

EFFECT OF RECREATIONAL ACTIVITIES ON HEALTH RELATED FITNESS OF SELECTED AGE GROUP SCHOOL GIRLS

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ABSTRACT

Today's world has become so much dependent on machineries and gadgets that the human physique is no more required for any work. It is more evident with kids getting clinched on to their mobile or electronic devices. It has become common for an Indian parent to introduce mobile phones to their children just to avoid crying. Kids, from a very infant age are pushed into the world of electronic gadgets. It is very much essential that they are made aware about Health related fitness and its benefits from school level itself. This study has been a sincere effort by the research scholar to do something to the community and thereby stress on the importance of recreational activities as a means to develop healthy habits and overall health related fitness at school level. For the purpose of the current study 64 schools girls in the age group 10-14 years were selected. Health related fitness components cardiovascular endurance, muscular endurance, flexibility and muscular strength were chosen as the dependent variables for the study. Aerobics activities (in the form of fun combined with some rhythmic activities) and recreational minor games were the independent variables. After the pre-tests, all the subjects in the experimental group were given Recreational activities (Aerobic/Rhythmic & Minor Games) for a period of 6 weeks; four sessions a week, and each session lasted 30-40 min each. During this period, the subjects of control group had their normal school activities and it was ensured that they did not get involved in any sort of additional recreational or physical activities. After 6 weeks practice, both the groups were tested again for the final post-tests. Based on the purpose and hypothesis stated, it was found that 6-week recreational activities for school girls in the age group 10-14 years resulted in significant change in muscular strength, muscular endurance, cardiovascular endurance and flexibility. Thus, it can be said regular involvement in the form of some rhythmic activities or minor games should be an integral part of our school curriculum, and the same should be understood by the parents.

Keyword: -School girls, Fitness, Health Related Fitness, Recreation.

1. INTRODUCTION

Health is a fundamental right of an individual and is considered as a state of physical, mental, social and spiritual well-being. Man can live longer and can derive maximum benefit from being in a state of good health. However, the concept of physical activity as a form of recreation is relatively unknown in India. Recreation has come to exist in many different forms and meanings. Recreation is an act or experience, selected by the individual during his/her leisure time, to meet a personal want or desire, primarily for self-satisfaction. This research is an honest effort made towards understanding the effect of recreational activities on health related fitness of selected age group school girls. This research will give us an insight about the importance of getting involved in minor games or different recreational activities at school level for girls.

Physical fitness is a combination of several aspects rather than a single characteristic. A fit person possesses at least adequate levels of each of the Health-Related Components and Skill-Related Components. People who possess one aspect of physical fitness do not necessarily possess all the other aspects. Some relationship exists among different fitness characteristics, but each of the components of physical fitness is separated and different from the others. For example, people who possess explosive strength do not necessarily have good cardiovascular fitness and those who have good co-ordination do not necessarily possess good flexibility (Tancred, 1987).

This study has been a sincere effort by the research scholar to do something to the community and thereby stress on the importance of recreational activities as a means to develop healthy habits and overall health related fitness at school level.

2. MATERIALS AND METHODS

Every school children has the right to play and be involved in physical activities. But many a times it so happens that due to other academic pressure, they have to sacrifice their physical activities. This research tries to bring about the importance of simple minor games and rhythmic activities for school girls.

2.1 Participants and Sampling Design

For the current study, 64 school girls in the age group 10-14 years were randomly chosen from Durgapur City according to the feasibility of the situations. Convenient Random Sampling had been used to avoid any sort of biasness or categorization. They were further divided into experimental and control group of 32 each.

2.2 Procedure

The pre-tests were conducted for all the subjects, one at a time, having sufficient rest interval in between. After the pre-tests, all the subjects in the experimental group were given Recreational activities (Aerobic/Rhythmic & Minor Games) for a period of 6 weeks; four sessions a week, and each session lasted 30-40 min each. During this period, the subjects of control group had their normal school activities and it was ensured that they did not get involved in any sort of additional recreational or physical activities. The subjects of the experimental group underwent their respective practice for six weeks with four days per week i.e. Monday, Tuesday, Thursday and Friday. After 6 weeks practice, both the groups were tested again for the final post-tests.

