



## COMPARISON OF EXPLOSIVE STRENGTH BETWEEN GOVERNMENT SCHOOL AND CONVENT SCHOOL OF DIFFERENT SECONDARY SCHOOL CHILDREN OF UTTAR -PRADESH

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### ABSTRACT :

The purpose of the study was to compare the selected physical fitness component Explosive Strength (Leg) between Government School and Convent School children. The present study was carried out 100 children of government school and 100 children of convent school from different school of Uttar Pradesh among 12-16 year of age range. The study was confined to test Explosive Strength by conducting standing broad jump. The mean difference of these groups were tested for significance by 't' test. Level of significance was set at 0.05 levels. It is evident from table I and table II that the Explosive Strength between Government School and Convent School differ significantly. Finding of the study reveals that the government school children are better than convent school.



**KEYWORDS :** Explosive Strength, standing broad jump, sampling etc.

### INTRODUCTION:

Physical fitness is one's richest possession; it can not be purchased, it has to be earned through a daily routine of physical exercises. (A.K. Uppal- 1996). The greatest thinkers and philosophers of the world have advocated importance of physical fitness to mankind. Aristotle, the Greek philosopher emphasized the physical fitness and the harmony of body and mind. Aristotle stated that "the body is the temple of soul, and to reach harmony of body, mind and spirit, the body must be physically fit." Liberal Athenians as well as rigid Spartans gave great importance to physical fitness of their people.

According to Clark (1967) physical fitness is the most appropriately considered 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 unusual situations and unforeseen emergencies. Thus Physical fitness is the ability to last, to bear up, to withstand stress, and to persevere under difficult circumstances where an unfit person would be ineffective and would quit. The definition implies that physical fitness more than "not being sick" or merely "being well". It is a positive quality extending on a continuum from death to abundant life. Thus, living individuals have some degree of physical fitness, which is minimal in the severely ill and maximal in the highly trained athlete. It varies considerably in different people and in the same person from time to time.

The physical fitness program is not an usual feature in Indian educational institutions. It is a common feeling that physical fitness is for players only, general students have to do nothing with it. Therefore, no physical fitness programs are run in the educational institutions. After attaining independence in 1947 the government of India did feel the need for introducing a scheme of physical

fitness which were launched in the year 1959 in order to raise the physical fitness status of the Indian youth.

Explosive strength in this study was consider as the ability of individual to cover maximum distance in standing long jump.

**Purpose Of The Study:**

The purpose of the study was to compare the Explosive strength Component of Government School and Convent School Children of U P

**METHODOLOGY:**

**Sampling:** Total 200 hundred male student from U P (100 government school and 100 convent school ) were randomly selected as subjects for the purpose of this study. The age of the subjects ranged between 12 to 16 yrs.

**Selection of Variables:** Among the physical fitness Explosive -Strength were selected as variables.

**Data collection and administration of test:** In this investigation the random sampling between given age range is adopted. The data was obtained by conducting standing broad jump and all possible doubts of the subjects were cleared. The entire procedure was administered to the subjects in morning and evening session with standardized equipment and material under the direct supervision of the investigator.

**Statistical Procedure:** The mean difference of these groups were tested for significance by 't' test. Level of significance was set at 0.05 levels.

**RESULT AND DISCUSSION:**

The result of this study based on scores obtained as the response of Government School and Convent School children. These scores are statistically analyzed in the term of mean, S.D. and 't' test .

**Table I: Mean and Standard Deviation of Explosive strength component between Government School and Convent School children.**

Variable	Government school		Convent School	
	Mean	SD	Mean	SD
Explosive strength	1.4857	±9.984	1.3651	±0.1513

**Table II: Significance of Differences of Means in Explosive strength component between Government School and Convent School children.**

Variable	Mean Difference	Standard Error	't' test
Explosive strength	0.1206	1.813	6.653

**Significant at 0.05 level of confidence**

**T @0.05(df=198) = 1.97**

It is evident from table I and table II that the Explosive strength performance between Government School and Convent School differ significantly at 't' value 6.653(df=198) at 0.05 level which is much more than required value.

**CONCLUSION:**

With the limitation of the study it is very clear that the government school children are differ significantly from convent school children of different secondary school of U.P. The student of government school are more active at daily routine in terms of explosive strength activity. It is because the It is also observed that sports and other form of physical activity are more popular at this school.

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