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A comparative study of flexibility among four different types of school boys

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Abstract

The objective of the present study was to compare flexibility among four different types of school boys of Uttarakhand. The subjects for this study were from the state of Uttarakhand. Random sampling technique was used in the study. A total number of two thousand (2000) subjects were selected from the rural and urban part of Uttarakhand. Further, subjects were also selected from different private and government schools of Uttarakhand. The all subjects were between age group of 13-17 years. To check the flexibility of subjects sit and reach test was used by the researcher. After the collection of relevant data; to scrutinize the significance difference between flexibility among school children of Uttarakhand, Analysis of variance (ANOVA) was applied. The level of significance was set at 0.05 percent ($p < 0.05$). After the investigation the findings conclude that the private rural school boys had less flexibility as compare to the government rural school boys. The finding further proves that the government urban school boys had less flexibility as compare to the government rural school boys. Further it was concluded that the private urban school boys had less flexibility as compare to the government rural school boys.

Keywords: School children, flexibility, urban school, rural school

1. Introduction

In the present time of science and innovation individuals are getting to be caution about their health and physical fitness. Every country is urging amusements and sports to get zenith execution at worldwide level. The standard of amusements and sports has increased new statures in each nation. Our nation is additionally attempting to get the great outcome that is the reason physical training has been presented as a piece of school educational programs, which will assist the understudies with keeping them solid and physically fit. Physical wellness is a term, which has distinctive implications for various individuals. For a straightforward man, to have a decent constitution is an image of physical wellness. For a specialist, legitimate working of different imperative frameworks of our body is physical wellness. All things considered physical wellness of an individual might be disclosed as the ability to do the normal exercises without getting undue weariness, to meet crises, to confront pressure circumstances and still have more vitality to improve recuperation process (Deol and Kang, 2010) [1].

Flexibility is the ability to move through the full range of motion without discomfort or pain (Howley and Franks, 1997) [7]. After studying the relevant literature for the proposed research, no study was found revealing the difference between flexibility among school children of Uttarakhand. The scholar, being ardent lover of physical fitness and experienced the great benefits of flexibility. Hence, in the present study it was planned to scrutinize the difference between flexibility among school children of Uttarakhand.

2. Methodology and Procedure

To achieve the objective of present research random sampling technique was used by the investigator. A total number of Two Thousand (2000) subjects were selected from the rural and urban part of Uttarakhand. Further, subjects were also selected from different private and government schools of Uttarakhand. The all subjects were between age group of 13-17 years. To check the flexibility of subjects sit and reach test was used by the researcher. After the collection of relevant data; to scrutinize the significance difference between flexibility among

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different types of school boys of Uttarakhand, Analysis of variance (ANOVA) was applied. The level of significance was set at 0.05 percent ($p < 0.05$).

3. Results of the Study

Table 1: Mean and Standard Deviation Results With Regard to Flexibility among Four Different Types of School Boys

Group	N	Mean	SD
Government Rural School boys	500	10.74	1.59
Private Rural School boys	500	9.88	1.57
Government Urban School boys	500	9.83	1.47
Private Urban School boys	500	8.77	1.88
Total	2000	9.80	1.77

Table- 1 shows the Mean and SD values of government rural school boys for their flexibility of different types of school (government rural, private rural, government urban and private urban school) boys were 10.74 (SD=1.59),

9.83(SD=1.57), 9.83(SD=1.47) and 8.77 (SD=1.88) respectively. The graphic presentations of responses are displayed in figure 1.

