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**COMPRESSION OF BOYS PHYSICAL FITNESS TEST BETWEEN CBSE BOARD OF GOVERNMENT SCHOOL AND PRIVATE SCHOOL****Dr. Aniruddha Kumar Diwaker****Assistant Professor, F.A.A Government PG College,  
Mahmudabad Sitapur, UP.****ABSTRACT:**

*This study aimed was to compare the physical fitness of government school boys and private school boys of CBSE Board in Kanpur city. For this study total 260 boys were selected from both government school (130 subjects) and private school (130 subjects). Test item of AAPHAR Youth Physical Fitness Test (50 Mts dash, Pull Ups, Sit ups, Standing Broad Jump, Shuttle Run and 600 mts run or walk) were used for collection of data. T-test is used for analysis of data. The result of the study shows significant difference between all test items except pull ups and also concluded that government school boys has better fitness than the boys of private school.*

**KEYWORDS:** AAPHAR Test, CBSE Board, Physical Fitness.**INTRODUCTION**

Physical fitness is essential for everyone, as it helps a person meet all their daily needs, responsibilities effectively and also the foundation of a healthy and successful life. Physical fitness is the ability of the person to carry out daily tasks without getting tired and enjoy their leisure time. Physical fitness is not a single component, it involves several components some of main components are speed, endurance, strength, agility, flexibility. Good physical fitness helps to improve the functioning of heart, lungs, digestive organ, excretory system, muscular system also improve body flexibility.

Physical fitness plays an important role in the life of school student. A good physical fitness not only promotes physical development it also helps in the development of mental and emotional. A fit body leads to a fit mind, and both are necessary for academic and personal success. For the student life it helps in building confidence, discipline, positive attitude, concentration in class.

Boone administer AAPHAR test on rural and urban boys and found significant difference. Mehta study the effect of extrinsic motivation (Reward and Punishment) on performance of motor fitness. Result support that reward technique improves the performance. Sharma, Sandhu and Kaley study the effect of Kalarippayatha on physical activity. Result shows that Kalarippayatha has positive effect on endurance of both boys and girls. Gross determine no significance relationship between physical fitness and scholastics achievements.

**PURPOSE OF THE STUDY**

1. To compare the combine physical fitness test score of government school boys and private school boys of CBSE Board.

2. To compare the individual physical fitness test item score of government school boys and private school boys of CBSE Board.

### SELECTION OF SUBJECTS

Total 260 subjects of XI grade were selected for this study. 130 subject (50% of total) were selected from randomly selected government school of CBSE Board and also 130 subject (50% of total) were selected from the randomly selected private school of CBSE Board in Kanpur City. Selected subjects were participated in any game and sports at school level.

### CRITERION MEASURES

Criterion Measure for this study was the test item of AAPHAR Youth Physical Fitness Test which is used by the Department of Physical Education, DAVV, Indore for the entrance examination for student joining the physical education course at graduation level.

- i) 50 Mts dash
- ii) Pull Ups
- iii) Sit ups
- iv) Standing Broad Jump
- v) Shuttle Run
- vi) 600 mts run or walk

### COLLECTION OF DATA

1. 50 Mts Dash – Time (in Second) taken by the subject to complete the run.
2. Pull ups – Number of complete pull ups were recorded.
3. Sit ups – Number of complete sit ups in one minute were recorded.
4. Standing Broad Jump – Distance (in meter) covered by the subject in single jump.
5. Shuttle Run – Time (in Second) taken by the subject to complete the run.
6. 600 mts run or walk – Time (in Second) taken by the subject to complete the run.

### ANALYSIS OF DATA

Collection of data were analyzed by using measure of central tendency and t-test at 0.05 level of significance. Analysis of data was presented in table 1 and table 2.

