

A COMPARATIVE STUDY OF PHYSICAL FITNESS BETWEEN SCHEDULE TRIBE BOYS AND NON - SCHEDULE TRIBE BOYS

Abstract:-

Objective: The purpose of the study was comparison of physical fitness between schedule tribe boys and non schedule tribe boys. **Method:** For the purpose of study the subjects were one hundred twenty (120), sixty (60) scheduled tribe and sixty (60) non-scheduled tribe school boys from St. Michael's public school, Itki road, Ranchi, Jharkhand, between the age group of 12 to 16 years were selected. The researcher had been selected the following physical fitness variables for the present study: i.e. Abdominal Muscular endurance (No. of sit-ups in one min.), Flexibility (sit and reach test), Explosive strength (standing broad jump), Speed (50 yard dash), Upper arm strength (medicine ball through). The data was analyzed by applying independent t-test. The level of significance was set at 0.05. **Result:** The results of this study show that the majority of the physical fitness components are significantly higher for one particular group. The results of the study also indicate that the significant difference in explosive strength, muscular strength, and speed, the ST boys are better than the Non ST boys. **Conclusion:** Insignificant difference found in



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abdominal muscular endurance and flexibility between ST and Non ST boys. And there were significant difference found in explosive strength, speed and upper arm strength between ST and Non ST boys.

Keywords:

Physical Fitness variables, abdominal endurance, Explosive strength, Speed, Flexibility, Upper arm strength.

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Golden Research Thoughts

INTRODUCTION

Physical Fitness is essential not only in terms of general health but also special physical requirement for competitive sports and certain highly specialized and demanding occupation. It is universally accepted that success in various activities of games and sports mainly depends upon the Physical Fitness of its participants.

Concept of Physical Fitness is as old as mankind, keeping in mind the survival of the fittest, down through the ages, only strong and agile people could defend invaders, protects themselves and their property. It is a hard fact that physically fit people are in a better position to bear the rigorous and abnormal stress and strain, than those. Who are less physically fit? The basic moments like running, jumping, climbing, throwing, lifting etc, require specific physical attributes such as muscular strength, muscular endurance, speed, agility and flexibility.

Physical fitness is general state of good physical health. Physical fitness is the ability to endure, beat with stand stress and carry on in circumstances where an unfit person could not continue. In order for one to be considered physically fit, heart, Lungs and muscles have to perform at a normal level for the Individual to continue feeling capable of performing an activity. Physical fitness is often divided into the following categories in order for people to be able examine its components or parts. Particularly, Physical fitness is judged by: Strength, Speed, Endurance, Flexibility, Coordinative abilities.

Tribal communities belong to different ethnological group, profess diverse faith and are at varied levels of socio-economic developments and constitute an important segment of the population.

OBJECTIVE OF THE STUDY:

The objective of the study was to find out the comparison of physical fitness between tribal and non tribal boys the age group of 12-16 years.

PROCEDURE AND METHODOLOGY:

One hundred twenty subject, sixty (60) scheduled tribe and sixty (60) non-scheduled tribe school boys from St.Michael's public school, Itki road, Ranchi, Jharkhand, between the age group of 12 to 16 years were selected as subjects for the study.

They were given trail for physical fitness. The selections of Physical variables selected for the purpose of this study were: -

- Abdominal Muscular endurance (No. of sit-ups in one min.)
- Flexibility (sit and reach test)
- Explosive strength (standing broad jump)
- Speed (50 yard dash)
- Upper arm strength (medicine ball through)

The collected data was analyzed using independent t test to find out the significant difference between physical fitness of schedule tribe boys and non-schedule boys. SPSS statistic software package (SPSS) was used. The level of significance chosen was .05.

RESULTS AND DISCUSSION OF THE FINDINGS:

Table 1 clearly show that mean value of abdominal muscular endurance for ST and Non ST boys were 31.63 and 28.71 respectively. The obtained t ratio of muscular endurance is 1.916, which is less than the required table value for df 118 is 1.98 is insignificant at 0.05 level of confidence.

