



STUDY OF STATUS OF PHYSICAL FITNESS OF SENIOR SECONDARY STUDENTS

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Abstract

The present study was conducted to investigate the status of physical fitness of senior secondary students. For this Government Senior Secondary School of Directorate of Education, GNCT Delhi, comprised the sample of the study .828 students from 27 schools constituted the sample of the study. (AAHPERD) youth fitness test has been used for measuring the physical fitness. The study concluded that most of the students were found (72%) Average category physical fitness.



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INTRODUCTION

The development and maintenance of various allied aspects of education may prove very much important because they have their own purpose and identity to the concept of overall development of a child. Each educational system and educationists refer to the overall development of child, which may be denoted as: mental development (Cognitive development), physical and physiological development (Non-Cognitive development), social development, intellectual development, spiritual and economical development etc. Physical fitness is a basic requirement for good programmes in various achievements. It should not be forgotten that man is an individual unit, wherein all parts act and react as an integrated whole i.e. we cannot possibly divide him into different components. Numerous researchers in this connection have related physical traits to the total effectiveness of the individual physically, mentally, psychologically and socially.

Physical fitness increases academic performance, assertiveness, confidence, emotional stability, independence, memory, perception, body image, self control, work efficiency, hostility, psychotic behaviour, tension and work errors. AAHPERD defines fitness on “a state, which characterizes the degree to which a person is able to function efficiently. Fitness is an individual matter. It implies the ability of each person to live most effectively

within his potentialities. Ability to function depends upon the physical, mental, emotional, social and spiritual components of fitness, all of which are related to each other and are mutually interdependent.

Physical fitness means that the organic system of the body is healthy and functions efficiently so as to enable the fit person to engage in vigorous tasks and leisure activities. Beyond organic development, muscular strength, and stamina, physical fitness implies efficient performance in exercise or work and a reasonable measure of motor skill in the performance of selected physical activities.

The same degree of physical fitness is not essential for everyone. It depends on the factors such as the tasks you must perform and your potential for physical efforts. Physical fitness varies with the individual and with the demands and requirements of specific tasks and also according to the circumstances of a person at different times in his life. Because no set standard of physical fitness applies to all people, an optimal level depends on your age, sex, body type, vocation, or physical limitations such as those associated with diabetes or asthma.

Physical fitness is not entirely dependent on exercise. Desirable health practices also play an important role. The role to physical fitness includes proper medical care, the right kind of food in the right amounts, good oral hygiene, appropriate physical activity adopted to our individual needs, satisfying work and study, healthy play and recreation, and proper amounts of rest and relaxation.

To be successful in a higher educational experience, an optimal level of fitness is necessary. Physical ailments and emotional depression or a lack of stamina that detract from mental effort are drains on the student and can result in decreased functioning or failure in school or college. Fitness is not developed in a day or in one easy lesson. It takes time and hard work. If you have overlooked this essential to success, a good start would be to determine the contribution that physical fitness can make to you as a school student.

OBJECTIVES:

1. To find out the present status of physical fitness of senior secondary students.
2. To classify the students physical fitness in three categories namely with Good, Average and Poor.

METHODOLOGY:

Students studying in class 11th in Government Senior Secondary School of Directorate of Education, GNCT Delhi, comprised the sample of the study. 828 students from 27 schools were included in the sample of the study. The American Alliance for Health, Physical
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Education, Recreation and Dance (AAHPERD) physical fitness test battery was considered relevant for the purpose of the present study.

RESULT AND CONCLUSION:

Table displays physical fitness scores of students studying in different Government Senior Secondary Schools of Directorate of Education, Delhi. In a sample of 828 Mean the physical fitness score of the students was found 298.38 and Standard Deviation 25.38. Students obtaining a score above Mean + standard deviation i.e. $298.38 + 25.38 = 323.61$, were identified as having good physical fitness. 121 students i.e. 14.62% of the total were found as physically fit (good physical fitness category) and 113 students scored below 272.84 Mean - standard deviations i.e. $298.23 - 25.38 = 272.84$. They were put in poor physical fitness category of students i.e. 13.65% of the total sample. The number of students between good physically fit and poor physically.

TABLE
STATUS OF PHYSICAL FITNESS OF STUDENTS
CLASSIFICATION OF STUDENTS IN TERMS OF PHYSICAL FITNESS
i. e. GOOD, AVERAGE AND POOR CATEGORIES

1	2	3	4	5	6	7	8
Total No. of Students	Mean Physical fitness score	Standard Deviation (Physical Fitness Score)	Mean Plus (+) Standard deviation i.e.298.23 +25.38	Good Physical Fitness (case above 323.61)	Mean minus(-) Standard Deviation i.e.298.23 -25.38	Poor Physical fitness (cases below 272.84)	Average Physical fitness (cases between M+SD & M-SD) i.e.323.61 - 272.84
828	298.23	25.38	323.61	121 (14.61%)	272.84	113 (13.65%)	594 (71.74%)

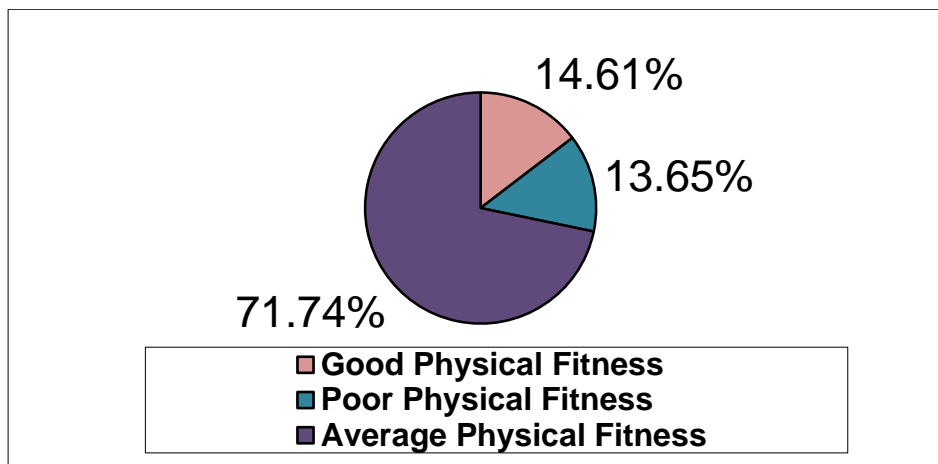
Figure shows the classification of students in terms of good, average and poor physical fitness categories of the total, 14.61% (121) are good, 13.65% (113) are poor and 71.74% (594) are average in physical fitness.

Fit students were 594 i.e. 71.74% (in between Mean + SD & Mean – SD. i.e. 326.61 & 272.84) of the total sample. In simple way it can be stated that in Delhi Government schools only 14.61% students belong to good physical fitness category on whom the progress of games and sports depends. 13.65% students belong to poor physical fitness category. They need attention of school administration, parents and state

administration. They should be provided opportunity to enhance their physical fitness so that they may be adjusted in the society in a better way. 71.74% students are of average physical fitness category they deserve attention of the authorities and parents concerned as with little effort their physical fitness can be improved and they can be put in the list of good physical fitness.

FIGURE

FIGURE SHOWING THE STATUS AND CLASSIFICATION OF STUENTS IN TERMS OF PHYSICAL FITNESS i.e. GOOD, AVERAGE AND POOR CATEGORIES



CONCLUSION

It was found that most of the students Physical Fitness were average i.e. 71.74%.

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