**Table 1**  
**T-test and Compression of Mean Value of Physical Fitness Test Items**

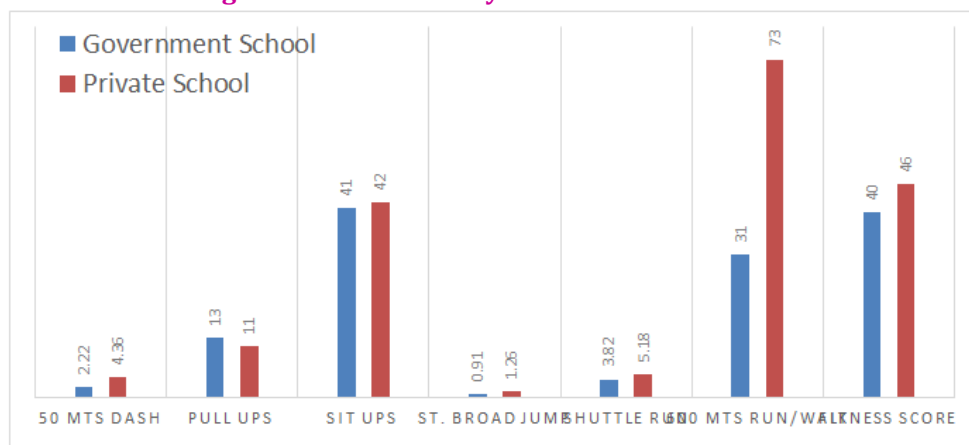
S.No	Test item	Government School	Private School	Mean Difference	T-Test Value Tab T= 1.96
1	50 Mts dash	7.41	7.70	0.31	3.18*
2	Pull Ups	8.13	7.86	0.27	0.93
3	Sit ups	38.73	35.79	2.94	2.67*
4	Standing Broad Jump	2.43	2.23	0.20	2.76*
5	Shuttle Run	10.25	10.63	0.38	3.45*
6	600 mts run or walk	119.01	124.39	5.38	3.66*
7	Fitness Score	32.35	28.93	3.42	3.05*

\*Significant,  $t_{0.05} (130)$ . Tab T=1.96

It is clear from above table that fitness test score as well as all fitness test items except Pull ups has significant difference. Score of 50 Mts dash, Shuttle Run and 600 mts run or walk was counted in time that mean lowest time is counts as best performance. In case of Pull Ups, Sit ups and Standing Broad Jump higher score is counted as best performance. It is also clear from above table that mean of

all AAPHAR Youth Physical Fitness Test items and final fitness score of government school student has better than the student of private school.

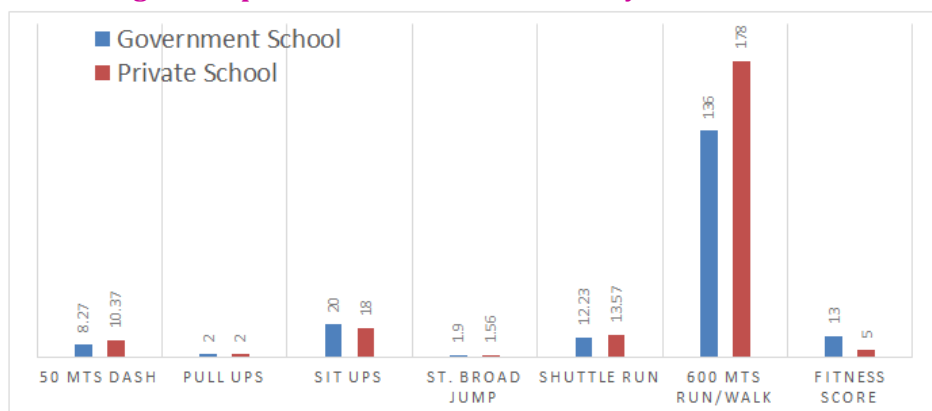
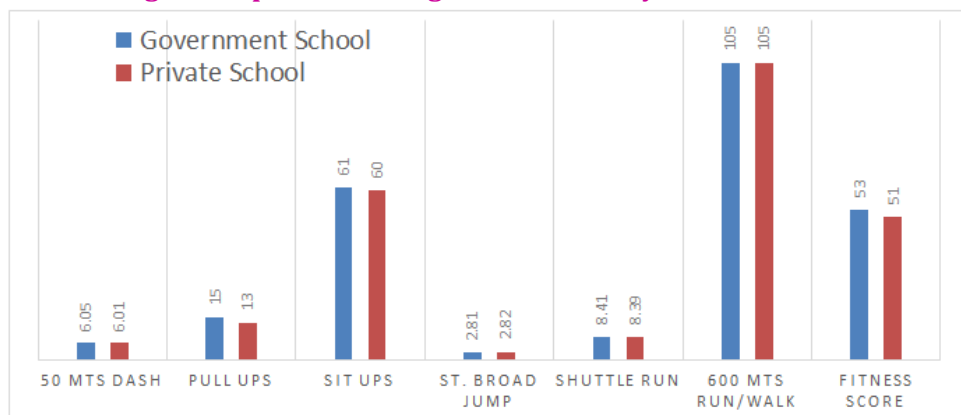
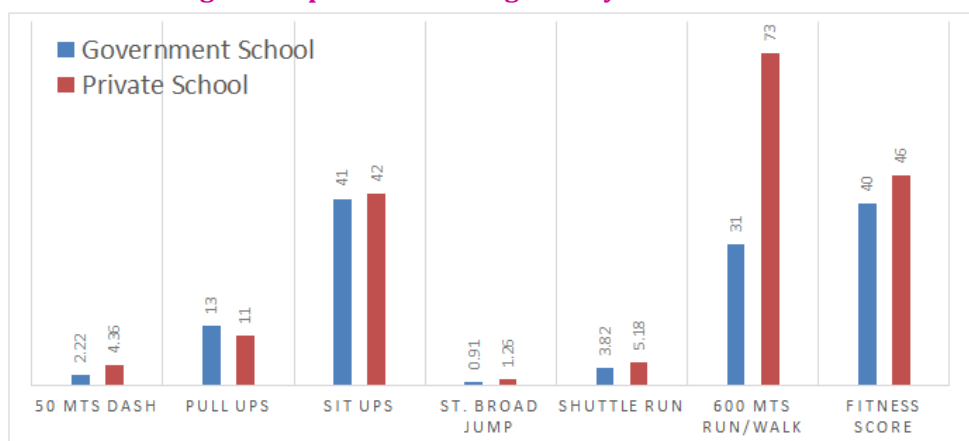
**Fig1- Mean Value of Physical Fitness Test Items**



