

A Comparative Study of Physical Fitness Variables of School Level Rural and Urban Football Players

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Introduction

In the modern society, the term of physical education and physical fitness are more popular and it is very essential for healthy survival of an individual to his society. Happy and Healthy is the nation's pride. Young are the world's greatest resource. Physical Education contributes a lot in preparing the young to achieve their personal fulfillment with respect to physical, social and mental qualities.

Physical education, sports and physical fitness interrelated terms. One of the significant aim of every physical education and sports programme is to develop physical fitness among the participants.

Physical fitness for any sports consists of a number of interrelated qualities of factors such as speed, strength, co-ordination, agility and endurance.

According to AAHPER, Physical Fitness represents the capacity to live most vigorously and effectively with one's own resources In other words that which characterize the degree of which the person is able to function.

Every human being has a fundamental right to access to physical activities and sports, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through physical education and sports must be guaranteed both within the educational system and in others aspects of social life.

1.1 Statement of the Problem –

This study would be also helpful information of new training methods, That enhance the football playing capacity of school students. It also help to know the status of football playing at urban and rural level.

The researcher stated this study as, “A Comparative study of Physical Fitness Variables of School Level Rural and Urban Football Players”.

1.2 Purpose of the Study –

The main purpose of the study would be to compare the physical fitness variables of school level of rural and urban football players.

The purpose of the study would be to compare the Shoulder strength, Abdominal Strength, Leg Strength, Agility, Speed, Cardio-vascular Endurance.

1.3 Significance of the study –

The results of this study was contributed significantly as follows.

- 1) The present study would help in analyzing and the classification of the general fitness of the rural and urban football players.
- 2) The knowledge of the level of physical fitness of football players would helps the coaches and the teaches of physical educations to design and plan their training and other curricular programmes accordingly.

1.4 Hypothesis –

It is hypothesized that the rural football players would be better than football players in physical fitness.

1.5 Delimitations –

- i) The study was delimited to school level male football players of Yavatmal city only.
- ii) 25 players was selected from rural and 25 players from urban football players.
- iii) The age of the subjects ranging from 15 to 20 years.
- iv) To test the physical fitness of rural and urban football players AAHPER Youth Physical Fitness Test was administrated.

1.6 Limitations –

- i) Inherent potentialities was unknown to the scholar.
- ii) Interest, diet and socio-economic status was unknown.
- iii) Sports achievement of the subjects (players) was unknown.
- iv) The individual practice and daily exercise programme of the subjects was not taken into consideration.

2. METHODOLOGY

2.1 Selection of the Subjects

The researcher selected school level 25-25 male football players from rural and urban areas. The age group range between 15 to 20 years.

2.2 Formation of groups

The researcher divided the 50 high school students into equal groups on the basis of the mean performance of pre-test score. The groups were equated and distributed into two homogeneous groups namely.

- 1) Experimental Group
- 2) Control Group

2.3 Criterion Measures

The criterion measures chosen for testing the hypothesis in this study was numerical scores obtained from AAHPER Youth Physical Fitness Test.

2.4 Administration of the test

- 1) Pull up
- 2) Sit up (Bent Knee)
- 3) Shuttle Run
- 4) Standing Broad Jump
- 5) 50 Yard Dash
- 6) 600 Yard Run Walk

2.4 Collection of data

The raw scores of the AAHPER Youth Fitness Test of the subjects for all the six items and further scores in physical fitness for each subjects. T-test was employed to find out the difference in between two selected group means independently.

3. ANALYSIS AND INTERPRETATION OF DATA

The researcher conducted a study on comparison of physical fitness variables of school level rural and urban Football players. For the purpose of this study the researcher collected data on 25 rural and 25 urban Football players.

3.1 Analysis of Data

To determine the significant difference in the means of Pull ups, Bend Knees Sit ups, Shuttle Run, Standing Broad Jump, 50 Yard Dash and 600 Yard Run & Walk of Football players between the two groups t-test was employed.

3.2 Level of Significance

To find out the significance difference, level of significance was set at 0.05 level of confidence. Findings of the statistical analysis have been shown in the following tables.

