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DIFFERENCE IN HEALTH RELATED PHYSICAL FITNESS AMONG RURAL AND URBAN FEMALES

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Abstract:-Health-related physical fitness is defined as fitness related to some aspect of health. This type of physical fitness is primarily influenced by an individual's exercise habits; thus, it is a dynamic state and may change. Physical characteristics that constitute health-related physical fitness include strength and endurance of skeletal muscles, joint flexibility, body composition, and cardio-respiratory endurance. The finding of the study indicated that there was a statistically significant difference between Government College female and Management College female subjects on selected health related physical fitness components such as body composition ($t_{cal} = 4.83 > t_{tab} = 2.048$), muscular strength ($t_{cal} = 7.89 > t_{tab} = 2.048$), muscular endurance ($t_{cal} = 6.09 > t_{tab} = 2.048$) and flexibility ($t_{cal} = 8.41 > t_{tab} = 2.048$).

Keywords:Physical fitness, Muscular endurance, Muscular strength, Flexibility.

INTRODUCTION

Physical fitness is a general state of health and well-being or specifically the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, exercise, hygiene and rest. It is a set of attributes or characteristics that people have or achieve that relates to the ability to perform physical activity. Before the industrial revolution, fitness was the capacity to carry out the day's activities without undue fatigue. However with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, and to meet emergency situations. Health is the level of functional or metabolic efficiency of a living organism. In humans, it is the general condition of a person's mind and body, usually meaning to be free from illness, injury or pain (as in "good health" or "healthy"). The World Health Organization defined health in its broader sense in 1946 as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." Although this definition has been subject to controversy, in particular as lacking operational value and because of the problem created by use of the word "complete," it remains the most enduring.

Health-related physical fitness is defined as fitness related to some aspect of health. This type of physical fitness is primarily influenced by an individual's exercise habits; thus, it is a dynamic state and may change. Physical characteristics that constitute health-related physical fitness include strength and endurance of skeletal muscles, joint flexibility, body composition, and cardio-respiratory endurance. All these attributes change in response to appropriate physical conditioning programs, and all are related to health.

METHODS

Thirty female students from rural background studying in Government College and Thirty female students from Management College of Lucknow region were selected for the purpose of the study.

OBJECTIVE OF THE STUDY

The objective of the study was to examine the % body fat, muscular strength, muscular endurance and

flexibility among the Government College and Management College of Lucknow region.

HYPOTHESES

It was hypothesized that there would be a significant difference between Government College and Management College female students in relation to health related physical fitness components.

CRITERION MEASURES

The health related physical fitness components were body composition (fat %), flexibility, muscular endurance and muscular strength. Body composition was measured in mm by skin fold calliper; muscular endurance was measured by the numbers of bent knee sit-ups completed in one minute. Muscular strength was measured by maximum lift by a subject in k.g. and flexibility was recorded in cm by sit and reach test.

STATISTICAL PROCEDURE

The data obtained was analyzed by ‘t’ test. The level of Significance was set at .05 levels ($p < 0.05$).

RESULTS

The mean values of the variables of both groups are given in Tables

Table-1: Significance Difference of means of Government College and Management College females in Body composition

Subjects	Mean	S.D.	Difference of Mean	‘t’ ratio
Government College	16.9	2.34	5.90	4.83*
Management College	22.80	4.58		

