



Comparison of selected physical fitness components between Kashmiri and Non Kashmiri physical education students of Annamalai university

¹ Dr. G Kumaran, ² Sameer Bashir

¹ Assistant Professor, Department of Physical Education and Sports Sciences, Annamalai University, Tamil Nadu, India

² PhD Scholar, Department of Physical Education and Sports Sciences, Annamalai University, Tamil Nadu, India

Abstract

The aim of this study was to compare the selected physical fitness components between Kashmiri and Non Kashmiri students of Annamalai University, Annamalai Nagar, Tamil Nadu. The study was conducted on 10 Kashmiri and 10 Non Kashmiri male students for the comparison of selected physical fitness variables. The selected variables for the study were strength (Pull Ups) agility (Shuttle Run) and power (Standing Board Jump). T-test was used to find out the significant difference among different disciplines. Kashmiri physical education students have better power ability than Non Kashmiri physical education. It was concluded that there was significant difference between Kashmiri and Non Kashmiri in power. But the significance differences were not found on agility and strength variables.

Keywords: strength, agility, power, Kashmiri and non Kashmiri students

Introduction

Physical education is one phase of the total educational processes and that utilizes activities that are in order to develop a personal organically, neuromuscular, intellectually, emotionally. Thus outcomes are realized when ever physical education activities are conducted in such a place as the play ground, gymnasium, track and swimming pool, out of the many outcomes of physical education visualized by professional leaders. Physical fitness and self-concept are those vital ones the physical education alone is capable of promoting. Physical fitness comprises two related concepts: general fitness (a state of health and well-being), and specific fitness (a task-oriented definition based on the ability to perform specific aspects of sports or occupations). Physical fitness is generally achieved through correct nutrition, exercise, and enough rest.

In previous years fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered this definition insufficient. In current contexts, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations.

A comprehensive fitness program tailored to an individual will probably focus on one or more specific skills and on age or health-related needs such as bone health. Many sources also cite mental, social and emotional health as an important part of overall fitness. This is often presented in textbooks as a triangle made up of three points, which represent physical, emotional, and mental fitness. Physical fitness can also prevent or treat many chronic health conditions brought on by unhealthy lifestyle or aging. Working out can also help people

sleep better. To stay healthy it is important to engage in physical activity. The fitness plays an essential role in all aspects of health because they are inextricably related. Good health a solid foundation on which fitness provides one of the most important keys to health and living one's life to the fullest movement alertness of mind and emotional adjustment provides the frame work of fitness.

Fitness is a product of exercises and training has been shown through research to process important implications in the general health of people. However, fitness is more than a product of exercises. While exercise is necessary to obtain and maintain fitness, there is more involved than more physical activity. This makes everybody business. It is a part of education but one become fit and how can this fitness be maintained throughout life.

Methodology

The purpose of the study was to compare the selected physical fitness components between Kashmiri and Non Kashmiri students of Annamalai University. To achieve this purpose of the study twenty men students of Department of Physical education and Sciences of Annamalai University were selected out of which ten students were those who belong to the Jammu and Kashmir state and were studying in Annamalai University and other ten students were local students of Annamalai University. These twenty students of Annamalai University were divided in to two equal groups ten of Kashmiri students and ten of Non Kashmiri students. All students were arranged in a randomly. The subjects were allowed to warm- up at their own before the actual tests were administrated. In some testes subjects were given at least three chances to maximum performance. AAPER youth fitness test was conducted which consists of following test items Strength (Pull Ups) Agility (Shuttle Run) and Power

(Standing Board Jump). Mean, Std. Deviation and t test were used to find the significant difference between the two groups. The level of significance was set at 0.05. The data was calculated by using SPSS statistical software.

Analysis of the data

Mean difference, Standard deviation and t-test scores were obtained. The same procedure was adopted for test wise statistical analysis

Table 1: Statistical comparison of pull-ups between Kashmiri and Non Kashmiri physical education students of Annamalai University

| Group | Mean | SD | T-ratio |
|--------------|------|------|---------|
| Kashmiri | 4.25 | 3.12 | 0.19 |
| Non Kashmiri | 4.01 | 1.44 | |

*Significant at 0.05 level of confidence.

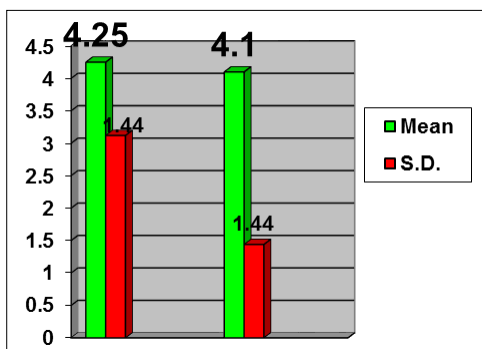


Fig 1: Figure showing the Mean difference of Kashmiri and Non-Kashmiri students in pull-ups.

