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A COMPARATIVE STUDY ON SKILL RELATED PHYSICAL FITNESS BETWEEN RESIDENTIAL AND NON-RESIDENTIAL SCHOOL BOYS

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ABSTRACT:

The aim of the study was to find out the Skill Related Physical Fitness between Residential and Non Residential school boys. I taken sixty samples (60) of school boys' (30 Residential school Boys and 30 Non Residential school Boys) were selected as the subjects for this study. The age of the subjects range between 14 to 17 years. The data were collected from University Public school Dharwad and Murarji Desai Residential School Dharwad Rural Karnataka, India. The variables for this study were selected Speed, Strength and Agility. These motor ability variables were measured by Speed in 50 yard dash to measure in Seconds, Strength in Standing Broad Jump to measures in Meters and Agility in Shuttle Run to measure in Seconds. All the tests were analyzed by sample "t"-test to collected data at 0.05 level of Significant. The result shows that in case of Agility there is No significance difference was found between Residential and Non Residential school boys, in case of Speed there is also No significance difference was found between Residential and Non Residential school boys, but in case of Strength there is a significance difference was found between Residential and Non Residential school boys.

KEYWORDS: *Agility, Speed, and Strength*

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 racial/ethnic 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, gall bladder diseases, osteoarthritis, respiratory problems, and gout and is associated with increases in all-cause mortality. In adults, relationship among physical

activity, health related fitness, and health are fairly well established (Boucherd 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 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 causes 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 the Fitness components on athlete to succeed in the aspiration level of achievement. The major parameters of fitness are more effective in a modern performance. Today, top level performance depends on physical fitness.

Children and their wellbeing are basic concerns of every nation. Their health is not only an indicator to the socioeconomic status and standard of living of the country but also reflects the values and beliefs of society. A healthy good child is happiness to the parent, eternal joy to the mother, apple of eye of the family, leader of the community, thrill of the society and hope of the nation. Basically Residential children are lived in hostel without their family members. Most of the families were extremely poor and overcrowding. On the other hand Non- Residential children are lived in their house with their family members and most of the families were good finical condition and not overcrowding. Generally the Residential children 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 children do their own work, but the Non-Residential children are normally depend to their parents. So they are healthy conscious but they are not physically fit.

The purpose of this study was to compare the Residential and Non- Residential school 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 school boys.

Skill Related Physical Fitness

The primary components of skill related physical fitness are agility, balance, coordination, power, reaction time and speed. They are called skill related because people who possess them find it easy to achieve a high level of performance in motor skills, such as those required in sports and in specific type of jobs. Skill related fitness is sometimes called sports, fitness or motor fitness.

Definitions and Explanation of the Terms of Skill Related Physical Fitness

1. Speed: Rate of change of displacement of the object is called as speed. It refers to the ability of the body to perform a particular movement in a relatively short period of time. A runner on a track team and a wide receiver on a football team are some examples of sportsmen that need good foot and leg speed. The present study is also related to skills like agility, flexibility and strength.

2. Strength: It refers to the ability to convert energy into force at a fast rate. Putting the short and throwing the discus are a few of the activities that require considerable power.

3. Agility: This refers to the ability of the body to accurately and rapidly change the direction of movement of the entire body in space. Wrestling and skiing are some important examples of activities which require exceptional agility.

Purpose of the study

The purpose of the study was to identify the relevance of Skill Related Physical Fitness between the Residential and Non Residential school boys.

Methodology

The objective of the study was to investigate the Skill Related Physical Fitness between Residential and Non Residential school boys. For this study 60 school boys (30 Residential school boys and 30 Non Residential school boys) were randomly selected from University Public school Dharwad, Murarji Desai Residential School Dharwad Rural Karnataka, India. The age of the students was 14 to 17 years.

To measures the Skill Related Fitness, the variables were selected Agility, Speed, and Strength for this study. The collected data were calculate by standard 't'-test at 0.05 level of Significant.

To conduct the present study the researcher had gone through three separate set of test a)Shuttle Run in seconds to assess the Ability, b)50 yard runs in seconds to assess the Speed, and c) Standing Broad Jump in meters to assess the Strength.

Criterion Measures

With the prime consideration to the purpose of the study of Skill Related Fitness the following tests were selected as criterion measures presented in table–1.

Table 1

Variables	Tests	Criterion Measures
Agility	Shuttle Run	Seconds
Speed	50 yard run	Seconds
Strength	Standing Broad 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 Skill Related Physical Fitness variables between Residential and Non Residential school boys.

