

Comparative Study of Physical Fitness Variables of Urban and Rural Area Players

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Abstract – The word physical education is derived from two separate words “physical” and “education”. The plain dictionary meaning of word physical is relating to body; it may be physical strength, physical endurance, physical fitness, physical appearance or physical health. To fulfil the objective of the study 40 Basketball player (20 each) players was selected. The age of the selected subjects ranged from 15 to 19 years. Only (Standing Board Jump and 50-yard dash tests) were used to measures the selected physical fitness variables of the players. The study was delimited to Aapher youth fitness test. In order to analyse the data t-test was used to analyse the data and investigator observed the significant different between Rural and Urban basketball players.

I. INTRODUCTION

Health and fitness is a state of well-being which comprises skill as well as health related parts. Fitness is an ailment in which a person has adequate power to stay away from exhaustion and enjoy daily life. It's needed for elderly individuals to maintain as well as improve the conditioning of theirs to be able to satisfy the healthful, higher quality of regular living. skill related physical fitness refers to an individual's athletic ability of sports like tennis and encompasses skill-related characteristics such as dynamic balance, power, agility and speed; the health related part is actually a degree of cardiovascular endurance, muscle strength, stamina and freedom as well as body composition. Health and fitness are actually calculated by purposeful assessments which are actually particular and in most cases normative based, instead of criterion-based, therefore leaving unanswered regarding just how much of a certain fitness element (e.g. muscular endurance) is actually necessary for a high quality of life. There are many factors that are accountable for the overall performance of sportsmen. The physique, as well as body composition like the size, shape as well as form, are recognized to play a major role in this particular regard. The functionality of a sportsman at any sort of game or maybe event likewise will depend on health and fitness. The health and fitness or perhaps problem is actually the sum total of 5 motor capabilities specifically muscular strength, power, agility, quickness and aerobic strength. Thus, the sports performance in all of the sports depends to a great extent on these capabilities. Maintenance and improvement of health and fitness is the central goal of sports instruction.

Furthermore, regular participation in different workouts increases physical fitness. Being a result, high level of health and fitness is actually appealing for a complete

productive existence. Nevertheless, sedentary living practices and bad conditioning have negative impacts on everyday living and both health. Every individual has an alternative amount of health and fitness which might improve with time, place of situation and work. There's additionally an interaction between the day to day activities as well as the fitness of a person, the stage in case where you can place the amount of maximum fitness. Out of the physiological point of view, health and fitness might be the capability of the body to adopt as well as recuperate from intense exercise.

he complicated nature of health and fitness is best below stood in phrases of the parts of its like cardiovascular endurance, flexibility, strength, quickness and muscular strength. Besides these parts of health and fitness you will find numerous other elements which adds to physical fitness such as heredity, living standard, nutrition, hygienic problems, environmental and climate elements etcetera.

II. REVIEW OF LITERATURE

Berhanu Tesema Guta (2017) the goal of this particular analysis was comparing the considerable distinction of health and fitness ingredients between physical education and non-physical education department male pupils in Nekemte College of teacher education. Amongst the complete forty-two participants of the study, twenty-one of physical education department pupils have been selected by using thorough sampling strategies whereas, the majority of twenty-one pupils had been randomly selected type non-physical education department pupils in performing 5 elements of physical fitnesses at the age ranging from twenty to 23 yrs. The data had been collected by the usage of 5 selected variables as well as the criterion measures of theirs for health

and fitness exams. The data had been examined as well as in contrast to the assistance of statistical methods in which arithmetic mean, standard deviation, regular error of mean, and t test were used as well as the amount of significance was noticed at 0.05. The outcomes of the analysis had been depicted that physical education pupils have been discovered to be somewhat superior to Nonphysical education pupils in performing stamina also inversely a fact in agility, (t (.033), $P=.370$, and t (.004), $P=.338$) scored respectively. This confirms that, there's no statistically significant difference found between the 2 organizations. Subsequently, significance differences have been discovered in executing strength, flexibility and speed amongst the 2 groups, (t (.003), $P=.000$, t (.025), $P=.022$, and t (.037) $P=.007$) in which P values estimated much less at substantial amount of 0.05. On the foundation of statistical findings, it was concluded that the information gathered in relation with health and fitness of the participant extremely designated beneath the conventional rating scale of the age group of theirs.

