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A study of physical fitness of girl's students of secondary school from 14 to 16 years age limit of Anand district

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Abstract

Main object of this study was a detailed study of physical fitness of girls students from 14 to 16 years age limit of secondary school from rural and urban areas of Anand district. Considering various factors of girls Cardiovascular Endurance, Muscular Endurance, Explosive Strength, Agility Measurement, Muscular Strength and Speed Strength researcher wants a Comparative study of physical fitness for 100 girls students from rural areas and for 100 girls students from urban areas by using A.A.H.P.E.R Test (American Alliance For Health, Physical Education And Recreation). Statistical analysis covers Figures & data received of this test.

This analysis is done on the basis of T – ratios and significance of standard deviation and comparing the figures and data received. A.A.P.H.E.R Test Physical fitness of girls Students of rural areas was better than girls students of urban areas.

Keywords: Comparative study, speed, explosive strength, agility measurement, muscular strength

Introduction

According to president council of United States physical fitness is without being tired doing regular work or free time enjoying with full physical strength or strength of facing problems which occurred abruptly.

In sports for better performance sports person develop physical strength. physically fit player can tolerate more physical stress than others and their heart is more stronger than others, for development of one as a sports person one should gain Cardiovascular Endurance, Muscular Endurance, Explosive Strength, Agility Measurement, Muscular Strength, Speed and for gaining these skills training and conditioning is required for physical fitness these exercise are very important to achieve Cardiovascular Endurance, Muscular Endurance, Explosive Strength, Agility Measurement, Muscular Strength, Speed Strength and other relative Skills.

Methodology

This study covers girls students of rural areas and urban areas of Anand District of Government, Grant in aid and Self finance school there age limit is between 14 to 16 years which collects from school records. 100 girl's students from rural areas and 100 girls students from urban area was selected in this study. A.A.H.P.E.R Test was used for all the girls of rural areas and urban areas of Anand district.

Analysis of Data

This study was done to check physical fitness of students of Anand district of age of 14 to 16 years of Secondary school of rural areas and urban areas. In that A.A.H.P.E.R (American Alliance for Health, physical Education and Recreation) fitness test was taken through that Cardiovascular Endurance, Muscular Endurance, Explosive Strength, Agility Measurement Strength and Speed strength of students was measured. In this study T-ratio applied. The Signification level of that was 0.05.

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Table 1: Mean, Standard Deviation & T - ratio of Cardiovascular Endurance of girls students of rural areas and Urban areas.

| S.No | Area | Gender | Mean | Standard Deviation | T - Ratio |
|------|-------|--------|--------|--------------------|-----------|
| 1 | Rural | Fimale | 1034.8 | 25.25 | 10.36 |
| 2 | Urban | Fimale | 1223.6 | 180.46 | |

Signification level at 0.05 (1.96)

In above table, mean of Cardiovascular Endurance of girls students of rural & urban areas. 1034.8 is for rural girls students and 1223.6 is for urban girls students. S.D 25.25 is for rural girls students while 180.46 is for urban girls students and T - ratio of girls students of rural and urban areas is 10.36.

Table 2: Mean, Standard Deviation and T – ratio of Muscular Endurance of girls student of rural reas and urban areas.

| S.No | Area | Gender | Mean | Standard Deviation | T-Ratio |
|------|-------|--------|-------|--------------------|---------|
| 1 | Rural | Fimale | 18.60 | 6.39 | 4.53 |
| 2 | Urban | Fimale | 14.85 | 5.24 | |

Signification level at 0.05 (1.96)

In above table, mean of Muscular Endurance of girls students of rural areas and urban areas. 18.60 is for rural girls students and 14.85 is for urban girls dtudents. S.D 6.39 is for rural girls students while 5.24 is for urban girls students and T – ratio of girls students of ural areas and urban areas is 4.53.

Table 3: Mean, Standard Deviation and T- ratio of Explosive Strength of girls students of rural areas and Urban areas.

| S.No | Area | Gender | Mean | Standard Deviation | T - Ratio |
|------|-------|--------|-------|--------------------|-----------|
| 1 | Rural | Fimale | 12.70 | 6.13 | 3.57 |
| 2 | Urban | Fimale | 9.95 | 4.63 | |

Signification level at 0.05 (1.96)

In above table, mean of Explosive Strength of stucents of rural areas and urban areas. 12.70 is for rural girls students and 9.95 is for urban girls students. S.D 6.13 is for rural girls students while 4.63 is for urban girls students and T – ratio of girls students of rural areas and urban areas is 3.57.

