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A COMPARATIVE STUDY OF PHYSICAL FITNESS AMONG C.B.S.E. AND M.P. BOARD STUDENTS OF INDORE DISTRICT

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ABSTRACT

The purpose of this study was to compare physical fitness test of selected inter school Table Tennis players at Indore. 35 players each of CBSE and M P Board were selected for the study. 35 CBSE players who had represented in Inter school Table Tennis tournament were selected from Indore district (2016-17). In the same way, 35 M P Board players who had represented in Inter school Table Tennis tournament were selected from Indore district (2016-17). To assess the fitness test of the subjects AAHPER test was used to measure the fitness. Data was collected through the purposive technique. The data was collected during morning time. Statistical Analysis to applied The descriptive statistics and Independent 't' test was used at 0.05 level of significance. To get the final result Mean, SD, Mean Difference and 't' test were calculated. Data analysis was performed using SPSS 16 software. The Significant difference was found between CBSE and M P Board male Table Tennis players in relation to physical fitness test and the CBSE male Table Tennis players were having greater mean in 50 mts, pull ups and sit ups. Comparison to M P Board male Table Tennis players there

is no significant difference was found in shuttle run, standing broad jump and 600 mts. Run/walk.

KEYWORDS: AAHPER, Inter School, Table Tennis, CBSE students and M P Board Students.

INTRODUCTION

Man is said to be the 'man of action'. His activity is full of movements and for this physical fitness is required. Physical fitness plays an important role in fulfilling the objective of 'Physical Education'. Physical fitness programmers' are used as one of the modes through which the aim of

Physical Education can be achieved, i.e., 'Complete wholesome development of individual'. Today man's life is full of physical and mental stresses which can be relieved only if he is physically fit and psychologically balanced and socially well adjusted. Thus, physical fitness is matter of concern for optimum development of an individual. It brings up the optimum health and also helps the society to create a healthy environment to grow to the maximum. It is the pride of the nation. A healthy and fit society also fulfils the WHO objective: "Live most and serve the best". By means of physical fitness, programmer, good lifestyle can be achieved. Apart from this, a healthy living also makes a person a good citizen but it has to be earned



through a daily routine of physical exercise.”

It is the capacity of an individual to do work effectively with joy and pleasure. After the work is over, he still has sufficient capacity to do more work without any exertion. Moreover, his recovery is faster and quicker. Many consider its proper functioning of physiological systems. Whereas it is a term with wide meaning. It is more than the possession of strength, speed and endurance. The person who remains energetic, enthusiastic and cheerful in doing his work is said to be physically fit. Thus it is physical work output ability of an individual. The level of physical fitness varies from person to person. It depends upon the nature of work, size, shape, structure, age, sex and adaptability of an individual.

Different games require different levels of physical fitness depending upon the type of activity, event, game and sports. Physical fitness requires efficient motor mechanism (movement of body), efficient organic mechanism (physiological functioning) and efficient mental functioning (psychological setup). A fit individual possesses all these.

Table tennis is a fast racket (paddle) game. It is played with light ball on the smallest game surface known as 'table'. The game was firstly played by King Edward around 1880 in Britain. It took its current form of play in the year 1900, when its rules were written and celluloid ball was used. The sound of ball (when it bounces inspired the name "ping pong" and later it became as table tennis. The International Table Tennis Federation Czechs, Swedish and the English dominated this game until the 1950. Today Japanese and Chinese have taken Olympic sport in Seoul (1988). It is played in singles, doubles and mixed doubles in various groups. It is a popular indoor game played over a specified table. This game is also very popular in urban India. In India table tennis is regulated by Table Tennis Federation of India (ITFI). India has hosted World championship in 1951, 1984 and 1986. Until 2000 its scoring point of the game has 21 points with five services by same player. The new rules were introduced in 2001 to increase the pace of game.

OBJECTIVES OF THE STUDY

The objective of the study was to find out the comparison of physical fitness between the CBSE students and M P Board students of Indore, Madhya Pradesh (2016-17).

METHODOLOGY

Subjects In order to conduct this study, the Seventy (70) students were taken as subject for the study, thirty five (35) from CBSE School and thirty five (35) from M P Board Students of Indore. The ages of the subjects were between 12-18 years were purposive selected as subjects. The criterion measure for testing the hypothesis in this study were the scores obtained from the physical fitness test score of six test items. The physical fitness was measured by six test item of AAPHER Youth Physical Fitness test.