Sukhdev Singh et. al., (2015) The goal of this particular analysis was examining the amount of health and fitness among male football players in relation to their various playing positions i.e. goalkeepers, defenders, attackers and midfielders. A sample of forty ($N = 40$) male football players (mean SD: age 20.45 1.70 years, height 1.84 4.07 m, mass 81.62 5.45 kg, BMI 23.99 1.66m), this includes 10 each goalkeeper, defenders, attackers & midfielders, who participated in inter-college tournaments of Guru Nanak Dev Faculty, India, Amritsar, was selected. All of the participants had been informed about the methodology and aim of the study and they volunteered to take part in this particular study. The study was done on selected conditioning variables i.e. power, agility and quickness. One-way Analysis of Variance (ANOVA) was put on to discover the significance of variations with regard to selected physical fitness variables among football players of various playing positions. Scheffe's post hoc test was put on to find out the path as well as significance of variations in which F' great discovered statistically significant. The degree of significance was established at 0.05. While comparing the means, it's shown that midfielders, as well as attackers, had practically exactly the same power, agility and quickness. Nevertheless, midfielders, as well as attackers, had shown substantially better agility and strength than the counterparts of theirs; defenders and goalkeepers. Additionally, significant differences have been found between football players of various playing positions with regard to the variables power ($p>0.05$) as well as agility ($p<0.05$), but minor differences have been found on the adjustable velocity respectively ($p<0.05$).

Arghaya Mondal & Alauddin Shaikh (2015) The goal of the analysis was to relative research on selected conditioning parts with the physical education pupils of various colleges in West Bengal State. Procedure: For the current study adopted was on the foundation of

arbitrary team layout. Equal amounts of jobs had been assigned arbitrarily to 5 groups of 20 subject areas each. The very first team was trained Visva Bharati Faculty Group, the next group with Calcutta Faculty Group as well as the third group with Kalayani Faculty Group. For comparisons of this particular study Analysis of variance (ANOVA) utilizing for statistical therapy. Finding: Here it's certainly found that the results showed that there is a distinction that is considerable between the physical education pupils of various colleges in agility as well as cardiovascular effectiveness. The hostile differences in some other variables studied, explosive power, weren't greatly. Conclusion: The coming conclusions had been arrived on comparison of health and fitness varying agility, as well as cardiovascular effectiveness among Visva Bharati Faculty, Kalyani Faculty and Calcutta Faculty, proved that there are considerable differences between the physical education pupils and also the pupils of Visva Bharati was drastically better compared to some other 2 faculty pupils. Although there were mean disparities between the groups in power that is intense, the mean distinction wasn't statistically significant and this was concluded that there were no substantial differences between physical education pupils of all of the universities.

Mondal et al., (2013) The scholars undertook the study with the intention of comparing outcomes of selected conditioning test of 4 season Integrated B.P.Ed (Bachelor of Physical Education) female pupils as well as one season B.P.Ed female pupils. The test selected had been fifty meters Dash, Standing Broad Jump, Backward Overhead Medicine Ball Throw and thousand meters Run/Walk. thirty-six female subjects (age 21.331.02 year) that had been enrolled in B.P.Ed program had been selected. Among these eighteen belonged to L.N.U.P.E, Gwalior, M.P in which Integrated B.P.Ed of 4 season length is there and rest eighteen had been out of another faculty of central India where one season B.P.Ed is actually conducted. Descriptive Statistics and Independent t' test had been used using SPSS 19 Software for analysing the data. Findings propose that the female pupils belonging 4 season Integrated B.P.Ed were in greater aspect of fitness with respect to Standing Broad Jump, Backward Overhead Medicine Ball Throw and thousand meters Run/Walk. However, in fifty meters Dash both groups had been having similar trends.

Vishaw Gaurav et al., (2011) The goal of the analysis was to investigate the substantial differences of selected conditioning variables between specific games as well as team activities athletes. A number of thirty sportspersons A (Individual video games athletes: $N=15$) and B (Team games athletes= 15) of age group 18 25 yrs had been selected from the department of physical education (T), Guru Nanak Dev Faculty, Punjab, Amritsar, India. It was hypothesized that there might be considerable differences with regard to selected physical fitness variables among individual and team activities

athletes. The between-group differences have been evaluated by utilizing unbiased samples t-test. The degree of $p < 0.01$ was regarded as substantial. An impartial samples t test discovered that specific video games athletes had considerably greater muscular strength, power, agility, quickness and aerobic stamina ($p < 0.01$) than team activities athletes. Further investigations are essential on the above-studied variables together with physiological variables to evaluate associations among them with performances in specific activities and team activities athletes.

