

A Comparative Study on Physical Fitness Variables of Urban and Rural Area Players of Jammu Division

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Abstract

The purpose of this study was to identify the relationship between physical fitness variables of rural and urban area basketball players of Jammu Division. A total of eighty students (40 from rural and 40 from urban) area was selected for the collection of data aged 18–25 years was selected randomly from Jammu division. The age of the selected subjects ranged from 18 to 26 years. Only (Standing Board Jump and 50-yard dash tests) were used to measure the selected physical fitness variables of the players. The study was delimited to Aapher youth fitness test. In order to analyse the data t-test was used to analyse the data and investigator observed the significant different between Rural and Urban basketball players.

Keywords: Physical fitness, Mental health, Happiness, Body composition.

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Introduction

The physical fitness is the sum of five motor abilities namely strength, power, speed, flexibility and coordinative abilities. The motor abilities and their complex force are basic prerequisites for human motor actions. Therefore, the sports performance in all sports depends to a great extent on these abilities. Physical fitness is to the human body what fine tuning is to an engine. It enables the athlete to perform up to his potential. It helps one to look, feel and do his best more specifically. Physical fitness is that organic condition which permits the individual to skillfully utilize the body in activities without experience of fatigue. Physical fitness endows one with the capacity for efficient and prolonged muscular activity. Greater physical fitness, better

physical endurance and the precision of movement are essential for sports. Physical fitness is the ability to carry out everyday task with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure time pursuit and to meet unforeseen emergencies Physical fitness is the ability to perform vigorous physical activity assessed in terms of muscle strength, endurance and flexibility. The circulatory and respiratory systems are also involved because of their role in supplying muscles with blood and oxygen. It can be maintained through regular exercise. In considering muscles, strength is the maximum force that can be exerted by a muscle, and endurance is the ability to perform a muscular activity at less than maximum force. The body will adapt to a regular exercise program by improving the function of the cardiac and respiratory systems. The blood will have a greater capacity to carry oxygen, which in turn will improve the body's ability to work. The heart and respiratory system will be more efficient during rest and exercise, and the resting heart rate usually reduced. An individual participating in a regular exercise programmed will notice the effects on the skeletal, muscular and nervous systems. The body will show improved flexibility of the joints along with greater muscle strength and muscle endurance.

Health and fitness is a state of well-being which comprises skill as well as health related parts. Fitness is an ailment in which a person has adequate power to stay away from exhaustion and enjoy daily life. It's needed for elderly individuals to maintain as well as improve the conditioning of theirs to be able to satisfy the healthful, higher quality of regular living. Skill related physical fitness refers to an individual's athletic ability of sports like tennis and encompasses skill related characteristics such as dynamic balance, power, agility and speed; the health related part is actually a degree of cardiovascular endurance, muscle strength, stamina and freedom as well as body composition. Health and fitness are actually calculated by purposeful assessments which are actually particular and in most cases normative based, instead of criterion based, therefore leaving unanswered regarding just how much of a certain fitness element (e.g. muscular endurance) is actually necessary for a high quality of life. There are many factors that are accountable for the overall performance of sportsmen. The physique, as well as body composition like the size, shape as well as form, is recognized to play a major role in this

particular regard. The functionality of a sportsman at any sort of game or maybe event likewise will depend on health and fitness. The health and fitness or perhaps problem is actually the sum total of 5 motor capabilities specifically muscular strength, power, agility, quickness and aerobic strength. Thus, the sports performance in all of the sports depends to a great extent on these capabilities. Maintenance and improvement of health and fitness is the central goal of sports instruction. Furthermore, regular participation in different workouts increases physical fitness. Being a result, high level of health and fitness is actually appealing for a complete productive existence. Nevertheless, sedentary living practices and bad conditioning have negative impacts on everyday living and both health. Every individual has an alternative amount of health and fitness which might improve with time, place of situation and work.

There is additionally an interaction between the day to day activities as well as the fitness of a person, the stage in case where you can place the amount of maximum fitness. Out of the physiological point of view, health and fitness might be the capability of the body to adopt as well as recuperate from intense exercise. The complicated nature of health and fitness is best below stood in phrases of the parts of its like cardiovascular endurance, flexibility, strength, quickness and muscular strength. Besides these parts of health and fitness you will find numerous other elements which adds to physical fitness such as heredity, living standard, nutrition, hygienic problems, environmental and climate elements etcetera.

Review of Literature

Anand, (1999) conducted a study on mental health of 370 students of IX, X, XI and XII grades. For the purpose of the study RCEB Mental Health Scale developed by the author was used to measure the mental health. He reported no significant impact of gender and class on the mental health. The results revealed that female students were found to have better mental health than male students. While comparing male and female students in urban, rural and ashram schools separately it was found that male and female students in urban and ashram schools had similar mental health, Whereas female students had better mental health than male students in rural schools.

Laura, (2008) investigated a significant proportion of people live and work in rural areas, and rural mental health is important wherever psychiatry is practiced. There are inherent difficulties in conducting rural research, due in part to the lack of an agreed definition of rurality. Mental health is probably better in rural areas, with the exception of suicide, which remains highest in male rural residents. A number of aspects of rural life (such as the rural community, social networks, problems with access, and social exclusion) may all have particular implications for people with mental health problems. Further issues such as the effect of rural culture on help-seeking for mental illness, anonymity in small rural communities and stigma may further affect the recognition, treatment and maintenance of mental health problems for people in rural areas. Providing mental health services to remote and rural locations may be challenging.

