

Physical Fitness of School Children of Imphal West District of Manipur

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ABSTRACT: The purpose of the present study is to compare the physical fitness of Government and Private school boys of Imphal West (Zone II) of Manipur. Four items of physical fitness test i.e. Vertical Jump, Sit-ups, 300 m run and 1.5 mile run are conducted on the age ranges between 12 to 14 years of altogether 600 Grade VI boys students viz. Government school (N= 300) and Private school (N= 300). By computing the data with statistical technique SPSS Software, it is found that Government school boys are older and heavier but lower in height than the Private school boys. Their age and weight average were 12.6 and 12.4 years and 41.95 and 41.00 kg, whereas in height, average was 154.19 and 155.75 cm with range of 135.00–170.00 cm and 130.00–175.00 cm respectively. Physical fitness parameter like Vertical Jump, Sit-ups, 300m run and 1.5 mile run finding were 32.76 ± 3.03 , 22.27 ± 4.63 , 1.39 ± 0.21 and 12.44 ± 0.24 respectively for Government school boys and that of Private school boys are 34.78 ± 3.69 , 27.66 ± 6.64 , 1.16 ± 0.26 and 12.16 ± 0.29 respectively. The comparison of this scores by using statistical technique found that, the Private school boys were more fit than the Government school boys by the following scores, Vertical Jump = 34.78 ± 3.69 , Sit-ups = 27.66 ± 6.64 , 300 m = 1.16 ± 0.26 and 1.5 mile run = 12.16 ± 0.29 and for Government school boys, Vertical jump = 32.76 ± 3.03 , Sit-ups = 22.27 ± 4.63 , 300m run = 1.3 ± 0.21 , and 1.5 mile run = 12.44 ± 0.24 level of physical fitness. The differences in all respect of body parameter and physical fitness parameter were statistically significant at ($P < 0.05$) level of significance between Government school and Private school boys of Imphal West (Zone II) of Manipur. The finding reveals that Private school boys dominate in their physical fitness from the Government school boys.

Key Words: Physical fitness, Vertical Jump, Sit-ups, 300 m and 1.5 mile run.

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I. Introduction:

Physical fitness varies from person to person according to the nature of work, size, shape, age and sex. For physical fitness, we require an efficient motor mechanism of movement, efficient organic function and efficient mental fitness. A physically fit individual possesses a sufficient reserve of energy to meet the demands of emergencies in which a person is unexpectedly called upon to perform activities demanding unusual expenditure of strength, energy and adaptive ability under unfavorable environment.

Physical fitness also plays a vital role in our daily life. It is necessary for reducing the risk of diseases. Everyone wants to maintain one's physical fitness because owing to physical fitness, one can perform the routine work easily. That is why it is said that physical fitness adds year to one's life. Although physical fitness varies according to the tasks to be performed, yet a certain level of physical fitness is necessary for a common man too. Physical fitness improves postures and personal appearance.

A research study in the field of physical fitness indicates that the children, who establish physical fitness in early life, are likely to remain active in future. An optimum level of fitness is essential for maintaining our daily life smoothly. A fit person obviously plays significant role for his own daily life, his family, society and above all the nation. Fitness of children is of great concern. Children who are physically fit can absorb and retain new information more effectively than children who are out of shape. Students who are physically fit can settle and pay attention in school or at home, with salutary effects on academic performance. Physical fitness can help children cope with stress. It also promotes: healthier growth and development, stronger bones, muscles and joints, better posture and balance, a stronger heart, a healthier weight range, social interaction with friends, learning new skills, better focus and concentration during school. And moreover "A sound mind is found in the sound body". Thus, the purpose of the present study was an effort to investigate the physical fitness level of Government and Private school boys of Imphal West (Zone II) of Manipur.

II. Materials And Methods

Subject:

For the present study 600 boys who were studying in Grade VI, age ranging between 12 to 14 years of 15 Government Schools (300 boys) and 15 Private Schools (300 boys) of Imphal West(Zone II) of Manipur was taken as subjects on random basis.

Selection of Tools:

Four items of physical fitness i.e. Vertical Jump, Sit-ups, 300m run and 1.5 mile run were selected to measure the fitness status of the subjects of this investigation.

Purpose of Tools:

Tools	Purpose
Vertical Jump	To measure the explosive strength of legs
Sit ups Sit ups	To measure strength of the abdominal muscle
300 m run	To measure speed endurance
1.5 mile run	Cardio-vascular endurance

Statistical Approach:

To compare the mean difference of the variables employed for the study i.e. body parameter- Age, Height and Weight and fitness parameter- Vertical Jump, Sit-ups, 300 m run and 1.5 mile run of the Government and Private School boys simple 't' test was applied. The result was statistically interpreted at .05 level of significance

III. Results And Discussion

Table 1: Body parameters of the study population

Parameters	Government School (N=300)		Private School (N=300)		t values
	Mean	SD	Mean	SD	
Age	12.62	.58	12.43	.52	4.17
Height	154.19	6.12	155.75	7.48	-2.87*
Weight	41.95	5.74	41.09	4.57	2.07

Sig (2- tailed) *Significance at .05 probability level.

