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## A COMPARATIVE STUDY ON PHYSICAL FITNESS LEVEL AMONG URBAN AND RURAL STUDENTS OF BARAMULLA DISTRICT OF JAMMU AND KASHMIR

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**Abstract:** The purpose of this research was to compare physical fitness relevant to performance between urban and rural students. The physical fitness tests were taken from urban and rural students in same condition. The current study compares the physical fitness levels of children from Baramulla district's urban and rural schools. In this study, 60 participants were used, with samples drawn at random 30 students from urban and 30 rural from rural. The tests were included: flexibility, cardio – respiratory endurance, muscular endurance, muscles of the shoulder girdle, agility, speed, (independent t- test) were used for data analysis . In a t-test comparison of the physical fitness levels of rural and urban students in the Baramulla District, the average score in sit-ups was 3.4. On a t-test comparison, the standing broad jump scores of Baramulla students in rural and urban areas were both 0.04 while. While the physical fitness of Baramulla students in rural and urban areas was 4.07 on a t-test comparison of speed. Two t-test results are significant, while one result, at 0.04, is insignificant.

**Keywords:** *Physical Fitness Test, Speed, Muscular Endurance, Power, Rural, Urban.*

### 1. INTRODUCTION:

Physical Fitness is a term used to refer to the functional capacity of an individual to perform certain kinds of tasks requiring muscular activity. Physical Fitness is the ability of the body to adopt and recover from strenuous exercise. It is the relation of one's ability to work and play with vigor and pleasure without undue fatigue and with sufficient energy for unforeseen emergencies. Physical fitness is to ability to last, to bear up and to preserve under difficult circumstances where an unfit person would give up. It is the opposite of being fatigued from ordinary efforts.

Since India gained its freedom in 1947, education has seen a boost. The central ministry of education was reorganised and

split into a central and a state ministry of education. The initiatives for educational development have been delegated to the resources of the individual states and education has been constituted a state topic. The accomplishment of educational goals is significantly aided by physical education. Physical education, which involves using physical activities to educate or change a person for wellness, is a crucial component of general education. The teachers' use of physical education as a teaching method aims to educate both the body and the mind. It is important to educate the full person.

The goal of education is to educate the whole person, which goes far beyond achieving physical vigour, in order for the

person to develop fully and be able to enjoy an abundant life, both now as a child and in the future as an adult later. Physical education has a unique role to play in enhancing general education and aims to advance the goal of contemporary education, which is to achieve the highest standard of living. Being physically fit means being unable to carry out specific tasks that demonstrate one's strength. It is the overall health of your body. A person who is physically fit can work, play, fight off chronic diseases, and handle ongoing responsibilities with efficiency. Everybody has a particular level of total physical fitness, and when you reach it, your life will be richer and more joyful. What engine tuning is to an engine, physical fitness is to the human body. It helps us to work to the best of our abilities. Physical Fitness is not only the most important key to a healthy life, but also the basis for dynamic and creative life. Physical Fitness is necessary for every individual to be physically fit to perform their daily work with ease and to take part in various activities effectively. Everyone should be fit enough through participation in physical activities to develop the different physical fitness components.

## 2: Review of Literature

Research scholar has made sincere efforts to collect the literature related to this study and found some reference to similar studies which have been reviewed and produced in this chapter.

**Robson et. al.1970**, administered the simple physical fitness test battery for study of physical fitness of elementary school children (of defence and non-defence personnel. One hundred and fifty

boys and girls from grades one through five of Kendriya Vidyalaya, Gwalior, were selected at random as subjects for the study. To assess the physical fitness, the subjects were administered the simple physical fitness test battery for elementary school children which was constructed at Lakshmibai National College of Physical ill improvement significantly favoured lie more frequent performance (Jerome Phillip Sorenson, 1970).

**Gregor and Barric 1989**, tested fourteen old boys who had lived in typical rural and urban setting of Prince Edward Island. His study proved that urban boys performed better on selected fitness tests of jumping and sit-ups. They were inferior to rural boys in 50 yard dash and flexed arm hang.) Saha, made a study to compare the selected physical fitness variables and anthropometric measures of tribal and non-tribal students items of AAHIPER Youth Fitness Test i.e. 50 yards run, 4x10 yard shuttle run and 600 yards run/walk and selected anthropometric measurement i.e. chest girth, height, weight, upper arm girth, thigh girth and calf girth. In all tests and measurements the mean score of the composite scores of tribal students was higher than their non-tribal counter parts but none of the difference in means were found statistically significant at 0.05 level of confidence.

