

A COMPARATIVE STUDY ON PHYSICAL FITNESS AMONG RURAL AND URBAN MALE STUDENTS OF KODAGU DISTRICT

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Abstract: Physical fitness a state of physiologic will being that is achieved through a combination of good diet, regular physical exercise, and other practices they promote good health. physical fitness is a ones a ability to carry out takes without under fatigue. The purpose of the present study is to find out the difference in physical fitness components rural and urban male students of Kodagu district. The study was carry out on 40 male students which belongs to rural and urban areas of district kodagu, 20 male students from rural and 20 from urban region between the age group of 15 to 18 years. for the selection of students to serve as subject ,one school were selected from the rural region of district Kodagu and another school were selected from the same district and from each school 20 students were selected randomly as subject. the data was collected by administering AAHPRRD youth physical fitness test, in which sit up for flexibility, shuttle run for agility.50 yard dash for speed and 600mtrs run for endurances is measured. the collected data was analyzed with the help of statistical producer in which standard deviation, mean and t-ration were employed. the level of significance was set at 0.05 level.

Key Words: physical fitness, rural, urban, male students.

1. INTRODUCTION :

Concept of physical fitness is as old as human kind. throughout the history of mankind physical education has been considered on essential element of ever day life. physical education is the ability to carry out daily task with vigor and alertness, without under fatigue and with sample energy to enjoy leisure time and to meet unforeseen emergencies. physical fitness is the capacity of the heart, blood vessels, lungs and muscles of function at optimal efficiency. optimal efficiency means that most favorable health needed for the enthusiastic and pleasurable participation in daily task and recreation activates. optimal physical fitness makes possible of life style that un fit cannot enjoy .

2. REVIEW OF LITERATURE:

To develop and maintain physical fitness requires vigorous efforts by the total body. In the words VC RASSUM RAX [1986], "physical fitness for track and field events consists of a number of interrelated qualities or components." Trank, Robert and Lewis [1993] defined physical fitness as a "quantitative expression of the physical condition of an individual."

Fitness is an individual matter. it implies the ability of each person to live more effectively with his potentiality of function and depends upon the physical ,emotional, social, and spiritual components of fitness which are related to each other and are mutually interdependent. Physical activity has important implication for the health and wee being of all individuals. Easy life has negatively influenced the development and maintenance of physical fitness. Physical fit is an important component of total fitness. [James Buchan 1932] fitness is the state which characterizes the degree to which the person is able to function. Fitness is an individual matter. It implies the ability of each person to live most efficiently which has potentiality. Ability to function depends upon physical, mental, emotional and social components of fitness, all of which are related to each other and mutually interdependent.

Physical fitness involves the performance of the heart, the lunges and the muscles of the body. And, since what we do with our bodies also effects what we can do with our minds, fitness influences to some degree qualities such as mental alertness and emotional stability. [Murray, 1986] " Physical fitness to the organic capacity of the individual to perform the normal task of daily living without undue tiredness or fatigue and having reserves of strength and energy available to meet satisfactorily any emergency demands suddenly placed upon him".

The expert committee of the world health organization [1981] described physical fitness as, " The ability to undertake muscular work satisfactorily" physical fitness is the capacity to early out ,reasonably well, various forms of physical activities, without being unduly tired and in-duds qualities important to the individual health and well- being. C J Casprsen, KE Powell,1979 "To develop and maintain the physical fitness requires vigorous efforts by who are physically fit looks better, feel better and posses the good health necessary for a happy and full life. The possession of optimal strength muscle tone and endurance not only for emergencies but for the everyday living can be the key to dynamic health".

Physical fitness may change with time, but every person has a different level of physical fitness , place of work, situation and there is also an interaction between daily activities. Uppal and Sareen [2000] conduct a study to find out the comparisons on cardiovascular fitness between rural and urban students and revealed that students with rural back ground performed better that of their counter parts in urban areas. Charles [2006] conduct a study on the "Differences in health for rural and urban Canadians." His repots shows that Canadians living in rural areas generally having higher mortality rates than those living in urban areas.

3. MATERIAL AND METHODS :

There are number of schools in district Kodagu as well as private in rural and urban areas . For the study to see the difference in physical fitness components in male students ,we chose 40 students which serve as subjects. 20 male students was taken from rural areas and 20 students from urban areas on which study was conducted. Three stop watches were used to record the testing of shuttle run, 50 yard dash,600 yard run/walk.

