
COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS VARIABLES OF U-19 BOYS OF URBAN AND RURAL AREA OF MANDI DISTRICT OF HIMACHAL PRADESH

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Abstract:-The aim of the study was to compare the physical fitness variables of U-19 boys of urban and rural area of Mandi District of Himachal Pradesh. The researcher undertook null hypothesis to compare the selected physical fitness variables. Random sampling device was used to select the subjects. 240 male subjects (120 from rural and 120 from urban area) were selected for the present study, AAHPERD youth physical fitness test battery was administered on the subject. 't' test was applied to analyse the data. Level of significant difference was judged at 0.01 and 0.05 level of confidence and results showed that some significant difference were found between rural and urban area boys. Results showed that the subjects of rural area were more strong in strength and endurance as compared to urban area subjects. Urban area subjects were more speedy as compared to rural area subjects. And no significant difference was found in case of agility component.

Keywords:Physical Fitness.

INTRODUCTION

Physical fitness is an essential quality of man. A person who is good in strength feels superior and tends to be well adjusted, while a person who is poor in strength feels inferior and show a tendency towards social difficulties and maladjustment. The famous Greek philosopher Aristotle stated: "Every individual should be physically fit to enjoy the life fully. In intellectual as well as physical work, a sound heart and lungs, good digestion, a well-developed physique, all are the great assets for living a happy and satisfying life." A physically fit individual is mentally alert, emotionally balanced and socially well adjusted. He faces the day to day problems in life with confidence. He has a will to live in all circumstances, favourable or adverse. He adopts a positive and optimistic attitude towards life. In short, physical well-being is the basis of all forms of excellence.

A person who does not enjoy healthy living is a burden not only on himself but on his nation and society as well. Whereas a person, who has a good health can enjoy the blessings of nature and human life. "Physical fitness is one's valuable trait; it cannot be purchased, but has to be earned through daily routine of well-planned physical activities".

Malik V. and Hemlata (2011) made study to compare the selected physical fitness variables of 15-16 years boys of urban and rural area of Rohtak District in relation to their age. The results indicated that the respondents of rural area were more strong in strength, more agile, speedy and were better in endurance as compared to urban area respondents. Singh S. and KaurR. (2011) made study to compare physical fitness components among cricketers and non-cricketers. They found significant difference among cricketers and non cricketers in regard to speed, strength, agility and flexibility. Singh S. and Ram K. (2011) also made study to compare selected physical fitness variables of senior secondary school boys from Mandi District and Kullu District of Himachal Pradesh. They

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found Mandi District students were better in standing broad jump, 50 yard dash and 600 yard run/walk as compared to Kullu District students.

PURPOSE

The purpose of the study was to compare the physical fitness variables of U-19 boys of urban and rural area of Mandi District of Himachal Pradesh.

METHODOLOGY

Researcher undertook null hypothesis to compare the selected physical fitness variables. Random sampling device was used to select the subjects. 240 male subjects (120 from rural and 120 from urban area) were selected for the present study. Physical fitness variables were measured by AAHPERD youth fitness test. Variables for the present study were pull ups, sit ups, standing broad jump, shuttle run, 50 yard dash and 600 yard run/walk. For the purpose of analysis 't' test was used to find out the significant difference between the collected data.

ANALYSIS AND INTERPRETATION OF DATA

**TABLE-1
SIGNIFICANCE OF MEAN DIFFERENCE IN SCORES OF PHYSICAL FITNESS
VARIABLES OF U-19 BOYS OF RURAL AND URBAN AREA**

Test Items	Urban		Rural		Mean Difference	SED	df	't'
	Mean	SD	Mean	SD				
Pull-ups	7.9750	3.2005	8.8917	2.4625	0.9167	0.3686	238	2.487*
Sit-ups	19.6750	6.2257	22.0500	5.6445	2.3760	0.7671	238	3.096**
SBJ	79.0167	7.6863	86.0556	6.4379	7.0389	0.9153	238	7.691**
Shuttle Run	10.5830	0.8118	10.5454	0.8331	0.0376	0.6062	238	0.354
50 yard dash	10.5328	1.2120	10.8428	0.8752	0.3100	0.1365	238	2.272*
600 yard run/walk	195.6830	46.2798	164.6079	23.151	31.251	4.7240	238	6.616**

It is evident from the table-1 that 't' value for the physical fitness variables Sit-ups, S.B.J. and 600 yard run/walk came out to be significant at 0.01 level of confidence and 't' value for the physical fitness variables Pull-ups and 50 yard dash came out to be significant at 0.05 level of confidence. 't' value for physical fitness variable shuttle run came out to be insignificant at 0.05 level of confidence.

DISCUSSION OF FINDINGS

It is evident from the table-1 that rural area subjects had more strength (shoulder strength, arm strength, abdominal strength and leg strength) and endurance as compared to urban area subjects. Urban area subjects were more speedy as compared to rural area subject and no significant difference was found in agility component of physical fitness.

The results denote that the rural subjects do better and hard work at their homes such as lifting the weight, harvesting and cropping in the agriculture fields and other allied work at their villages which make them more strong and powerful. Their performance in these areas through physical fitness test items such as pull-ups, sit-ups, standing broad jump and 600 yard run/walk, itself indicate better performance from the person who are doing hard work regularly whereas contrary to this the urban life style and environmental conditions are full of comfort and luxury due to this the urban subjects were weak in strength and endurance as compared to rural subjects. On the other hands the urban subjects were better in speed as compared to rural subjects might be due to the reason that speed is an inborn quality which is very less trainable.

Rural and urban area subjects had approximately the same level of agility. There is no impact of any kind of external forces whether they are due to environmental conditions or life style. The agility constituent of physical fitness remains the same.

The results of the study are partially supported by Malik Varun and Hemlata (2011) found that the respondents of rural area were more strong in strength, more agile, speedy and were better in endurance as compared to urban area respondents. Singh S. and Kaur R. (2011) found significant difference among cricketers and non-cricketers in regard to speed, strength, agility and flexibility. The results of the study are also partially supported by Singh S. and Ram K. (2011).

CONCLUSION

1. The rural area subjects were found superior than the urban area subjects in the strength component of physical fitness and this fact was concluded on the basis of strength tests that were pull-ups, sit-ups and standing broad jump.
2. The rural area subjects had marginal edge over urban area subjects in the agility component of physical fitness the test concluded for this was shuttle run. Though the results were not statistically significant.
3. The urban area subjects were found superior than the rural area subjects in the speed component of physical fitness the test concluded for this was 50 yard dash.
4. The rural area subjects were found superior than the urban area subjects in the endurance component of physical fitness and this fact was concluded on the basis of endurance (600 yard run/walk) test.

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