HEALTH RELATED PHYSICAL FITNESS STUDY OF DIFFERENT SCHOOLS AGED BOYS OF INDORE

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ABSTRACT:

The aim of the study was to compare the Different Schools aged boys of Indore on Health Related Physical Fitness. For the purpose of the study total 60 school boys of Indore (30 each) as subjects were randomly selected from Vidya Sagar Public school and Sanyogita Ganj Higher Secondary School no.1 Indore with the kind permission of schools authority. To compare the health related physical fitness components, all subjects were tested for Agility and flexibility. T- test was used for the analysis of data where insignificant difference was found between boys of Vidya Sagar Public school and Sanyogita Ganj Higher Secondary School no.1 Indore at 0.05 level of significance.

KEYWORDS: *Health related physical fitness, Agility & Flexibility.*

INTRODUCTION

Physical fitness refers to the ability of the body to adapt to external environment and cope with daily activities. Good physical fitness not only enables a person to carry out daily works, but also gives him / her extra energy to enjoy leisure, ensuring the body can adapt to unexpected environmental changes and daily pressures. There are two kinds of physical fitness, namely Health-related Physical Fitness and Sports-related Physical Fitness. Physical fitness or physical training as an important objective of the educational programme (Nixon and Jewett, 1969).

Physical fitness is a general state of health and well-being or specifically the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, hygiene and rest. It is a set of attributes or characteristics that people have or achieve that relates to the ability to perform physical activity. Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the Nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop physical fitness for a happy and effective living. In order to get physical fitness one has to involve in physical activities. A sound body and good health plays an important role in children daily to practice for the better health in the future. According to Bucher(1986) "Health related physical fitness is to measure physical fitness offering the positive health care, cardio vascular respiratory function, body skeletal functions."

METHODOLOGY

For the purpose of the study total 60 school boys of Indore (30 each) as subjects were randomly selected from Vidya Sagar Public school and Sanyogita Ganj Higher Secondary School no.1 Indore with the kind permission of schools authority. To compare the health related physical fitness components, all

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subjects were tested for Agility and Flexibility. To assess on individual status on their components of health related physical fitness - Flexibility (Sit and reach test.) and Agility (10X4 Shuttle Run.) tests were used and for the purpose of statistical analysis 't' test was used at 0.05 level of significance.

RESULTS & DISCUSSION

TABLE – 1

Significant of difference between the means of Vidya Sagar Public school and Sanyogita Ganj Higher Secondary School no.1 Indore on Agility:-

Group	Mean	SD	t-ratio
VSPS	35.73	2.66	1.17
SGHSS	36.00	2.59	

't'$_{0.05 (60) = 2.00}$

It is evident from the table – 1 that there is no significant differences exist among the PS and GS in the agility, since the calculated 't' value 1.17 was found to be less than tabulated 't' value 2.00 required to be significant at 0.05 level.

Therefore there is no significant difference exist in agility of Vidya Sagar Public school and Sanyogita Ganj Higher Secondary School no.1 boys.

Table-2

Significant of difference between the means of Vidya Sagar Public school and Sanyogita Ganj Higher Secondary School no.1 Indore on Flexibility:

Group	Mean	SD	t-ratio
VSPS	22.30	3.44	.59
SGHSS	24.67	4.06	

't'$_{0.05 (60) = 2.00}$

It is evident from the table – 2 that there is no significant differences exist among the PS and GS on the flexibility, since the calculated 't' value 0.59 was found to be less than tabulated 't' value 2.0 required to be significant at 0.05 level.

Therefore there is no significant difference exist in flexibility of Vidya Sagar Public school and Sanyogita Ganj Higher Secondary School no.1 boys on that particular variable.

The analysis of data by using the 't' test shows that the students of both schools Vidya Sagar Public school and Sanyogita Ganj Higher Secondary School no.1 boys on that particular variable had insignificant difference on the Flexibility and Agility variables.

This may be attributed to the fact that geographical condition similar food habits almost same in the different types of schools students of Indore.

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