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Effect of Exercise Programme on Physical Fitness of the Urban and Rural School Boys of District, Hisar

Ravinder Kumar Bhumbak
Assistant Professor,
Deptt. of Physical Education,
Govt. College,
Bhattu, Kalan

Bijender Singh
D.P.E.
Deptt. of Education,
G.S.S. School,
Telanwalli, Hisar

Abstract

The main aim of this study was to find out the effect of exercise programme on physical fitness of urban and rural schools boys of Hisar district. For the present study 100 school boys were selected from different school of Hisar district. The age group of subject were below 17 years old. We statistically analyzed by applying "t" test to check the significant difference among selected variables. The level of significant was set at 0.05 level of confidence.

Keywords: Effect, Exercise Programme, Physical Fitness, Urban, Rural.

Introduction

Physical fitness is the most important factor for the progress in the general life as well as in the field of sports. Athletics and physical activities are vital part of education. Physical fitness in the most important variable to improve their sports and performance as well as general life. If the citizens of the country want to improve in any field, physical fitness is vary necessary.

Human life is a wonderful privilege of nature. It imposes great duties and demands the fulfillment of greats tasks and realization of noble ideas. It is a racial heritage that we receive for use and development and not only a personal possession.

Physical fitness is the ability of the organism to make adequate physical and emotional adjustment of the demand of every day. A physical fit person not only meets the daily requirement which are essential to carry out job effectively but also is left with energy to enjoy himself in the leisure time pursuits in addition to meet unforeseen emergencies. Sports and physical activities have been an integral part of human life since its inception. It is universally accepted that sports and games act as tools for achieving fitness goal.

Objective of the Study

The present study has been taken with three fold objectives.

1. To find out the effect of exercise programme in devlopmening physical fitness of the subjects.
2. To find out the difference, if any, in physical fitness status of urban and rural boys.
3. To make suggestion emerging out of the study.

Method and Procedure

In this chapter selection of subjects, selection of variables, criterion measurer, reliability of data, collection of data, training programme and statistical techniques for analyzing the data are presented.

Selection of Subjects

100 male students below 17 years studying in the deffrent schools of Hisar district. The age of students was confirmed through their school records. The investigator asked all the students to assemble at G.S.S. School Nangthala (Hisar). The subjects were divided in to following four group having 25 students in each group.

1. Experimental Group (Urban)
2. Control Group (Urban)
3. Experimental Group (Rural)
4. Control Group (Rural)

Selection of Test

There are many test batteries for measuring/ testing the combined performance components such as muscular strength, muscular endurance, muscular power, flexibility, speed and reaction time. These test batteries are being but in use by sports men and research scholars as per their

needs and requirements. The research scholar selected AAPHER youth fitness test to asses the fitness of the subject for the present study. On physical fitness of the subject the AAPHER youth fitness test was applied.

1. Pull-ups
2. Sit-ups
3. Shuttle-Run
4. Standing Broad jumps
5. 50 yards dash
6. 12 K/M walk/Run

Statistical Techniques

The data was analyzed with the help of "t" test (statistical techniques).

Analyzes of Data and The Result of the Study

This chapter deals with the statistical analysisof the data and related interpretation in detail. The researcher study being of experimental nature, "t" test treatment was applied to randomly selected groups. To find out the effectiveness of the training programme. We have taken two types of groups. One control group to whom no training was imparted and the other experimental group to whom training was given. By comparing mean differences of performance in pre test and post test, we found out the effectiveness of training performance. The level of significance was set at 0.05 level.

Table No. 1
Analysis of Variance for Strength (Pull-Up on Control Group)

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	10.120	2.1079	7.52	10.240	1.0991	8.29
Urban	5.680	2.035		5.800	1.6072	

No. 25 Significance at 0.05

Table no. 1 shows that no significant deference in pre-test and post-test result as not training has been emparted to the students of this group. However performance of rural student is batter to the urban students.

Table No. 2
Analysis of Variance for Strength (Pull-Up on Experimental Group)

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	10.360	2.37383	4.66	12.520	1.7823	5.83
Urban	7.200	2.4152		10.360	2.0387	

No. 25 Significance at 0.05

On the basis of table 1 & 2 we found that training help in improving muscular strength and endurance of the subject of experimental group.