*Significant at 0.05 $t(28) = 2.048$

Graph -1: Graphical presentation of Means of Body Composition

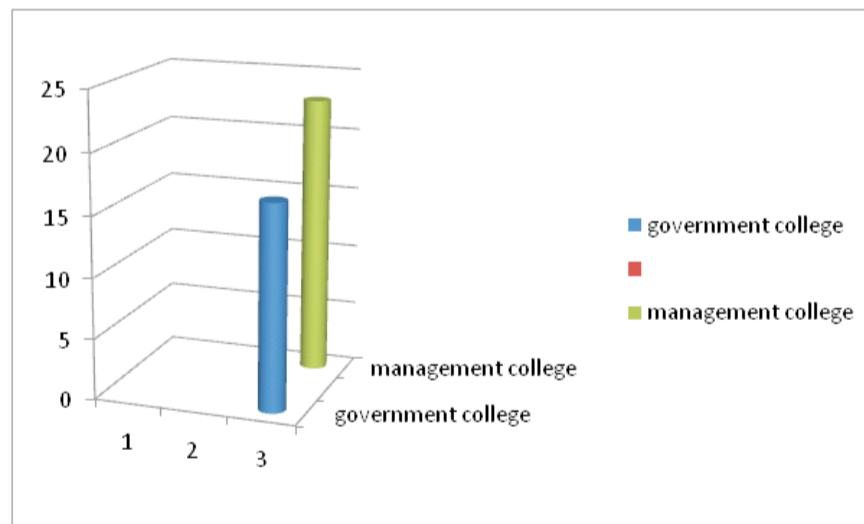


Table-2: Significance Difference of Mean of Government College and Management College females in Muscular Strength

Subjects	Mean	S.D.	Difference of Mean	't' ratio
Government College	58.4	9.14	-13.96	7.89*
Management College	44.4	10.33		

*Significant at 0.05 $t(28) = 2.048$

Graph -2: Graphical presentation of Means of Muscular Strength

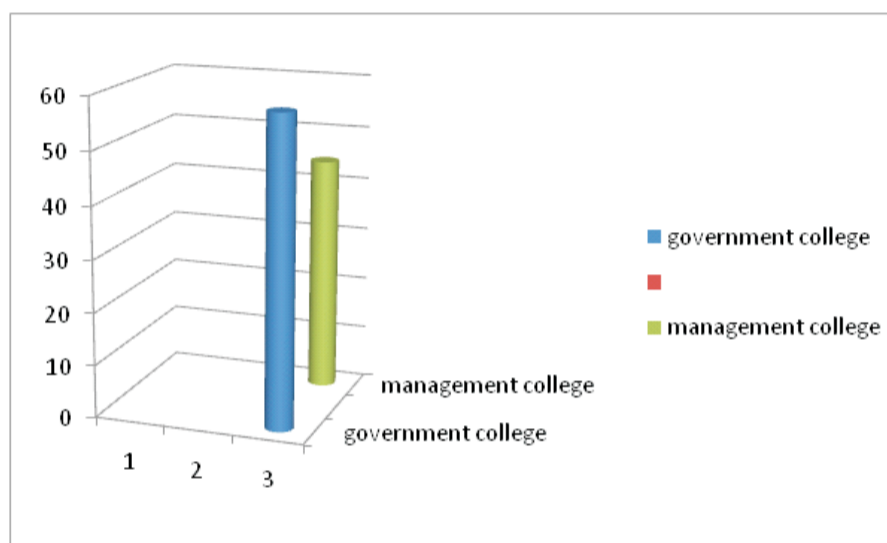


Table-3: Significance Difference of Mean of Government College and Management College females in Muscular Endurance

Subjects	Mean	S.D.	Difference of Mean	't' ratio
Government College	17.33	3	-3.07	6.09*
Management College	14.26	2.43		

