

**COMPARATIVE STUDY OF PHYSICAL FITNESS OF NON TRIBAL AND NON TRIBAL STUDENTS OF
SECONDARY SCHOOLS OF DISTRICT RAJOURI IN J&K STATE**

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ABSTRACT

The word “Physical Education”, Refers to various bodily characters such as physical strength physical development physical health and physical appearance. It refers to the body as a contrasted to mind physical education should aim to improve the mass of students and give them as much health struggle and stamina as possible to unable physical education is the process by which changes on the individual or brought about through his movement experience physical education is the some of the changes in the individual caused by experience centred in motor ability. The purpose of the study is found out the. This study will help coaches and physical education teachers in selecting the good players. This will help physical education teachers and coaches in preparing training programme. This will lead to success in future planning. This will reveal which of the two groups possess better physical education. The result of the study will help to students to participate in sports and game. The result of the study will give the clear idea about physical fitness of the non-tribal and non-tribal boys.

KEYWORDS: factors affecting on students physical fitness, findings and conclusion

INTRODUCTION

The objective of physical education concern with building up to physical power throw the growth and development of various systems like respiratory system digestive system in body participation in good programme of physical education promotion of bodily growth strength endurance structurally and functionally. Physical education through physical activities in the process of human behaviour the

body is the basis of the function of the Muscular Strength so prevalent in our complicated modern living participation in organized physical education programmes will release these strains and tension to a greater extent. The term physical fitness is included in many familiar test batteries commonly used in the schools in many cases the inclusion of fitness in such titles is most unfortunate error and one that logically could account at least in part for the current apathy of some people toward total personal fitness. This is not an indictment of physical fitness test batteries most of the batteries are excellent and include tests that do have some definite value but it is our feeling that many of tests in these batteries are not actually of physical fitness. Below performance to standardized tests especially on such items as speed and agility is not necessarily indicative of poor physical fitness. If functional fitness is an individual matter than physical fitness tests are more relative than absolute and these are no such thing as reasonably healthy person who cannot improve his physical fitness level.

METHOD AND MATERIAL

To achieve the objectives of a study the investigator / researcher has used experimental method to compare the physical fitness between Tribal and Non Tribal students of Government High school Gundha (Zone Khawas) and Government Boys High school Rajouri (Zone Rajouri) respectively for this experimental method (AAPER) test of physical fitness is applied to high school boys to collect the data. In this chapter the procedure adopted for selection of subjects criterion measures. Collection of data procedure for administering test at the statistical technique used for analysis of data have been presented. Sample size was 40 Male students from Government High school Gundha, are considered as Tribal students and 40 male students from Government Boys High school Rajouri are considered as Non Tribal students, were selected for the study out of forty, twenty students were sports man and twenty students were non sportsman. We selected the subjects from the 8th to 10th classes and the age of the subjects ranged 15-17 years.

AAAPER TEST

i) 50 Meter Run : To measure the speed capacity of the student. Equipments : Two stop watches two instructors chunnam score card pen. Description : This test was administered to two subjects at a time both subjects took position behind the starting line. The starter used the commands ready „Go“ each runner was assigned to a separate time keeper. The time keeper recorded time at the finishing line. The scores were recorded time taken by the subjects to across finishing line from the starting line time was recorded nearest to the one 10th of a second.

ii)Endurance 1500 mtr Run : To measure the endurance capacity of the student.

Equipments : Two stop watches two instructors chunnam score card-pen. Description : The subjects were instructed to stand on the starting line and asked him 1500 mtr after giving command ready go and he was allowed to runner was assigned to a separate time keeper. The time keeper recorded time at the finishing line. The scores were recorded times taken by the subjects to across finishing line.

iii. 4x10 Meter Shuttle Run : Purpose : To measure the agility of the student. Equipments Ground chunnam whistle stop watch score card pen. Description : Performing shuttle Run 10 meter distance was measured on the ground marked with a Chunnam on both sides subjects were instructed to start his run from one side and touching line on other side and returning back to the starting line like this he has to run three times and his time taken after completion of shuttle run was recorded entered in the result sheet in seconds.

iv. Standing Broad Jump: Purpose: To measure the strength of the student. Equipments: Floor chunnam score card pen tape. Description : Subjects asked to stand on a marking line both feet apart and he was instructed to take standing broud jump on the floor after taking jump each distance covered was measured and recorded in meters.

DIFFERENTIAL STATISTICS

The differences between the group (sportsman and non-sportsman) and location (Non Tribal and Tribal) with respect to speed 50 meters run, endurance 1500 meters run, agility 4x10 meters shuttle run, strength broad jump standing and flexibility sit and rich from sportsman and non-sportsman boys of high schools were compared by u unpaired t-test and the results were discussed in the preceding section

Table-1: Results of t test between sportsman and non-sports man with respect to speed, endurance, agility, strength and flexibility

Variables	Groups	Mean	SD	t-value	p-value	Signi.
Speed 50 meters run	Sportsman	7.0995	0.2385	-10.6247	0.0000	S
	Non-sportsman	7.8983	0.4113			
Endurance 1500 meters run	Sportsman	7.0490	0.4731	-8.1157	0.0000	S
	Non-sportsman	7.7877	0.3280			

Agility 4x10 s shuttle run	Sportsman	9.0405	0.1247	-35.9808	0.0000	S
	Non-sportsman	10.8840	0.2991			
Strength jump standing	Sportsman	1.9678	0.1570	3.1999	0.0020	S
	Non-sportsman	1.8168	0.2538			
Flexibility sit and rich	Sportsman	11.7000	3.6459	5.5323	0.0000	S
	Non-sportsman	7.9000	2.3621			