Table 1 shows the Mean, SD and 't' values of the body parameter of Government and Private school boys of Grade VI students of Imphal West district of Manipur. The Private school boys (mean=12.43 ± .52) was found to be younger than Government School boys (mean=12.62 ± .58) with 't' value = 4.17. The height of the Private school boys (mean=155.75±7.48) was higher than the government school boys (mean=154.19±6.12) which was statistically significant at (P<0.05) where 't' = -2.87. On the other hand, the weight of the private school boys found to be less than the Government School (mean 41.95±5.74) with 't' value = 2.07.

Table 2: Physical fitness parameters of the study population

Parameters	Government School (N=300)		Private School (N=300)		t values
	Mean	SD	Mean	SD	
Vertical Jump	32.76	3.03	34.78	3.69	-7.13*
Sit ups	22.27	4.63	27.66	6.64	-11.99*
300 m run	1.39	0.21	1.16	.27	12.41*
1.5 mile run	12.44	0.24	12.17	.29	12.18

Sig (2- tailed)*Significance at .05 probability level.

Table 2 shows the Mean, SD and 't' values of the physical fitness parameter viz. vertical jump, sit-ups, 300 m run and 1.5 mile run of the Government and Private School boys. The Private School boys dominates in Vertical Jump and Sit ups in compare to that of Government School boys which was significant at (P < 0.05) with 't' value= -7.13 and -11.99 respectively. Besides, in case of 300 m run Private school boys consumed less time than the Government school boys which was also significant at .05 probability level with 't'= 12.41. Whereas, though Private school boys consume less time in 1.5 mile run than Government School boys, there is insignificant between the selected groups.

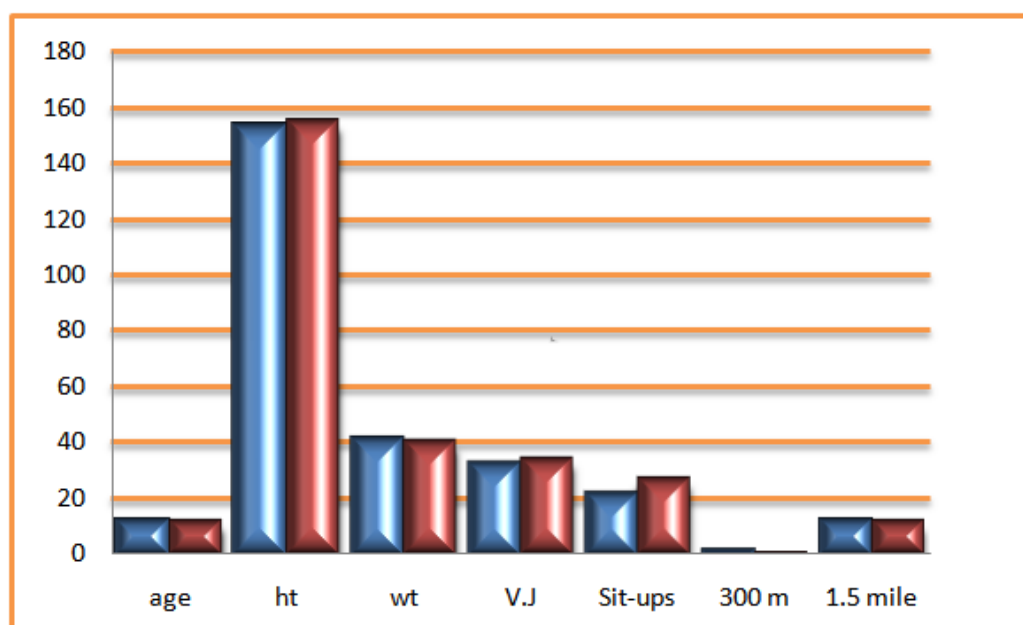


Fig. 1: Diagrammatic representation of the body and physical fitness parameters of government and private schools.

Thus, from the above findings and results, it is observed that the differences in all respect of body and physical fitness parameter were statistically significant at ($P < 0.05$) level of significance between Government school and Private school boys of Imphal West (Zone II) of Manipur. Further, it can also be mentioned that the older in age and heavier in weight of the Government school boys might be due to late enrollment in the school for formal education as well as improper physical activity. The probable reason in the variation of some of the physical parameters say Vertical Jump, Sit-ups, 300 m run and 1.5 mile run that leads to significant difference of this study population may also be difference in their growth and development during this days which can also be effect of their differences in food habit, standard of living, life style, proper guidance for performing physical fitness activity and healthy environment at home as well as school.

IV. Conclusions

The result of the present study confirmed that Government school boys dominate in age and weight while Private school boys dominate in height. Further, Private school boys dominate in all respect of physical fitness parameter. Therefore, it can be concluded that the Private school boys were more fit than the Government school boys.

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