

Comparison of Standing Broad Jump Performances between Rural and Urban Boys of Class IX Boys in Salcetetaluka



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Abstract

The Purpose of the Study was to compare the Standing Broad Jump performances of rural and urban boys of class IX students of Salcete taluka in the state of Goa. Standing Broad Jump is a test that measures the Explosive Power of the legs. In this study, the subjects were selected randomly. A Total number 200 students were selected for the purpose of the study. 100 were selected from rural schools and 100 were selected from urban schools. The test was explained carefully and the data was collected. Descriptive analysis of the data was computed and it was found that, the mean score of Standing Broad Jump of students studying in Urban Schools is 1.49 which is less than the students studying in Rural Schools who have a mean score of Standing Broad Jump of 1.54. Statistical Analysis was calculated using Individual Sample T Test and The calculated t value (-1.910) for df 196 shows that there is no significant difference in scores of Standing Broad Jump between students studying in Rural Schools and Urban Schools at 0.05 significance level ($p=0.058$). Hence the null hypothesis is failed to be rejected and research hypothesis is rejected.

Keywords: Standing Broad Jump.

Introduction

Physical Education involves a number of activities such as Yoga, Dance and Recreation, Healthy Living, Physical Activities, Playing of various Games and Sports, Gymnasium Workouts, Physical Testing and Grading One's Self, Activities which help an individual to grow not only physically but mentally and spiritually.

Creating top professional athletes is not the only aim of Physical Education but Achieving Physical Fitness is also an important part of Physical Education. Physical fitness is the base of Physical Education. Physical fitness testing is an important aspect of physical education which physical education teachers undertake in schools and as per the performance the students are graded. Standing Broad Jump is a test which measures the Explosive power of the lower body and is used widely cause of the easy administrative ability of the test.

Muscular Strength

The ability of a muscle to exert force against any form of resistance is known as Muscular Strength. A strength needed by muscles to lift a object, strength needed by the sprinter during the start to push against the blocks are examples of muscular Strength. Strength can be classified into 3 types

1. Maximum Strength – The greatest force that is possible in a single maximum contraction.
2. Explosive Strength – The ability to overcome a resistance with a fast contraction
3. The ability to express force many times over.

Measurement of Muscular Strength

Measurement of Muscular strength has to be carefully done. Since Measurement is a tedious task one has to take care while measuring of any aspect of fitness. Measurement of Muscular Strengths can be identified from the type of Strength we want to measure. We cannot use a 1 min push up test to identify the strength of lower leg of the body similarly we cannot use a 30 Meters Fly Test to measure the Endurance of a human.

In this research, the researcher focuses on the measurement of the explosive power of the lower body of the subjects. The researcher will

be administering the Standing Broad jump test on the Subjects measurements will be taken and recorded.

Standing Broad Jump

Standing Broad Jump is a test which measures the explosive power of the lower body specifically the legs. A line is marked and a measuring meter tape is placed vertically next to the line starting from 0 meters.

Procedure

1. The test is explained carefully to the subject.
2. The subject has to place his feet apart on the ground behind the line.
3. Once he is ready he is allowed to squat down and has to jump as far as possible in line with the meter tape.
4. Once the jump is complete he has to walk forward
5. The tester will carefully note the landing of the feet and will record the distance covered.

Review of Literature

Shinde A.F.(2015) prepared Health related fitness norms for Health Related Fitness Factors of First year college students. He selected a sample of 12075 college going male first students from different

Results

colleges of Marathwada University. He assessed the Physical fitness factors using tests such as 12min Run/walk test, Sit-ups, hand grip strength, body mass index and sit and reach.

Radadiya, V.K.(2014) Constructed physical fitness norms for school boys of 11-12,12-13,13-14, 14-15 in the state of Gujarat. For the purpose of construction of norms AAHPER Youth Fitness Test was administered on six thousand male students studying in school from Grade 5 to 9. For the purpose of the study , age with norms for boys in terms for percentile scale and 7 Sigma scale were constructed for each items of the AAHPER youth fitness test battery separately.

