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## Analysis of balancing abilities between government and private school children aged 6-8 years

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### Abstract

The purpose of the study was to analysis the short form test on balancing abilities between government and private School Children aged 7-12 years. For this purpose, One hundred and eighty (n=180) children were selected from Government and Private Schools in Tirunelveli District, Tamil Nadu, India. The Subjects age ranged between 7 to 12 years. The selected subjects were divided into two groups of ninety subjects each namely Government and Private schools. The balancing abilities were assessed by using the standardized test such as Bruininks – Oseretsky test for Motor Proficiency (BOT-2). The collected data on the selected variables were treated with independent “t” test at 0.05 level of significance. The results of the study indicated that there was a significant difference on balancing ability. Further government school found better when compared with private school on balancing ability.

**Keywords:** Balance, BOT-2, motor proficiency, government and private school children

### Introduction

Motor assessment of preschool aged children is thought to be both necessary and valuable for three major reasons. To begin with, during infancy and preschool age, movement is an integral part of children’s life (Payne, & Isaacs, 2017; Zimmer, 2004) <sup>[4,8]</sup>. Balance is a term frequently used by health professionals working in a wide variety of clinical specialities (Pollock, Durward, Rowe, & Paul, 2000) <sup>[5]</sup>. Balance function is defined as the ability to control the body's position or center of mass in space for the purpose of stability and orientation in a given sensory environment (Shumway-Cook & Woollacott, 1995) <sup>[6]</sup>. The ability to maintain and control balance is usually recognized as a fundamental motor component (Gregory Payne & Isaacs, 1991) <sup>[2]</sup>. The functional ability to balance conceptually encompasses 2 types, dynamic and static. Dynamic balance was defined by (Travis 1945) <sup>[7]</sup> as the reorientation of the body after it has been thrown off balance in relation to gravity.

### Purpose of the study

The purpose of the study is to analyze the balancing abilities between government and private School Children aged 7-12 years.

### Methodology

To achieve the purpose of the study, One hundred and eighty (n=180) children were selected from Government and Private Schools in Tirunelveli District, Tamil Nadu, India. The Subjects age ranged between 6 to 8 years. The selected subjects were divided into two groups of ninety subjects each namely Government and Private schools. The balancing abilities were assessed by using the standardized test such as Bruininks - Oseretsky test for Motor Proficiency (BOT-2). The collected data on the selected variables were treated with independent “t” test at 0.05 level of significance.

### Analysis of the data

The t-test value of df 178, balancing abilities 2.159 (p =.032) respectively, p value is less than the significance level 0.05. This means that the government and private school boys had significant difference on balance abilities. However, when compare the mean values

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Government school children aged 7-12 years outperformed than private school children on balance abilities.

**Table 1:** Summary of mean and independent 't' test between government and private 7-12 aged School Children on balancing ability

Variables	Group	Number	Mean	Standard Deviation	't' value	sig
Balancing ability	Government	90	7.60	0.31	2.159	.032
	Private	90	6.80	0.37		

\*Significant at.05 Level. Table value required for significance at.05 level for  $t_{(178)}$  is 1.98. (Scores are represented in points for the selected variables).

### Discussion on Results

The results of the present study that there is significant difference on balancing ability between government and Private school children. However, when compare the mean values Government school children aged 7-12 years outperformed than private school children on balance abilities. The present findings of the study is confirmed by the studies conducted already related this area such as Chow, & Louie, (2013) <sup>[1]</sup> determined difference in children's gross motor skills between two types of preschools. Lubans, Morgan, Cliff, Barnett, & Okely, (2010) <sup>[3]</sup> analysed Fundamental movement skills in children and adolescents.

### Conclusion

1. There is a significant difference on balancing ability between government and private school children.
2. The Government school children aged 7-12 years outperformed than private school children on balance abilities.
3. The results suggest that the balancing abilities affected by the school environment factors if they skip the Physical education class it affect the children motor proficiency.

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