

A Comparative Study of Physical Fitness of Coastal and Non-Coastal Areas

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Abstract:

This study on the physical fitness by coastal and non-coastal boys of High school of the Goa state was undertaken to find out the differences, if any is physical fitness of the concerned of first testing items- Pull-ups, Sits-ups, 50m Dash, Shuttle Run, Standing Broad Jump

The 100 boys age ranges from 14-16 years of high school of coastal and Non-coastal areas (50 from coastal and 50 from Non-coastal) were selected to find the difference is physical fitness by applying five testing items.

In order to conduct this study 100 boys were selected varying is age from High school of coastal and Non-coastal area of Goa State for the selection of subject the simple random sample Methods. The data consisted of record of permanent on the individual test items used and total scores for statistical analysis. Statistical treatment of data was made to find out mean and standard deviation and 't' value.

The statistical analysis showered that there were significant different in few groups of coastal and Non-coastal area of high school boys of Goa state.

Key Words: Costal, Non-Costal, Physical Fitness.

Introduction:

Physical fitness is our priceless assets, whether it is considered in terms of beauty .Strength enjoyment of life or ability to do a job. Obviously, it is a compound of many attributes, some of which almost defy analysis, others are pretty well known and generally accepted. On the purely physical sides it presupposes a sound constitution, absence of organic illness and well co-ordinate muscles.

A physically fit child is the prides of the nation. The children are world's are greatest resources. Investment in future of a nation .Today's child will be the tomorrow's leader and scientist. Because children are our future our most precious resource, the quality of tomorrow's word, perhaps even its survival will be determined by well being, safety and development of today's children .

Physical fitness is on the one of the richest possessions, it inadequacies it has to be transferred daily routine of physical exercises.

The Coastal environment is very dynamic with much cyclic and random process owing to variety of resources and habitats. It plays a vital role in nation economy by virtue of their resources, productive habitats and rich bio-diversity. India has a coastline of 7516 km and nearly 250 million people

live within a distance of 50 km from the coast. The coastal zone is endowed with a variety of coastal ecosystem like mangroves ,coral reefs, lagoons ,sea grass ,salt marsh estuary etc. coastal ecosystem are important for millions of people around the world they provide substance. The coastal ecosystem are now highly disturbed and threatened due to rapid increase of population and development activities along the coast

Methodology:

The data was collected from the students of high school students of coastal and non-coastal areas Goa states. The subjects were between the 14 to 16 years of age.

For the selection of 50 subjects from coastal and 50 from Non-coastal areas of Goa state, simple random sampling method was adopted. Total 100 subjects were selected to collect data from Goa state. The subject's ages ranged from 14-16 years.

For sampling of data the researcher meet the Heads of concerned schools and informed them about his study. Then researcher requested the authorities to provide subjects to conduct the test for the data collection of his study.

Data Analysis And Interpretation:

To take decision regarding data analysis through parametric or non- parametric statistics, an attempt has been made to know whether the score of

measured variables i.e. pulls ups, sit-up, 50 m dash, shuttle Run, standing broad jump are normally distributed or not. The obtained results for coastal and non-coastal areas high school students are presented in table

Table no 1: Group Statistics

	Region	N	Mean	Std Deviation	Std.Error Mean
Push-up	Non-coastal Area	50	16.32	2.22	0.31
	coastal Area	50	20.26	2.49	0.35
Sit-up	Non-coastal Area	50	21.90	2.14	0.30
	-coastal Area	50	27.52	2.60	0.37
50 M Dash	Non-coastal Area	50	8.68	0.54	0.08
	-coastal Area	50	8.47	0.29	0.04
Shuttle run	Non-coastal Area	50	12.88	1.02	0.14
	-coastal Area	50	12.12	0.65	0.09
Standing Broad jump	Non-coastal Area	50	1.17	0.03	0.00
	-coastal Area	50	1.20	0.06	0.01

Graph-1: Graphical Presentation of Mean score of Physical Fitness component of Students.

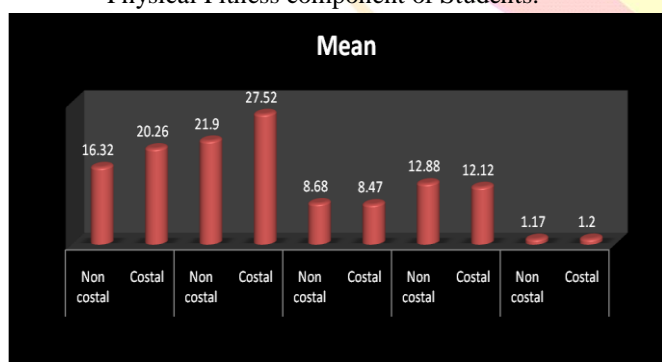


Table no 2: Independent Sample Test

	t	Df	Sig(2-tailed)	Mean Difference	Std.Error Difference
Push-up	8.36	98	0.00	-3.94	0.47
Sit-up	11.81	98	0.00	-5.62	0.48
50 m Dash	2.40	98	0.02	0.21	0.09
Shuttle Run	4.47	98	0.00	0.76	0.17
Standing Broad Jump	3.95	98	0.00	-0.04	0.01

The t value of Push-ups is 8.36 which is significant at 0.01 level of significance there is a significance difference of physical fitness of coastal and non coastal area of high school boys.

The t Value of sit-ups is 11.81 which is significant at 0.01 level of significance there is a significance difference of physical fitness of coastal and non-coastal areas of high school boys.

The t Value of 50 m Dash is 2.40 which is not significant at 0.1 level of significance there is a no significance difference of physical fitness of coastal and non-coastal areas of high school boys.

The t Value of shuttle run is 4.47 which is significant at 0.01 level of significance is a significance difference of physical fitness of coastal and non-coastal areas of high school boys

The t Value of standing Broad jump is 3.95 which is significant at 0.01 level of significance there is a significance difference of physical fitness of coastal and non-coastal areas of high school boys

Findings And Conclusion:

From the statistical analysis the following conclusion have been drawn

1. The Physical Fitness of coastal area boys was found to be better than non-coastal area in maximum strength.
2. The Physical Fitness of coastal area boys was found to be better than non-coastal area in muscular Endurance.
3. The Physical Fitness of coastal area boys was found to be better than non-coastal area in Explosive strength.
4. The Physical Fitness of coastal area boys was found to be better than non-coastal area in Speed.
5. The Physical Fitness of coastal area boys was found to be better than non-coastal area in Agility.

The research study signifies that there is significance difference in the physical fitness of the high school boys of coastal non-coastal areas of Goa state.

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