysis was done by t-test (independent).

RESULT OF THE STUDY

The comparison of HRPF level between the students of Kendriya Vidyalaya (KV) and Jawahar Navodaya Vidyalaya (JNV) of Western Uttar Pradesh is presented in the table below:

Comparison of HRPF level between KV and JNV students

Component	Type of School	No. of Subjects	Average Score	SD	SDe	't' score
Cardiovascular Endurance	KV	200	1770	301.2	37.09	1.32
	JNV	200	1819	429.3		
Muscular Endurance	KV	200	28	8.68	0.89	6.76*
	JNV	200	34	9.06		
Muscular Strength	KV	200	41	17.54	1.50	2.00*
	JNV	200	44	11.87		
Body Composition	KV	200	19	3.25	0.34	2.98*
	JNV	200	20	3.46		
Flexibility	KV	200	19	8.21	0.71	0.00
	JNV	200	19	5.69		

The above table revealed the average scores of CVE, ME, MS, BC and FLX of KV students were 1770, 28, 41, 19 and 19 respectively, whereas the average scores of JNV students were 1819, 34, 44, 20 and 19 respectively. The table also revealed a significant difference between KV and JNV students in Muscular Endurance, Muscular Strength and Body Composition. The obtained 't' score of Muscular Endurance (6.76), Muscular Strength (2.00) and Body Composition (2.98) were found higher than the required table value 1.97 to be significant at 0.05 level of confidence at df 398. It shows that the Muscular Endurance, Muscular Strength and Body Composition of KV students found lesser than JNV students. Cardiovascular Endurance and Flexibility found insignificant differences between KV and JNV students. The obtained 't' score

of Cardiovascular Endurance (1.32) Flexibility (0.00) was found lower than the required table value 1.97 to be significant at 0.05 level of confidence at df 398.

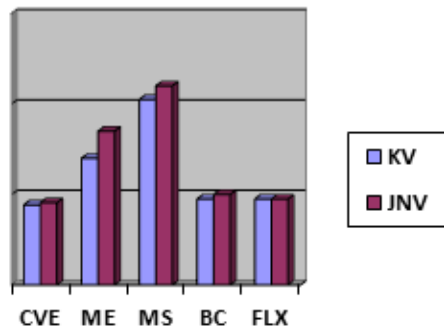


Figure Graphical Representation of HRPF level between KV and JNV students

CONCLUSION

The present study showed the significant difference in health related physical fitness (HRPF) level between the boy's students of Kendriya Vidyalaya and Jawahar Navodaya Vidyalaya of Western Uttar Pradesh.

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