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A comparative study on selected physical fitness component of Rajkot and Surendranagar district school student

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Abstract

Purpose: The purpose of the study was to compare the selected physical fitness components as speed, agility, speed endurance and explosive strength between the Rajkot and Surendranagar District school boys.

Methodology: The subjects of the study were randomly selected from district of Rajkot and Surendranagar District who were continuously participated in sports activities. The subjects' age ranged 14-17 years. Total 60 subjects were taken and categorized into two equal groups. The first group was made from Rajkot district School boys and the second one from Surendranagar district school boys. Each group contained 35 subjects. For comparison of selected physical fitness "T" test was employed at .05 level of significance.

Result: Insignificant difference was found in speed but significant difference was found in case of Agility, Speed Endurance and Explosive Strength.

Conclusion: It is concluded that Surendranagar district school boys are much conscious about their fitness and seriousness towards fitness level compared to Rajkot district boys.

Keywords: Physical fitness, speed, agility, explosive strength, speed endurance etc.

Introduction

Fitness was commonly defined as the capacity to carry out the day's activities without undue tiredness. However, as automation augmented leisure time. Changes in lifestyles following the industrial revolution rendered this definition insufficient. Now a day, physical fitness is considered a measure of the body's capability to function efficiently and efficiently in worked free time activities. To be healthy, to oppose hypo kinetic diseases and to meet emergency situations.

A comprehensive fitness program tailored to an individual will probably focus on one or more specific skills and on age or health related needs such as bone health. Many sources also cite mental, social and emotional health as an important part of overall fitness. This is often presented in textbooks as a triangle made up of three points, which represent physical emotional and mental fitness. Physical fitness can also prevent or treat many chronic health conditions brought on by unhealthy lifestyle or aging. Working out can also help people sleep better. To stay healthy it is important to engage in physical activity.

Physical fitness level has also been shown to be closely associated with mortality and functional limitations in both middle aged and older School people (Miilonpalo *et al.* 1997, Hung, 1998; Happane *et al.* 2000 and Okano *et al.* 2003)^[1]. Higher level of physical fitness results in a low risk of both mortality (Sawada *et al.*, 1998)^[3] and functional limitations (Hung *et al.*, 1998)^[1]. Risk factors related to a sedentary lifestyle include increased fat deposits and weight gain and decreased functional aerobic capacity, bone density and mass (ACSM'S, 2001). The purpose of this study was to assess and compare the selected physical fitness component between Rajkot district and Surendranagar district.

Methodology

The Subjects of the study were randomly selected from district of Rajkot and Surendranagar who were continuously participated in sports activities.

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The subject's age ranged 14-17 years. Total 60 subjects were taken and categorized into two equal groups. First group was made from Rajkot school boys and the second one is made from Surendranagar school boys. Each group contained 30 subjects the Necessary data was collected for speed, agility, speed endurance and explosive strength with the help of

deferent test items such as; 50 m dashes, 6×10m shuttle run, 800 meters run and standing broad jump respectively. For comparison of selected physical fitness “t” test was employed at .05 level of significance.

Results

Table 1: Results of t test between Rajkot and Surendranagar district School boys

Physical Fitness Component	State	Mean	S.D.	T value	Sig.
Speed	Rajkot	7.86 (se.)	0.44	1.16	0.25
	Surendranagar	7.78 (se.)	0.33		
Agility	Rajkot	16.32 (se.)	1.19	3.84*	0.00
	Surendranagar	15.70 (se.)	1.14		
Speed Endurance	Rajkot	2.87 (min.)	0.32	2.77*	0.01
	Surendranagar	2.68 (min.)	0.19		
Explosive Strength	Rajkot	1.96 (mt.)	23	2.50*	0.01
	Surendranagar	2.07(mt.)	21		

*Significant at.05 level of significance

From table 1, it was evident that insignificant difference was found in speed ($p>0.05$) but significant difference was found

in case of Agility, Speed Endurance and Explosive Strength ($p<0.05$).

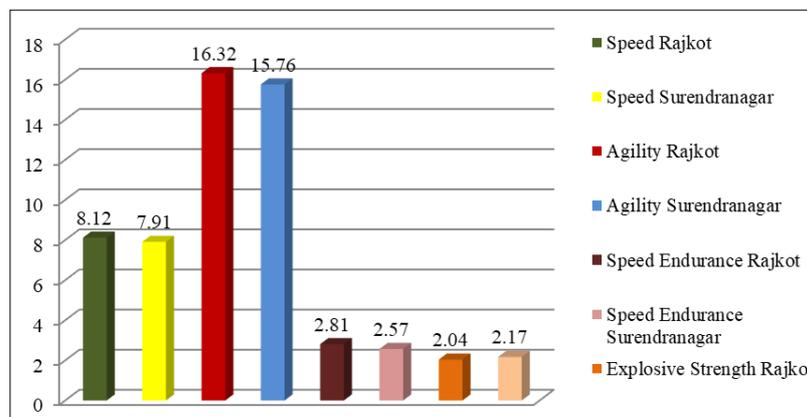


Fig 1: Comparison of different physical fitness components means.

Discussion

The result of the study has revealed that there exist a significant difference between the fitness level of boy 14-17 years. In the three physical fitness component (Agility, Speed Endurance and Explosive Strength) that were compared between Rajkot and surendranagar district school boys, found to be significant differences and insignificant difference found in case of Speed ability. It may be attributing the fact that most of the Surendranagar distract school more facility in sports and health than Rajkot distract. So the agility, speed endurance and explosive strength of Surendranagar boys are better than Rajkot district boys.

Conclusion

It is concluded that Surendranagar district school boys are much conscious about their fitness and seriousness towards fitness level compared to Rajkot district boys.

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