



Comparison of Muscular Strength of tribal Students between rural and urban High school of Vidharbha Region

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Abstract

There were 11 districts in Vidharbha Region of Maharashtra State. Out of these only six districts were selected for the study. Again only 50 Aadiwasi Ashram School were opted for the further investigations. From every school 20 students was selected for the testing of Cardio-respiratory endurance. In this way 25 urban and 25 rural schools were randomly selected for the study. Thus the 500 urban school students and 500 rural school children were examined for the MUSCULAR STRENGTH. The Students age was ranges from 13-15years. Such students were selected by using random sampling method. According to 2001 census 9.69 crores in 2011 it was 11.24 crores. Out of which 8.85 percent of Tribal's were found in 2001 and it was increases to 9.35% in 2011 census. This increasing ratio of population rise had certain reason of getting the social awareness and medical aids along with the Educational developments. Government was doing all their attempts to concentrate on the schedule tribes populations. In this regards the government had started first Ashram School in 1953-54 Talwale in Thane District. It was the special residential school for tribal students where the facility of primary to Junior college education was available. Chin-ups was estimated with the Chin-ups. Accordingly the Mean Chin-ups of Urban Ashram School Students was 6638. Whereas the counterparts i.e. the mean Chin-ups of Rural Ashram school Students were 5554. According to the norms of Chin-ups both the students were in the best quality of Chin-ups. But the Urban Ashram schools Students are quite better in the Chin-ups the difference of mean values was 1084. After calculating the difference between the two by t-test it was concluded that the Urban Ashram school Students are comparatively better in the Chin-ups than the Rural Ashram School Students.

Key words: - Ashram School, Rural, Urban, MUSCULAR STRENGTH

Introduction

Human culture of development had a very extensive history of development. The history of Human development starts from early 15-20 million years ago. Darwin gives the evolution theory in 1859. Afterwards the genetic revolutionary theories were developed in 1960. The human Development starts from Stone Age to the scientific

Stages of developments. Automatically modern human populations continue to evolve. Indian tribes were lives up to these days in very dense and difficult forest areas. They are not very well aware about the social, mental and economical developments. But due to the modernization and available facility these tribes are nowadays sending their students to the schools. Students are also making their own progress in the education. They are also excelling in the field of sports. As these tribal's were lives in the difficult part of the dense forest area the physical fitness of such students might be better as compared to the other students of the same age. Researcher was feels that the available facilities with certain nutritious diets may have the good effect on the physical fitness parameters. While going through the literature available and the provisions made by the Government in the Ashram schools it was observed that these tribal students getting better livelihood facilities. The basics of physical fitness were already available amongst such tribes. Researcher was interested to know about the Health related physical fitness of the tribal students studying in the ashram schools of Rural and Urban areas.

Significance of the study

The study might be influence the utilization of available facilities. Researcher was like to know the effect of training, the diet plans as well the social environment and geographical conditions do had any effect on the Muscular Strength of tribal students studying in the ashram schools of Rural and Urban areas.

Method

Muscular Strength was estimated with the help of Chin-ups.

Table 1: Chin-ups for the Muscular Strength.

SN		Urban	Rural
1		Chin-ups for the Muscular Strength.	Chin-ups for the Muscular Strength
2	Σ	6638	5554
3	Mean	13.075	11.10833
4	T calculated	15.568	
5	T tabulated $_{\infty}$; $N_1+N_2- 2 = 400+ 600 - 2 = 998$ for ∞ - T tab = 1.96 at 0.05 % level of significance.	1.96	

T calculated > **T** tabulated at level if Significance of 0.05. 15.568>1.96

Null Hypothesis: Muscular Strength of tribal students studying in the ashram schools of Rural and Urban areas may be same (H_0):- $M_1-M_2 \leq 0$

Alternative Hypothesis: (H_1):- Muscular Strength of tribal students studying in the ashram schools of Rural and Urban areas may differs. The Urban area students might better in MUSCULAR STRENGTH as compared to the rural area students.

