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## Comparative study of selected physical fitness variables between urban and rural school going girls of Sangrur district

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### Abstract

The purpose of this study was to compare selected Physical variables between Urban and Rural school going girls of Sangrur District. For achieving the purpose of the study, data was collected on total 80 school going girls (Urban girls –40 and rural girls–40) from Sangrur District of Punjab. The study was only 11<sup>th</sup> and 12<sup>th</sup> standards school going girls. To check Flexibility and Agility level of recruited subjects. To compare physical variables between Urban and Rural school going girls mean, standard deviation and unpaired t–test were employed with the help of statistical package of SPSS. To test the hypothesis the significance level was set at 0.05 percent. The result showed that there was significant difference in Flexibility and insignificant difference in Agility between physical variables between Urban and Rural school going girls.

**Keywords:** Flexibility, agility, wooden box urban and rural

### Introduction

Physical fitness is highly influenced by human health. A nation's true wealth lies not in its lands and waters, not in its forests and mines, not in its flocks and herds, not in its dollars but in its healthy and happy men, women and children. Fitness is for everybody, and not just for youth. This makes fitness everybody's business. It is a part of education but it is also a part of life. Who wants to be fit must do exercise. Conducted a comparative study of physical fitness components of football and basketball players by measuring speed, flexibility, leg explosive strength, gross body coordination and respiratory endurance of the player and concluded that the football players were superior in leg explosive strength, abdominal strength and gross body coordination. Secondly concluded that the basketball players were comparatively superior to football player in the extent flexibility and dynamic flexibility. Chandrasekhar (1981) <sup>[1]</sup>

Purpose of the study was to see difference, if any in rural and urban students of district of Amritsar (n=50) each from urban and rural subjects were administered M.P.E.D physical performance test. Statistical significance was founding rural and urban students when 't' test was employed. Further the study revealed that rural area students were more fit than urban area students of Amritsar. Sandhu (1983) <sup>[3]</sup>

The primary purpose of this effort was to review several forms of nontraditional (NT) training programs, including heavy lower extremity strength training, Cross Fit training, kettle bell training, and agility training, and discuss the effects of these exercise regimens on physical performance. The secondary purpose was to evaluate NT fitness training programs for evidence that they may provide beneficial options to help airmen improve their fitness scores. A search of the literature for 1980-2010 was performed using the Franzello Aeromedical Library, Public Medicine, and Air Force Institute of Technology search engines. There were 50 articles located and the authors selected 29 articles that specifically addressed the primary and secondary purposes of this literature review. This review indicates that an NT training approach is warranted in the general Air Force population. Heavy leg strength training and agility training show promise in enhancing aerobic fitness and improving fitness scores, particularly among members who have difficulty passing a physical fitness test. Most of the cc exception of heavy leg strength training and agility training. However, even these NT forms of training require further investigation O Hara RB *et al.* (2012) <sup>[2]</sup>.

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**Methodology and Procedure**

The present research was entitled as “Comparison of selected Physical variables between Urban and Rural school going girls. To achieve this purpose total 80 school going girls (Urban girls –40 and rural girls–40) from Sangrur District of Punjab. The study was only 11<sup>th</sup> and 12<sup>th</sup> standards school going girls. To check Flexibility and Agility level of recruited

subjects. After the collection of relevant data, it was processed and analyzed with descriptive statistics. To compare the subjects mean, standard deviation and unpaired t-test was employed with the help of statistical package of SPSS. The significance level was set at 0.05 percent.

**Flexibility**

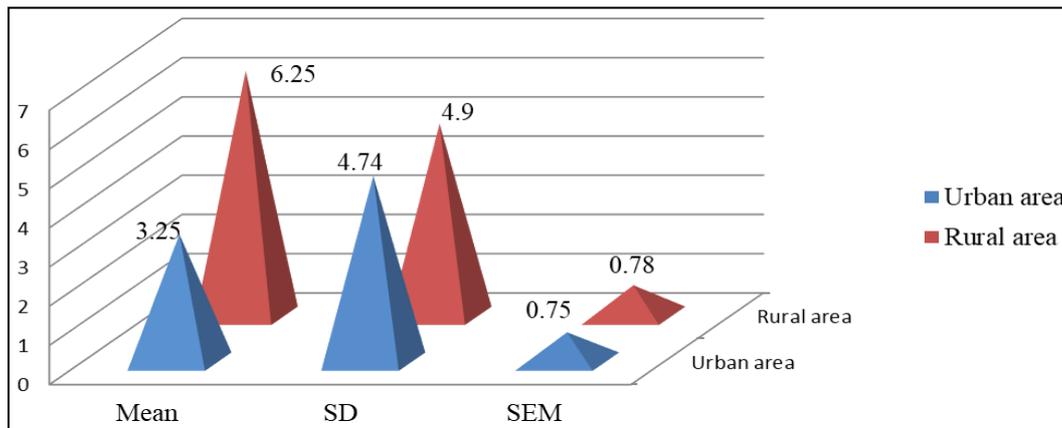
**Table 1:** Mean and Standard Deviation of Flexibility Level of urban and Rural School Going Girls