TEST AND THEIR MEASUREMENT

On the basis of available Literature and the researcher's own understanding the following physical fitness test were selected. They are

- 1) Pull ups for boys,
- 2) Bent knee sit ups,
- 3) Standing broad jump,
- 4) Shuttle run test,
- 5) 50 yard dash
- 6) 600 yard run and Walk

The selected variables, their test are given in Table No -1.

S. No.	Measurements	Test	Unit
1	Arm and shoulder strength	Pull Ups	count
2	Bent knee sit ups	Abdominal strength	count
3	Standing broad jump	Strength and power	ft
4	Shuttle run test	Agility	Second
5	50 yards dash	Speed	Second Minutes
6	600 yards run & walk	Cardio-vascular endurance	Minutes

Procedure

The investigator met the selected students who were to be tested and explained them the purpose of the present investigation. He demonstrated them the various tests with respect to the selected physical fitness variables. The data were collected from thirty five (35) CBSC Board and thirty five (35) MP Board students of Indore, Madhya Pradesh, India. The purposive group design and purposive sampling method were employed. The AAHPER youth fitness test was administered to measure the physical fitness components.

AAHPER Youth fitness test battery includes the following items for boys

1. Pull-Up ----- to measure arms and shoulder strength of the subjects
2. Bend knee sit-up -----to measure abdominal strength of the subjects
3. Standing broad jump ----- to measure explosive strength and power of the subjects
4. Shuttle run ----- to measure agility of the subjects
5. 50 yards dash -----to measure the speed of the subjects
6. 600 yards run & Walk -----to measure endurance of the subjects

The Age of the subjects was taken from their school record both the groups were same in (12-19) age. For statistical analysis and Interpretation of data descriptive and ‘t’- test was conducted

Statistical Analysis

The descriptive statistics and Independent ‘t’ test was used at 0.05 level of significance. To get the final result Mean, SD, Mean Difference and ‘t’ test were calculated. Data analysis was performed using SPSS 16 software.

Results

The data pertaining to each of the related AAHPER test was analyzed by Descriptive Statistics; and comparison was made by independent t-test. The statistical analysis of data has been presented in this chapter.

TABLE 2
DESCRIPTIVE MEASURES OF PHYSICAL FITNESS OF CBSE STUDENTS OF INDORE DISTRICT

S.N.	Variable	N	Mean	SD	Minimum	Maximum
1	50 mtr dash	35	9.66	2.78	6.66	20.00
2	Pull-ups	35	8.82	3.42	1	15
3	Sit-ups	35	31.40	8.46	15	50
4	Shuttle Run	35	11.80	2.87	9.06	20.85
5	SBJ	35	1.60	0.99	1.39	1.78
6	600 Mtr run/walk	35	2.75	1.37	1.45	9.60

Table-2 represents the means, standard deviation, minimum and maximum scores of 50 meter dash, pull-ups, sit-ups, shuttle run, Standing broad jump, and 600 meter run/walk of Physical Fitness of CBSE Students of Indore district.

The graphical representation of the mean and SD of various Physical Fitness test items of CBSE students are presented in Fig 1.

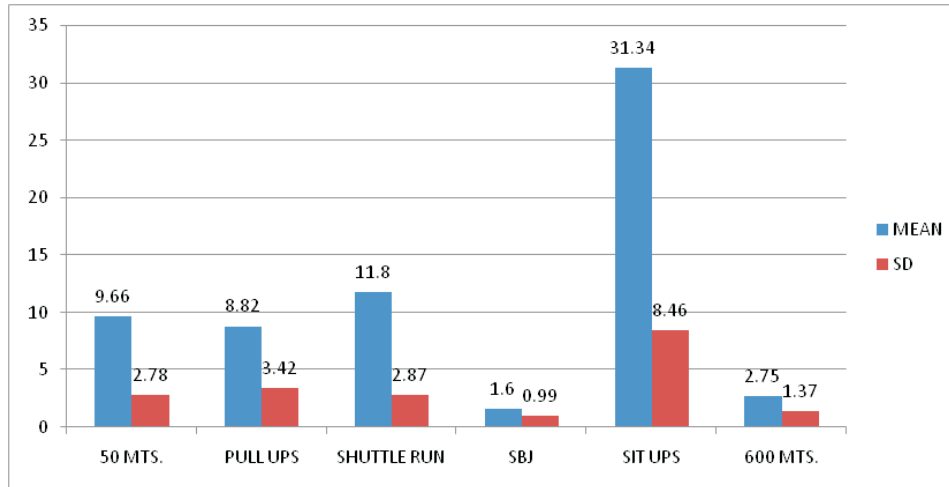


Fig.1: The Graphical Representation of the Means and SD of the AAHPER Fitness Test Items of CBSE Students.

