COMPARATIVE STUDY OF HEALTH RELATED FITNESS OF CHILDREN FROM SOME SELECTED GOVERNMENT & PRIVATE SCHOOLS OF JHARKHAND STAT

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Abstract:

The estimation of and improvement of the physical fitness of youth have rapidly become an important part of every senior secondary school program and as an effort to make such an examination more efficient and many new tests and methods have been revised. It seems particularly wise in these day to make a testing program as brief and yet as helpful as possible. The ability to perform certain activities which requires coordination, strength and skill is also important and it is desirable to test and subsequently to attempt to teach and improve them. The present study was conducted to find the comparison of health related fitness of students of Govt & Private schools of Jharkhand state. Total 500 male Students as subject, age group of 13-15 years from 8th & 9th standard were selected through Govt & Private schools of Jharkhand state. The various components of health related fitness: Cardio-Vascular Efficiency was measured in distance in mts. by using Coopers 12 min run & walk test. Muscular strength was measured in numbers by using chin-ups on horizontal bar. Muscular endurance was measured in numbers by using one-minute bent-knee sit-ups. Flexibility was measured by using sit and reach test (Trunk flexion). Body composition was measured by – four sites (biceps, triceps, sub scapular and supra-iliac) skin fold measurement of Durnin & Rehman. The t-test statistical technique was used to find out the Comparison of Health related fitness. It was found that there is significant difference in composite score as a whole, of health related fitness components between the groups. The obtained t-value (4.66) is higher than critical value (2.00) at 0.05 level of confidence. Similarly It is observed that there are significant difference found in 12 mins run/walk test and Sit-ups scores between the groups as obtained t-values (3.07) & (3.04)

respectively are higher than critical value (2.00) at 0.05 level of confidence. It may be due to private school had better facilities of physical education in their schools.

Introduction:

A Physically fit child is the pride of the nation. The children are world's greatest source. Investment in Childs development is an investment in future of a nation. Today child will be the tomorrow's leader and scientist. Because children are our future, our most precious resources, the quality of tomorrows world perhaps even fits survival will be determined by well being, safely and development of today's children.

A week child is a week brick in the wall of nation. Today's child is tomorrow's citizens in whose hands the fate and prosperity of the nation lies. Today's citizens are less physically fit than their ancestors who lived over a hundred years of age, "Fit in content means having well healthy." The wealth of nation resides in the health and vitality of its people. Every nation is increasingly concerned about physical fitness of its citizen. Physical fitness is our most priceless assets, whether one considered of it from the point of beauty, strength, enjoyment of health or ability to do work.

Physical fitness can be divided into the two distinct categories the health related physical fitness and skill related physical fitness. Health related physical fitness components are cardio-respiratory fitness, body composition, abdominal strength, muscle endurance and flexibility. Skill related fitness includes components important to play games and sports such as aped, strength, endurance, agility. Flexibility, balance, power, co-ordination etc. both type of physical fitness are important for all sportsmen in order to achieve better performance.

Purpose of the study:

The main purpose of the study was to compare to health related fitness of students of Govt & Private schools of Jharkhand state.

Material and Methods:

Subject: 250 male students age group of 13-15 years from 8th & 9th standard were selected from some selected each Govt & Private schools of Jharkhand state. Total 500 students were selected on the basis of simple random sampling.

Procedure: Cardio-Vascular Efficiency was measured in distance in mts. by using Coopers 12 min run & walk test. Muscular strength was measured in numbers by using chin- ups on horizontal bar, faulty performance was not counted, chin up performed non-stop were only be counted for the record. Muscular endurance was measured in numbers by using one-minute bent-knee sit-ups, recorded the number of correctly sit-ups the student to do in 60 seconds. Flexibility was measured by using sit and reach test (Trunk flexion). Bench or sit & reach box or lowest row of set of bleacher and yard stick were used for measurement process, tester placed yardstick with 15 inch mark at near edge of bench, box or bleacher. Measurement approaching marks were scores negative while those beyond 15 inch mark were scored positive. Body composition was measured by – four sites skin fold measurement of Durnin & Rehman. Four skin folds (biceps, triceps, sub scapular and supra-iliac) were measured on the right side of the body nearest to 1 mm by using skin-fold Caliper with constant tension. Following the administration of test, the scores of tests were properly complied and tabulated for the analysis and interpretation.

STATISTICAL ANALYSIS:

The t-test statistical technique was used to find out the Comparison of Health related fitness of students from Government school and Private schools.

Results: Table- 1 represents the t-ratio of various components of health related fitness of students from government and private schools of Jharkhand state. It reveals that there is significant difference in composite score as a whole, of health related fitness components between the groups. The obtained t-value (4.66) is higher than critical value (2.00) 0.05 level of confidence. Similarly It is observed that there are significant difference found in 12 mins run/walk test and Sit-ups scores between the groups as obtained t-values (3.07) & (3.04) respectively are higher than critical value (2.00) at 0.05 level of confidence. The table also shows that there are insignificant differences in chin-ups, sit & reach test and Body composition (lean body weight & Fat weight) because calculated t- value 0.76, 0.17, 0.23 and 1.50 respectively were found lower than critical value (2.00) at 0.05 levels of confidences.

Table-1: "t"-ratio of various Components of Health related fitness of Students

Items/Test	Group	Mean	S.D.	t-ratio	Critical Value
12miin Run/walk test	Govt school	2053.75	175.49	3.07*	2.00
	Private School	1933.00	175.61		
Chin ups	Govt school	3.45	1.41	0.76	2.00
	Private School	2.70	1.40		
Sit ups	Govt school	23.67	4.36	3.04*	2.00
	Private School	20.77	3.90		
Sit & Reach Test	Govt school	21.82	3.61	0.17	2.00
	Private School	21.70	2.59		
Fat weight	Govt school	3.94	1.28	0.23	2.00
	Private School	3.99	0.91		
Lean Body weight	Govt school	31.43	4.66	1.50	2.00
	Private School	33.13	4.89		
Composite Score	Govt school	308.00	18.01	4.66*	2.00
	Private School	289.82	16.91		

*Significant at 0.05 level of confidence

Discussion:

A Comparative study of health related physical fitness components of Govt & Private schools of Jharkhand state indicate significant difference in composite items performance as whole at 0.05 level of confidence. The private school boys exhibited better performance in composite scores as a whole along with 12 min run/walk test and sit-ups scores particularly than the Govt schools. On the considering the subjects under the study, the researcher felt that differences in 12 min run & walk test and sit-ups performance of Govt school boys may be due to private school had better facilities of physical education in their schools. There were some notion regarding the physical fitness of Govt & private School boys. Majority of people believed that than Private schools boys were stronger and physically fit than Govt School because of the awareness pertaining to nutrition and diet and the systematic way of the school life, instructed

way of physical education, they were provided within the school play ground facilities. They had better opportunities for participation in physical education and sorts activities.

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