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Comparative study of skill variable of physical fitness between slum and high income school boys

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Abstract

Physical fitness means, but it is clear that we generally relate it to do a particular task assigned to a person in everyday life. One has to face emergency task that demands great amount of strength, speed, and energy etc., therefore one has to prepare himself for such situations by following a regular programmed of exercise, which will contribute to the general physical fitness of individuals in their life. This study aimed to find out the Comparative study of Skill variable of physical fitness between slum and high income school boys. For this purpose the researcher selected 60 boys slum and high income school boys, age ranges between 10-15 years. Samples were selected for the study thirty slum boys were taken from DMW nagar, Patiala and thirty high income school boys were taken from New Delhi Public School, Patiala from Punjab State. Purposive sampling technique was applied to select the sample. Skill variables of physical fitness i.e. speed and agility were selected for this study. To find out the difference between slum and high income school boys data of selected skill variables of physical fitness 't' test was applied at 0.05 level of significance. The results showed that there is no significant difference found between speed and agility.

Keywords: Speed, agility and physical fitness

Introduction

Physical fitness is a term, which has different meaning for different people. For a simple man to have a good physique (appearance) is a symbol of physical fitness. For a doctor proper functioning of various important systems of our body is physical fitness. Actually physical fitness of an individual may be explained as the capacity to do the routine activities without getting undue fatigue, to meet emergencies, to face stress situation and still have more energy to do some more work with better recovery process. Importance of physical fitness is to meet the challenges of day-to-day life everyone must keep himself physically fit. Physical fitness adds to one's life. Many people think that physical fitness is required only for the sports persons, but actually it is necessary for everyone to lead a healthy life. Development of personality fitness programmed helps an individual to maintain his physique which ultimately improves his personality (externally) and also helps in avoiding various postural deformities. A physically fit person can concentrate well on his work/job which improves his efficiency and results in better quality of work. When an individual take part regularly in physical fitness programmed then it really help him to grow and develop better. (Kang &Deol, 2008) ^[1] Many people use the term fitness in a global sense, describing it as physical, social, moral, spiritual, and mental fitness. Defined this way, the concept become meaningless because it is so broad and elusive as to provide no clear direction and no clear standards by which to understand how much of it is necessary or how it is developed. To circumvent this problem of an overly broad definition, people have defined physical fitness as an adequate amount of muscular strength and endurance to meet the need of everyday of life. (Siedentop, 2000) ^[5]

Material and Methods

The purpose of the study was to find out the Comparative study of Skill variable of physical fitness between slum and high income school boys. Total 60 boys slum and high income school boys were selected; age between 10-15 years. The data was obtained from Patiala District.

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Variables

Skill Related Physical Fitness Variables

1. Speed
2. Agility

Statistical Consideration

For interpretation of the data statistical techniques of ‘t’ test

was applied to find out mean differences.

Results

Different types of descriptive statistic such as mean and standard deviation was computed to describe each variable statistically. The level of significance was set at 0.05. Its results have been depicted in the following table.

Table 1: Speed Mean and Standard Deviation of Speed of Slum and High Income School Boys

Group	N	Mean	Standard Deviation	Standard Error Mean	T- Value
Slum Boys	30	9.26	0.77	0.14	0.25
High Income School Boys	30	9.30	0.47	0.08	

t.05 (58) =2.00

The table and figure 4.1 shows that the mean and standard deviation values with regard to slum boys on variable Speed were recorded as 9.26 and 0.77 respectively where as in case of high income school boys the same were recorded as 9.30

and 0.47 respectively. The calculated t-value of slum and high income school boys is 0.25. There were no statistically significant differences between slum and high income school boys in the variable of Speed.

