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Analysis of selected speed parameter on school children of Jammu region

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Abstract

In the present study, an attempt has been made to analyze the physical parameter of school children from Jammu region in the Jammu and Kashmir state. The variable selected for test of physical parameter namely "speed" of pre-adolescent school children from Jammu region. The total number of subjects selected were one hundred and twenty six (126) male pre-adolescent school children in which forty two (42) were selected from the Jammu district, forty two (42) from Udhampur district and forty two (42) from Ramban district respectively. The subjects selected from the three districts of Jammu region were taken from the different schools of Jammu region, from district Ramban, Govt. High School Nowgam, Banihal, Govt. High school Tether, Banihal, Govt. High school Charril, Banihal, from the Udhampur district, the Govt. middle School Falata Tekhri, Govt. Middle school Tekiri, Govt. High school Domail. From the Jammu District, Govt. middle School Sidra Zone Gandhi Nager, Govt Middle School Majeen, Govt. High School Chak Largan. The selection of subjects were done by the use of stratified sampling technique for the study. For the statistical analysis and interpretation of data, mean, standard deviation and Scheffe's post hoc test was applied at 0.05 level of significance. The Data was analyzed with the help of discriminant analysis using the SPSS version 20.0. The study provides us relevant information about the physical parameter of pre-adolescent school children.

Keywords: Physical parameter, speed, school children

Introduction

In difference with physical exercise, which is having the relation to the activities that individuals are performing, physical activities are a set of attributes that the individual is having or has to achieve. To be physically strong one has to define as "the capability to tackle out the day today tasks with full of vigor and zeal, without having muscle tiredness and with having full power to give life an enjoyable time pursuits and to see future emergencies" (President's Council, 1971) [8]. Daily physical exercises, fitness and activities are very important for the living being and individual life of people, whether they would take part in the energetic exercises or some low type of health management activities. Mostly in poor health of old adults, mobility and functioning can be ranged up through physical exercise (Butler *et al.*, 1998) [2].

Children's physical fitness has decreased over the last decades. A lot of research on children from the 6-19 years of age group from at least 27 countries give demo to the decline in aerobic fitness of 0.4%/year from 1970 and 2003 (Tomkinson, 1971). Similarly, physical fitness has also degradation by about 10% from 1975-2000 as confirmed in a group of 6-7 years old children in Germany (Bos, 2003) [3]. Similar results have been found in Canada comparing data from 1981 and 2007-2009 (Tremblay, 2010) [13]. In the mean time occurrence of gaining weight and body mass in children had increased and besides this a great achievable stabilization, represents a good health consciousness in public (Ogden, 2010) [7].

The change and combination of these basic actions, the developing the primary and secondary actions to live the life and to use it in games and sports. Physical fitness is necessary for all individuals, irrespective of their era. A given work may not be done if the strength is not available. Fitness is taken as an important to live the life at its full (Reddy, 2012) [10].

Activities done on the proper and daily basis plays an important role in preventing an individuals Sevier bug, and with a healthy diet. Physical fitness is a strong method of curing diseases; for society, it can give a way to develop the health of the population.

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The existing skill and technical facts gives an edge that day to day physical exercise which provide individuals, of both sexes, of any kind of people even disable give a wide range of physical and psychological benefits (WHO 2003) [14].

Fitness for living in the house or on the farm or at office or factory or in work places or in any service implies freedom from disease, enough strength, endurance and the valuable activities to command the daily living. The contribution of physical exercise on regular days improves the health and fitness of the body. The way of living the life may be changed to increase the health and wellness through daily activities. The stimulation of Aerobic workout makes a valuable change through circulation and respiration in the body and mind. Some physiological changes are improved by daily aerobic activities (Shahana *et al.*, 2010) [11].

The fitness implies capability of an individual to be honest with his life’s talents and skills, which depends on the physical, physiological, psychological, social and spiritual parts of fitness which are fully interrelated. The most important gears of physical fitness known by the president’s council on physical fitness and games were strength, endurance, and cardio vascular endurance. But, soon after the president council have included some motor parameters like speed, agility, coordination and stability in physical fitness. However, taking in mind the general thinking of lot of researchers, the researcher has not integrated the parameters like speed, agility, power and balance which are essential parameters of physical fitness. But, the researcher defined physical fitness through a group of five parameters such as muscular strength, muscular endurance, and cardio respiratory endurance, flexibility and body composition. It is essential to remind that some experts (e.g. Clarke and Clarke, 1987; AAHPERD, 1980, 1984) describe these tests which are used to measure % body fat, as health connection fitness tests (Devinder, 1996) [5].

Methods

Subjects

The selection of the subjects for the purpose of the study (126) one hundred and twenty six High School Children were selected from the Jammu region of Jammu And Kashmir State. From there three districts were selected and from each district three schools were selected for the accomplishment of the data collection. Proper way of collection of data was done for that the researcher has first received a proper consent from the higher authorities especially from the Zonal education officer and Head of the institutions after that further process was done. The value of the topic were discussed with the subjects and with the Head of the instructions, and the physical education teacher was also present there. The selection of the subjects was done on the basis of stratified sampling technique. The subjects given good response and cooperated while taking the tests.

