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Lakshmeesha BN

Research Scholar, Department of Studies & Research in Physical Education, Kuvempu University, Shankaraghatta, Karnataka, India

Shivamurthy A

Associate Professor, Department of PG Studies and Research in Physical Education, Sahyadri Commerce College, Kuvempu University, Shankaraghatta, Shivamogga, Karnataka, India

A study on health related physical fitness level of students studying in Hassan city

Lakshmeesha BN and Shivamurthy A

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Abstract

Humans are social animals in nature and it is a social order which pave the way to the individual to lead a happy life in the society, this was the famous quote of Greek philosopher Aristotle. Man can't live alone; he must comply with certain natural indispensable wants in order to continue to exist. Children rely on their parents and others for their existence and development. The word 'Society' connotes relationship of social beings, correlate their nature by building and rebuild a bond which points in the right direction and supervise their good comportment in inestimable ways. Education is commonly assessed as the base of society which leads to financial growth, social accomplishment and political consultancy.

Health-related fitness may be helpful in maintaining fitness in daily life. Health-related fitness is theoretically identified as a multidimensional construct containing the components cardio-respiratory endurance, muscle strength, muscular endurance, flexibility and body composition. The purpose of the study will be to examine the impact of Pre-University education system on Health Related physical fitness of adolescents. The data will be collected from the same subjects during 10th standard, and at the end of midterm examination in I PUC (Pre-University Course). Hence it may be concluded that all four physical fitness components of study are significantly different when they measured in SSLC (Secondary School Leaving Certificate) and after six months from SSLC. From the means observed in table we may conclude that, flexibility, push-ups and curls significantly reduced from SSLC to after six months from SSLC. Body Mass Index is significantly increased form SSLC to after six months from SSLC.

Keywords: SSLC, PUC, health related physical fitness, body mass index

Introduction

Humans are social animals in nature, and it is a social order which pave the way to the individual to lead a happy life in the society, this was the famous quote of a great Greek philosopher Aristotle. Man can't live alone; he must comply with certain natural indispensable wants in order to continue to exist. He has to go through certain liaison with his fellowmen for living a life. No man can break the manacles of reciprocated confidence. This embarks on perhaps between the embryo and the mother and persists till his last breath. The requirement of the embryo may be more physical than mental, but the mother's need is the other way round. Man has a natural compulsion to live a connected living with others. Man needs society for his subsistence or survival.

Children rely on their parents and others for their existence and development. The innate capacities of the child can get boosted only by the society. The significant goal of society is to uphold high-quality and contented life for its individuality. Society establishes good surroundings and openings for the all-round advancement of the individual personality. The word 'Society' connotes relationship of social beings, correlate their nature by building and rebuild a bond which points in the right direction and supervise their good comportment in inestimable ways.

Education is commonly assessed as the base of society which leads to financial growth, social accomplishment and political consultancy. It is a key aspect of progress of any present society and most noteworthy sign of overall improvement of any state.

Health-related fitness may be helpful in maintaining fitness in daily life. Health-related fitness is theoretically defined as a multi-dimensional construction containing the components cardio-respiratory endurance, muscle strength, muscular endurance, flexibility and body composition.

Corresponding Author:

Lakshmeesha BN

Research Scholar, Department of Studies & Research in Physical Education, Kuvempu University Shankaraghatta, Karnataka, India

Statement of the problem

The purpose of the study will be to examine the impact of Pre-University education system on Health Related physical fitness of adolescents. This will be a longitudinal study on boys and girls of Hassan city, where in the data will be collected from the same subjects during 10th standard, and at the end of midterm examination in I PUC. Ten male and ten

female students those who are not participated in competitive sports are selected for the present investigation.

Finding of the study

The raw data on flexibility, pushups, abdominal curl and body mass index measured in end of the tenth standard and measured in the PUC first midterm vacation.

