



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2022; 7(1): 203-204

© 2022 Yoga

www.theyogicjournal.com

Received: 07-01-2022

Accepted: 10-02-2022

Sharma Rajni

Assistant Professor, Department
of Physical Education, M.L.S.M.
College, Sunder Nager,
Himachal Pradesh, India

Singh Surjeet

Assistant Professor, Department
of Physical Education, M.L.S.M.
College, Sunder Nager,
Himachal Pradesh, India

Corresponding Author:

Sharma Rajni

Assistant Professor, Department
of Physical Education, M.L.S.M.
College, Sunder Nager,
Himachal Pradesh, India

Comparison of abdominal strength of male B.P.Ed students and boxers of M.L.S.M College Sunder Nager Mandi Himachal Pradesh

Sharma Rajni and Singh Surjeet

Abstract

The present study investigates the comparison of abdominal strength of male B.P.ED students and boxers of M.L.S.M College Sundernager Mandi Himachal Pradesh. To solve the purpose of study 30 subjects randomly selected (15 B.P.ED students and 15 Boxers of M.L.S.M College) of Himachal Pradesh were taken as the sample. Null hypothesis had been framed for the present study. The data was analyzed by using Statistical Package for the Social Sciences. The statically tools used for the study were mean, SD and "t" test was used. On the basis of obtained results there is significant and notable difference was recorded by employing "t" test.

Keywords: Abdominal strength, male B.P.Ed students, boxers, Himachal Pradesh

Introduction

Physical fitness is sometime defined in the terms of the capacity to do work. The term motor fitness, while often used synonymously with physical fitness, was coined to include elements which involve more abilities than those basic physical fitness components yet was not to encompass the various neuromuscular coordination skills which up general motor ability. Motor fitness taken in to the account efficiency on basic movements and therefore would involve such elements as power, agility, speed and balance.

Physical fitness is not means the mere survival and good looking physique but it is something more than that. This phenomenon also takes equal care of each and every little constituent of the body. It also tends to beep into harmonic and emotional imbalances. It means a quality endurance, strength and skill.

Over the years we have seen decline in physical fitness of our population particularly in the people residing in urban area. We have also reason for this decline. The factors which are more prevalent and responsible for the deteriorating assets of the country example physical fitness of the people need special attention. These factors by hampering physical fitness limit the capacity for strength could be genetic imperfection, may be problematic neurological systems, respiratory system or could be other systems related to the physiology.

For a long time, the problem was about one of physical fitness. Almost every book wrote about sports and physical education discussion physical fitness. Many authors mention it difficult to interpret the concept off fitness to some brooder concept of total fitness. Total fitness described as encompassing physical fitness, moral fitness, spiritual fitness, and almost all other kind of desirable characteristics that author can include.

Defined in this way, the concept of physical fitness becomes meaningless, simple because the concept is embedded with a larger notion of total fitness that is too broad and elusive as provide not value.

Fitness can be described as a condition that helps us to feel and do our best. More specifically, it is the ability to perform daily tasks vigorously and alertly with energy left over or enjoying leisure time activities and meeting emergency demands. It is the ability to endure, to bear up, to with stand stress, to carry on in circumstances where as fit person could not continue, and is a major basis for good health and well-being.

Physical fitness is a positive quality. Everybody has some degree of fitness but it varies individual to individual and in the same individual from time to time. A man can't move even an inch without any fever, headache, stomach pain, and functions of one body will be affected earlier, physical fitness is basic fitness a combination of physical attitudes, social adaptability, emotional stability and mental efficiency.

A more limited phase of physical fitness is "motor fitness". More fitness does not assess the factors of physical fitness directly but does reflect them to a degree. Furthermore, it is highly related to total fitness in the same manner. Generally speaking, motor fitness is an inherent, innate and inborn quality of the person. Physical fitness is the basic fitness of all other fitness. Physical fitness is not only one of the most important key to a healthy body it is also the basis of dynamic and creative activity. Physical fitness has been defined is that physical fitness is a desirable quality to possess. President Johnson emphasized that "physical to individuals well being and to the progress referred to physical fitness as "the basis of all other forms of excellence's.

While fitness is not synonymous with health, it plays an essential role in all aspects of health because they are inextricably related. Good health provides a solid foundation on which fitness rests and at the same time fitness provides one of the most to the fullest. Freedom from disease, organic of mind, and emotional adjustment provide the frame work of fitness. It has been said that fitness adds not only "year to one's life, but life to one's year's individual". The ascribed quality of motor fitness is a part and parcel of human motor performance. Motor fitness is generally judged by

performance and this performance is based on a composite of many factors.

Methodology

To solve the purpose of the study 30 subjects randomly selected (15B.P.ED students and 15 boxers of M.L.S.M College Sundernager) of Himachal Pradesh were taken as the sample. Null hypothesis had been framed for the present study. The Abdominal strength was measured by using Bent knee sit-ups test taken from AAPHERED youth fitness battery. The data was analyzed by using Statistical Package for the Social Sciences. The statically tools used for the study were mean, SD and "t" test was used. On the basis of obtained results there is significant and notable difference was recorded by employing "t" test.



Results and Findings

Within the limitations and delimitations of the present study following results are drawn:

Table 1: Significance of Mean Difference in the scores of abdominal strength of B.P.ED Students and Boxers of Sundernager college of Himachal Pradesh

Variable	Group	N	Mean	S.D	SED	Mean diff.	df	't'
Sit-ups	B.P.ED Students	15	30.87	8.535	2.620	5.133	28	1.959
	Boxer	15	36.00	5.490				

As per table no.1 the calculated mean value of sit-ups of B.P.ED Students M.L.S.M College Sundernager is 30.87 and the calculated mean value of Boxers of M.L.S.M College Sundernager is 36.00. The mean difference is 5.133 the standard error of difference is 2.620 and the calculated 't' value is 1.959 for 28 df. Which is statistically insignificant at 0.05 level of significant when compared to table value of 't' for df 28.

Conclusion

- As per table no.1 that the boxers are found better as compared to the B.P.ED students of Sundernager college in abdominal strength.

References

- Amuso Lattef O. The relationship of soccer playing ability selected measure of structure and physical physiological performance of college man, Complete research in health physical education and recreation, 1979, 21-201.
- Anderows Barry Craig. Physical fitness level of Canadian and South African School Boys, Dissertation Abstracts International. 1976;36(9):5912.
- Devi Satya. A comparative study of physical fitness and psychological traits of tribal and non-tribal high school students of high-altitude area, Unpublished Ph.D. Thesis, Punjab University, Chandigarh, 2000.
- Domic T. Relationship of selected motor fitness

components and anthropometric variables to velocity of basketball throw, Unpublished Master's Dissertation, Jiwaji University, Gwalior, 1999.

- Kaur Jasbir. Assessment of motor fitness of rural and urban senior secondary school girls of Punjab state, Unpublished Ph.D. Thesis, Punjab University, Chandigarh, 1999.