Reddy, (1993) views that the present study was undertaken to investigate certain components of Mental Health status among rural and urban students from the point of identifying students, who have potential for future development of mental health problems. The school is considered second to the home in its influence on the development of children's personality. The sample of study comprised 400 high school going children, out of which 200 were boys and 200 were girls. Their socio-economic status was taken into consideration. Mental Health status was measured by using Thorpe and Clark's Mental Health analysis questionnaire (School Form). The results revealed no difference between urban and rural students, with regard to their mental health status. Boys and girls in the sample slightly differed from each other with regard to their mental health status, where as the socio-economic status did not contribute to their mental health status

Tarandeep, (2012) investigated the comparison of health related physical fitness components between urban and rural primary school children. The sample was 20 Subjects, 9 years of age 10 of urban primary school children (girls) and 10 subjects of rural primary school children (girls). Five Health related physical fitness components (40 yard dash, standing broad jump, handgrip, sit and reach and 600 yard run/walk) were taken. The result shows that the static strength of rural children's was significantly higher than the urban school children. But there is no significant difference of speed, explosive strength, flexibility and cardiovascular endurance components between urban and rural primary school children.

Viswanatha Reddy, (2014) made an attempt in the present investigation to study the mental health among adolescents. The sample consisted of 240 male and female adolescents from urban and rural localities hailing from joint and nuclear family constituted the sample of the study. Type of family, gender and locality are the independent variables and mental health is dependent variable. Mental health of the sample was assessed by using Jagadish and Srivastava (1983). Since there are three independent variables and each varied into two ways, a 2x2x2 factorial design was employed. The obtained data are quantitatively analyzed using Analysis of Variance (ANOVA). The results reveal that adolescents from nuclear family have better mental health than adolescents from joint family, female adolescents have better mental health than the male adolescents, and urban adolescents have better mental health than rural adolescents.

Objectives

1. To analyse the explosive strength component among the rural and urban basket ball male players.
2. To study the speed component between the rural and urban basketball male players in the study area.

Methodology

Criterion Measures

The criterion methods have been used to gather the information in a systematic way and a deal method to shoot in a proper product as well as color for every tested product.

1. Explosive leg strength was assessed by the Standing Broad Jump test as well as scores had been captured in centimeters.
2. Speed was assessed by fifty Yards Dash as well as time was captured to probably the nearest 1/100 of a minute with the assistance of digital stopwatch.

Statistical Techniques Used

For the current study, the mean worth, standard deviation't' tests had been put on to evaluate the data

Results and Discussion

Table-1
Comparison of Explosive Strength Component of Rural and Urban Basketball Male Players

Variable	Rural		Urban		S.Ed.	t-ratio	Level of Significance
	Mean	S.D	Mean	S.D			
Strength (Standing Broad Jump)	2.38	0.23	2.31	0.1	0.05	1.4	Significant

*Significant at .05 level

The mean score (2.38) of the explosive strength part of the health and fitness of rural basketball players is actually significant as opposed to the mean score (2.31) of Urban basketball players. Nevertheless, the t ratio is 1.4, which is considerable at the 0.05 level. The score that is Higher Better Explosive strength. It indicates that Rural players of basketball players have a bit better Explosive strength of health and fitness as opposed to the Urban Basketball players.

Table-2
Comparison of Speed Component of Rural and Urban Basketball Male Players

Variable	Rural		Urban		S.Ed.	t-ratio	Level of Significance
	Mean	S.D	Mean	S.D			
Strength (Standing Broad Jump)	7.79	0.55	7.17	0.51	0.16	3.88	Significant

*Significant at .05 level

The mean score (7.79) of the pace part of the health and fitness of rural basketball players is actually significant as opposed to the mean score (7.17) of Urban basketball players. Nevertheless, the t ratio is actually 3.88 that is considerable at the 0.05 level. High score that is better speed. It indicates that rural players of basketball players have the better velocity of health and fitness as opposed to the Urban Basketball players.

Conclusion

The youth are the future of India. Particularly the educated youth are going to be the “pillars” of the future India. The great personalities like Vivekananda and Dr.Abdulkalam have focal faith in the potentiality of the youth. It became imperative to create a youngster who is

strong in body, mind and intellectual capacity. If one is strong in these three aspects, he will excel in his life and he will be an asset to our nation. But it was astonishing to note that today's youth is lacking in these aspects without having awareness about the values and significance of the said factors. Modern youth has spoiled their health and mind by involving in unnecessary and unwanted habits that are not conducive to the synchronized development of the said factors. The researcher hoped that a transformation could be brought out by creating awareness about the values of healthy body and the intellectual capacity after assessing the present condition of the subjects. On the foundation of the evaluation of information the Rural Basketball players had been having better mean values among explosive strength and quickness compared to urban basketball players. Basketball rural players performed a lot better than the urban male players. The idea of health and fitness is the capability to do prolong work that is hard and then recover to exact same state of health and fitness in a brief duration of time. This is the outcome of the amount of power, speed, stamina, agility & flexibility one possesses. These factors of health and fitness are helpful for games that are various as well as sports based on a number of things like heredity, hygienic living nutrition as well as body manners of a person.

Recommendations

1. The same type of study could be undertaken involving subjects from schools.
2. Since men & women students differ markedly in their mental make-up, further study could be done on both the sex separately both in colleges and in school level.
3. A study of the same type could be replicated involving more number of subjects at the state and national level in order to arrive at broader solid conclusions which would be more useful in generalization of the findings.
4. Since age is a detrimental factor in shaping the mental make-up of the individual, Studies of this type could be done on age category basis.

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