



A COMPARISON OF SELECTED MOTOR FITNESS COMPONENTS OF GIRL STUDENTS DWELLING IN NON SLUM AND SLUM AREAS IN THANE DISTRICT

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Abstract

Modern sports are becoming more and more competitive and the margin of error is decreasing from seconds to micro seconds, inches to millimeters, kilos to grams, so why this all is changing it is due to development in the sports science and with this there are lot of changes taking place and those are defiantly helping our youth to achieve greater heights day by day, for which researchers are doing studies, for studying the factors which directly or indirectly affect the performance of the athletes, for understanding one of this factor the research scholar had investigated whether environment does play any role in morphological, physical and motor fitness variable on individuals. Many research works have been conducted related to health and physical fitness & Motor Fitness, it is known that any competitive sports performance cannot be improved however the role of physical Education and sports the improvement especially for sportsman is not known. By understanding the Physical Education Fields requirement the researcher has selected "Comparison of Selected Motor Fitness Components of Girl students dwelling in Non Slum and Slum Areas in Thane District"



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Introduction:

Modern Sports has become more Competitive and Goal oriented, the margin of error is decreasing from seconds to micro seconds, inches to millimeters, kilos to grams, we can say all this is changing is due to development in the Sports Science, Kinesiology, Sports Medicine and with this there are lot of changes taking place and those are defiantly helping our youth to achieve greater heights day by day, the Researcher has studied the factors which directly or indirectly affect the performance of the athletes, for understanding one of this factor the research scholar had investigated whether environment does play any role in morphological, physical and motor fitness variable on individuals.

Many research works have been conducted related to Health, Physical Fitness & Motor Fitness, it is known that any competitive Sports performance cannot be improved without the use of Sports Science, however the role of Physical Education and Sports the improvement especially for Sportsman is not known.

By understanding the Physical Education Fields requirement the researcher has selected "A Comparison of Selected Motor Fitness Components of Girl students dwelling in Non Slum and Slum Areas in Thane District"

Objective of the study

1. To study the difference between Motor fitness Components of Higher Secondary School Girl students.
2. To suggest some guidelines to the concerned professional in the context of assessing, classifying and understanding the Motor fitness of higher secondary school Girl students from Non Slum and Slum areas of Thane district.

Hypothesis

The available research literature may help to hypothesize that-

1. HO1 There is a significant difference in selected Motor fitness of Higher Secondary School Girls of Slum areas of Thane district.

Methodology

1. The main objective of this study was to define the effect of Environment and life style on Motor Fitness on Non Slum & Slum living Girls of thane district studying in second year junior college. The methodology was being adopted by the researcher was as under.

The Sample

A sample of 1000 subjects was selected from the student's population of the 05 colleges from Thane district and 500 from 05 colleges of urban district. All subjects of the sample were divided into two equal groups. Each group consists of 500 subjects. The two groups were named as Non Slum group and Slum group respectively. The age of the sample wear 16 to 18yrs

Limitation

1. The subjects were selected from Junior colleges of thane Non Slum&Slum areas only
2. The lifestyle, Diet & nutrition was not controlled by the research Scholar
3. The Research scholar had taken the Selected Motor fitness components

Delimitation

1. This study is delimited to the selected Motor fitness components measured by Motor fitness tests.
2. This study is delimited to Higher Secondary school Girl students of Non Slum & Slum areas of Thane district.

Procedure and Tools

Descriptive method is used to study this problem. Researcher had used the following test, which includes

| | Dependent Variable | Test / Tools to be used | Scoring unit criteria for measurement |
|---------------------------------|--------------------|-------------------------|---------------------------------------|
| Motor Fitness Components | Agility | 4 X 10 mts shuttle run | sec |
| | Balance | Stork stand test | sec |
| | Power | Vertical jump | cms |
| | Speed | 50 mt/s dash | Seconds |

Method of Analysis

The data was analyzed primarily by using spss software for intra group comparison. 't' scale value was used. Independent 't' test

Comparison of Motor Fitness of the Secondary Girl students Non Slum & Slum Areas in Thane District

| Motor Fitness Variable | Non Slum Girls | | Slum Girls | | Mean. Dif | t' | p |
|------------------------|----------------|--------|------------|-------|-----------|------|-----------|
| | Mean | SD | Mean | SD | | | |
| Vertical Jump | 21.88 | 7.88 | 20.98 | 9.35 | 0.900 | 1.16 | P<(0.245) |
| 50mt. Dash | 0.5559 | 0.0967 | 0.553 | 0.103 | 0.00276 | 0.31 | P<(0.757) |
| Stork Stand | 0.184 | 0.127 | 0.199 | 0.216 | 0.0149 | 0.94 | P<(0.349) |
| 4x10 Shuttle Run | 1.270 | 0.204 | 1.269 | 0.200 | 0.0005 | 0.03 | P<(0.976) |

Analysis and Interpretation

1. Vertical Jump test the mean performance of Non Slum and Slum Girls Students on Motor Fitness Variable, were 21.88 (SD = 7.88) and 20.98 (SD =9.35) respectively. The mean difference 0.900 and 't' value is 1.16 with P< (0.245), which is no significant, which shows no difference between Non Slum and Slum Girls Students Leg Explosive Strength performance.
2. 50mt. Dash test the mean performance of Non Slum and Slum Girls Students on Motor Fitness Variable, were 0.5559 (SD = 0.0967) and 0.553 (SD =0.103) respectively. The mean difference 0.00276 and 't' value is 0.31 with P< (0.757), which is no significant, which shows no difference between Non Slum and Slum Girls Students Speed performance

3. Stork Stand test the mean performance of Non Slum and Slum XII Std Girls Students on Motor Fitness Variable, were 0.184 (**SD** = 0.127) and 0.199 (**SD** =0.216) respectively. The mean difference -0.0149 and 't' value is -0.94 with $P < (0.349)$, which is no significant, which shows no difference between Non Slum and Slum XII Std Girls Students Balance performance.
4. 4x10 Shuttle Run test the mean performance of Non Slum and Slum Girls Students on Motor Fitness Variable, were 1.270 (**SD** = 0.204) and 11.269 (**SD** =0.200) respectively. The mean difference 0.0005 and 't' value is 0.03 with $P < (0.976)$, which is no significant, which shows no difference between Non Slum and Slum Girls Students Agility performance.

RESULT

1. in comparison of mean of vertical jump test urban group is more significant but there is no significant difference in both the groups
2. in comparison of mean of 50mt dash rural group is more significant but there is no significant difference in both the groups
3. in comparison of mean of stork stand test rural group is more significant but there is no significant difference in both the groups
4. in comparison of mean of 4x10 shuttle run rural group is more significant but there is no significant difference in both the groups

Conclusions

On the basis of the above, the results can be concluded as follows:

1. The study clearly shows that there is No significant difference in Motor fitness components of Higher Secondary Girl students from Non Slum and Slum Areas in Thane District

References

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