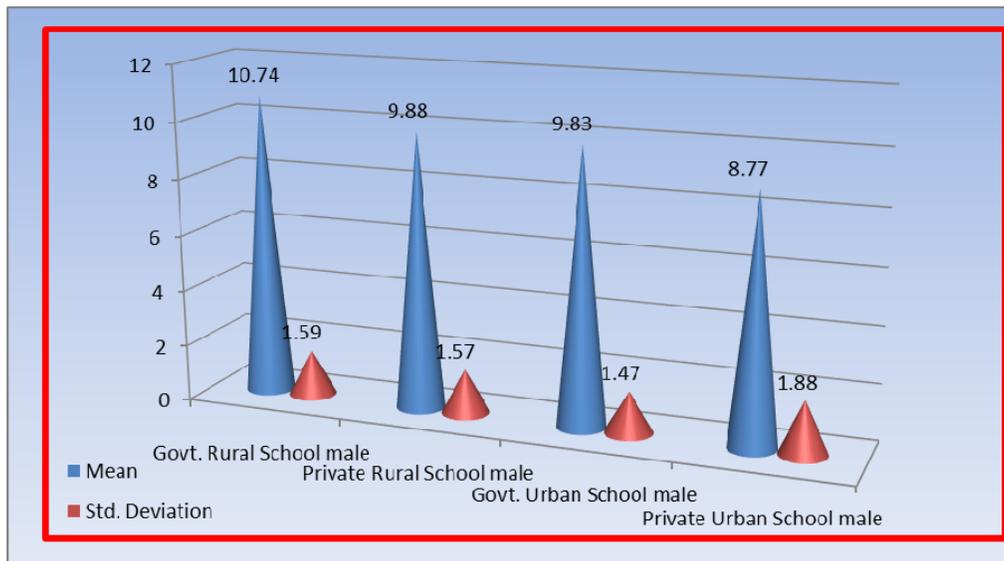


Fig 1: Mean and Std. Deviation With Regards To Flexibility among Four Different Types of School Boys

Table 2: Analysis Of Variance Results With Regard To Flexibility among Four Different Types of School Boys

	Sum of Squares	Df	Mean Squares	F	Sig.
Between groups	968.937	3	322.979	120.280*	.000
Within groups	5359.731	1996	2.685		
Total	6328.669	1999			

*Significant at $F_{0.05} = 2.61$

It is evident from table 2 that the outcomes of analysis of variance (ANOVA) among four different types of school boys with regard to the flexibility were statistically significant

($P < 0.05$). So the obtained “F” ratio 120.280 (.000) was statistically significant.

Table 3: Analysis of Least Significant Difference Post Hoc Test With Regard To Flexibility among Four Different Types of School Boys

Group-1 (I)	Group-2 (J)	Mean Difference (I-J)	Sig.
Government Rural School boys Mean=10.74	Private Rural School boys	.85860*	.000
	Government Urban School boys	.90980*	.000
	Private Urban School boys	1.96320*	.000
Private Rural School boys Mean=9.88	Government Rural School boys	.85860*	.000
	Government Urban School boys	.05120	.621
	Private Urban School boys	1.10460*	.000
Govt. Urban School boys Mean=9.83	Government Rural School boys	.90980*	.000
	Private Rural School boys	.05120	.621
	Private Urban School boys	1.05340*	.000
Private Urban School boys Mean=8.77	Government Rural School boys	1.96320*	.000
	Private Rural School boys	1.10460*	.000
	Government Urban School boys	1.05340*	.000

Table 3 shows that mean value of government rural school boys was 10.74 whereas private rural school boys had mean value 9.88 and the mean diversity between both the groups were found .85860. The p-value sig 0.000 confirm that the Government Rural School boys had demonstrated better on flexibility as compare the Private Rural School boys significantly. The mean value of Government Rural School boys was 10.74 whereas Government Urban School boys had the mean value as 9.83 and mean variation between both the groups was found .90980. The p-value sig .000 shows that the Government Rural School boys had demonstrated better on flexibility as compare the Government Urban School boys significantly.

The mean value of Government Rural School boys was 10.74 whereas Private Urban School boys had the mean value as 8.77 and mean variation between two groups was found 1.96320. The p-value sig 0.000 shows that government rural school boys had demonstrated better on flexibility as compare the private urban school boys significantly. The mean difference of flexibility between private rural school boys and government urban school boys was found .05120. The p-value sig .621 is significant difference. The mean difference of flexibility between private rural school boys and private urban school boys was found 1.10460. The p-value sig .000 is significant difference. The mean difference of flexibility between government urban school boys and private urban school boys was found 1.05340. The p-value sig .000 is significant difference.

4. Conclusions

After the investigation the findings conclude that the private rural school boys had less flexibility as compare to the government rural school boys. The finding further proves that the government urban school boys had less flexibility as compare to the government rural school boys. Further it was concluded that the private urban school boys had less flexibility as compare to the government rural school boys.

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