Results & Finding

Table 2: Mean Standard deviation and 't' test in Agility, Speed, and Strength between Residential and Non- Residential School Boys

Variables	Residential		Non- Residential		"t" Ratio
	Mean	Standard deviation	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*

t0.05(28)= 2.048, *= Significant

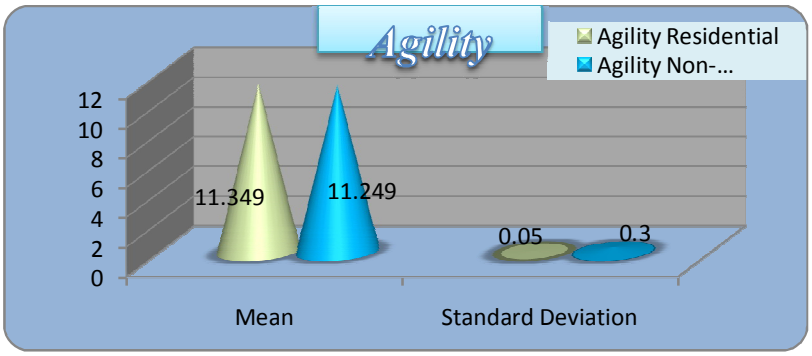

Fig 1:- Comparison of Mean, Stander deviation on Agility between Residential and Non- Residential School Boys

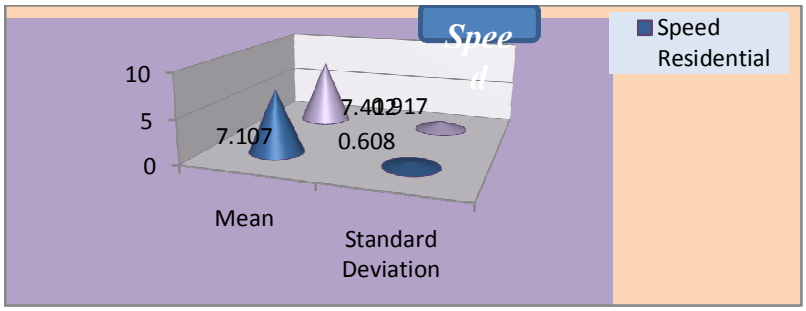

Fig 2:- Comparison of Mean, Stander deviation on Speed between Residential and Non- Residential School Boys

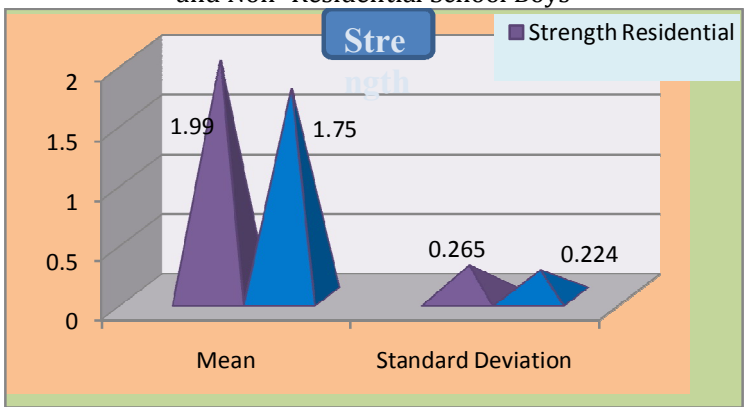

Fig 3:- Comparison of Mean, Stander deviation on Strength between Residential and Non- Residential School Boys

Discussion

From the above results of the study it was found that the mean and standard deviation of such motor abilities are Speed Strength and Agility, of Residential school students which has been found 11.349±0.50, 7.107±0.608 and 1.99±0.265 and of Non Residential school students which has been found 11.249±0.30, 7.412±0.917 and 1.75±0.224, whose 't' ratio was 0.916, 1.498 and 10.435.

From the above results of the study it was found that in respect of Strength there was significant difference between the residential and non-residential school students 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 school students involve in various sports and games activities in addition to their daily packed schedules but in case of non-residential students they generally leads an inactive lifestyle in addition to luxury which leads them to passive conditions of the muscles resulting in less Strength 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.

CONCLUSIONS

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

- In case of Agility and Speed there is No significant difference was found in Skill Related Physical Fitness Variables between Residential and Non Residential school boys.
- But in case of Strength there was significant difference was found in Skill Related Physical Fitness Variables between Residential and Non Residential school boys.

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