

A COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS COMPONENTS OF HIGHER SECONDARY SCHOOL CHILDREN BELONGING TO NON SLUM AND SLUM AREAS IN MUMBAI DISTRICT

Sachin B. Shinde¹, Ph. D. & G. K. Dhokrat², Ph. D.

Associate Professor, B.P.C.A's College of Physical Education

Abstract

Modern sports are becoming more and more competitive and the margin of error is decreasing from seconds to micro seconds, inches to millimeters, kilos to grams, so why this all is changing it is due to development in the sports science and with this there are lot of changes taking place and those are defiantly helping our youth to achieve greater heights day by day, for which researchers are doing studies, for studying the factors which directly or indirectly affect the performance of the athletes, for understanding one of this factor the research scholar had investigated weather environment does play any role in morphological, physical and motor fitness variable on individuals.

Many research works have been conducted related to health and physical fitness & Motor Fitness, it is known that any competitive sports performance cannot be improved however the role of physical Education and sports the improvement especially for sportsman is not known.

By understanding the Physical Education Fields requirement the researcher has selected "A Comparative Study of Selected Physical Fitness Components of Higher Secondary School Children Belonging to Non Slum and Slum Areas in Mumbai District"



Scholarly Research Journal's is licensed Based on a work at www.srjis.com

Introduction:

Health has become more important and the hurdle are overcoming to make it better, such as Environment, Food and Facilitation, all these factors are affecting Physical Fitness development in the child, lot of changes taking place and those are defiantly helping our youth to achieve greater heights day by day, for which researchers are doing studies, for studying the factors which directly or indirectly affect the performance of the athletes, for understanding one of this factor the research scholar had investigated weather environment does play any role in morphological, physical variable on individuals.

Many research works have been conducted related to health and Physical fitness & Motor Fitness, it is known that any competitive sports performance cannot be improved however the role of physical Education and sports the improvement especially for sportsman is not known.

By understanding the Physical Education Fields requirement the researcher has selected “**A Comparative Study of Selected Physical Fitness Components of Higher Secondary School Children Belonging to Non Slum and Slum Areas in Mumbai District**”

Objective of the study

- To study the difference in physical fitness Components of Higher Secondary school students.
- To suggest some guidelines to the concerned professional in the context of assessing, classifying and understanding the physical and motor fitness of higher secondary students in Mumbai district.

The Sample

A sample of 500 subjects was selected from the student’s population of the 05 colleges from Mumbai city 500. All subjects of the sample were divided into two equal groups. Each group consists of 250 subjects. The two groups were named as Group ‘A’ and Group ‘B’ respectively. The mean, age, height and weight of the sample wear 16 to 18

Procedure and Tools

Descriptive method is used to study this problem. Researcher had used the following test, which includes

| | Dependent Variable | Test / Tools to be used | Scoring criteria | unit for measurement |
|------------------------------------|---------------------------|--------------------------------|-------------------------|-----------------------------|
| Physical Fitness Components | Body composition | Skin fold measurement. | Mms. | |
| | Flexibility | Sit & reach test | cms | |
| | Muscle endurance | Bent Knee Sit ups | Nos. | |
| | Cardio vascular endurance | 12 min run & walk test | Distance / points | |

Method of Analysis

The data was analyzed primarily by using spss software for intra group comparison. ‘t’ scale value was used. Independent ‘t’ test

Comparison on 16 to 18 yrs Boys Students on Physical Fitness Variable.

| Variable | Urban XI Boys Mean | Std. SD | Rural XI Boys Mean | Std. SD | Mean. Dif | t' | p |
|-----------------------|--------------------------|------------|--------------------------|------------|--------------|-------|-----------|
| Sit Ups | 24.72 | 7.41 | 27.66 | 7.48 | -2.948 | -4.37 | P<(0.00) |
| 12 Min run/Walk | 2130 | 1.350 | 2206 | 418 | -75.6 | -3.19 | P<(0.029) |
| Sit & Reach | 43.56 | 3.93 | 42.1 | 19.3 | 1.49 | 1.20 | P<(0.232) |
| Sum of 4 Skin Fold | 44.45 | 0.29 | 27.19 | 0.33 | 17.264 | 39.51 | P<(0.00) |

On the basis of the above, the results can be concluded as follows:

Interpretation of Data

- Sit ups test the mean performance of Urban and Rural XII Std Boy Students on Physical Fitness Variable, were 27.17 (SD = 8.73) and 23.07 (SD =8.19) respectively. The mean difference 4.100 and ‘t’ value is -5.42 with P< (0.00), which is significant, which shows difference between Urban and Rural XII Std Boy Students Abdomen Muscular Endurance performance
- 12 Min Run/Walk test the mean performance of Urban and Rural XII Std Boy Students on Physical Fitness Variable, were 2313 (SD = 454) and 2246 (SD =399) respectively. The mean difference 67.8 and ‘t’ value is 1.77 with P< (0.077), which is no significant, which shows no difference between Urban and Rural XII Std Boy Students Cardiovascular Endurance performance
- Sit & Reach test the mean performance of Urban and Rural XII Std Boy Students on Physical Fitness Variable, were 42.56 (SD = 4.26) and 42.01 (SD =3.57) respectively. The mean difference 0.548 and ‘t’ value is 1.56 with P< (0.120), which is no significant, which shows no difference between Urban and Rural XII Std Boy Students Flexibility performance
- Body Composition (Sum of 4 Skin Folds)test the mean performance of Urban and Rural XI Std Boy Students on Physical Fitness Variable, were 28.18 (SD = 8.33) and 26.87 (SD =8.92) respectively. The mean difference 1.308 and ‘t’ value is 1.69 with P< (0.091), which is significant, which shows difference between Urban and Rural XI Std Boy Students Body Composition (Sum of 4 Skin Folds)performance

Results

- in comparison of mean of sit ups urban group is more significant and there is a significant difference in both the groups

- in comparison of mean of 12min run & walk urban group is more significant but there is no significant difference in both the groups
- in comparison of mean of sit & reach test urban group is more significant but there is no significant difference in both the groups
- in comparison of mean of skin fold measurement rural group is significant but there is no significant difference in both the groups

Conclusion

- The study clearly shows that there is a significant difference in physical fitness components of urban boys Aged 16 yrs to 18 yrs of Mumbai District
- In this Research when the Research scholar had gone through various literature he had found that according to the study of S.CHATTERGEE there is a significant effect of age on physical fitness and motor fitness of school going children and also in the study of C.TINAZZI had found that environment does effect on physical and motor fitness development of school teenage students and in the current Research the Research scholar has found that there is a significant effect of environment on physical and Motor fitness of higher secondary school students belonging to urban and rural areas.

References

- AAHPHER, (Sep, 1956), *President's conference on Fitness of American Youth, Journal of health & physical Education & recreation*, 27:2.9.
- Barrow H.M (1977), *Man & Movement: Principles of Physical Education* Lea &Dwibifwe, Philadelphia, (1977), 220.
- Kansal .D.K (2008) "*Textbook of applied measurement evaluation &sports selection*" sports &spiritual science publications, 3:4
- Mccloy C.H (2004), "*Tests andMeasurements in Health &Physical Education*", New Delhi: Friends Publication