**TABLE 3
DESCRIPTIVE MEASURES OF PHYSICAL FITNESS OF M P BOARD STUDENTS OF INDORE DISTRICT**

S.N.	Variable	N	Mean	SD	Minimum	Maximum
1	50 mtr dash	35	8.55	1.82	5.35	13.40
2	Pull-ups	35	1.98	0.49	1.10	2.80
3	Sit-ups	35	38.02	8.09	25	55
4	Shuttle Run	35	11.63	1.16	10.01	15.40
5	SBJ	35	1.55	0.22	1.00	1.98
6	600 Mtr run/walk	35	2.41	0.53	1.45	3.54

Table 2 represents the means, standard deviation, minimum and maximum scores of 50 meter dash, pull-ups, sit-ups, shuttle run, standing broad jump, and 600 meter run/walk of Physical Fitness of M P Board Students of Indore district.

The graphical representation of the mean and SD of various Physical Fitness test items of M P Board students are presented in Fig 2.

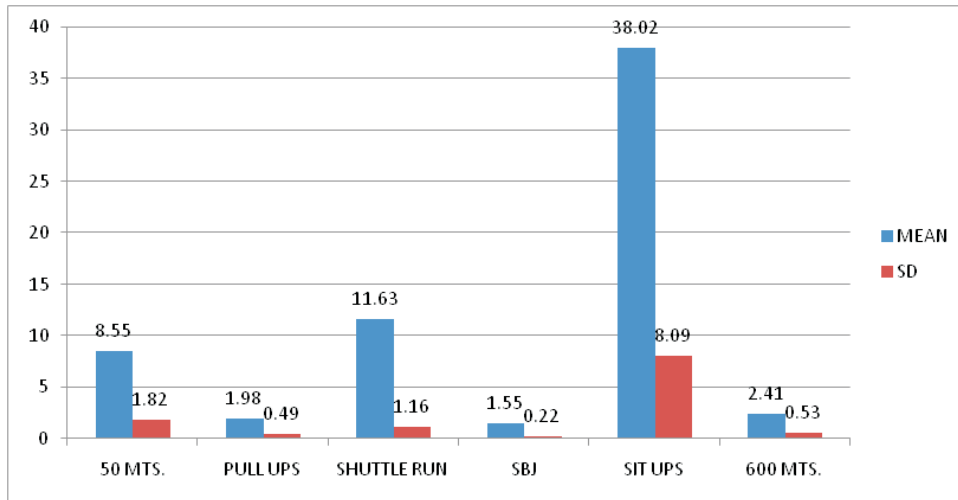


Fig.2: The Graphical Representation of the Means and SD of the AAPER Fitness Test Items of M P Board Students.

Table – 4
INDEPENDENT T-TEST OF PHYSICAL FITNESS OF CBSE AND MP BOARD STUDENTS OF INDORE DISTRICT

S.N.	Variable	Group	Mean	SD	MD	t-ratio
1	50 meter dash	CBSE	9.66	2.78	1.11	2.24*
		MP BOARD	8.55	1.82		
2	Pull-ups	CBSE	8.82	3.42	6.84	11.45*
		MP BOARD	1.98	0.49		
3	Sit-ups	CBSE	31.34	8.46	-6.68	-3.258*
		MP BOARD	38.02	8.09		
4	Shuttle Run	CBSE	11.80	2.87	0.17	0.353
		MP BOARD	11.63	1.16		
5	SBJ	CBSE	1.60	0.99	0.05	1.196
		MP BOARD	1.55	0.22		
6	600Mtr run/walk	CBSE	2.75	1.37	0.34	1.579
		MP BOARD	2.41	0.53		

*significant at .05 level.

"t".05 (68) = 1.99

Table – 3 reveals that significant difference was found between CBSE and MP Board students in relation to 50 meters (2.24), pull ups (11.45) and sit ups (-3.258) because calculated t value was greater than the tabulated value (1.99) at 0.05 level of significance.

DISCUSSION OF FINDINGS

The present study reveals that significant difference was found between CBSE and M P Board inter school players in relation to physical fitness. CBSE table tennis players having grater mean this might be because their playing efficiency and fitness was better than M P Board table tennis players therefore they were more fit & better in physical fitness.

CONCLUSIONS

- Significant difference was found between CBSE and M P Board male Table Tennis players in relation to physical fitness test.
- CBSE male Table Tennis players were having greater mean in (50 mts, pull ups and sit ups) comparison to M P Board male Table Tennis players.
- There is no significant difference was found in shuttle run, standing broad jump and 600 mts. Run/walk.

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