

## A Comparative Study On Physical Fitness Level Among Urban And Rural Students Of Kashmir (With Special Reference District Baramulla)

Nazrul Islam<sup>1</sup> and Rajesh Kumar Kaswan<sup>2</sup>

<sup>1,2</sup> **Shri Khushal Das University, Hanumangarh**

Email- [Nazrul8770963@gmail.com](mailto:Nazrul8770963@gmail.com)

---

### 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 present study is a comparative study on physical fitness level among urban and rural students of Baramulla District. In this study total 60 subjects for the study in which 30 from urban and 30 rural players were randomly selected samples. The total physical fitness of rural and urban students of Baramulla District and in sit ups on comparison of t-test was 3.4. While as the physical fitness of rural and urban students of Baramulla in standing broad jump on comparison of t-test were 0.04. While as the physical fitness of rural and urban students of Baramulla in speed on comparison of t-test were 4.07. The two t-test values are significant and one t-test value is insignificant at 0.04.

**Keywords:** Physical, Fitness Test, Speed, Muscular Endurance,

\*\*\*\*\*

### 1. Introduction

Education in India has been given a fillip after the attainment of independence in 1947. The ministry of education at the centre was reconstituted and separate into central as well as state ministry of education. Education has been made a state subject and the initiatives for educational development has been left to the resources of the respective states. Physical education plays an important role in the achievement of goals of education. Physical education is an essential aspect of general education in which physical activities are used as a means of education or modifying a person for wellness. Physical activities are educational tools in the hands of the teachers who aim

at the education of the body and mind. Education of the whole man is the objective, which goes far beyond the attainment of my 'Physical Vigor' so that the individual may grow and develop fully and be, enabled to live the abundant life, now as a child and later as an adult. Physical education has distinct contribution to make towards the enrichment of general education and seeks to further the purpose of modern education namely the attainment of the finest kind of living. Physical fitness is not being able to perform certain feats that show ones strength. It is the condition of your body as a whole .The physiological biochemical and mental state. When physically fit one can efficiently work, play, resist chronic disease and meets constant demands. Everyone has different level of complete physical fitness which once reached, rewards you with a richer and more enjoyable life. Physical fitness is to human body what fine-tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as condition that helps us for better look, Pleasant feel and do our best.

## **2. Methodology**

**2.1. Sample** - In this study total 60 subjects for the study in which 30 from urban and 30 rural players were randomly selected samples. The total physical fitness of rural and urban students of Baramulla were measured.

### **2.2 Test used**

For assessment of the selected physical fitness test, researcher has adopted following tests:

<b>S. No</b>	<b>Variables</b>	<b>Test</b>
1.	Speed	100 Meters
2.	Muscular endurance.	Bend knee set ups test
3.	Power	Standing broad jump

### **2.3 Administration of test**

#### **100-MTR SPRINT**

Every 100-Mtr sprinter must begin the race with his feet in the starting blocks. The official race starter will call the sprinters to their blocks and on command the runners will adopt a set position. The position requires the runners to have both feet in the

blocks and adopt a position with the body weight on their hands. On the starter's gun all runners begin the race. There is a one official on starting line and other officials where every lane on ending line where they collect the timing of runners. And there is a one scorer on ending.

### **SIT-UPS**

The standing position of the test is back lying position with knees flexed, feet on floor, and heels between 12 to 18 inches from the buttocks. The arms are crossed on the chest with the hand on opposite shoulder. A partner holds the examinee the feet to keep them in contact with the testing surface. The examinee curls to a sitting position, maintain arm contact with chest. The chin should be tucked on the chest and should remain in the position until the completion of the sit ups. When the elbow touches the thighs the sit up is complete. The examinee curls back down on the floor until the mid back contacts the testing surface. Another sit up may be attempted. The examinee begins executing consecutive sit ups on the word GO'' Using the signal ready GO At the end of 60 seconds the test is ended with the word stop the score is the number of sit ups executed correctly during the time. Pausing between sit ups is permissible. The score is the number of sit ups executed correctly during 60 seconds incorrect execution includes failure to curl up. Pulling the arms away from the chest failure to touch the thighs with the elbows and failure to touch the mid back to the testing surface in the down position, Devinder K Kansal 1996.

