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## A comparative study on physical variable of rural and urban secondary school girls

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### Abstract

The purpose of this study was to compare the physical fitness of the rural and urban high school girls of Davangere Taluk. To achieve this purpose, the data collected in this study were put to statistical analysis and the results of which are presented in this chapter. For this study 200 students in all 100 rural and 100 urban high school girls of Davangere Taluk were selected. In the age group of 13 to 16 years girls. They were subjected to two different tests to assess five physical fitness components. The tests were conducted on standard procedure. Mean, standard deviation and 't' values of all five components are presented in different tables. Conclusions were drawn from the results presented in the previous chapter. Rural girls, have better in speed, urban girls are superior in shoulder strength.

**Keywords:** physical components, speed, strength (shoulder strength)

### Introduction

The world greatest thinkers have stressed the importance of physical fitness in leading a productive and meaningful life, the Greek philosopher Aristotle stated that the body is the temple of soul and to reach harmony among body, mind and spirit a human being must be physically fit.

Many scientific students in the fields of physical, education and sports have proved beyond any doubt that on exercise programme or regular physical activity improves ones physical fitness level and ability to meet variety of physical tasks in day-to-day life physical fitness comprises of many components such as strength, endurance, agility co-ordination, flexibility etc.

Physical Fitness is a term used to refer to the functional capacity of an individual to perform certain kinds of tasks requiring muscular activity, Physical Fitness is the ability of the body to adopt and recover from strenuous exercise. It is the relation of one's ability to work and play with vigor and pleasure without undue fatigue and with sufficient energy for unforeseen emergencies. Physical fitness is to ability to last, to bear up and to preserve under difficult circumstances where an unfit person would give up. It is the opposite of being fatigued from ordinary efforts.

### Statement of the problem

The purpose of the study was to compare the physical fitness between rural and urban high school girls of Davangere Taluk.

### Delimitations

- The study was delimited to the rural and urban high school girls.
- The study was delimited to selected rural and urban high schools of Davangere Taluk.
- Further the study was delimited to physical fitness components like speed, strength, agility, endurance, power.

### Limitations

- a. Effect of the external factors like climate and food which would have an effect on the result of the study was considered as limitation of the study during the collection of data.

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- b. No special motivation technique was used during the collection data.

**Hypothesis**

It was hypothesized that the rural high school girls will be better than the urban high school girls in most of the physical fitness components.

**Methodology**

The purpose of this study was to compare the physical fitness of the rural and urban high school girls of Davanagere Taluk. To achieve this purpose, the data collected in this study were put to statistical analysis and the results of which are presented in this chapter. For this study 200 students in all 100 rural and 100 urban high school girls of Davanagere Taluk were selected. In the age group of 13 to 16 years girls. They were subjected to two different tests to assess five physical fitness components. The tests were conducted on standard procedure. Mean, standard deviation and 't' values of all five components are presented in different tables

**Analysis and interpretation of the data**

The purpose of this study was to compare the physical fitness of the rural and urban high school girls of Davanagere Taluk. To achieve this purpose, the data collected in this study were put to statistical analysis and the results of which are presented in this chapter.

For this study 200 students in all 100 rural and 100 urban high school girls of Davanagere taluk were selected.

They were subjected to five different tests to assess two physical fitness components. The tests were conducted on standard procedure.

Mean, standard deviation and 't' values of all five components are presented in different tables.

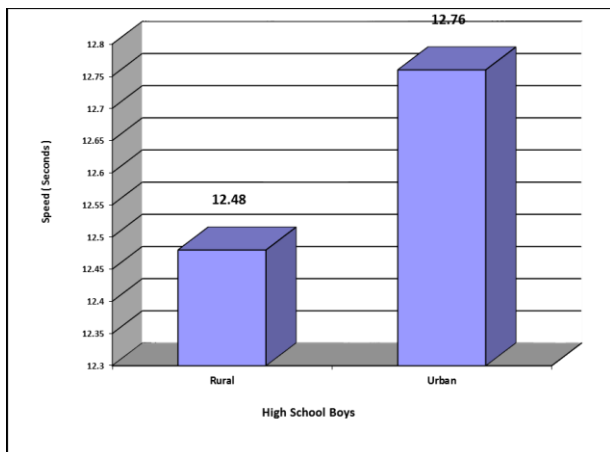
**Table 1:** Showing the mean value ± standard deviation and 't' value of speed (50 Yard Dash, Strength Floor push-ups).