Table 4: Mean, Standard Deviation and T – ratio of Agility Measurement of girls students of rural areas and Urban areas.

| S.No | Area | Gender | Mean | Standard Deviation | T - Ratio |
|------|-------|--------|-------|--------------------|-----------|
| 1 | Rural | Fimale | 11.45 | 5.23 | .7760 |
| 2 | Urban | Fimale | 10.85 | 5.68 | |

Signification level at 0.05 (1.96)

In above table, mean of Agility Measurement of girls students of rural areas and urban areas. 11.45 is for rural girls students and 10.85 is for urban girls students. S.D 5.23 is for rural girls students while 5.68 is for urban girls students and T – ratio of girls students of rural areas and urban areas is .7760.

Table 5: Mean, Standard Deviation and T – ratio of Muscular Strength of girls students of rural areas and urban areas.

| S.No | Area | Gener | Mean | Standard Deviation | T - Ratio |
|------|-------|--------|-------|--------------------|-----------|
| 1 | Rural | Fimale | 20.85 | 7.52 | 4.80 |
| 2 | Urban | Fimale | 16.10 | 6.41 | |

Signification level at 0.05 (1.96)

In above table, mean of Muscular Strength of girls students of rural areas and urban areas. 20.85 is for rural girls students and 16.10 is for urban girls students. S.D 7.52 is for rural girls students while 6.41 is for urban girls students and T – ratio of girls students of rural areas and urban areas is 4.80.

Table 6: Mean, Standard Deviation and T – ratio of Speed Strength of girls students of rural areas and urban areas.

| S.No | Area | Gender | Mean | Standard Deviation | T - Ratio |
|------|-------|--------|-------|--------------------|-----------|
| 1 | Rural | Fimale | 10.20 | 4.97 | .5180 |
| 2 | Urban | Fimale | 10.60 | 5.91 | |

Signification level at 0.05 (1.96)

In above table, Mean of Speed Strength of girls Students of rural areas and urban areas. 10.20 is for rural girls students and 10.60 is for urban girls students. S.D 4.97 is for rural girls students While 5.91 is for urban girls students and T – ratio of girls students of rural areas and urban aeas is .5180.

Result

1. S.D of Cardiovascular Endurance of girls stdents of rural areas and urban areas. 25.25 is for rural girls students and 180.46 is for urban girls students and T – ratio of girls students of rural and urban areas is 10.36 and signification level of that is 0.05 (1.96)
2. S.D of Mascular Endurance of girls students of rural areas and urban areas. 6.39 is for rural girls students and 5.24 is for urban girls students and T – ratio of girls students of rural and urban areas is 4.53 and signification level of that is 0.05 (1.96)
3. S.D of Explosive Strength of girls students of rural areas and ruban areas. 6.13 is for rural girls students and 4.63 is for urban girls students and T – ratio of girls students of rural and urban areas is 3.57 and signification level of that is 0.05 (1.96)
4. S.D of Agility Measurement of girls students of rural areas and urban areas. 5.23 is for rural girls students and 5.68 is for urban boys students and T – ratio of girls students of rural and urban areas is .7760 and signification level af that is 0.05 (1.96)
5. S.D of Muscular Strength of girls students of rural areas and urban areas. 7.52 is for rural girls students and 6.41 is for urban girls students and T – ratio of girls students of rural and urban areas is 4.80 and signification level of that is 0.05 (1.96)
6. S.D of Speed Strength of girls students of rural areas and urban areas. 4.97 is for rural girls students and 5.91 is for urban girls students and T – ratio of girls students of rural and urban areas is .5180 and signification level of that is 0.05 (1.96)

Conclusion

In Conclusion, I found that Cardiovascular Enduranc, Muscular Endurance, Explosive Strength, Agility Measurement, Muscular Strength of girls students of rural areas was better than girls students of urban areas of Anand District.

In Conclusion, I found that Speed Strength of girls students of urban areas was better than girls students of rural areas of Anand district.

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