

COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS COMPONENTS OF NORTH AND EAST INDIAN STUDENTS OF VISVA-BHARATI

Arnab Ray

Introduction

For all sort of activity, fitness is very essential, physical is a positive and a dynamic quality on a continuous from abundant life to death. It is related to the ability to meet the demands of environment specially to preserve, to withstand stress, to resist fatigue and to posse energy for an abundant life.

People who are physically fit, look better, feel better and possess the good health necessary for a happy and full life. Physical fitness is ones richest possession, it cannot be purchased it has to be earned through daily routine of physical exercise.

Statement of the problem-

The present study was stated as “Comparative study of selected physical fitness components of North and East Indian students of Visva-Bharati.

Purpose of the study-

The main purpose of the study was to find out the difference in Physical fitness Index of thr North and East Indian students studying in Visva-Bharati, Santiniketan.

Significance of the study-

The result of the study would be significance as follows:

1. The study would analyze the superiority between North and East Indian students regarding their fitness.
2. The result of this study might help the physical education teachers and coaches to select appropriate individuals for different games and sports.
3. The result of the study would also put light on the physical fitness and body measurement of the North and East Indian students.

Hypothesis-

It was hypothesized that the physical fitness of East Indian students will be significantly better than physical fitness of North Indian students.

Delimitations-

The present study was delimited to the following aspects:

1. The study was conducted on male study students only.
2. The age groups of all the students were between 18 to 30 years.
3. There were 25 students in each group.

4. Selected test items were administered to measure physical fitness.
5. Test was conducted in morning session.

Limitations-

The study was limited in the following respects:

1. Diet of the subjects was unknown.
2. Interest of students towards the test was unknown.
3. Training background of the students was unknown.
4. Sports achievement of the subjects were unknown.

Statistical analysis -

The raw scores of the standing broad jump, bent knee sit-ups, 50 yard dash, shuttle run, sit and reach, 600 yard run/walk tests obtained on the subjects were converted into standard scores for all the 6 items and further added to get composite score in physical fitness for each subject.

Whether the North and East Indian students were distinguished by different degree of physical fitness was determined by the test of significance of means differences if physical fitness scores of the North and East Indian subjects by applying 's' test. The Level of significance was chosen at 0.05 Level.

Analysis and Interpretation of data-

The mean and standard deviation of both the groups were calculated. The items were converted into composite scores.

The researcher again calculated the mean and standard deviation of the composite scores of the groups. Thus, the researchers found the mean differences of North and East Indian students.

Table – 1

Comparison of Means of physical fitness scores between the North and East Indian Students of Visva-Bharati in physical fitness.

Group	Mean	SD	MD	SE	DF	t-ratio	Tabulated 't'
East India	325.26	34.21	44.27	10.68	N1+N2-2	4.14*	2.012
North India	280.99	41.03			25+25-2=48		

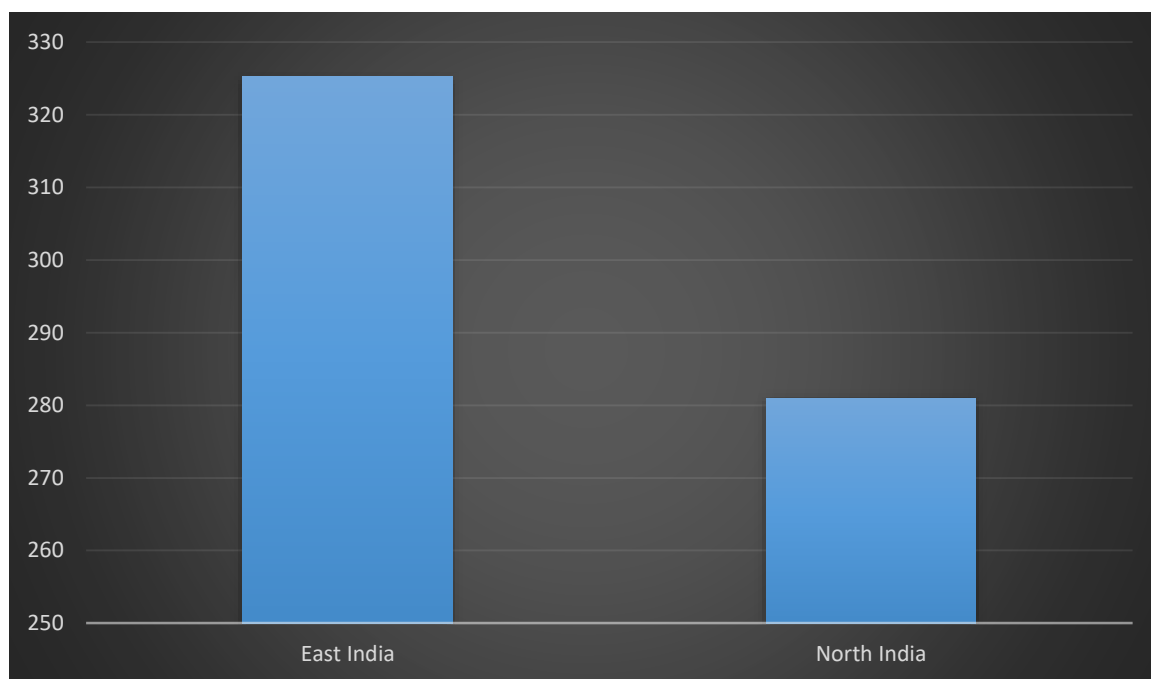
*Significance at 0.5 level of confidence.

Tabulated $t_{0.05(48)} = 2.012$

The findings of Table-1 clearly reveals that there is a significant mean difference in physical fitness between the East Indian and North Indian students of Visva-Bharati, as the calculated t-value 4.14 is greater than the tabulated t-value of 2.012.

Figure-1

Comparison of Means of physical fitness of North India and East India students of Visva-Bharati.



Discussion of Findings-

Hence, statistically significant difference is observed in between selected groups of East and north Indian students of Visva-Bharati, Santiniketan. The mean difference is graphically depicted on figure 1.

Conclusion-

From the statistical analysis following conclusions were drawn.

1. It was found that there was significant difference in physical fitness of North and East Indian students of Visva-Bharati.
2. East Indian students are superior in physical fitness than north Indian students.

References-

Ray bijay Krishna, “comparison of physical fitness of tribal and urban students in Tripura”, unpublished master’s thesis, jiwaji university, Gwalior,

Boon, “a comparison of physical fitness level of urban and rural boys” completed research in health, physical education and recreation.

Sloan AW “physical fitness of college students in south Africa, united states of America and England”, research quarterly

Sodhganga.com

Sodhgangotri.com

Abstract-

The main purpose of the study was to find out the difference in Physical fitness Index of the North and East Indian students studying in Visva-Bharati, Santiniketan. The study was conducted on male study students only and age groups of all the students were between 18 to 30 years. There were 25 students in each group. Selected test items were administered to measure physical fitness test. The standing broad jump, bent knee sit-ups, 50 yard dash, shuttle run, sit and reach, 600 yard run/walk tests obtained on the subjects were converted into standard scores for all the 6 items and further added to get composite score in physical fitness for each subject.

Whether the North and East Indian students were distinguished by different degree of physical fitness was determined by the test of significance of means differences if physical fitness scores of the North and East Indian subjects by applying 's' test. The Level of significance was chosen at 0.05 Level. From the statistical analysis following conclusions were drawn. It was found that there was significant difference in physical fitness of North and East Indian students of Visva-Bharati. East Indian students are superior in physical fitness than north Indian students.

Keywords

Physical Fitness, North and East Indian Students