Table 1 shows that means of Kashmiri students is greater than Non Kashmiri students in pull ups. Where mean value of Kashmiri students are 4.25 and that of Non Kashmiri students mean value is 4.01. The data was again analyzed by applying t-test. But before applying t-test, standard deviation was calculated. Standard deviation of Kashmiri students is 3.12 and that of Non Kashmiri students is 1.44. It was found that there is no significant difference in pull ups of Kashmiri and Non Kashmiri students because calculated 't' = 0.19, which is less than tabulated 't' = 2.000 at 0.05 level of significance.

Table 2: Shows statistical comparison of shuttle-run between Kashmiri and Non Kashmiri students of Annamalai University.

| Group | Mean | SD | t-ratio |
|--------------|-------|------|---------|
| Kashmiri | 12.32 | 1.27 | 0.74 |
| Non-Kashmiri | 12.03 | 1.19 | |

*Significant at 0.05 level of confidence.

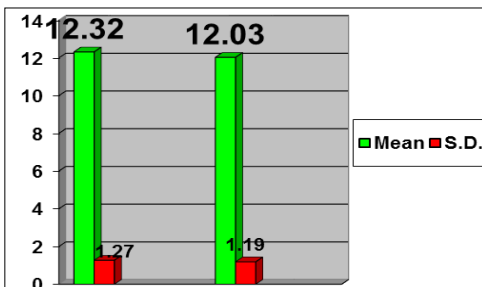


Fig 2: Figure showing the Mean Performance of Kashmiri and Non-Kashmiri Students in Shuttle-run

Table-2 shows that there is no significant difference between means of Kashmiri and Non Kashmiri students of Shuttle-run. Where mean value of Kashmiri students is 12.32 and that of Non Kashmiri Students mean value is 12.03. To check the significant difference of Shuttle-run. Between Kashmiri and Non Kashmiri students. Standard deviation of Kashmiri students is 1.27 and that of Non Kashmiri students is 1.19. The data was again analyzed by applying 't'-test. It was found that there is no significant difference in Shuttle-run of Kashmiri and Non Kashmiri students because calculated 't'-test = 0.74 which is less than Tabulated 't' = 2.000 at 0.05 level of significance.

Table 3: Shows statistical comparison of standing broad jump between Kashmiri and Non Kashmiri students of Annamalai University

| Group | Mean | SD | t-ratio |
|---------------|------|------|---------|
| Kashmiri | 2.17 | 0.26 | 0.08 |
| Non- Kashmiri | 2.09 | 0.29 | |

*Significant at 0.05 level of confidence.

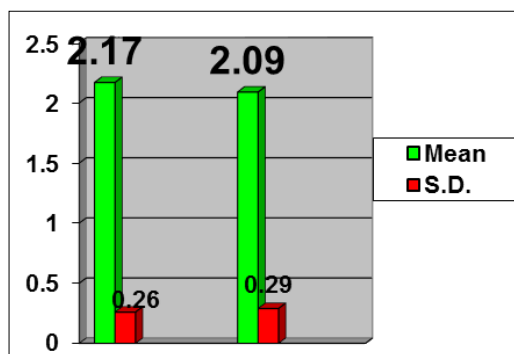


Fig 3: Fig showing the Mean Performance of Kashmiri and Non-Kashmiri students in Standing Broad jump

Table -3 shows that there is significant difference between means of Kashmiri and Non Kashmiri students of standing board jump. Where mean value of Kashmiri Students is 2.17 and that of Non Kashmiri Students mean value is 2.09. To check the significant difference of sit ups between Kashmiri and non Kashmiri students. The data was again analyzed by applying 't' test. But before applying 't' test S.D. was calculated. S. D. of Kashmiri students. is 0.26 and that of Non Kashmiri students is 0.29. It was found that there is significant difference in standing board jump of Kashmiri and Non Kashmiri students because calculated 't' = 0.08 which is less than Tabulated 't' = 2.000 at 0.05 level of significance.

Conclusions

On the bases of the analysis of the data the following conclusions were drawn:

Under some tests there were some difference between these two groups in Strength, agility and power.

When separately analyzed each component of physical fitness test the following facts were revealed:

The Non Kashmiri students were found superior in leg strength, speed, and jumping than Kashmiri students.

Kashmiri students were found superior in Pull ups, and also they have very much flexibility than Non Kashmiri students.

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