Group	N	Mean	Standard deviation	Standard error mean	t-value
Urban area	40	3.25	4.75	0.75	2.7813
Rural area	40	6.25	4.90	0.78	

t.05 (78) = 1.99

The table & figure 1. shows that the mean and standard deviation values with regard to urban school girls on variables Flexibility were recorded as 3.25 and 4.75 respectively where as in case of rural school going girls the same were recorded

as 6.25 and 4.90 respectively. There were significant differences between urban and rural school girls in the variables of Flexibility, where rural girls are superior than urban school going girls at.05 level.



**Fig 1:** Mean and standard deviation of selected flexibility variable of urban area and rural area

**Agility**

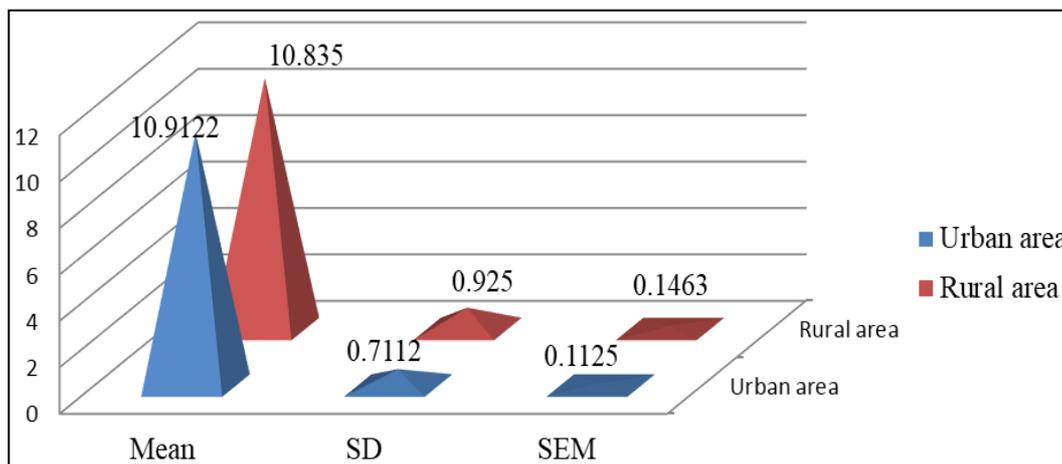
**Table 2:** Mean and standard deviation of agility level of urban and rural school going girls

Group	N	Mean	Standard deviation	Standard error mean	t-value
Urban area	40	10.9122	0.7112	0.1125	0.4187
Rural area	40	10.8350	0.9250	0.1463	

t.05 (78) = 1.99

The table & figure 2 shows that the mean and standard deviation values with regard to urban going girls on variables Agility were recorded as 10.9122 and 0.7112 respectively where as in case of rural school going girls the same were

recorded as 10.8350 and 0.9250 respectively. There were insignificant difference between urban and rural school going girls in the variables of Agility, where urban students are best than rural school going girls at.05 level.



**Fig 2:** Mean and standard deviation of agility level of urban and rural school going girls

### **Discussion**

The analysis of data revealed significant difference and insignificant differences among urban and rural school going girls on Physical fitness.

The result of 't' value indicated significant difference in Flexibility and insignificant difference in Agility of urban and rural school going girls when urban girls performed better than their counterparts. This indicated that regular vigorous activity produces physical fitness improvements as in countryside area an active life style is observed on a relatively high level of physical and physiological functioning is retained as compared to the rural residents.

### **Conclusion**

1. The results strongly confirm that, significant differences were observed between urban and rural school going girls for their Flexibility.
2. The results authenticated that, insignificant differences among between urban and rural school going girls for their Agility.

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