*Significant at 0.05 $t(28) = 2.048$

Graph -3: Graphical presentation of Means of Muscular Endurance

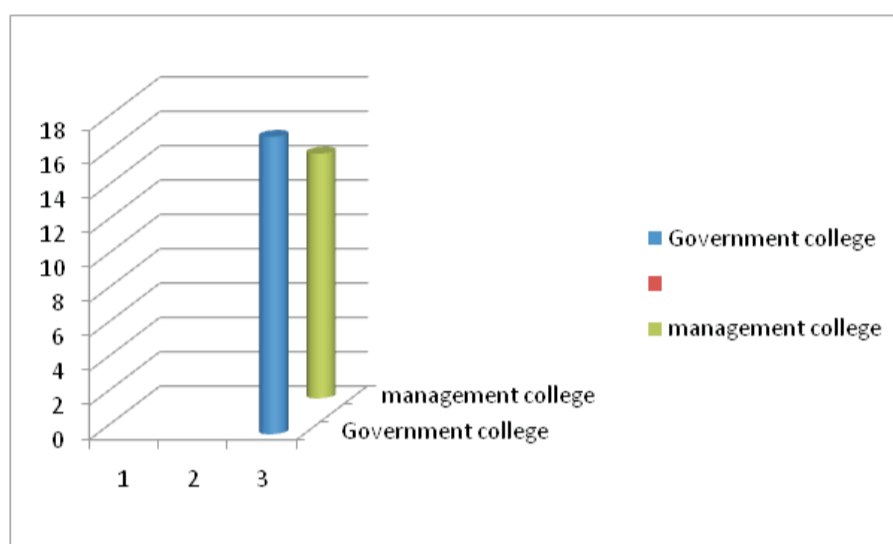
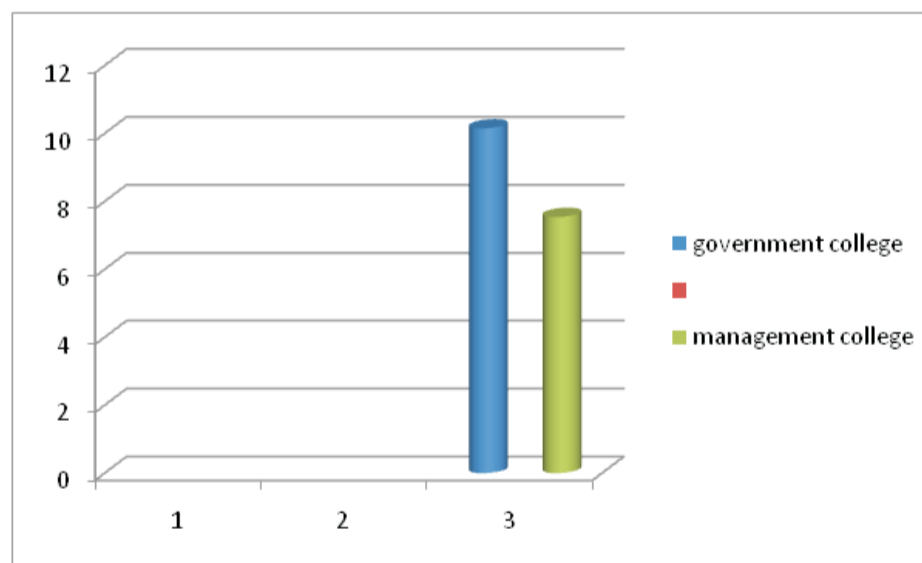


Table-4: Significance Difference of Mean of Government College and Management College females in Flexibility

Subjects	Mean	S.D.	Difference of Mean	't' ratio
Government College	10.15	2.80	-2.6	8.41*
Management College	7.54	1.77		

*Significant at 0.05 $t(28) = 2.048$

Graph -4: Graphical presentation of Means of Flexibility



DISCUSSION OF FINDINGS

The results obtained showed significant differences in body composition, muscular endurance, muscular strength and flexibility among Government College female and Management College female students, where Government College female students were found superior than their counterparts. With reference to strength

component Government College females were much stronger than Management College female students.

The finding of the study indicated that there was a statistically significant difference between Government College female and Management College female subjects on selected health related physical fitness components such as body composition ($t_{cal}=4.83 > t_{tab}=2.048$), muscular strength ($t_{cal}=7.89 > t_{tab}=2.048$), muscular endurance ($t_{cal}=6.09 > t_{tab}=2.048$) and flexibility ($t_{cal}=8.41 > t_{tab}=2.048$).

RESULTS

The results of the study indicated that the mean of body composition in Management College females were more in comparison to Government College female subjects. The reason for this was attributed to the subjects selected for the study was from high economic status, and they were more instance of food especially consuming junk food. One of the other reasons may be less participation in physical activity and more emphasized on academic part. Government College female subjects show a high mean value in muscular strength, muscular endurance and flexibility. The reason for this attributes to their more involvement in physical work, off and on the field. The subjects were from middle class family and therefore more involved in their household activity.

CONCLUSIONS

It was concluded from the above discussion that significant difference of health related physical fitness was observed between government college and management college female students. Body composition means of management college students were more in comparison to government college students. Government college female subjects showed better performance in muscular endurance, muscular strength and flexibility.

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