## 3. METHODOLOGY:

**3.1.** The sample size in the study was 60 in which 30 from urban and 30 rural players were randomly selected samples. The total physical fitness of rural and urban students of Baramulla were measured. Appropriate tests and tools like t.test was used to check the level of significance.

### 3.2 Test used:

For assessment of the selected physical fitness test, researcher has adopted following tests:

Sr. No	Variables	Test
1.	Speed	100 Meters
2.	Muscular endurance.	Bend knee set ups test
3.	Power	Standing broad jump

### 3.3 Administration of test

#### 100-MTR SPRINT:

Every 100-Mtr sprinter must begin the race with his feet in the starting blocks. The official race starter will call the sprinters to their blocks and on command the runners will adopt a set position. The position requires the runners to have both feet in the blocks and adopt a position with the body weight on their hands. On the starter's gun all runners begin the race. There is a one official on starting line and other officials where every lane on ending line where they collect the timing of runners. And there is a one scorer on ending.

#### SIT-UPS

The standing position of the test is back lying position with knees flexed, feet on floor, and heels between 12 to 18 inches from the buttocks. The arms are crossed on the chest with the hand on opposite shoulder. A partner holds the examinee the feet to keep them in contact with the testing surface. The examinee curls to a sitting position, maintain arm contact with chest. The chin should be tucked on the chest and should remain in the position until the completion of the sit ups. When the elbow touches the thighs the sit up is complete. The examinee curls back down on the floor until the mid back contacts the testing surface. Another sit up may be

attempted The examinee begins executing consecutive sit ups on the word GO'' Using the signal ready GO At the end of 60 seconds the test is ended with the word stop the score is the number of sit ups executed correctly during the time. Pausing between sit ups is permissible. The score is the number of sit ups executed correctly during 60 seconds incorrect execution includes failure to curl up. Pulling the arms away from the chest failure to touch the thighs with the elbows and failure to touch the mid back to the testing surface in the down position, Devinder K Kansal 1996.

#### STANDING BROAD JUMP

The standing broad jump test may be either conducted in an athletic field area or in a gymnasium Ask the subject to stand in a standing position back to the line marked by the investigator with both legs together and both feet near to each other then with the swing of the hand take a jump so that you can cover long distance. The distance covered by the subject in meter. The trials are given to the subject and best of it taken into consideration for scoring K. Kansal 1996.

### 3.4 Sampling Technique:

The researcher took simple random sampling technique as an appropriate tool for selecting the desired subjects of the study. In the present study 60 subjects for



the study (30 from urban and 30 rural.) were selected from school level in Baramulla District Kashmir.

### 3.5 Collection of data:

The investigator to go for maximization of systematic variance and explains to exercise the control over the unwanted variables and [min] gives and understanding to minimize error variables so as to ensure disciplined data that contribute to a sound generalization. While verifying research hypothesis, a properly designed research tells what to do and what not indicates the steps to be taken in sequential manner for collecting the empirical data [John W. Bestabd James V. Khan 2003]. Selecting a proper research design and justifying its relevance the present researcher futher moved for its implication with a view to testing the hypothesis Present investigation is an associational predicative study that considers the principals of basic research. The comparison of physical fitness status of 14 to 16 years boys students of rural and urban students of Baramulla Kashmir.

### 3.6 Statistical Technique:

The present study utilized quantitative techniques that included descriptive statistics, such as means, standard deviations and t-ratio.

### 4: RESULTS:

The Rural students in sit ups having less mean (18.05) and S.D (1.38) as compared to the mean (25.0) and S.D (1.62) of the urban students. While as in standing broad jump the rural students having less mean (1.55) as compared to the mean (1.63) and S.D (0.13) of the urban students. While as in speed put the rural students having meaner (19.04) and S.D (0.69) as compared to the mean (16.12) and S.D (0.33) of the urban students. In case of “t” test the rural and urban students of Baramulla Kashmir in sit ups having “t” test = 3.4, which is significant. While in case of standing broad jump, the t-tests of rural and urban students of Baramulla Kashmir t-test is =0.045 which is insignificant. While as in speed put, the t-test of both groups is 4.07, which is significant.

