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# REVIEW OF RESEARCH



## A COMPARATIVE STUDY OF PHYSICAL FITNESS AMONG SPORTSMEN AND NON-SPORTSMEN STUDENTS IN ANANTNAG DISTRICT OF JAMMU AND KASHMIR

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### ABSTRACT

*In the current study, an effort has been prepared to compare the physical fitness mechanism namely speed, strength between sportsmen and Non-sportsmen student belonging to Anantnag District of Jammu and Kashmir. The study was carried out on 50 male students 25 sportsmen and 25 non – sportsmen male persons of Anantnag. The data was collected by different coaching camps. The age of the selected subjects ranged from between 18 to 25 years. 50 meter dash and standing broad jump test was used to measures the selected physical fitness mechanism of the students in order to recognize the data. T-test was used to evaluate the data and examiner observed the significant difference between sportsmen and non-sportsmen students on different selected physical fitness mechanism.*

**KEYWORDS:** Comparative, Speed, Strength, Sportsmen, t-test.

### 1. INTRODUCTION

This is probably the most accepted and frequently used term in physical education and to build up physical fitness is the most important objective of physical educators. According to Nixon and Cozens (1964), it was the desire to establish a scientific approach to the growth of physical

fitness which formed the basis of the first meeting of physical educators in 1885 when the profession of physical education originates. The United States President's committee on Physical Fitness and Sports defined the term physical fitness as "the ability to carry out daily tasks with vigour and alertness without undue fatigue, with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies" (clarke, 1971). The primary mechanism of physical fitness recognized by the president's

Council on Physical Fitness and Sports were muscular strength, muscular endurance and cardio respiratory endurance. However, later on the president council also included some other motor performance mechanism i.e. agility, speed, flexibility and balance in physical fitness. But keeping in view the general opinion of the majority of the researchers, the author has not included the mechanism such as speed, agility, power and balance (which are more important for success in specified sports) as essential



mechanism of basic physical fitness, However the author defines physical fitness by the group of five mechanism, namely muscular strength, muscular endurance, cardiovascular endurance, freedom from obesity (appropriate body composition) and flexibility. It is important to state here that some of the experts (e.g.) Clarke and Clarke, 1987, AAHPERD, 1980, 1984) call such fitness tests which include the measurement of % body fat, as health-related physical fitness tests.

## METHODOLOGY

The purpose of the present study was to compare speed and strength component between sportsmen and non-sportsmen students in Anantnag District of Jammu and Kashmir. To achieve the desire objective of the study only those player were selected from Anantnag District of Jammu and Kashmir who were attending camps organized by the colleges. The data was collected by two physical fitness test i.e. 50 mt. dash and standing broad jump was use to compare these components of sportsmen and Non-sportsmen students. The age of the students ranged between from 18 to 25 years.

## RESULT AND DISCUSSION

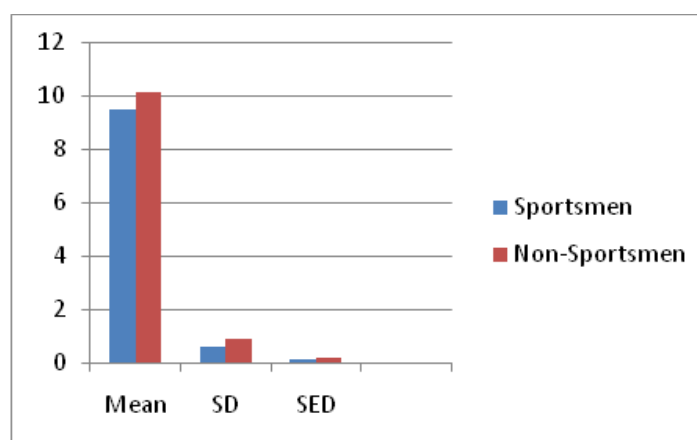
**Table 1: Comparison of Speed between Sportsmen and Non sportsmen students of Anantnag District in Jammu and Kashmir**

Students	No.	Mean	SD	SED	T
Sportsmen	25	9.54	0.58	0.11	3.126
Non-sportsmen	25	10.16	0.90	0.18	

Significance at 0.05 levels

As shows in the table – 1 Mean score of 50mt. dash test of sportsmen and non-sportsmen students were 9.5408 and 10.1652 respectively and SD was 0.58538 and 0.90290 and SED was 0.11708 and 0.18058 and t-value was 3.126 for significant at 0.05 level. It means that sportsmen students have better than non-sportsmen students in speed test.

**Graph 1**



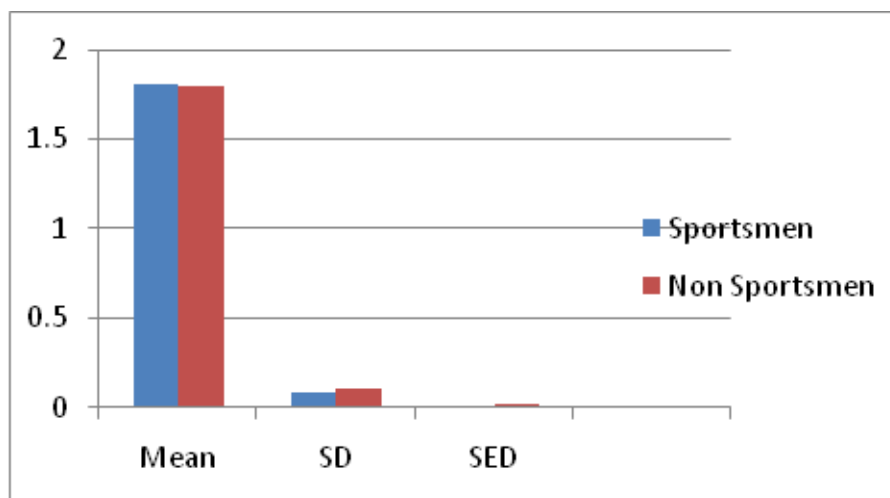
**Table 2: Comparison of strength between sportsmen and non-sportsmen students of Anantnag District of Jammu and Kashmir**

Students	No.	Mean	SD	SED	T
Sportsmen	25	1.81	0.09	0.01	0.51
Non-Sportsmen	25	1.80	0.11	0.02	

Significance at 0.05 levels

As shown in the table – 2 mean score of 50mt dash test of sportsman and non – sportsmen students were 1.8160 and 1.8008 respectively and SD were 0.09929 and 0.11409 and SED were 0.01986 and 0.02282 and t value was 0.516 for significant at 0.05 level. It means that sportsmen students have better then non – sportsmen students in strength test.

Graph 2



## CONCLUSION

It is evident that sportsmen student having more speed and strength then non sportsmen student of Anantnag District of Jammu and Kashmir.

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