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Analysis of motor abilities of rural and urban high school boys of Tumkur district

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Abstract

The purpose of the study is to compare the motor abilities between urban and rural high school boys of Tumkur District. For the present study descriptive survey method was used and high school boys studying in urban and rural locality were selected as population from Tumkur District, Karnataka, India. For this purpose, 100 high school boys from government schools situated at Tumkur District were selected. The motor fitness variables viz., speed was tested by 30 Meters Flying Start, leg explosive strength was tested by standing broad jump and muscular endurance was tested by bent knee sit ups were taken. The statistical techniques such as mean, standard deviation and independent 't' test was applied to test the stated hypotheses and the level of significance was fixed at 0.05 and 0.01 level of confidence. The statistical procedures were completed with the help of SPSS Statistical Package and MS Excel 2013. From the test analysis it was found that there were significant differences in speed and explosive strength between urban and rural high school boys of Tumkur District and insignificant difference exist in muscular endurance. The urban students had better speed and rural students had better explosive strength. School health programs should be implemented properly at school level and consider fitness programmers should consider physical growth variables. This will help to improve the physical fitness as well as wellness of the students and it will reach better learning attainment

Keywords: Motor abilities, speed, explosive strength, high school boys, urban, rural

1. Introduction

Physical Education plays a tremendous role in the development of our youth and it comprising of sports and empowers a person to carry on with a sound life in this perpetually evolving world. Physical Education makes the kids mentally, physically and physiologically fit. Sports are vital for physical fitness and to lead a healthy lifestyle. Sports benefit both the body and mind. People can improve their health and well-being by dedicating a small part of each day to physical activity i.e. sports. It's highly believed that, a sound mind lives in a sound body. Sports are any form of physical activities that are performed for pleasure and the love of efforts.

Today, physical education, sports and games in their diversified forms have become a part of the curriculum in schools, colleges and universities. Professionalism has entered sports and games, demanding the sports persons of a very high level of performance and physical skill. Games require a high level of physical or physiological and psychological fitness. Different activities require diverse stages of fitness, that is, different activities demand different elements of fitness in varied proportions. According to Morehouse and Miller (1926), the term fitness implies a relationship between the performance and the individual capabilities to perform it. Motor ability has been well-defined by Borrow (1977). According to him, Motor ability is the contemporary, acquired and characteristic ability to perform motor skill of a general or fundamental nature, execution at highly specialized sports or gymnastic techniques. Motor ability is affected by age. So being aware of age related differences is very important in identifying pathological changes.

Yadav (2016) [7] compared speed and explosive strength between rural and urban football players and found significant difference in the speed and explosive strength between rural and urban players. Ghosh and Goon (2015) [3] investigated physical fitness level of urban and rural

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school going girls and found that in speed, muscular endurance and leg strength were significantly higher in the rural students as compared with urban students. Kuriakose and Abraham (2015) [6] studied speed of rural and urban school students and found significant difference in speed between the rural and urban school children. From the above studies, importance of physical fitness for sports performance can be observed.

The urban people, with the growth of cities have a great transformation in the living habits of society. The city is the hub of much social life, and it influences its standards. Intellectual growth and habits, moral codes and conditions, behavior patterns and cultural conditions revolve around it. New social groups, new gathering, new ethnic relations and a huge number of classes make the city a mind boggling and complex unit of contemporary society. Now-a-days, the current proof is utilized to inspect the connection between age related contrasts and locality. The significance of locality related contrasts is just recognized when somatosensory data is traded off and it is proposed that somatosensory procedure in the support of body stance is vital to age contrasts and nature of locality. Henceforth, the researcher analyzes the motor abilities of rural and urban high school boys of Tumkur District, Karnataka.

2. Objectives of the Study

The purpose of the study is to compare the motor fitness variables between urban and rural high school boys of Tumkur District.

3. Statement of Hypotheses

It was hypothesized that there might not be any significant difference in the selected Motor Fitness variables (Speed, Leg explosive strength and Muscular endurance) between urban and rural high school boys of Tumkur District.

4. Methodology

For the present study descriptive survey method was used. The high school boys studying in urban and rural locality were selected as population from Tumkur District, Karnataka, India. For this purpose, 100 high school boys from government schools situated at Tumkur District were selected. The motor fitness variables namely speed was tested by 30 meters flying start, leg explosive strength was tested by standing broad jump and muscular endurance was tested by bent knee sit ups were taken. The statistical techniques like mean, standard deviation and independent ‘t’ test was applied to test the stated hypotheses and the level of significance was fixed at 0.05 and 0.01 level of confidence. The statistical procedures were completed with the help of SPSS Statistical Package and MS Excel 2013.

5. Analysis and Interpretation of Data

‘T’ test Results: The independent ‘t’ test was used to find out the significant differences in the said criterion variables and obtained results have been shown in the following Table-1.

