Comparison of physical fitness of government and non-government school boys

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Abstract

The purpose of this study was to compare the Physical Fitness different age groups boys. The present study was conducted on the 4000 School Boys (2000 Govt. School and 2000 Non-Govt. School), 500 subjects from each group. Their age was ranged 13 to 16 year. In the selection of the subject’s random sampling technique was employed. The AAHPER Youth Fitness (1976) test was selected for the purpose of this study. The result of the study concluded that there was statistically significant difference in age groups. There were significant difference obtained on pull-up, sit-up and shuttle run among various groups (13 years to 16 years) boys. When the paired mean differences existed between 13 years &14 years, 13 years & 15 years, 13 years & 16 years, 14 years & 15 years, 14 years & 16 years and 15 years & 16 years of boys.

Keywords: Physical Fitness, AAHPER, sampling, technique, difference, pull-up, etc.

Introduction

It is self-evident that the fit citizens are a nation’s best assets and weak ones its liabilities. It is therefore the responsibility of every country to promote physical fitness of its citizens because physical fitness is the basic requirement for most of the tasks to be undertaken by an individual in his daily life. If a person’s body is under-developed or grows soft or inactive and if he fails to develop physical prowess, he is undermining his capacity for thought and for work, which are of vital importance to one’s own life and society in a welfare state.

Physical fitness is the ability of your body systems to work together efficiently to allow you to be healthy and effectively perform activities of daily living. Being efficient means being able to do daily activities with the last amount of effort. A fit person is able to perform schoolwork as well as responsibilities at home and still have enough energy and vigor to enjoy school sports and other leisure activities. A fit person has the ability to respond to normal life situations a part time job or marching in the band at school. A fit person also has the ability to respond to emergency situations such as running to get help or aiding a friend in distress.

Procedure and Methodology

In the present study a sample of 4000 boys ranging between 13 to 16 years studying in Govt. school and Non-Govt. school of Chandigarh was selected as the subjects for this present study, the sample was included 2000 Govt. school and 2000 Non-Govt. school boys,500 subjects from each age groups (13 years, 14 years, 15 years, 16 years). The AAHPER Youth Fitness (1976) test was selected for the purpose of this study, because the test has been frequently used in the existing literature. 1. Pull-up, 2. Sit-up, 3. Shuttle-run, 4. Standing broad jump, 5. 50 yard dash, 6. 600 yard run/walk. For the analysis of data, collected by administering to the entire subject’s random sampling, mean differences between age groups. To investigate the significance of mean differences between Government school and Non-Government school boys, t-test was applied at 0.05 level of confidence.

Results

To the above analysis it revealed that there were significant difference obtained on pull-up, sit-up and shuttle run among various age groups (13 years to 16 years) of boys. When the paired mean difference on pull-up, sit-up and shuttle-run were found that significant differences
existed between 13 years & 14 years, 13 years & 15 years, 13 years & 16 years, 14 years & 15 years, 14 years & 16 years, 15 years & 16 years of boys. There were significant difference obtained on standing broad jump and 50 yard dash among significant differences were obtained between 13 years and 15 years, 13 years and 16 years, 14 years and 15 years, 14 years and 15 years, 14 years and 16 years. There were significant differences obtained on 600 yard run/walk among different age groups of boys.

Further significant differences were obtained between 13 years, 14 years, 15 years and 16 years. The calculated ‘t’ values in case of Government and Non-Government school boys 4.77(pull-up), 8.52(sit-up), 1.86(shuttle run), 1.087 (standing broad jump), 11.04 (50 yard dash), 15.93 (600 yard run/walk). ($p<0.05$, t-value being 1.96)

Table 1: Comparison of Scores on Physical Fitness Variables of Government (Gsb) School Boys and Non-Government School Boys (Ngsb)

<table>
<thead>
<tr>
<th>Variable</th>
<th>Group</th>
<th>Mean</th>
<th>SD</th>
<th>MD</th>
<th>SED</th>
<th>t-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pull-up</td>
<td>GSB</td>
<td>4.87</td>
<td>5.32</td>
<td>2.942</td>
<td>.0448</td>
<td>.094</td>
</tr>
<tr>
<td></td>
<td>NGSB</td>
<td></td>
<td></td>
<td>2.983</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sit-up</td>
<td>GSB</td>
<td>20.35</td>
<td>19.02</td>
<td>4.804</td>
<td>1.330</td>
<td>.156</td>
</tr>
<tr>
<td></td>
<td>NGSB</td>
<td></td>
<td></td>
<td>5.071</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shuttle-Run</td>
<td>GSB</td>
<td>11.558</td>
<td>11.510</td>
<td>.7057</td>
<td>.0483</td>
<td>.0259</td>
</tr>
<tr>
<td></td>
<td>NGSB</td>
<td></td>
<td></td>
<td>.9184</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing Broad jump</td>
<td>GSB</td>
<td>1.5820</td>
<td>1.5892</td>
<td>2.0330</td>
<td>.00726</td>
<td>.00668</td>
</tr>
<tr>
<td></td>
<td>NGSB</td>
<td></td>
<td></td>
<td>2.1906</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50 yard dash</td>
<td>GSB</td>
<td>8.599</td>
<td>8.323</td>
<td>.7582</td>
<td>.2761</td>
<td>.250</td>
</tr>
<tr>
<td></td>
<td>NGSB</td>
<td></td>
<td></td>
<td>.8212</td>
<td></td>
<td></td>
</tr>
<tr>
<td>600 Yard Run/walk</td>
<td>GSB</td>
<td>121.60</td>
<td>125.64</td>
<td>8.402</td>
<td>4.031</td>
<td>.253</td>
</tr>
<tr>
<td></td>
<td>NGSB</td>
<td></td>
<td></td>
<td>7.607</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Significant at .05 level
‘t’ .05 (3998) = 1.96

A glance at the results depicted in table would show that with regard to Government School boys and Non-Government school boys groups on the variable pull-up, the Government school boys group has obtained the mean scores and SD values of 4.87 and 2.942. As compared to their values, Non-Government school boys group had obtained the mean and SD value of 5.32 and 2.983 respectively. The t-value was found to be statistically significant as the obtained was 4.77 whereas; the tabulated value was 1.96 which 3998 degrees of freedom at.05 level of significant.

The results presented in table on the variable sit-up among Government School boys and Non-Government school boys groups revealed the mean score of 20.35 and SD 4.804 for pervious group whereas for the other group respectively. The t-value was found to be statistically significantly as the value obtained was 8.52 whereas; the tabulated value was 1.96 which 3998 degrees of freedom at.05 level of significant.

A perusal of content of table pertaining to Government school boys and Non-Government school boys groups revealed the mean score of 11.558 and 11.510 for Government school boys group and Non-Government school boys groups respectively. The t-value was found to be statistically significant as the value obtained was 4.77 whereas; the tabulated value was 1.96 which 3998 degrees of freedom at.05 level of significant.

To the above analysis it revealed that there were significant difference obtained on pull-up, sit-up and shuttle run among various age groups (13 years to 16 years) of boys. When the paired mean difference on pull-up, sit-up and shuttle-run were found that significant differences existed between 13 years & 14 years, 13 years &15 years, 13 years & 16 years, 14 years & 15 years, 14 years & 16 years, 15 years 16 years of boys.

There were significant differences obtained on standing broad jump and 50 yard dash among significant differences were obtained between 13 years and 15 years, 13 years and 16 years, 14 years and 15 years, 14 years and 16 years, 15 years 16 years of boys. Further significant differences were obtained between 13 years and 14 years, 13 years and 15 years, 13 years and 16 years.

References
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