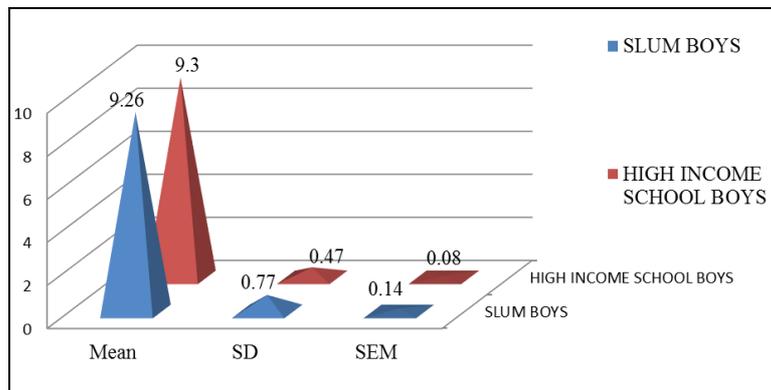


Fig 1: Mean and Standard Deviation of Speed Level of Slum and High Income School Boys

Table 2: Agility Mean and Standard Deviation of Agility Level of Slum and High Income School Boys

Group	N	Mean	Standard Deviation	Standard Error Mean	t- value
Slum Boys	30	11.68	0.47	0.08	0.91
High Income School Boys	30	11.57	0.46	0.08	

t.05 (58) = 2.00

The table and figure 2 show that the mean and standard deviation values with regard to slum boys on variable Agility were recorded as 11.68 and 0.47 respectively where as in case of high income school boys the same were recorded as 11.57 and 0.46 respectively. The calculated t-value of slum vs high income school boys is 0.91. at the level at .05 level. So, it implies that there were no statistically significant differences between slum and high income school boys in the variable of Agility.

Discussion of the Findings

The present study was designed to analysis the physical fitness of slum and high income school boys. To achieve this purpose sixty (60) slum and high income school boys were taken as subjects. The age of these boys were 10 to 15 years. The slum boys were taken as subjects from DMW Nagar, Patiala. The high income school boys were taken as subjects from New Delhi Public School, Patiala. The subjects were divided into two groups. Group-1 (N-30) slum boys, Group-2 (N-30) high income school boys. To know about skill related fitness had selected following Two variables:-

Speed Variable

A perusal of the analysis of the variance speed showed that slum boys are more dominant in slum boys as comparison to high income school boys. The outcome of the result may be due to active life style is observed on a high level of physical activity functioning is retained as compared to the high income school boys. The result of the study confirmed with the finding of (Meta, 1981) [4]. “Comparison of physical fitness of tribal & non –tribaleschool girls and Indore division.” and (Kobal, et al. 2016) [3]. “Physical performance of Brazilion Rugby players from different age categories and competitive level.”

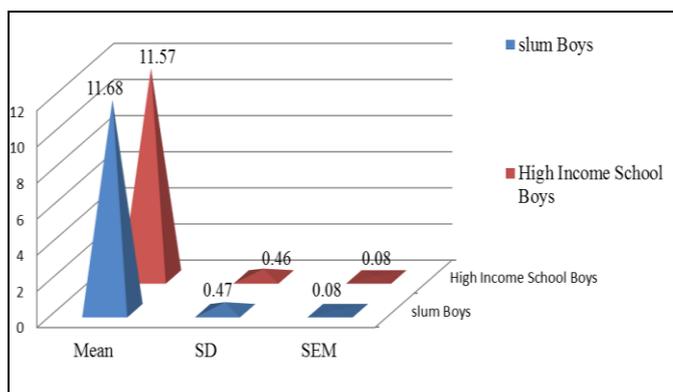


Fig 2: Mean and Standard Deviation of Agility Level of Slum and High Income School Boys

Agility Variable

It is evident from the results of the agility variable that there is no statistically significant difference found between slum boys and high income school boys. High income school boys have greater agility rate as per their counterparts. It may be due to the fact that they perform largely conditioning when school time physical period. These findings are similar with the finding of (Kaur, J &N.S. Deol, 2014) ^[2]. “Analytical study of Health related fitness and Mental health of rural, urban and slum children.”

Conclusion

Taking into account the discoveries of this study, the accompanying conclusion were drawn:

- It was detected that after the Comparing the results of Skill variable of physical fitness between slum and high income school boys, high income school boys were have more efficient than slum boys in speed and agility as comparison to their counterparts. The basic reason behind this could be the parents are give more attention on a high level of physical activity functioning.

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