Methodology

In this study a comparison is made between Standing Broad performances of Boys from rural and urban schools of Salcetaluka in the State of Goa. The subjects are selected randomly. Total number 200 students were selected for the purpose of the study. 100 were selected from Rural schools and 100 were selected from urban schools. The test was explained carefully and the data was collected.

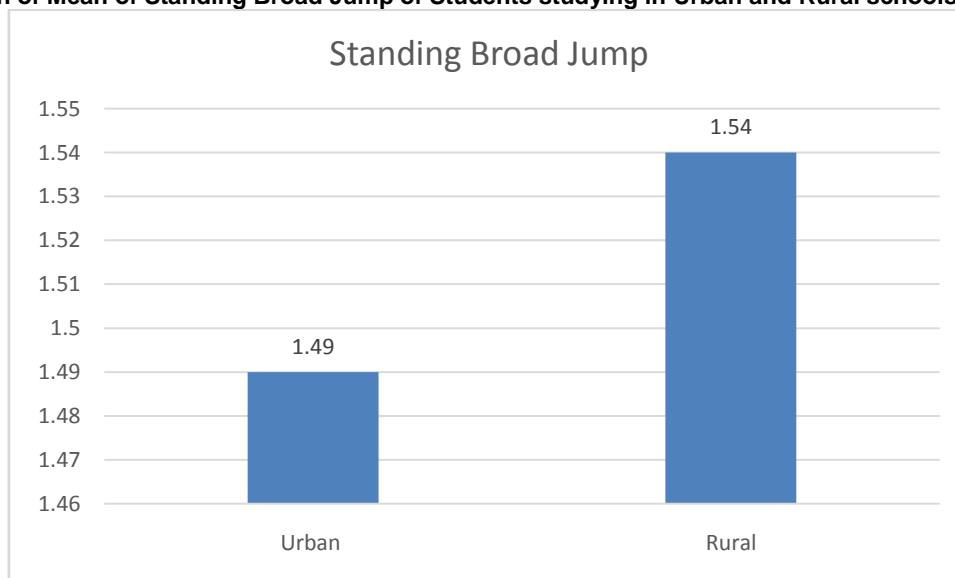
Group Statistics

	TYPE OF SCHOOL	N	Mean	Std. Deviation	Std. Error Mean
STANDING BROAD JUMP	URBAN	99	1.4884	.18662	.01876
	RURAL	99	1.5359	.16225	.01631

Table 1 shows the descriptive statistics of Standing Broad Jump of Students studying in Urban and Rural schools in Goa.

Figure 1

Graph of Mean of Standing Broad Jump of Students studying in Urban and Rural schools in Goa.



The above graph shows the Mean of Standing Broad Jump of Students studying in Urban and Rural schools in Goa. It can be seen that the mean score of Standing Broad Jump of students

studying in Urban Schools is 1.49 which is less than the students studying in Rural Schools who have a mean score of Standing Broad Jump of 1.54.

Table No. 2
Comparison of Standing Broad Jump between Students studying in Urban Schools and Rural School
Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means				
		F	Sig.	T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
STANDING BROAD JUMP	Equal variances assumed	.351	.554	-1.910	196	.058	-.04747	.02485
	Equal variances not assumed			-1.910	192.282	.058	-.04747	.02485

Table 2 shows the statistical analysis for Standing Broad Jump using independent sample t test. Since the significant value is smaller than 0.05 equal variance is not assumed. The calculated t value (-1.910) for df196 shows that there is no significant difference in scores of Standing Broad Jump between students studying in Rural Schools and Urban Schools at 0.05 significance level (p=0.058). Hence the null hypothesis is failed to be rejected and research hypothesis is rejected.

Conclusion

From the above study we can say that there is no significant difference between Standing Broad jump performances of Rural and Urban boys. This is maybe because the school boys in rural and urban areas have similar ground conditions and good physical education teachers who provide good education and training to the students. Also the curriculum urges the physical education teachers to timely assess their students by conducting physical fitness tests and after assessing, the physical

education teachers also help the weak students to improve their fitness.

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