### **STANDING BROAD JUMP**

The standing broad jump test may be either conducted in an athletic field area or in a gymnasium. Ask the subject to stand in a standing position back to the line marked by the investigator with both legs together and both feet near to each other. Then with the swing of the hand take a jump so that you can cover a long distance. The distance covered by the subject in meter. The trials are given to the subject and best of it taken into consideration for scoring. K. Kansal 1996.

### **2.4 Sampling Technique**

The researcher took simple random sampling technique as an appropriate tool for selecting the desired subjects of the study. In the present study 60 subjects for the study

(30 from urban and 30 rural.) were selected from school level in Baramulla District Kashmir.

## 2.5 Collection of data

The investigator to go for maximization of systematic variance and explains to exercise the control over the unwanted variables and [min] gives and understanding to minimize error variables so as to ensure disciplined data that contribute to a sound generalization. While verifying research hypothesis, a properly designed research tells what to do and what not indicates the steps to be taken in sequential manner for collecting the empirical data [John W. Best and James V. Khan 2003]. Selecting a proper research design and justifying its relevance the present researcher further moved for its implication with a view to testing the hypothesis Present investigation is an associational predicative study that considers the principals of basic research. The comparison of physical fitness status of 14 to 16 years boys students of rural and urban students of Baramulla Kashmir.

## 2.6 Statistical Technique

The present study utilized quantitative techniques that included descriptive statistics, such as means, standard deviations and t-ratio.

## 3. Results and Discussion

The Rural students in sit ups having less mean (18.05) and S.D (1.38) as compared to the mean (25.0) and S.D (1.62) of the urban students. While as in standing broad jump the rural students having less mean (1.55) as compared to the mean (1.63) and S.D (0.13) of the urban students. While as in speed put the rural students having meaner (19.04) and S.D (0.69) as compared to the mean (16.12) and S.D (0.33) of the urban students. In case of “t” test the rural and urban students of Baramulla Kashmir in sit ups having “t” test = 3.4, which is significant. While in case of standing broad jump, the t-tests of rural and urban students of Baramulla Kashmir t-test is =0.045 which is insignificant. While as in speed put, the t-test of both groups is 4.07, which is significant.

**Table-1 Mean, Standard Deviation and T-Test of both the Groups on Sit-Ups**

Respondents	Mean	SD	df	't' Value
RURAL. STUDENTS	18.05	1.38	58	3.4
URBAN. STUDENTS	25	1.62		

The calculated mean and S.D of 60 second Sit-Ups of Rural and Urban students obtained are 18.05 (1.38) and 25 (1.62) respectively. The calculated “t” value is 3.4 at 0.05 level of significance. The table value for 58 degree of freedom is 2.00. Hence the difference among the rural and urban students in their abdominal strength is found significant.

**Table-2. Mean Standard Deviation and T-Test of both the groups on standing broad jump**

Respondents	Mean	SD	Df	't' Value
RURAL. STUDENTS	1.55	0.138	58	5.8
URBAN. STUDENTS	1.63	0.132		

The calculated mean and S.D of standing broad jump rural and urban students of Kashmir obtained are 1.55 (0.138) and 1.63 (0.132) respectively. The calculated “t” value is 0.04 at 0.05 level of significance. The table value for 48 degree of freedom is 2.00. Hence the difference among the rural and urban students of Kashmir in their thigh Muscle strength is found insignificant.