**TABLE 1**  
**MEAN, STANDARD DEVIATION AND T-TEST OF BOTH THE GROUPS ON SIT-UPS**

RESPONDENTS	MEAN	SD	df	‘t’ Value
RURAL. STUDENTS	18.05	1.38	58	3.4
URBAN. STUDENTS	25	1.62		

The calculated mean and S.D of 60 second Sit-Ups of Rural and Urban students obtained are 18.05 (1.38) and 25 (1.62) respectively. The calculated “t” value is 3.4 at 0.05 level of significance. The table value for 58 degree of freedom is 2.00. Hence the difference among the rural and urban students in their abdominal strength is found significant.

**TABLE 2**  
**MEAN, STANDARD DEVIATION AND T-TEST OF BOTH THE GROUPS ON STANDING BROAD JUMP**

RESPONDENTS	MEAN	SD	Df	‘t’ Value
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RURAL. STUDENTS	1.55	0.138	58	58
URBAN. STUDENTS	1.63	0.132		

The calculated mean and S.D of standing broad jump rural and urban students of Kashmir obtained are 1.55 (0.138) and 1.63 (0.132) respectively. The calculated “t” value is 0.04 at 0.05 level of significance. The table value for 48 degree of freedom is 2.00. Hence the difference among the rural and urban students of Kashmir in their thigh Muscle strength is found insignificant.

**TABLE 3:  
MEAN, STANDARD DEVIATION AND T-TEST OF BOTH THE GROUPS ON  
SPEED**

VARIABLES	MEAN	SD	Df	‘t’ Value
RURAL. STUDENTS	19.04	0.69	58	4.07
URBAN. STUDENTS	16.12	0.33		

The calculated mean and S.D of speed Put of rural and urban students of Kashmir 19.04 (0.69) and 16.12 (0.33) respectively. The calculated “t” value is 4.07 at 0.05 level of significance. The table value for 58 degree of freedom is 2.00. Hence the difference among the rural and urban students of Baramulla Kashmir is found significant.

### 5. DISCUSSION:

The rural students in sit ups having less mean (18.05) and S.D (1.38) as compared to the mean (25.0) and S.D (1.62) of the urban students. While as in standing broad jump the rural students having less mean (1.55) as compared to the mean (1.63) and SD (0.13) of the urban students. While as in speed put the rural students having meaner (19.04) and SD (0.69) as compared to the mean (16.12) and S.D (0.33) of the urban students.

In case of “t” test the rural and urban students of Baramulla in sit ups having “t” test = 3.4, which is significant. While in case of standing broad jump, the t-tests of rural and urban students of Baramulla

Kashmir t-test is =0.045 which is insignificant. While as in speed put, the t-test of both groups is 4.07, which is significant.

### Further discussion is made regarding hypothesis:

1. The sit ups performance is not the same in both rural and urban students of Kashmir in Baramulla. Which shows that they are not equal in their muscular endurance and strength.
2. The standing broad jump performance was the same in both regions of rural and urban students of Baramulla. Which shows that they are same in cardio vascular endurance.
3. The 100 m speed performance is not the same in both regions of rural and urban students of Baramulla, Which shows that they are not equal in speed performance.

Hence it can be concluded that there is difference in the physical fitness level of both regions of students of same age

group ins-pite of different culture environment geographical difference Now we can say that our hypothesis become correct that there would be significance level between rural and urban areas of Baramulla Kashmir.

## 6. CONCLUSIONS:

From the statistical analysis of the result of this study, the following conclusion can be drawn.

1. The null hypothesis is that there was no significant difference in physical fitness between Rural and Urban students of Baramulla is rejected.
2. The first hypothesis is that there may be significant level of difference physical fitness of Rural and Urban students of Baramulla is accepted.
3. The second hypothesis is that the physical fitness of urban students of Kashmir in speed is more than rural students of Baramulla are accepted.
4. The third hypothesis is that the physical fitness of rural students of Baramulla is in sit-ups is more than urban students of Baramulla Kashmir is rejected.

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