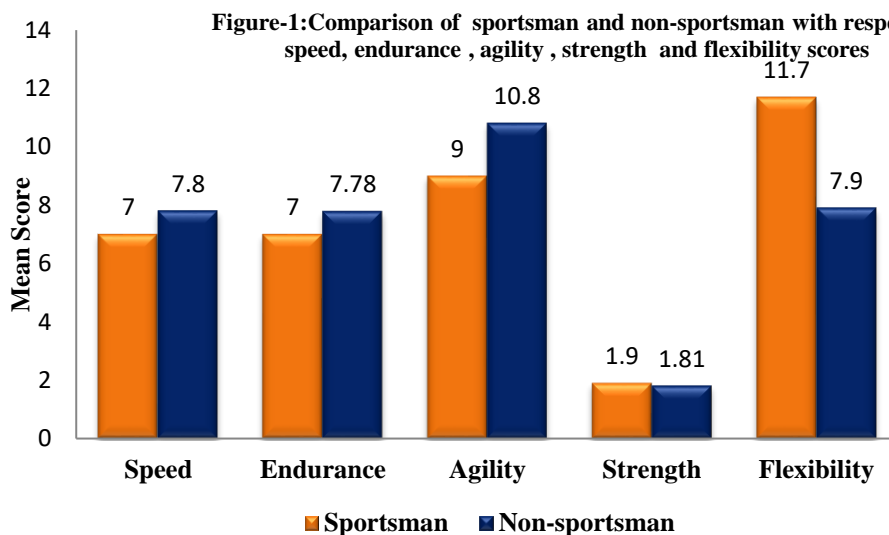
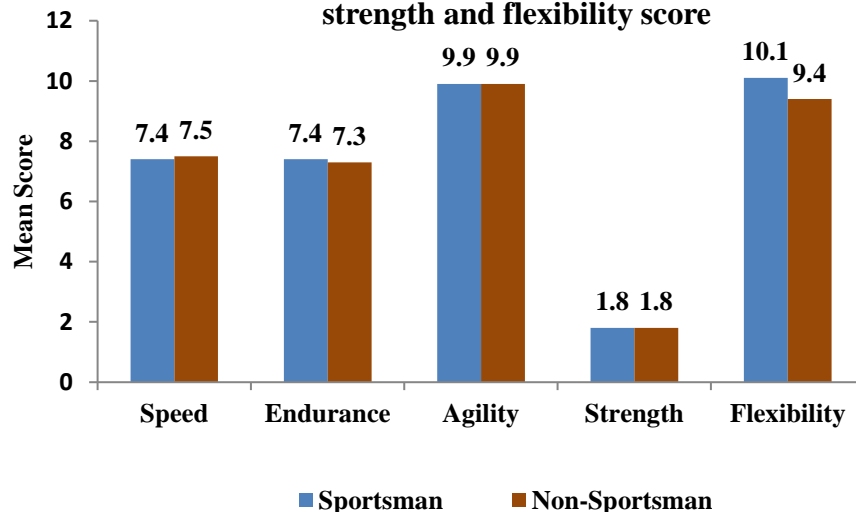


Table-2: Results of t test between Tribal and Non Tribal (sportsman and non-sportsman) of high school boys with respect to speed, endurance, agility, strength and flexibility

Variables	Location	Mean	SD	t-value	p-value	Signi.
Speed 50 meters run	Non Tribal	7.4583	0.5378	-0.6930	0.4904	NS
	Tribal	7.5395	0.5105			
Endurance 1500 meters run	Non Tribal	7.4452	0.6043	0.4351	0.6647	NS

	Tribal	7.3915	0.4946			
Agility 4x10 meters shuttle run	Non Tribal	9.9375	0.9461	-0.2304	0.8184	NS
	Tribal	9.9870	0.9754			
Strength broad jump standing	Non Tribal	1.8938	0.2350	0.0598	0.9525	NS
	Tribal	1.8908	0.2133			
Flexibility sit and rich	Non Tribal	10.1500	3.5988	0.8678	0.3882	NS
	Tribal	9.4500	3.6158			

Figure 2: Comparison of Tribal and Non tribal (sportsman and non-sportsman) of high school boys with respect to speed, endurance, agility, strength and flexibility score



RESULT/FINDING AND SUGGESTIONS

The purpose of the study is to compare the physical fitness of Non Tribal boys versus Tribal Boys of High Schools of District Rajouri. For testing the physical fitness, administered (AAHPER) Fitness test of 40 boys from Tribal high schools and 40 Boys from Non Tribal high schools were selected. Further two groups were formed 20 boys each of sports men and non-sportsmen for both Non Tribal and Tribal area. For collecting the data (AAHPER) Fitness test administered to these boys, The variables in these tests are speed, endurance agility strength and flexibility. The data were analyzed with reference to the objectives and hypotheses by using differential analysis with student unpaired t-test by using SPSS 11.0 statistical software and the results obtained thereby have been interpreted.

CONCLUSION

Within the limitation of this study the following conclusions justified as per the results obtained. Of the five Physical variables Speed, Endurance, Agility, Strength and Flexibility were found to be the sportsman boys of high school have higher strength and flexibility whereas Non sportsman have higher in speed Endurance and Agility. Tribal and Non Tribal boys have similar in Speed, Endurance, Agility, Strength and Flexibility.

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