As $M_1-M_2 \neq 0$ or $M_1-M_2 > 0$

T calculated > **T** tabulated at level if Significance of 0.05

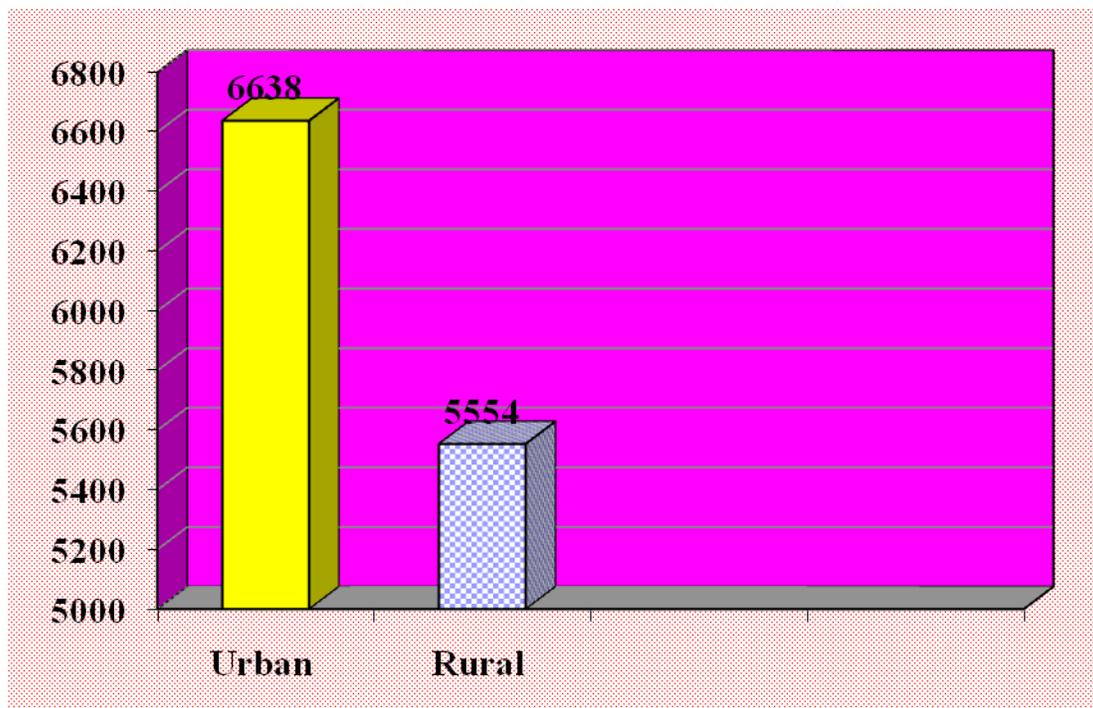
15.568>1.96

Accordingly the $T_{\text{calculated}} > T_{\text{tabulated}}$ at level of Significance of 0.05. Thus the Null hypothesis was rejected and it was estimated at $15.568 > 1.96$. Naturally the alternative hypothesis was accepted.

Finding

$T_{\text{calculated}} > T_{\text{tabulated}}$ at level of Significance of 0.05. Thus the Null hypothesis was rejected and it was estimated at $15.568 > 1.96$. Naturally the alternative hypothesis was accepted. Thus it was said that Muscular Strength of tribal students studying in the ashram schools of Rural and Urban areas may differ. The Urban area students might be better in MUSCULAR STRENGTH as compared to the rural area students

Graph



The above graph shows that Muscular Strength of tribal students studying in the ashram schools of Rural and Urban areas differs. Urban area students were better in MUSCULAR STRENGTH according to the norms of Coopers 12 min run and walk test both rural and urban school going Children were in better category.

Conclusion

From the above discussion it could be concluded that the Muscular Strength of tribal students studying in the ashram schools of Rural and Urban areas differs. Urban area students were better in Muscular Strength according to the norms of Chin ups both rural and urban school going Children were in better category.

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