3. RESULTS AND DISCUSSION

3.1 Data Analysis

The collected data from the experimental and control group prior to and immediately after the training period on selected criterion variables were statistically analyzed with dependent 't' test to find out the significant improvement between pre and post-test means of experimental and control groups separately. In all the cases .05 level of significance was fixed to test the hypothesis.

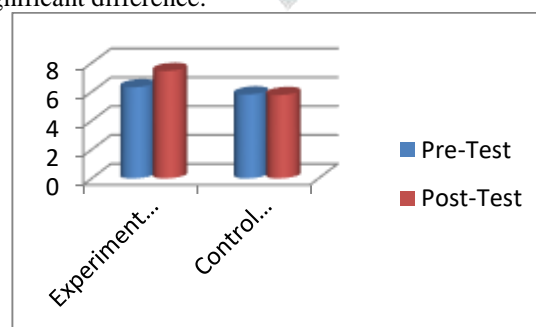
The statistics of Modified Push-ups of both groups have been presented in Table 1 and Graph 1.

Table 1
Statistics of Modified Push-Ups

Tests	Experimental Group			Control Group		
	Mean	SD	SE	Mean	SD	SE
N	32			32		
Pre-Test	6.32	2.69	0.74	5.82	3.12	0.75
Post-Test	7.45	2.96	0.79	5.78	2.98	0.77
T Test	1.71			1.71		
P Value	.000*			.136		

- Shows significant difference at 0.05 ($P < 0.05$) level

Table 1 and Graph 1 clearly reveal that there had been significant difference in the values of Modified Push-Ups in high school girls as a result of proper recreational activities for 6 weeks. But at the same time we can see that the average performance of control group has deteriorated. As the P value of experimental group is less than 0.05, the null hypothesis has been failed to be accepted stating significant difference.



Graph 1 – Graphical representation of Modified Push-ups scores.

Half Squats

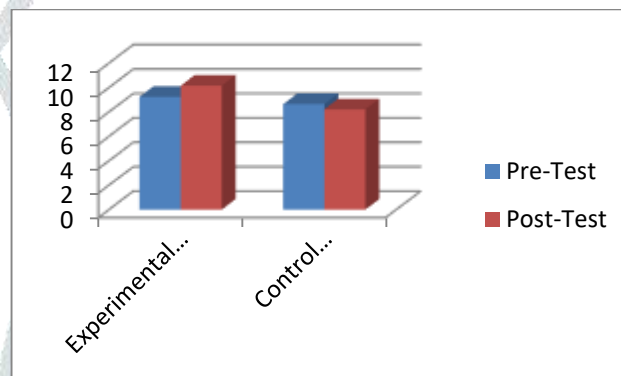
The statistics of Half Squats in experimental and control groups of have been presented in Table 2 and Graph 2.

Table 2
Statistics of Half Squats

Tests	Experimental Group			Control Group		
	Mean	SD	SE	Mean	SD	SE
N	32			32		
Pre-Test	9.24	0.79	0.16	8.65	2.20	0.44
Post-Test	10.16	1.05	0.21	8.22	1.74	0.15
T Test	1.71			1.71		
P Value	.000*			.12		

- Shows significant difference at 0.05 ($P < 0.05$) level

Table 2 and Graph 2 clearly reveal that there had been significant difference in the values of Half Squats in high school girls as a result of proper recreational activities for 6 weeks. But at the same time we can see that the average performance of control group has deteriorated. As the P value of experimental group is less than 0.05, the null hypothesis has been failed to be accepted stating significant difference.