III. RESEARCH METHODOLOGY

► Criterion Measures

The criterion methods have been used to gather the information in a systematic way and a deal method to shoot in a proper product as well as color for every tested product.

- Explosive leg strength was assessed by the Standing Broad Jump test as well as scores had been captured in centimeters.
- Speed was assessed by fifty Yards Dash as well as time was captured to probably the nearest 1/100 of a minute with the assistance of digital stopwatch.

► Statistical Techniques Used

For the current study, the mean worth, standard deviation, 't' test had been put on to evaluate the data

IV. RESULTS AND DISCUSSION

Table 1: Comparison of Explosive Strength Component of Rural and Urban Basketball male players

Variable	Rural		Urban		SEd.	t-ratio	Level of significant
	Mean	S.D.	Mean	S.D.			
Strength (Standing Broad Jump)	2.38	0.23	2.31	0.1	0.05	1.4	Significant

*Significant at .05 level

The mean score (2.38) of the explosive strength part of the health and fitness of rural basketball players is actually significant as opposed to the mean score (2.31) of Urban basketball players. Nevertheless, the t ratio is 1.4, which is considerable at the 0.05 level. The score that is Higher Better Explosive strength. It indicates that Rural players of basketball players have a bit better Explosive strength of health and fitness as opposed to the Urban Basketball players.

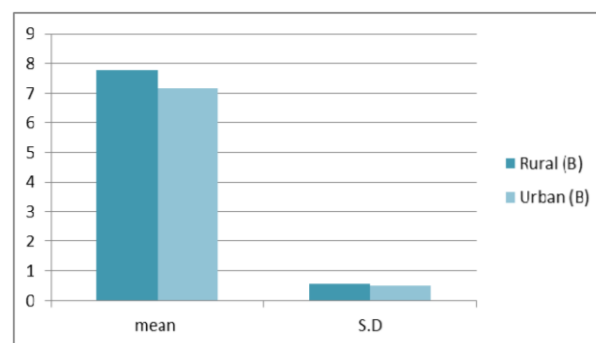


Fig 1: Comparison of Explosive Strength Component of Rural and Urban Basketball players

Table 2: Comparison of Speed Component of Rural and Urban Basketball male players

Variable	Rural		Urban		SEd.	t-ratio	Level of significant
	Mean	S.D.	Mean	S.D.			
Speed	7.79	0.55	7.17	0.51	0.16	3.88	Significant

*Significant at .05 level

The mean score (7.79) of the pace part of the health and fitness of rural basketball players is actually significant as opposed to the mean score (7.17) of Urban basketball players. Nevertheless, the t ratio is actually 3.88 that is considerable at the 0.05 level. High score that is better speed. It indicates that rural players of basketball players have the better velocity of health and fitness as opposed to the Urban Basketball players.

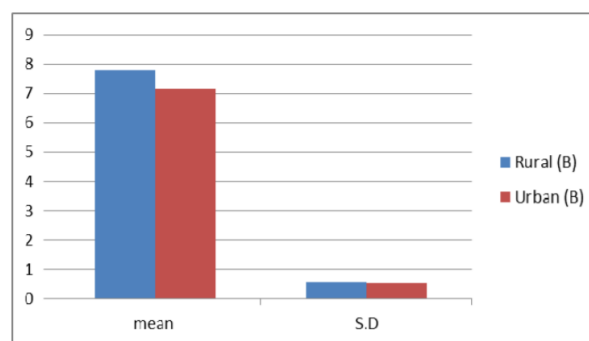


Fig 2: Comparison of Speed Component of Rural and Urban Basketball male players

V. CONCLUSION

On the foundation of the evaluation of information the Rural Basketball players had been having better mean values among Explosive strength and quickness compared to Urban Basketball players. Basketball Rural players performed a lot better than the Urban male players.

The idea of health and fitness is the capability to do prolong work that is hard and then recover to exact same state of health and fitness in a brief duration of time. This's the outcome of the amount of power,

speed, stamina, agility & flexibility one possesses. These factors of health and fitness are helpful for games that are various as well as sports based on a number of things like heredity, hygienic living nutrition as well as body manners of a person.

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