VARIABLES

Following selected variables and their criterion measure is given below.

SL.NO	VARIABLES	TEST	CRITERION MEASURE
1	FLEXIBILITY	STANDIND BROAD JUMP	NUMBERSS
2	AGILITY	SHUTTLE RUN	SECONDS
3	SPEED	50 YARD DASH	SECONDS
4	ENDURANCE	600 YARD RUN	METERS

4. RESULTS AND DISCUSSIONS :

Mean and standard deviation of the selected dimensions of physical fitness components of rural and urban male students were completed, The result have been present in the tables and discussions is given below in each table.

Table 1
Statistical comparison of standing broad jump between Rural and Urban students.

Group	Mean	Standard Deviation	t-ratio
Rural	2.17	0.26	0.08
Urban	2.09	0.29	

*Significant at 0.05 level of confidence.

Table -1 shows that there is significant difference between means of Rural and Urban students of standing board jump. Where mean value of rural Students is 2.17 and that of urban Students mean value is 2.09. To check the significant difference of sit ups between Rural and Urban students . The data was again analyzed by applying „t“ test. But before applying „t“ test S.D. was calculated. S. D. of rural students is 0.26 and that of urban students is 0.29. It was found that there is significant difference in standing board jump of Rural and Urban students because calculated „t“ = 0.08 which is less than Tabulated „t“ = 2.000 at 0.05 level of significance.

Table 2
Statistical comparison of shuttle-run between Rural and Urban students.

Group	Mean	Standard Deviation	t-ratio
Rural	12.32	1.27	0.74
Urban	12.03	1.19	

*Significant at 0.05 level of confidence.

Table-2 shows that there is no significant difference between means of rural and urban students in Shuttle-run. Where mean value of rural students is 12.32 and that of urban Students mean value is 12.03. To check the significant difference of Shuttle-run between rural and urban students. Standard deviation of rural students is 1.27 and that of urban students is 1.19. The data was again analyzed by applying „t“-test. It was found that there is no significant difference in Shuttle-run of rural and urban students because calculated „t“-test =0.74 which is less than Tabulated „t“ = 2.000 at 0.05 level of significance.

Table 3
Statistical comparison of shuttle-run between Rural and Urban students.

Group	Mean	Standard Deviation	t-ratio
Rural	8.45	2.32	0.96
Urban	7.43	1.32	

*Significant at 0.05 level of confidence.

Table -3 shows that there is significant difference between means of Rural and Urban students of 50 yard dash . Where mean value of rural Students is 8.45 and that of urban Students mean value is 7.43 To check the significant difference of sit ups between Rural and Urban students . The data was again analyzed by applying „t“ test. But before applying „t“ test S.D. was calculated. S. D. of rural students . is 2.32 and that of urban students is 1.32. It was found that there is significant difference in standing board jump of Rural and Urban students because calculated „t“ = 0.96 which is less than Tabulated „t“ = 2.000 at 0.05 level of significance.

Table 4
Statistical comparison of 600 yard run/walk between Rural and Urban students.

Group	Mean	Standard Deviation	t-ratio
Rural	2.28	0.09	0.05
Urban	2.80	0.57	

*Significant at 0.05 level of confidence.

Table -4 shows that there is significant difference between means of Rural and Urban students of 600 yard run walk . Where mean value of rural Students is 2.28 and that of urban Students mean value is 2.80. To check the significant difference of 600 yard run walk between rural and urban students . The data was again analyzed by applying „t“ test. But before applying „t“ test S.D. was calculated. S. D. of rural students. is 0.09 and that of urban students is 0.57. It was found that there is significant difference in standing 600 yard run walk of Rural and Urban students because calculated „t“ = 0.05 which is less than Tabulated „t“ = 2.000 at 0.05 level of significance.

5. CONCLUSION :

On the bases of the analysis data the following conclusion were draw.

- Under some tests there were some difference between two groups in speed, flexibility, agility and endurances.
- The rural students were found superior then urban students in physical fitness.
- The rural students have very much flexibility, speed, agility, then urban students.
- The present study shows that rural areas life is more closed in nature than urban areas, that is why they are more physical fit.

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