**TABLE 3. Mean, Standard Deviation and T-Test of both the groups on speed**

Variables	Mean	SD	Df	't' Value
RURAL. STUDENTS	19.04	0.69	58	4.07
URBAN. STUDENTS	16.12	0.33		

The calculated mean and S.D of speed Put of rural and urban students of Kashmir 19.04 (0.69) and 16.12 (0.33) respectively. The calculated “t” value is 4.07 at 0.05 level of significance. The table value for 58 degree of freedom is 2.00. Hence the difference among the rural and urban students of Baramulla Kashmir is found significant.

The rural students in sit ups having less mean (18.05) and S.D (1.38) as compared to the mean (25.0) and S.D (1.62) of the urban students. While as in standing broad jump the rural students having less mean (1.55) as compared to the mean (1.63) and SD (0.13) of the urban students. While as in speed put the rural students having meaner (19.04) and SD (0.69) as compared to the mean (16.12) and S.D (0.33) of the urban students.

In case of “t” test the rural and urban students of Baramulla in sit ups having “t” test = 3.4, which is significant. While in case of standing broad jump, the t-tests of rural and urban students of Baramulla Kashmir t-test is =0.045 which is insignificant. While as in speed put, the t-test of both groups is 4.07, which is significant.

#### **Further discussion is made regarding hypothesis**

1. The sit ups performance is not the same in both rural and urban students of Kashmir in Baramulla. Which shows that they are not equal in their muscular endurance and strength.
2. The standing broad jump performance was the same in both regions of rural and urban students of Baramulla. Which shows that they are same in cardio vascular endurance.
3. The 100 m speed performance is not the same in both regions of rural and urban students of Baramulla, Which shows that they are not equal in speed performance.

Hence it can be concluded that there is difference in the physical fitness level of both regions of students of same age group ins-pite of different culture environment geographical difference Now we can say that our hypothesis become correct that there would be significance level between rural and urban areas of Baramulla Kashmir.

#### **Conclusion**

From the statistical analysis of the result of this study, the following conclusion can be drawn.

1. The null hypothesis is that there was no significant difference in physical fitness between Rural and Urban students of Baramulla is rejected.
2. The first hypothesis is that there may be significant level of difference physical fitness of Rural and Urban students of Baramulla is accepted.

3. The second hypothesis is that the physical fitness of urban students of Kashmir in speed is more than rural students of Baramulla are accepted.
4. The third hypothesis is that the physical fitness of rural students of Baramulla is in sit-ups is more than urban students of Baramulla Kashmir is rejected.

## **REFERENCES**

- Albarwani,S. (2009) Effects of overweight and leisure-time activities on aerobic fitness in urban and rural adolescents Metabolic Syndrome and Related Disorders 7 (4), pp. 363-373.
- Angela Lumpkin, (1986) Physical Education - A Contemporary Introduction (Saint Louis: Times Mirror/TVlosby College Publishing, p.231.
- Bunched, (1999), "Skill related fitness literature pate," ACSM , pp.345-351.
- Barraw, H, M and McGee R. (1982). A Practical Approach to Measurement in Physical Education. Philadelphia: Lea and Febiger. Berger Richard A and Robert Paradis. (1969). "Comparison of Physical Fitness Scores of white and black seventh grade boys of similar Socio -Economic Level" Research Quarterly for Exercise and Sports.
- Bilton L. E. (1965). "Validation of a four item of fitness test and norms for high school boys in the state of LOWA". Completed Research in Helath. Physical Education and Recreation. p. 37.
- Bouchard and shepherd, et al,(1994), "Relationship among physical activity, health related fitness and health are established," applied development psychology, p.36.
- Bucher and Wuest, Richard A. Berger and Rober L. Paradin (1969, "Comparison of physical fitness Scores of white and Black 7th Grade Boys of similar Soclo Economic Level," Research Quarterly, 40, No.4, p.666.
- Bucher, C. A. (1983). Foundation of Physical Education and sports, (9th Edition). St. Louis Toronto: The Mosby Co., pp. 7.
- Burxnan Blanche K. (1960). "A study of youth fitness of English grade Junior High School Girls of Mitchell as measured by AAHPER Youth fitness test" Research Quarterly for Exercise and Sports.