**Table 2**  
**Compression of Highest and Lowest Score of Physical Fitness Test Items**

S.no	Test item	Government School			Private School		
		Lowest Score	Highest Score	Range	Lowest Score	Highest Score	Range
1	50 Mts dash	8.27	6.05	2.22	10.37	6.01	4.36
2	Pull Ups	2	15	13	2	13	11
3	Sit ups	20	61	41	18	60	42
4	Standing Broad Jump	1.90	2.81	0.91	1.56	2.82	1.26
5	Shuttle Run	12.23	8.41	3.82	13.57	8.39	5.18
6	600 mts run or walk	136	105	31	178	105	73
7	Fitness Score	13	53	40	5	51	46

It is clear from table 2 that the range of fitness test score and all fitness test items except Pull ups has higher in private school students. It is also noticed that private school student has lowest score in 50 Mts dash, Sit ups, Standing Broad Jump, Shuttle Run, 600 mts run or walk and Fitness Score. In case of Pull ups lowest performance of both school student has same. It is also find out that private school student has performed best in 50 Mts dash, Standing Broad Jump, Shuttle Run, whereas the performance of government school student in Pull Ups, Sit ups and Fitness Score has best. In case of 600 mts run or walk best performance of both school student has same. It was observed that range of pull ups was higher for government school student whereas the range of other all item was higher in Private school student.

**Fig 2- Compression of Lowest Score of Physical Fitness Test Items****Fig 3- Compression of Highest Score of Physical Fitness Test Items****Fig 2- Compression of Range of Physical Fitness Test Items****DISCUSSION OF FINDINGS**

The finding of the study reveals that physical fitness test score of government school boys is better than private school boys. Top performance of both school boys were approximately the same but lowest performance of private school boys were less than the government school boys. That's why the range of performance of private school was more than the government school boys. This difference is due to the lack of physical fitness. Most of the government schoolboys use bicycles as their primary

means of transportation to and from school whereas private school boys come by bus, car. Very less students use bicycle. Maximum boys of government school were involved in field or outdoor games whereas private school students were involved in indoor games. That's may effect their physical fitness.

## CONCLUSIONS

On the basis of findings of the study it concluded that students of government school students involved in different physical activities which help them to have better physical fitness than the students of private school of CBSE board in Kanpur city. Students should also be encouraged to engage in outdoor physical activities for better physical fitness.

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