



## A COMPARATIVE STUDY OF PHYSICAL FITNESS BETWEEN NORTH KARNATAKA SELECTED DISTRICT, RESIDENTIAL AND NONRESIDENTIAL HIGH SCHOOL SPORTS BOYS

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### ABSTRACT :

*The aim of the study was to find out the Physical Fitness between North Karnataka Selected District of Dharwad, Belagavi, Gadag, Haveri, Vijayapur and Kalaburagi Residential and Non Residential High School sports boys. (30 Residential High School Sports Boys and 30 Non Residential High School Sports Boys) Total Sixty (60) subjects were selected for this study. The age of the subjects ranges between 14 to 17 years. The data were collected from North Karnataka, India. The variables for this study were selected Agility, Speed, and Power. These variables were measured by Agility in Shuttle Run to measure in Seconds, Speed in the 50 yard dash to measure in Seconds, and Strength in Standing Long Jump to measure in Meters. All the tests were analyzed by Standard "t"-test to calculate the collected data at 0.05 levels of Significant. The result shows that in case of Agility there is No significant difference was found between Residential and Non Residential school Sports boys, in case of Speed there is also No significant difference was found between Residential and Non Residential school Sports boys, but in a case of Strength there is a significance difference was found between Residential and Non Residential school Sports boys.*



**KEYWORDS :** Residential, Non Residential, Agility, Speed, Strength and Sports.

### INTRODUCTION

Now a day, physical fitness may be defined as "the ability to carry out daily tasks with vigorous and alertness, without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet unusual situation and unforeseen emergencies" or the degree ability to as specific task under ambient condition. That means Fitness has the necessary qualities for doing something. Over the past four decades, there has been an increase in the prevalence of overweight and physical fitness deterioration in adult across all genders, ages and Genealogical groups. The negative effects of degraded physical fitness on both the individual and society are serious and multi-dimensional. It can cause many risk factors to health, including coronary heart disease, certain forms of cancer, diabetes, hypertension, stroke, gallbladder diseases, osteoarthritis, respiratory problems, and gout and is associated with increases in all-cause mortality. In adults, the relationship between physical activity, health related fitness, and health are fairly well established (Boucher D and Shepherd 1994). Low levels of physical activity and cardio-respiratory fitness are both associated with higher risk of all cause and disease specific mortality Physical fitness is the ability to perform daily activities willingly and actively. Physical fitness includes not only the components of sports, but those of health as well. Regular physical activity prevents or limits weight gain, and gain in body mass index

(BMI) Sports can be caused as recreational activities for enjoying free time or if done as a participant, can be a significant part of a personal physical fitness programmed. Sports more than any other type of physical activity, requires skill and skill related physical fitness. Skill related physical fitness is also sometimes referred to as motor fitness or sports fitness. Through people possess skill related fitness in varying degrees; great athletes are likely to be above average in most, if not all, aspects. Indeed, exceptional athletes must be exceptional in many areas of skill related fitness. Different sports require different skills, each of which requires varying degrees of skill related fitness. In physical Education and Sports the Fitness components of athlete to succeed in the aspiration level of achievement. The major parameters of fitness are more effective in a modern Sports performance. Today, top level Sports performance is depends on physical fitness.

Children and their well being are the basic concerns of every nation. Their health is not only an indicator of the socioeconomic status and standard of living in the country, but also reflects the values and beliefs of society. A healthy, good child is happy to the parent, lasting joy of life to the mother, apple of the eye of the family, the leader of the community, thrill of the society and hope of the nation. Basically Residential boys live in the hostel without their family members. Most of the families were extremely poor and overcrowding. On the other hand Non- Residential Boys have lived in, their house with their family members and most of the families were good financial condition and not overcrowding. Generally the Residential boys are not health conscious, but they are more physically fit due to their inherent qualities and as they are work hard for continuing their normal life. Because Residential boys do their own work, but the nonresidential boys normally depend on their parents. So nonresidential boys are health conscious, but they are not physically fit.

The purpose of this study was to compare the Residential and Non- Residential High School Sports boys and to find out which of these two categories are more physically fit in response to tests administered so as one can improve the standard and level of physical fitness in Residential and Non- Residential High School Sports boys.

#### **PURPOSE OF THE STUDY:**

The purpose of the study was to identify the relevance of Physical Fitness between the Residential and Non Residential High School Sports boys of north Karnataka Selected District of Dharwad, Belagavi, Gadag, Haveri, Vijayapur and Kalaburagi.

#### **METHODOLOGY**

The objective of the study was to investigate the Physical Fitness between Residential and Non Residential High School Sports boys. For this study 60 school boys (30 Residential School Sports Boys and 30 Non Residential High School Sports Boys) were randomly selected from North Karnataka Selected District of Dharwad, Belagavi, Gadag, Haveri, Vijayapur and Kalaburagi, India. The age of the students was 14 to 17 years. To measure the Physical Fitness, the variables were selected Agility, Speed, and Strength for this study. The collected data were calculated by 't'-test at 0.05 level of Significant.

To conduct the present study, the researcher had gone through three separate set of test

- 1) Shuttle Run in seconds to assess the Agility,
- 2) 50 yard dash in seconds to assess the Speed, and
- 3) Standing Long Jump in meters to assess the Strength.

