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Comparison of selected physical fitness variables between C.B.S.E. and M.P. board students of Mandsaur district

Basanti Bamaniya and Samiksh Nayak

Abstract

The objective of the study was to find out the comparison of physical fitness variables between the CBSE students and M P Board students of Mandsaur district (2017). Subjects In order to conduct this study, the (N=90) students were taken as subject for the study, forty five (45) from CBSE School and forty five (45) from M P Board Students of Mandsaur. The ages of the subjects were between 12-18 years were purposive selected as subjects. The criterion measure for testing the hypothesis is 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. 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. The present study reveals that significant difference was found between CBSE and M P Board inter school players in relation to physical fitness. CBSE inter school players having grater mean this might be because their playing efficiency and fitness was better than M P Board inter school players therefore they were more fit & better in physical fitness. Significant difference was found between CBSE and M P Board inter school players in relation to physical fitness test. CBSE inter school players were having greater mean in pull ups, shuttle Run, 600 yard Run and walk and sit up (comparison to M P Board male volleyball players. There is no significant difference was found in 50 yard Run and standing Broad Jump.

Keywords: AHPER, Inter School, CBSE students and MP Board Student's Mandsaur

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

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body), efficient organic mechanism (physiological functioning) and efficient mental functioning (psychological setup). A fit individual possesses all these.

Objectives of the study

The objective of the study was to find out the comparison of physical fitness variables between the CBSE students and M P Board students of Mandsaur district (2017).

Methodology

Subjects In order to conduct this study, the 90 students were taken as subject for the study, 45 from CBSE School and 45 from M P Board Students of Mandsaur. The age subjects were between 12-18 years were 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

Table 1: The selected variables, their test are given

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

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

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 21 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 mandsaar distict

S. No.	Variable	Grops	N	Mean	Std. Deviation
1	50 yards dash	Cbse	45	8.594	3.37058
		Mp Board	45	7.9608	2.03875
2	Pull Ups For Boys	Cbse	45	9.3444	3.16842
		Mp Board	45	2.1602	0.56662
3	Shuttle Run	Cbse	45	13.0067	3.54614
		Mp Board	45	11.4104	1.13786
4	Standing Broad Jump	Cbse	45	1.565	0.45009
		Mp Board	45	1.525	0.32415
5	Bent Knee Sit Ups	Cbse	45	3.5108	1.97281
		MP BOARD	45	37.2889	7.25654
6	600 Yard Run And Walk	CBSC	45	44.4333	27.82567
		MP BOARD	45	2.2861	0.54005

Table 3: Independent t-test of physical fitness of CBSE and MP board students of mandsaar district.

S.no.	Variable	GROPS	N	Mean	Std. Deviation	MD	t- ratio
1	50 yards dash	CBSC	45	8.594	3.37058	.63316	1.078
		MP BOARD	45	7.9608	2.03875	.63316	
2	Pull Ups	CBSC	45	9.3444	3.16842	7.18422	14.973*
		MP BOARD	45	2.1602	0.56662	7.18422	
3	Shuttle Run	CBSC	45	13.0067	3.54614	1.59629	2.875*
		MP BOARD	45	11.4104	1.13786	1.59629	
4	Standing Broad Jump	CBSC	45	1.565	0.45009	.04000	.484
		MP BOARD	45	1.525	0.32415	-.04000	
5	Bent Knee Sit Ups	CBSC	45	3.5108	1.97281	-33.77811	-30.132*
		MP BBOARD	45	37.2889	7.25654	33.77811	
6	600 Yard Run And Walk	CBSC	45	44.4333	27.82567	42.14722	10.159*
		MP BOARD	45	2.2861	0.54005	42.14722	

*significant at .05 level.

Table - 3 reveals that significant difference was found between CBSE and MP Board students in relation to pull ups (14.97), shuttle run (2.87), sit ups (30.13) and 600 yard run and walk (10.15) 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 inter school players having greater mean this might be because their playing efficiency and fitness was better than M P Board inter school players therefore they were more fit & better in physical fitness.

Conclusions

1. Significant difference was found between CBSE and M P Board male volleyball players in relation to physical fitness test.
2. CBSE male Volleyball players were having greater mean in pull ups, shuttle Run, 600 yard Run and walk and sit up (comparison to M P Board male volleyball players).
3. There is no significant difference was found in 50 yard Run and standing Broad Jump.

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