Graph 2 – Graphical representation of Half Squats scores

Cardiovascular Endurance

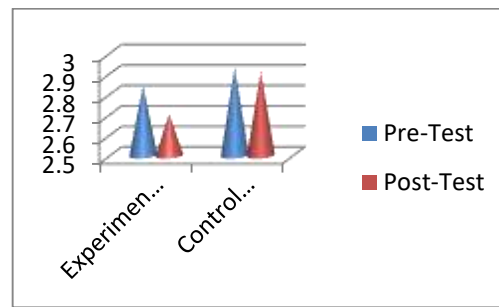
The statistics of Cardiovascular Endurance in experimental and control groups of have been presented in Table 3 and Graph 3.

Table 3
Statistics of Cardiovascular Endurance

Tests	Experimental Group			Control Group		
	Mean	SD	SE	Mean	SD	SE
N	32			32		
Pre-Test	2.84	0.58	0.92	2.93	0.61	0.70
Post-Test	2.70	0.55	1.02	2.91	0.58	0.90
T Test	1.71			1.71		
P Value	.000*			.18		

- Shows significant difference at 0.05 ($P < 0.05$) level

Table 3 and Graph 3 clearly reveal that there had been significant difference in the values of Cardiovascular Endurance in high school girls as a result of proper recreational activities for 6 weeks. But at the same time we can see that the average performance of control group has deteriorated by a small margin and there has been no much positive change. As the P value of experimental group is less than 0.05, the null hypothesis has been failed to be accepted stating significant difference.



Graph 3 – Graphical representation of cardiovascular endurance scores

Flexibility

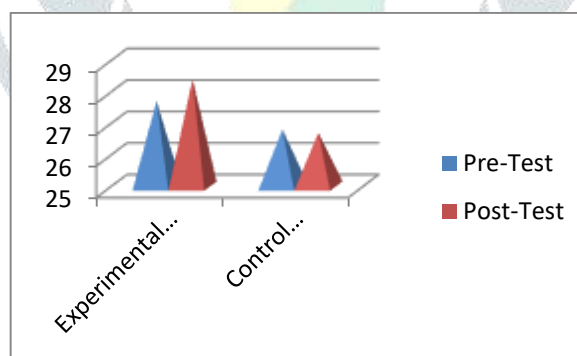
The statistics of Flexibility in experimental and control groups of have been presented in Table 4 and Graph 1.

Table 4
Statistics of Flexibility

Tests	Experimental Group			Control Group		
	Mean	SD	SE	Mean	SD	SE
N	32			32		
Pre-Test	27.7	4.6	0.92	26.8	3.52	0.70
Post-Test	28.4	3.71	1.14	26.7	4.40	0.90
T Test	1.71			1.71		
P Value	.000*			.19		

- Shows significant difference at 0.05 ($P < 0.05$) level

Table 4 and Graph 4 clearly reveal that there had been significant difference in the values of Flexibility in high school girls as a result of proper recreational activities for 6 weeks. But at the same time we can see that the average performance of control group has deteriorated. As the P value of experimental group is less than 0.05, the null hypothesis has been failed to be accepted stating significant difference.



Graph 4 – Graphical representation of Flexibility scores.

Thus, the data collection helps us to understand the effect of recreational activities on health related fitness of selected age group school girls. This would be a great highlight for all parents and school administration to give necessary importance to minor games or recreational activities for better health of school children.

4. CONCLUSIONS

Within the limits and limitations of the study, the data was collected according to the purpose of the study. The main objective of the study was to understand the effect of recreational activities on health related fitness of selected age group school girls. The data interpretation helps us to come to the following conclusion:

- 6-week regular involvement in recreational activities has significant effect on muscular strength and endurance of school girls
- 6-week regular involvement in recreational activities has significant effect on cardiovascular endurance of school girls

- 6-week regular involvement in recreational activities has significant effect on flexibility of school girls in the age group 10-14 years.

5. ACKNOWLEDGEMENT

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