Table.1

Physical fitness variables	category	N	Mean	Std. deviation	t- value
Abdominal Muscular endurance (Sit ups)	S.T.	60	31.6333	7.14728	1.916
	Non-S.T.	60	28.7167	9.37738	

Table 2 clearly show that mean value of flexibility for ST and Non ST boys were 24.7 and 22.9 respectively. The obtained t ratio of flexibility is 1.594, which is less than the required table value for df 118 is 1.98 is insignificant at 0.05 level of confidence.

Table.2

Physical fitness variables	category	N	Mean	Std. deviation	t- value
Flexibility (Sit and reach test)	S.T.	60	24.7000	6.23087	1.594
	Non-S.T.	60	22.8833	6.25203	

Table 3 also clearly show that mean value of explosive strength for ST and Non ST boys were 1.86 and 1.65 respectively. The obtained t ratio of explosive strength is 4.643*, which is more than the required

table value for df 118 is 1.98 is significant at 0.05 level of confidence. This shows that the explosive strength of ST boys is more than the Non ST boys.

Table.3

Physical fitness variables	category	N	Mean	Std. deviation	t- value
Explosive strength (Standing broad jump)	S.T.	60	1.8632	.22377	4.643*
	Non-S.T.	60	1.6548	.26600	

*significant at 0.05 level of confidence

Table 4 also clearly show that mean value of speed for ST and Non ST boys were 6.66 and 6.93 respectively. The obtained t ratio of explosive strength is 3.269*, which is more than the required table value for df 118 is 1.98 is significant at 0.05 level of confidence. This shows that the speed of ST boys is more than the Non ST boys.

Table.4

Physical fitness variables	category	N	Mean	Std. deviation	t- value
Speed (50 yard dash)	S.T.	60	6.66	.36567	-3.269*
	Non-S.T.	60	6.93	.52890	

*significant at 0.05 level of confidence

Table 5 also show that mean value of upper arm strength of ST and Non ST boys were 6.46 and 5.41 respectively. The obtained t value of upper arm strength is 4.12, which is more than the required table value for df 118 is 1.98 is significant at 0.05 level of confidence.

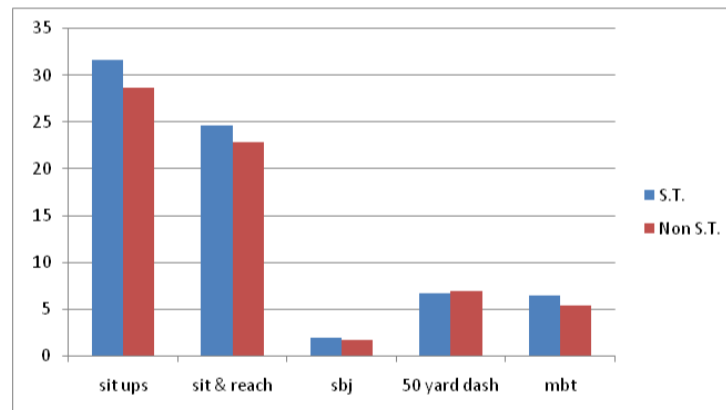
Table.5

Physical fitness variables	category	N	Mean	Std. deviation	t- value
Upper arm strength (Medicine ball through)	S.T.	60	6.46	1.45	4.123*
	Non-S.T.	60	5.41	1.35	

*significant at 0.05 level of confidence

Fig.1

Graphical representation of physical fitness variable between ST and Non ST boys



The results of this study show that the majority of the physical fitness components are significantly higher for one particular group. The results of the study also indicate that the significant difference in explosive strength, muscular strength, and speed, the ST boys are better than the Non ST boys. These result may be attributed that the schedule tribe boys do better and hard work at their homes such as lifting the weight, harvesting and cropping in the agriculture field, and other allied work at their homes which makes them more strong and powerful. And speed is more may be due to their explosive strength.

CONCLUSION:

- ☒ Insignificant difference was found between the means of sit-up of ST boys and Non ST boys.
- ☒ Insignificant difference was found between the means of sit and reach of ST boys and Non ST boys.

☒ Significant difference was found between the means of standing broad jump of ST boys and Non ST boys.

☒ Significant difference was found between the means of 50 yard dash of ST boys and Non ST boys.

☒ Significant difference was found between the means of medicine ball through of ST boys and Non ST boys.

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