Variables and tests

For the accomplishment of the study speed parameter was measured of the pre-adolescent school children. For the accomplishment of the study 50 m dash was used. The variable speed was selected as physical parameter of the subjects. The study provide the information about the physical fitness parameter of school children.

Statistically technique

The present investigation was statistically analyzed ANCOVA and Scheffe’s post hoc test to see the pair mean

difference between the districts. By applying these tests the researcher would found the significant difference on physical parameter between the districts of high school children.

Results

The mean, standard deviation and ‘F’ value of speed for different districts of Jammu region of pre- adolescent school children in Jammu and Kashmir State. Which is shown in the below table 1.

Table 1: Ancova for different districts of pre-adolescent school children on the physical parameter speed

Districts	Mean	SD	SOV	SS	df	MS	F
Jammu	9.19	2.07	BG	61.99	2	30.99	7.13
Udampur	10.52	2.22					
Ramban	10.79	1.94	WG	534.55	123	4.34	

*Significant at 0.05 level

Table 1, shows the speed of pre-adolescent school children of Jammu region. From the table it was clear that the obtained ‘F’ value are greater than the table value (3.04) which is required for significant at 0.05 level with df 2 and 123. The results of the study indicate that among the three districts significant difference were found on speed on pre-adolescent school children. Hence, to find out the paired mean difference Scheffe’s post hoc test was applied and the results were presented in the table 2.

Table 2: Scheffe’s test for mean difference of different districts of Jammu region of school children on speed parameters

Jammu	Udampur	Ramban	Mean Difference	C.I.
9.19	10.52		1.33*	0.95
	10.52	10.79	0.27	
9.19		10.79	1.6*	

*Significant at 0.05 level

The table-2, shows that paired mean difference between Jammu, Udampur and Ramban districts of pre-adolescent school children on the speed parameter. The mean difference of Jammu and Udampur were significant at 0.05 but Udampur and Ramban were found insignificant. Further it shows significant difference between Ramban and Jammu school children on speed parameter. From the above results, it was clear that Ramban pre-adolescent school children were better in speed than Udampur and Jammu school children. Also, it is clear from the above results that there were significant difference between Jammu, Udhampur and Ramban districts but insignificant difference were found between Udampur, Ramban of Jammu region on the selected speed parameter.

The results of paired mean difference of pre-adolescent school children of Jammu region in the Jammu and Kashmir state on speed parameter, indicates the paired mean of Jammu, Udampur, and Ramban are significant difference at 0.05 level of confidence on speed, and also indicates the paired mean of Udhampur and Ramban are insignificant difference at 0.05 level of confidence on speed. From the above results were clear that the speed was better for Udhampur school children’s followed by Ramban and Jammu respectively. The mean and standard deviation on speed is shown in the fig 1 below.

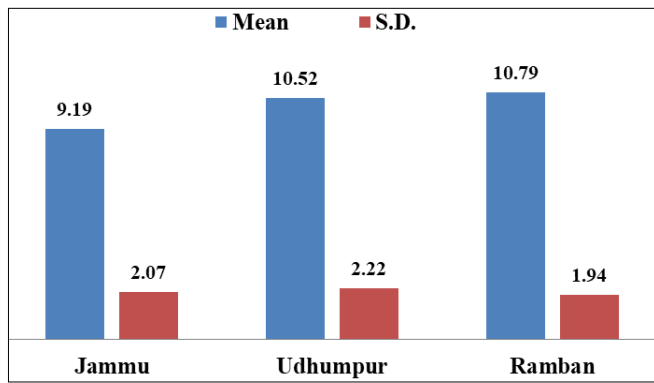


Fig 1: Mean and standard deviation of pre-adolescent school children on speed parameter of Jammu region.

Discussion

The variable physical parameter was analyzed by applying ANCOVA and Scheffe's post hoc test to check the significant difference between the three districts. The findings of this study shows that there is significant difference when compared with mean of the districts as the table value (3.04) is less than the 'f' ratio (7.13). Also, significant difference were found between the jammu vs Udhampur and jammu vs ramban districts but insignificant difference were found between the Udhampur and ramban districts as mentioned in the above results in the table 2. As the studies of previous researchers on the speed parameter demonstrates that the boxers are significantly better than the judokas and wrestlers (Anilkumer, 2013) ^[1]. Similarly, comparison between different sports and revealed difference on fitness characteristics along the participation of different sports activities (Daniels & Thornton, 1990) ^[4], (Reynes & Lorant, 2004) ^[9], in between this Gernigon and Le Bars (2000) ^[6], laid full stress on compatibility of a competitive activities and work orientation in such studies. It is also suggested that future studies should take a close eye at the relations between the individual and team sports.

Conclusion

It is concluded that pre-adolescent school children in speed parameter might be appropriate to generalize the fitness and development of school children. In terms of practicability, it seems that pre-adolescent school children should given such an important efficient way of physical fitness strategy in enhancing speed parameter.

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