#### **Parametric Measures**

With the prime consideration to the purpose of the study of Physical Fitness the following tests were selected as Parametric measures presented in table number -1.

**Table 1:**

Variables	Tests	Criterion Measures
Agility	Shuttle Run	Seconds
Speed	50 yard dash	Seconds
Strength	Standing Long Jump	Meters

**Statistical Procedure**

The collected data were analyzed by using independent sample ‘t’ test at 0.05 levels of Significant to compare the Agility, Speed, and Strength in Physical Fitness variables between Residential and Non Residential High School Sports boys.

**Results & Finding**

Mean, Standard deviation and ‘t’ test in Agility, Speed, and Strength between Residential and Non-Residential High School Sports Boys.

**Table 2:**

Variables	Residential	Non- Residential		“t”- Ratio
	Mean	Mean	Standard deviation	
Agility	11.349	0.50	11.249 0.30	0.916
Speed	7.107	0.608	7.412 0.917	1.498
Strength	1.99	0.265	1.75 0.224	10.435*

t<sub>0.05(28)</sub> = 2.048, \* = Significant



**Fig 1: Comparison of Mean, Stander deviation on Agility between North Karnataka selected district Residential and Nonresidential High School Sports Boys.**

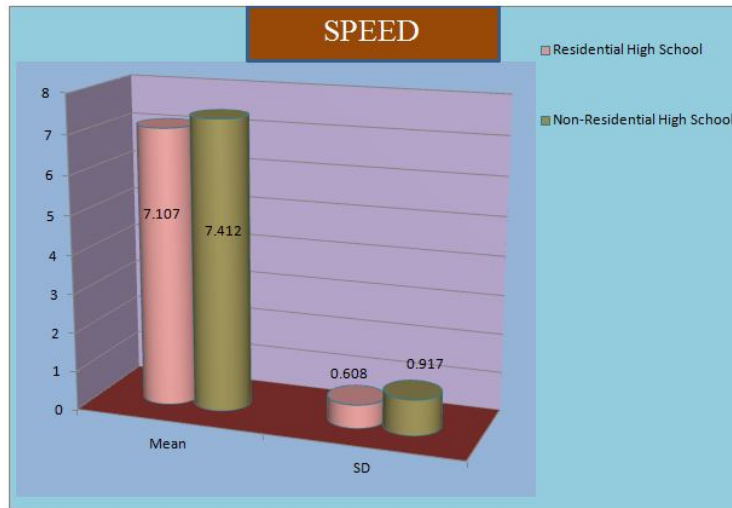


Fig 2: Comparison of Mean, Stander deviation on Speed between North Karnataka selected district Residential and Nonresidential High School Sports Boys.

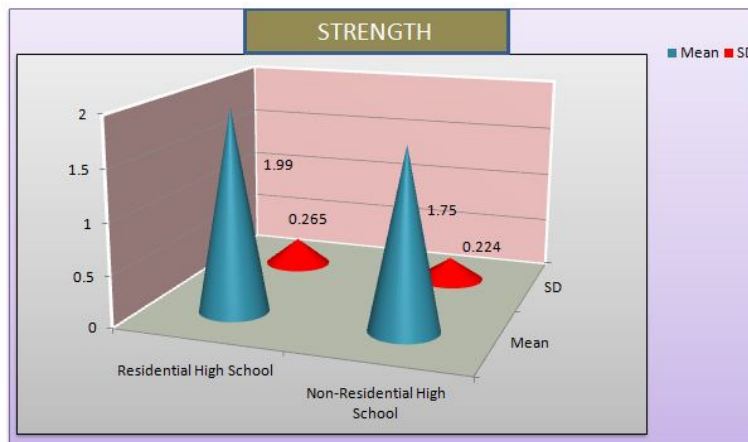


Fig 2: Comparison of Mean, Stander deviation on Strength between North Karnataka selected district Residential and Nonresidential High School Sports Boys.

**DISCUSSION**

From the above results of the study it was found that the mean and standard deviation of Agility, Speed and Strength of Residential high school Sports boys which has been found  $11.349 \pm 0.50$ ,  $7.107 \pm 0.608$  and  $1.99 \pm 0.265$  and of Non Residential high school Sports boys which have been founded  $11.249 \pm 0.30$ ,  $7.412 \pm 0.917$  and  $1.75 \pm 0.224$ , whose 't' ratio was 0.916, 1.498 and 10.435. From the mentioned results of the study it was found that in respect of Strength there was a significant difference between the residential and non-residential Sports boys whereas no significant difference was found in respect of speed and agility.

It is clear from the findings of this study that as the residential students involve in various activities in addition to their daily packed schedule, but in case of non-residential students they generally leads an inactive lifestyle in addition to luxury life which leads them to passive conditions of the muscles resulting in less power within them. But in case of speed and agility there was found no significant difference because these are the two components which never decrease in its performing ability if no activity was done for longer duration. So between these groups it was also found the same.

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## CONCLUSIONS

Within the limitations of the present investigation following conclusions were drawn on the basis of the obtained results:-

- The agility and speed there is No significant difference was found in Physical Fitness Variables between Residential and Non Residential school Sports boys.
- But in Strength there was significant difference was found in Physical Fitness Variables between Residential and Non Residential school Sports boys.

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