Table No. 3
Analysis of Variance for Strength (Sit-Up on Control Group)

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	17.080	2.59	1.93	18.480	2.6318	3.59
Urban	15.320	3.7273		15.326	3.5204	

No. 25 Significance at 0.05

Table no.3 shows that mean value of rural students in pre test in sit-ups exercise is 17.080 and in the past test is 18.480 which is higher than pre-test. Rural students have batter strength compared with urban students.

Table No. 4
Analysis of Variance for Strength (Sit-Up on Experimental Group)

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	21.400	4.4721	6.13	24.360	3.5809	8.81
Urban	14.880	2.8623		16.560	2.5670	

No. 25 Significance at 0.05

On looking the table no.4 we find that rural student has shown the most effective result comparison to the urban student.

Table No. 5
Analysis of Variance for Agility (Shuttle-Run on Control Group)

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	10.624	0.5425	-3.175	10.500	0.5115	-3.45
Urban	11.112	0.5444		11.044	0.5975	

No. 25 Significance at 0.05

It is clear from the table no.5 that there is no improvement in agility of students.

Table No. 6
Analysis of Variance for Agility (Shuttle-Run on Experimental Group)

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	10.596	0.3931	-1.3842	10.208	0.3616	-1.5748
Urban	10.772	0.49995		10.200	0.4890	

No. 25 Significance at 0.05

Table no. 6 shows that there is no improvement in the performance of students in the post-test situation as the mean value of both region students is fractionaly low (10.20&10.20 to pre-test (10.59) "t" value is insignificant.

Table No. 7
Analysis of Variance for Explosive Power (Standing Broad Jump on Control Group)

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	5.364	0.5057	-0.42	5.144	0.5164	-0.89
Urban	5.300	0.5552		5.280	0.5575	

No. 25 Significance at 0.05

It is clear from the table that there is no change in the performance of students of control group in the post-test.

Table No. 8
Analysis Analyze of Variance for Explosive Power (Standing Broad Jump on Experimental Group)

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	5.52	0.5492	-1.25	5.76	0.5873	1.2023
Urban	5.72	0.5557		5.96	0.5160	

No. 25 Significance at 0.05

From the result shown in the above table it is evident that experimental group has improved minutely in standing broad jump as compared to control group.

Table No. 9
Analysis of Variance for Speed (50yrds.Dash) on Control Group

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	7.91	0.7092	-2.54	7.90	0.7212	-2.191
Urban	8.42	0.7138		8.35	0.7900	

No. 25 Significance at 0.05

It is clear that there is no difference in the performance of control group in the pre-test and post-test situation.

Table No. 10
Analysis of Variance for Speed (50yrds.Dash) on Experimental Group

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	8.41	0.6502	-1.31	8.22	0.6947	-1.55
Urban	8.66	0.7255		8.12	0.6697	

No. 25 Significance at 0.05

The analysis of data presented in the table no.10 indicates that there is no significant difference in post-test 50yrds. Dash as the "t" value is not significantly higher at 0.05 level.

Table No. 11
Analysis of Variance for Endurance (12 Minute Run /Walk) on Control Group

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	2016.80	136.83307	3.44	2017.20	140.0749	3.48
Urban	1881.60	141.0283		1880.00	138.5640	

No. 25 Significance at 0.05

There is no. significant difference pre-test and post-test situation as the control group have not attending any training.

Table No. 12
Analysis of Variance for Endurance (12 Minute Run /Walk) on Experimental Group

Pre- Test				Post- Test		
Group	Mean	S.D	"t" Value	Mean	S.D	"t" Value
Rural	2119.20	165.8794	5.19	2196.04	169.2355	2.38
Urban	1900.00	130.6075		2092.00	139.4034	

No. 25 Significance at 0.05

This table show that experiment group showed maximum improvement in this test.'t' value is significantly high 0 .05 level.

Conclusion

Physical education and the sports are practicing large number of training method. On the basis of this study it is concluded that the exercise programme is very effective in the development of physical fitness component as both the experiment group showed improvement.

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