



RESEARCH ARTICLE

STUDY OF PHYSICAL FITNESS OF RURAL AND URBAN HIGH SCHOOLS OF KASHMIR DIVISION

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Abstract

The Word Physical fitness refers to the body as a contrasted to mind physical education should aim to improve the mass of students and give them as much health struggle and stamina as possible to unable physical education is the process by which changes on the individual or brought about through his movement experience physical education is the some of the changes in the individual caused by experience centered in motor ability. The purpose of the study is found out the A Comparative Study on Physical Fitness of Rural and Urban High School Girls. This study will help coaches and physical education teachers in selecting the good players. This will help physical education teachers and coaches in preparing training program. This will lead to success in future planning. This will reveal which of the two groups possess better physical education. The result of the study will help to students to participate in sports and game. The result of the study will give the clear idea about physical fitness of the rural and urban Girls.

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Introduction:-

Sport is a fair play domain in which everyone got equal chances and full enjoyment. Nowadays, sports and physical activities lead to the sportsmanship, brotherhood, and leadership qualities. In modern era, Sports Participation bridge the gap of social inequality and gaps and also think beyond caste, creed, religion, tradition and customs. There are different types of sports and physical activities which imply social differences and social inequity. Sports activities are not merely the reflection of the modern society, but it also leads to remove social inequality and bring change in society.

The term physical fitness is included in many familiar test batteries commonly uses in the schools in many cases the inclusion of fitness in such titles is most unfortunate error and one that logically could account at least in part for the current apathy of some people toward total personal fitness. This is not an indictment of physical fitness test batteries most of the batteries are excellent and include tests that do have some definite value but it is our feeling that many of tests in these batteries are not actually of physical fitness.

Review Of Literature:-

Research scholar has made sincere efforts to collect the literature related to this study and found some reference to similar studies which have been reviewed and produced in this chapter.

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Brongder (1973) made a comparison of physical fitness and antipoetic measures of preadolescent maximum American and Anglo American males. Three hundred Maxico American males between the age of 8 and were selected as subjects. AAHPER youth fitness test physical fitness 13 anthropometrics measurements were taken.

Siddique Conducted "A study on elements of physical fitness of the offence and defense of football player of Madras city" The result of this study was that defensive players have scored significantly higher than the offensive players in dynamic strength of hands. Static strength and equilibrium the offensive players were significantly faster in dynamic strength of legs then defensive players. The offensive players were significantly faster in speed and change of direction (agility).

Dahl (April 1971) administered the AAPER youth fitness test on 400 Negro and white boys from the same sexes schools district. All tests data was collected during spring semester of the 1969-70 St school years. It was found that the Negro boys obtained a higher mean score than the white boys on gross body co-ordination (Soft ball throw) the difference was significant at the 0.05 level of confidence.

Objective:-

To know about the significant difference between Urban and Rural high school girls with respective to speed endurance agility strength and flexibility.

Hypothesis

It was hypothesized that the rural high school girls will be better than the urban high school girls in most of the physical fitness components.

Definitions of Terms

Speed

It is the capacity of an individual to perform successive movements of the same pattern at a fast rate. "Speed may be defined as the capacity of the individual to person successive movements of the same pattern at fast rate".

Strength

Strength is the force that a muscle or muscle group can exert against a resistance in one maximum effort.¹⁴ "Strength can be defined now much weight can you lift one time"

Agility

Agility is the capacity of an individual as measured by rate of change of his position in space. It is another component it was measured. It is an important ability in any sports activity. According the Johnson and Nelson agility may be defined as the Physical activity, which enables an individual to rapidly change body position and direction in a precise manner.

Significance of the study

1. This study would help to create awareness of physical fitness.
2. This study would help to suggest the physical education program to achieve the object of student.
3. This study will motivate to rural and urban high school girls to participate in physical activities.

Methodology:-

The main purpose of this study was to compare the physical fitness between rural and urban high school girls of Kashmir division. In order to achieve this purpose test were conducted to 400 high school girls of Kashmir Division in total and 200 each from rural and urban high schools.

Description of the tests

To collect the data following tests were conducted.

1. 50 yard dash → Speed
2. Modified pushups → Strength.
3. 600 yard run and walk → Endurance
4. Shuttle run (4 X 10 mts.) → Agility
5. Standing broad jump → Leg power

Analysis and interpretation of data

The purpose of this study was to compare the physical fitness of the rural and urban high school girls of Kashmir Division. To achieve this purpose, the data collected in this study were put to statistical analysis and the results of which are presented in this chapter. For this study, 400 subjects in all, 200 rural and 200 urban high school girls of Kashmir District Division were selected. They were subjected to five different tests to assess five physical fitness components. The tests were conducted on standard procedure.

Studies revealed and suggested that participation in sports activities voluntarily develops favorable conditions and circumstances for development of social and personal relationship. Thus, sports and recreation activities are considered as area where people of varying nature, culture, caste, creed, ethics, and values meet and interact with each other in healthy manner. In this manner, due to healthy social and personal relation among participants promotes prevention of crime among juveniles through development of community.

In some aspects, sports may also be known as Hook because it is way to enter the environment and reach people where it is not possible or inaccessible to do so. Sport also provides empowerment to the youth, and this empowerment could be provided in two perspectives. Firstly, children and youth are strengthening, functioning with maximum abilities and also becoming socially mobile within a society due to becoming empowered in participating in activities and also by taking responsibilities. Secondly, with the mean of education, empowerment in terms of social change is emerging, and keeps safe to youth from marginalization and injustice within society that is also a cause of social problems. In this sense sports plays a productive role in crime prevention.

Summary, Conclusion and Recommendations:-

Summary The purpose of this study was to evaluate and compare the selected physical fitness components of rural and urban high school girls of Kashmir division. To achieve this purpose, the investigation was conducted on 200 Rural and 200 Urban High School girls of Kashmir Division. The subjects selected were tested with five tests, which measure five components of physical fitness. The data collected from these tests were analyzed by calculating 't' value to find out the difference in physical fitness between rural and urban high school girls of Kashmir Division.

Conclusion:-

In view of the limitation of this study already cited, the following conclusions were drawn from the results presented in the previous chapter.

- 1) Rural girls have better in speed, endurance and agility.
- 2) Urban girls are superior in strength and leg power.

Recommendations

While conducting this study, the researcher felt certain avenues for further research.

- 1) The similar study may be conducted on boys.
- 2) Investigation may be made on the other variables such as physiological, anthropometric and psychological variables.
- 3) The study may be conducted on other age groups.
- 4) The same study may be conducted in other districts.

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