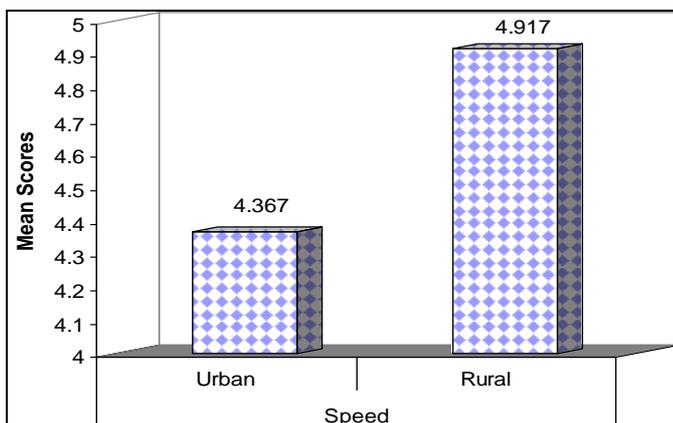
Table 1: Comparison of selected Motor Abilities between urban and rural high school boys of Tumkur District

Criterion Variable and Groups	N	Mean	Standard Deviation	‘t’ Value and sig. level	Sig.
Speed	Urban	50	4.367	5.33**	P=0.000
	Rural	50	4.917		
Explosive Strength	Urban	50	1.623	2.28**	P=0.025
	Rural	50	1.727		
Muscular Endurance	Urban	50	15.780	0.53@	P=0.597
	Rural	50	15.080		

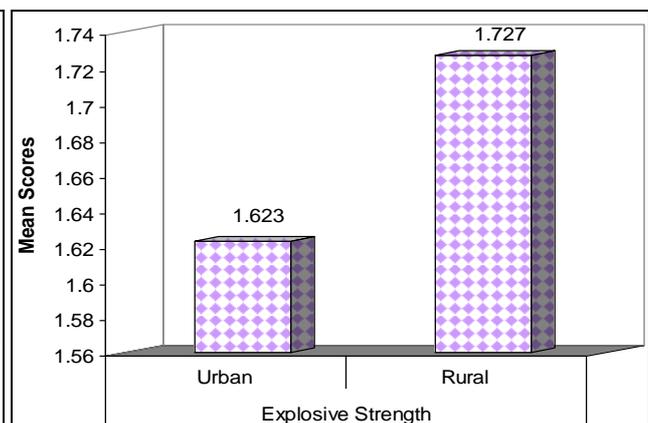
@Not Significant; **Significant at 0.01 level. (Table ‘t’ value 0.05=1.98; 0.01=2.63)

Table-1 shows independent t test result on selected Motor Abilities between urban and rural high school boys of Tumkur District. The obtained ‘t’ values 5.33 and 2.28 (Speed and Explosive Strength) are greater than table value 2.63 at 0.01 & 1.98 at 0.05 levels and it is found significant. So, stated null hypothesis is rejected and an alternate hypothesis has been accepted that “there is significant difference in the Motor Abilities such as Speed and Explosive Strength between urban and rural high school boys of Tumkur District. Further the

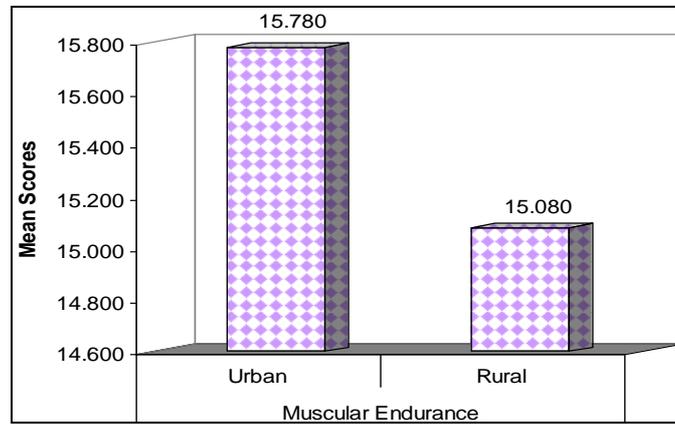
table also found that the obtained ‘t’ value of 0.53 (Muscular Endurance) is less than table value 1.98 at 0.05 level and hence it is not found significant even at 0.05 level confidence. So, the stated null hypothesis accepted for the said variable. The results found that rural high school students had better strength and urban students had better speed and insignificant difference exists between urban and rural school boys in muscular endurance.



(a) Speed



(b) Explosive Strength (Leg)



(c) Muscular Endurance

Fig 1: Bar graph shows the comparison of Motor Abilities between urban and rural high school boys

6. Discussion of Results

The result concludes that urban high school boys had better speed and rural school students had better strength. The 't' test result shows significant difference in the Speed between urban and rural high school boys and proved that urban boys ($\bar{X}=4.367$) were more speed when compared to rural boys ($\bar{X}=4.917$). This may be due to training and infrastructure in urban locality. Similar result found by Ghosh & Goon (2015) [3] and contrary by Kumar (2014). The 't' test result also proves shows significant difference in the Explosive Strength between urban and rural high school boys and proved that rural boys ($\bar{X}=1.727$) were more explosive strength when compared to urban boys ($\bar{X}=1.623$). This may be due to physical activity and life style of rural students. The Muscular Endurance between urban and rural high school boys did not differ statistically. Similar result found by Ghosh and Goon (2015) [3] and Gill Doel and Kaur (2010) [4].

7. Conclusion

It was concluded that there exists significant difference in speed and explosive strength between urban and rural high school boys of Tumkur District and insignificant difference exist in muscular endurance. The urban students had better speed and rural students had better explosive strength. This may be due to lack of training, adequate playground facilities and over academic stress. School health programs should be implemented properly at school level and consider fitness programmers should consider motor abilities. This will help to improve the motor abilities as well as wellness of the students and it will lead to better learning attainment.

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