| Sl. No. | Physical Fitness Components | Name of the Game | Sample Size | Mean ± S.D.    | 't' value |
|---------|-----------------------------|------------------|-------------|----------------|-----------|
| 1       | Speed                       | Rural            | 100         | 12.48 ± 1.5860 | 2.2483*   |
|         |                             | Urban            | 100         | 12.76 ± 1.0865 |           |
| 2       | Strength                    | Rural            | 100         | 6.40 ± 1.7274  | 2.4076*   |
|         |                             | Urban            | 100         | 6.74 ± 0.01696 |           |

**Table 2:** Showing the Mean value ± Standard deviation and 't' score of the Speed (50 Yard Dash)

| Sl. No. | High School Boys | Sample Size | Mean ± Standard deviation | 't' value |
|---------|------------------|-------------|---------------------------|-----------|
| 1       | Rural            | 100         | 12.48 ± 1.5860            | 2.2483*   |
|         | Urban            | 100         | 12.76 ± 1.0865            |           |

\* Significant at 0.05 level.



**Table 3:** High School Boys

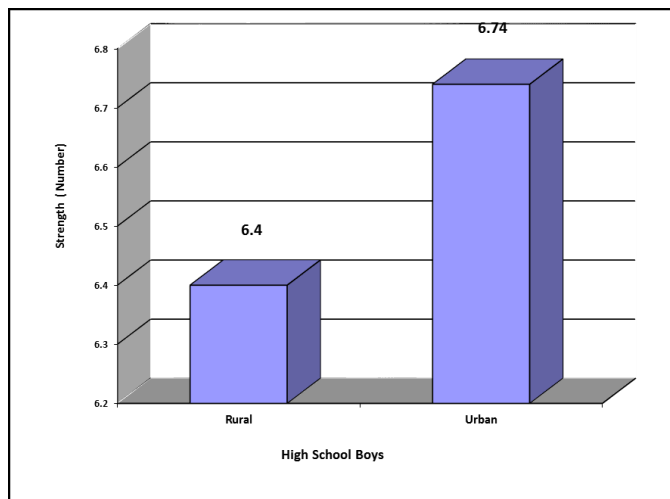
**Table 3:** Shows the Mean Value ± Standard Deviation and 't' score of the strength (Floor push-ups)

| Sl. No. | High School Boys | Sample Size | Mean ± Standard Deviation | 't' value |
|---------|------------------|-------------|---------------------------|-----------|
| 1       | Rural            | 100         | 6.40 ± 1.7274             | 2.4076*   |
| 2       | Urban            | 100         | 6.74 ± 0.01696            |           |

Table-3 Shows the Mean Value and Standard Deviation of the two groups i.e., rural and urban high school boys with 't' score.

The 't' score on calculation is 2.4076 which is greater than table value i.e., 1.9719 and is significant at 0.05 level.

The result is in agreement with the hypothesis of the researcher.



**Table 3:** High School Boys

**Summary, Conclusion and Recommendations**

**Summary**

The purpose of this study was to evaluate and compare the selected physical fitness components of rural and urban high school girls of Davanagere Tluk. To achieve this purpose, the investigation was conducted on 200 Rural and 200 Urban High School girls of Davanagere Taluk. The subjects selected were tested with five tests, which measure two components of physical fitness. The data collected from these tests were analyzed by calculating 't' value to find out the difference in physical fitness between rural and urban high school girls of Davanagere Taluk.

**Conclusion**

In view of the limitation of this study already cited, the following conclusions were drawn from the results presented in the previous chapter.

1. Rural boys have better in speed.
2. Urban boys are superior in shoulder strength.

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