Pull Ups

Group	Mean	StandardDeviation	Mean Difference	Standard Error	t-ratio
Rural Players	9.840	1.546	1.640	0.788	2.082
Urban Players	8.200	2.630			

Bent Knee Sit ups

Group	Mean	StandardDeviation	Mean Difference	Standard Error	t-ratio
Rural Players	21.680	2.212	1.720	0.814	2.114
Urban Players	19.960	2.245			

Shuttle Run Between

Group	Mean	StandardDeviation	Mean Difference	Standard Error	t-ratio
Rural Players	20.446	0.850	0.592	0.275	2.154
Urban Players	21.038	0.641			

Standing Broad Jump Between

Group	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Rural Players	5.568	0.208	0.168	0.078	2.142
Urban Players	5.400	0.222			

50 Yard Dash

Group	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Rural Players	9.734	0.551	0.452	0.214	2.113
Urban Players	10.186	0.619			

600 Yard Run and Walk

Group	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Rural Players	2.415	0.255	0.257	0.212	2.117
Urban Players	2.672	0.395			

Discussion of Findings

- Significant difference observed in pull ups of Rural and Urban Football players ($t=2.082$) are is greater than the tabulated t-value of 2.0106 at 0.05 level of confidence of 48 degree of freedom.
- Significant difference show in Bent Knee Sit ups of Rural and Urban Football players ($t=2.114$) are is greater than the tabulated t-value of 0.0106 at 0.05 level of confidence of 48 degree of freedom.
- Significant difference show in Shuttle Run of Rural and Urban Football players ($t=2.154$) are is greater than the tabulated t-value of 0.0106 at 0.05 level of confidence of 48 degree of freedom.
- Significant difference show in Standing Broad of Rural and Urban Football players ($t=2.142$) are is greater than the tabulated t-value of 0.0106 at 0.05 level of confidence of 48 degree of freedom.
- Significant difference show in 50 Yard Dash of Rural and Urban Football players ($t=2.113$) are is greater than the tabulated t-value of 0.0106 at 0.05 level of confidence of 48 degree of freedom.
- Significant difference show in 600 Yard Run and Walk Test of Rural and Urban Football players ($t=2.117$) are is greater than the tabulated t-value of 2.0106 at 0.05 level of confidence of 48 degree of freedom.

Discussion of Findings

3.3 Justification of Hypothesis

Researcher stated earlier hypothesis that,

There would be a significant difference in the physical fitness of rural and urban football players.

From the finding of the study it was reveal that significant difference found in between Rural and Urban Football players Hence the researcher stated hypothesis is accepted.

Further it is hypothesized that the rural football players would be better than and urban football players in physical fitness.

From the finding of the study it was observed that rural Football players are better than the and urban Football players in physical fitness variables, Hence the researcher stated hypothesis is accepted.

4. SUMMARY, CONCLUSION AND RECOMMENDATION

The researcher hypothesized That there would be a significant difference in the physical fitness of rural and urban football players. Further it is hypothesized that the rural football players would be better than and urban football players in physical fitness. The study was be delimited to school level male football

players of Yavatmal city only 25 players was selected from rural and 25 players from urban football players. The age of the subjects ranging from 15 to 20 years. To test the physical fitness of rural and urban football players AAHPER Youth physical Fitness Test was administrated. The study was be limited to inherent potentialities was unknown to the scholar. Interest, diet and socio-economic status was unknown Sports achievements, individual practice and daily exercise programme of the subject (players) was unknown Sports achievement, individual practice and daily exercise programme of the subjects (players) was unknown.

Research scholar of this present study have gather the related literature from books, periodicals, research journals, magazines, published and unpublished dissertations and abstract from the library of Daya Bhai Patel College of Physical Education, Yavatmal.

The researcher selected school level 25-25 male football players from rural and urban areas. The age group range between 15 to 20 years. Simple random sampling method was employed for the selection of subjects for the study. The criterion measures chosen for testing the hypothesis in this study was numerical scores obtained from AHPER Youth Physical Fitness Test. Test items of AAHPER Youth Physical Fitness Test was Pull Up, Sit Up (Bent knee), Shuttle Run, Standing Broad Jump, 50 Yard Dash and 600 Yard Run/Walk. The AAHPER Youth Physical Fitness Test items were administrated for data collection. After statistical analysis of Rural and Urban Football players significant difference found between them and also Rural players are better than Urban players in all test items. Hence researcher both hypothesis was accepted.

4.1 Conclusion

From the findings of the study the researcher concluded that –

- Rural Football players are better than the Urban players in pull ups.
- Rural Football players are good in Bent Knee Sit ups than the Urban players.
- Rural Football players are better than the Urban players in Shuttle Run.
- Rural Football players are good in Standing Board Jump than the Urban players.
- Rural Football players are better than the Urban players in 50 Yard Dash.
- Rural Football players are good in 600 Yard Run and Walk Test than the Urban players.

4.2 Recommendation

According to conclusion and findings of the study researcher gives some recommendations as –

- Rural players are better than the Urban players.
- For more reliability and better result the study may conducted on the more number of subjects.
- Similar study may conduct on the different games also.
- Similar study may conduct on the girls also.
- Similar study may conduct on the different age group.
- Similar study may conduct on the different level of players like district, state, national etc.

References

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