Excel's International Journal of Social Science and Humanities Vol. 1 No. 16

Excel Publication House, Aurangabad

Plot No -1/9/50-P Jaisingpura Near University,
Aurangabad - 431001, Maharashtra, India.
Mobile 9921555069, 9545162848

ijindex

ISSN 2277 - 7539 (Print)
Impact Factor - 5.631 (SJIF)

Excel's International Journal of Social Science & Humanities

An International Peer Reviewed Journal

April - 2021
Vol. 1 No. 16

EXCEL PUBLICATION HOUSE
AURANGABAD

2021

ijindex

ISSN 2277 - 7539 (Print)
Impact Factor - 5.631 (SJIF)

Excel's International Journal of Social Science & Humanities

An International Peer Reviewed Journal

April - 2021
Vol. 1 No. 16

EXCEL PUBLICATION HOUSE
AURANGABAD

ISSN 2277 - 7539 (Print)
Impact Factor - 5.631 (SJIF)

Comparison of Selected Health-Related Physical Fitness Variables Between Rural and Urban Area of Gym Practitioners

Rahul D. Magdum*

Abstract:

The objective of this paper is to compare the selected health-related physical fitness variables between rural and urban area of gym practitioners. For the current investigation total 30 gym practitioners was selected as the subjects from gym centers of Gadhinglaj Tahasil Thirty (30) subjects were selected for the collection of data which include fifteen (15) as rural area gym centers and fifteen (15) as urban area gym centers. The subjects were selected by using simple random sampling method. The variables selected for the present research work health related physical fitness variables like that muscular endurance, agility and flexibility etc. As descriptive statistics (mean and standard deviation values) were used. Student's' tests were also performed to examine if there were mean differences in each health related physical fitness variables between rural and urban area gym practitioners. It was fixed a 0.05 significance level. All analyzes were performed using Microsoft excel 2007 programme. The result of the study revealed that, there was a significant difference on flexibility between the rural and urban area gym practitioners of Gadhinglaj Tal Gadhinglaj of Kolhapur. Moreover, we can say the basic health related physical fitness level of urban area gym practitioners were better than the rural area gym practitioners.

Introduction:

Health is a very important part of human life. Regular physical activity is essential not only for healthy and for development. Being physically, mentally and emotionally healthy to keep health on the foundation of food, nutrition, social, emotional, physical fitness and lifestyle. Health-related Physical fitness can be defined as a group of attributes that are either motor or skill-related. It consists of five sections namely muscle strength, cardiovascular endurance, flexibility, muscular endurance and body composition. The primary stage and it becomes necessary for effective contribution in everyday activities. It is in everyday activities such as jogging, jumping and walking, so that children develop basic skills, which reflect their health related physical fitness.

Methodology:

For the current investigation total 30 gym practitioners was selected as the subjects from gym centers of Gadhinglaj Dist. Kolhapur. 30 subject were selected for the collection of data which include fifteen (15) as rural area gym centers and fifteen (15) as urban area gym centers. The subjects were selected by using simple random sampling method. The variables selected for the present research work health related physical fitness variables like that muscular endurance, agility and flexibility etc. The selection of tests and criterion variables are presented in the following table No.1.

Table No. 1: Selection of tests and criterion variables

ISSN 2277 - 7539 (Print)
Impact Factor - 5.631 (SJIF)

Variables	Test
Muscular Endurance	Bent Knee Sit Ups
Agility	Squat Thrusts (Burpee) Test
Flexibility	Sit and Reach Test

Statistical Analysis:

As descriptive statistics (mean and standard deviation values) were used. Student's' tests were also performed to examine if there were mean differences in each health related physical fitness variables between rural and urban area gym practitioners. It was fixed a 0.05 significance level. All analyzes were performed using Microsoft excel 2007 programme.

Table 1: Mean and SD of muscular endurance between rural and urban area gym practitioners

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Urban	15	41.40	2.32	0.78	0.87	1.10	28	2.04
Rural	15	40.53	1.96					

Table 1 shows the distribution of mean values and standard deviation and t-value of muscular endurance between rural and urban area gym practitioners. On muscular endurance score the urban had mean value of 41.40 and rural area gym practitioners had mean value of 40.53. There was no significant difference at 0.05 levels as t-value was 2.04. It showed that urban area gym practitioners had more muscular endurance than their rural area gym practitioners.

Table 2: Mean and SD of agility between rural and urban area gym practitioners

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Urban	15	7.67	2.44	0.77	0.13	0.17	28	2.04
Rural	15	7.80	1.74					

Table 2 shows the distribution of mean values and standard deviation and t-value of agility between rural and urban area gym practitioners. On agility score the urban had mean value of 7.67 and rural area gym practitioners had mean value of 7.80. There was no significant difference at 0.05 levels as t-value was 2.04.

Table 3: Mean and SD of flexibility between rural and urban area gym practitioners

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Urban	15	10.40	2.92	0.89	2.27	2.54	28	2.04
Rural	15	8.13	1.85					

Table 3 shows the distribution of mean values and standard deviation and t-value of flexibility between rural and urban area gym practitioners. On flexibility score the urban had mean value of 10.40 and rural area gym practitioners had mean value of 8.13. There was

ISSN 2277 - 7539 (Print)
Impact Factor - 5.631 (SJIF)

significant difference at 0.05 levels as t-value was 2.04. It showed that urban area gym practitioners had more flexibility than their rural area gym practitioners.

Conclusions:

The result of the study revealed that, there was a significant difference on flexibility between the rural and urban area gym practitioners of Tal. Gadhinglaj of Maharashtra state. Moreover, we can say that the basic health related physical fitness level of urban area gym practitioners were better than the rural area gym practitioners.

References:

1) Wolde, Bezabih. (2013). Comparison of physical fitness components of rural and urban secondary school female students in hadiya zone, Thesis - Physical Education & Sports, http://hdl.handle.net/123456789/6771
2) Singh, Sinku Kumar et. al. (2012). Health Related Physical Fitness Between Rural And Urban Collegiate Student Athletes, Variorum Multi-Disciplinary e-Research Journal, 2 (3), 1-7.
3) Singh, Ningombam A. (2014). Comparison of Selected Physical Fitness and Physiological Parameters of Footballers belonging to North-East and Other States. International Journal of Interdisciplinary and Multidisciplinary Studies (IJIMS), 1(5), 158-160. Available online at http://www.ijims.com.
4) Singh, Abhay (2012). Comparison of Selected Physical Fitness Components Among Cricket and Athletic Inter University Players, ISPERYS, 128.
5) Reema, B. Haffman (2003). Fitness, Health & Nutrition, New Delhi :Khel Sathitya Kendra Published, 49-50.
6) Manmeet, et. al. (2010). Comparative Study of Physical Fitness Components of Rural and Urban Female Students of Punjabi University, Patiala, Department Of Education, Punjabi University, Patiala, 12 (1), 17-211.
7) Kuriakose, Santhosh K. & Abraham, George. (2015). Comparison of motor fitness abilities of rural and urban school students. International Journal of Multidisciplinary Research and Development, 2 (11), 445-447. Available online at www.allsubjectjournal.com

Rahul D. Magdum
Shivraj College of Arts, Comm. & D.S. Kadam Science College, Gadhinglaj Kolhapur