Table 1: Mean of flexibility measured in SSLC (20.61) is higher than the measured after six months from SSLC (16.15)

	Mean	Sd	t	Df	Sig
Flexibility measured in SSLC	20.61	2.07	6.989	38	0.00*
Flexibility Measured after 6 months	16.15	1.95			
Push ups measured in SSLC	19.35	7.61	2.922	38	0.006*
Push ups Measured in after 6 months	13.70	4.10			
Abdominal Curl measured in SSLC	61.00	16.41	4.686	38	0.00*
Abdominal Curl Measured after 6 months	38.15	14.35			
Body mass index measured in SSLC	22.55	2.87	-2.046	38	0.021*
Body mass index Measured after 6 months	24.71	2.81			

*= ≤ 0.05

From the above table we may observe that mean of flexibility measured in SSLC (20.61) is higher than the measured after six months from SSLC (16.15). In six months, span flexibility has been decreased. When push-ups were compared, measured in SSLC mean (19.35) is higher than the measured in after six months from SSLC (13.70). Abdominal curl measured in SSLC mean (61) is higher than the measured in after six months from SSLC (38.15). Body mass index measured in SSLC (22.55) is lesser than the measured in after six months from SSLC (24.71). To find out whether mean difference among all four physical fitness components between SSLC and after six months from SSLC is at the significant level further data is subjected to independent

sample t-test.

From the calculated t-values of all four physical fitness components (flexibility-6.98, Pushups- 2.92, curls- 2.87 and BMI: -2.046) are higher than the table t-value ±2.02 for 38 degrees of freedom and 0.05 level of significance. Hence it may be concluded that all four physical fitness components of study are significantly different when they measured in SSLC and after six months from SSLC. From the means observed in table we may conclude that, flexibility, push-ups and curls significantly reduced from SSLC to after six months from SSLC. BMI is significantly increased form SSLC to after six months from SSLC.

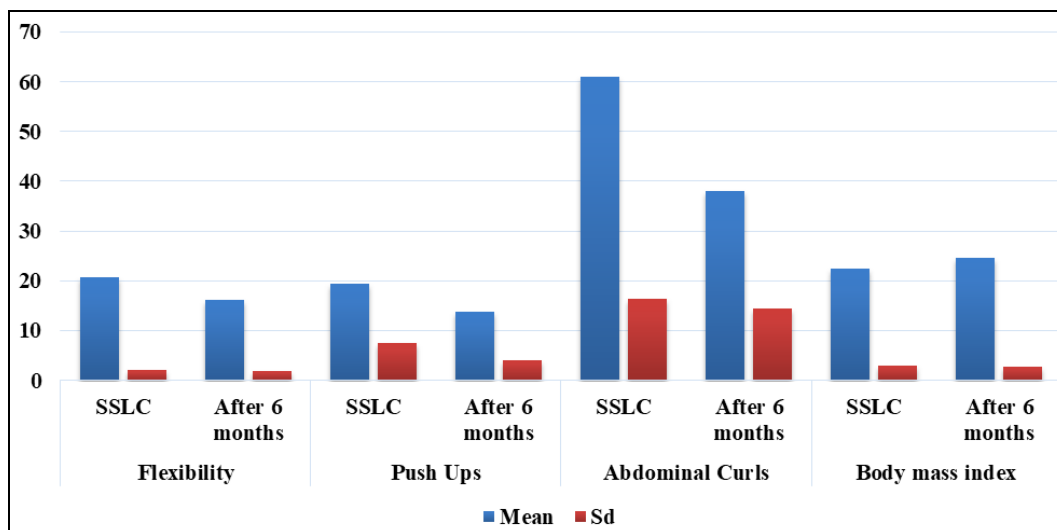


Fig 1: Graphical representation of mean and standard deviation was presented

Discussion and Conclusion

Physical fitness is attained through physical activities. Physical exercise is the only way to be fit in universe. Children in their adolescence will spend most of the time in their school and college which is second highest after they spend in their home. Physical activity must therefore be an integral part of academic education. Keeping this in mind Karnataka State Education department made physical education compulsory in schools as per the recommendations of L R Vaidyanathan Committee Report (2006).

Even central government is making physical activities compulsory by implementing “Fit India” and “Khelo India”

programmes. Till SSLC most of the schools are having physical education teachers who will implement government programmes and physical education classes that might improve physical fitness in schools up to SSLC. Following SSLC, very few physical education teachers work at EU colleges. So these fitness programmes were not implemented very properly in PUC. Research scholar compared the data only after six months form SSLC completion of samples. Because of lack of infrastructure, guidance from experts, academic pressure and non-compulsion of physical activities in PUC may result decreased physical fitness components. As per the fitness principle “reversibility” fitness gradually

decreases if you will not do physical exercises regularly. If you will not make physical activities compulsory students will not participate in fitness activities. This might resulted in decreased physical fitness components of students when their fitness compared when they are in SSLC. From this we may conclude that Physical Fitness was decreased significantly after six months from SSLC when it was compared to SSLC.

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