



**A COMPARATIVE STUDY OF PHYSICAL FITNESS OF
PARTICIPATING AND NOT PARTICIPATING IN
GAMES OF MALE- STUDENTS OF
SECONDARY SCHOOL****PATEL FENIBEN VASUDEVBHAI****Paper Received on:**
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Introduction

Human body system is the one of the greatest natural system in the world, which is the wonderful creation of the God. So it has been said that- “Sound mind in a Sound body. It emphasis that for the development of well mind it is very necessary to develop physical is also necessary. Is Sound ideas always develop only in a sound mind and for this sound mind created by the physical exercise. It is very necessary physical fitness to know about the present era of the youth thinking and action about the physical fitness. Our great Arurved System also indicated that Soul, Body and pleasure condition of the mind is our real wealth.

From the scientific research review it is conclude that regular exercise support to the great healthy life. It is also comes to know that the sitting style without doing any work style life is the responsible for the many human diseases. Many of the disease shown are shows that these are the entered by the laziness of the human kind in the general life. Statistics of the National Health shows that most of the complaints in the



hospital development of the fat, heaviness and tiredness noted by the physicians. Physical Fitness develops by the regular and necessary exercise with pleasant life. Perfect desirable pleasant life is the high level

physical fitness. Dull physical fitness and bad habits of life; both are the dangerous for the health and daily life of the human kind.

Every Nation has to come with this kind of the human problem. Every Nation has to start health and awareness programme for the physical programme. “Competency for Life” is the basic and important thing and should be generalized as National maxims for any kind of sports and competition.

Research on the physical education has mainly focus on the physical fitness. It is also noted that the physically fit man is well enough eligible for the striking the fatigue than the unfit man. Physically fit Person is also capable well and ready for the unexpected physical pressure, it is only possible through regular exercise for the physical fitness. The working condition of the heart of the physical fit person is as well as the heart becomes stronger and workable condition developed for the physical awareness.

Physical Educationalist has underlined the focus on the main objectives of the physical fitness. There should be stimulation create to attempts improvement in the criteria of sports and individual differences for the male and female separately in the context of physical limitation as well as social relationship. There should also necessary to emphasis on for the physical development of all children and should be not avoided at any condition and cost



Statement of the problem:

A COMPARATIVE STUDY OF PHYSICAL FITNESS OF PARTICIPATING AND NOT PARTICIPATING IN GAMES OF MALE- STUDENTS OF SECONDARY SCHOOL

Objectives of the study:

1. To study the physical fitness of participating and not participating in games of male-students of higher secondary school.
2. To study the physical fitness of male students with reference to higher secondary school.
3. To study the physical fitness of male-students participating in games with reference to higher secondary school.
4. To study the physical fitness of male-students participating in games with reference to higher secondary school.
5. To study the physical fitness of students participating and not participating in games of higher secondary school with reference to variable of Body Mass Index, . Capacity on Breath Out, Capacity on breath in, Sit and reach, Bandy Sit-Ups, Standing Broad Jump, Shuttle Run and 50 Yard dash.

Population of the study

There are two types of words used for the population interchangeably, one is Population and second one is Universe. A population is defined as the totality of particular characteristics for any specified groups of Individuals or objects. So, in this present



research Population of the study was selected randomly from the school group of Vijapur Taluka from Mehsana District of Gujarat region.

Sampling of the research

According to David Fox : “In the social sciences, it is not possible to collect data from every respondent selection to our study but not only from some functional part of the respondent.” The process of selecting functional part of the respondent is calling sampling. A sample may be defined as a selected number from the population to represent it. Generally, this selection is done according to some rule or plan. By studying the sample, some inferences may be made about the population. In sampling study’s conclusions derived from the population by just watching a few units or few individuals of the population. So it is necessary to examine the question of the degree of reliance which can be placed on the sample estimates. The sample for the study was selected by using random sampling method from the school group of Vijapur Taluka from Mehsana District of Gujarat region. There are two type of group selected for the study purpose are given as under.

Sample of the Study

	Type of Group	Sample
Group-A :	Students Participate in Games	100
Group-B :	Students Not Participate in games	100
Total	Total	200



Operational Definitions of the Terms:

Operational definitions of the different terms in the present study are given as under.

Participating in Games

Those who are practice daily the exercise of the sports with following rules of the sports in indoor games or outdoor games regularly as well as practice the exercise and participates in various competition of sports and gets regular training of physical fitness and takes parts in games.

Not Participating in Games

Those who are not practice daily the exercise of the sports with following rules of the sports in indoor games or outdoor games regularly as well as not practice the exercise and participates in various competition of sports and not gets regular training of physical fitness and do not participate in games.

Delimitations of the Study:

According to John W. Best “This recognition helps to focus attention on valid objectives and help to minimize the dangers of over generalization”. Present study is delimited for the following limitation.

- Present study is delimited for the school students of higher secondary school of Vijapur Taluka from Mehsana District of Gujarat region. for the age group of 14-17 years Male students only.
- Types of Taking Food or nutrition of food used by the male students dimension not taken into consideration.



- Gender Differences are not taken into consideration.
- Heridity Differences are not taken into consideration.
- Present study is delimited for the only the tool used for the measurement.

Major Findings of the study:

Major findings of the present study are given as follows.

TABLE NO :1

Body Mass Index Description (Students Participating in Games)

Sr. No	BMI Measure	Frequency	Result
1	Less than 18.5 BMI	48	Less Weight
2	18.5 to 24.9 BMI	46	Proper Weight
3	25 to 29.9 BMI	6	More Weight
4	Greater than 30 BMI	0	Fat Body

From the above table it is noted that, less than 18.5 BMI (Less Weight) students are 48 %, 18.5 to 24.9 BMI (Proper Weight) students are 46%, 25 to 29.9 BMI (More Weight) students are 6% and no one is found Greater than 30 BMI (Flat Body).

TABLE NO :2

Body Mass Index Description (Students not Participating in Games)

Sr. No	BMI Measure	Frequency	Result
1	Less than 18.5 BMI	66	Less Weight
2	18.5 to 24.9 BMI	31	Proper Weight
3	25 to 29.9 BMI	3	More Weight
4	Greater than 30 BMI	0	Fat Body

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From the table no 2 it is noted that, less than 18.5 BMI (Less Weight) students are 66 %, 18.5 to 24.9 BMI (Proper Weight) students are 31%, 25 to 29.9 BMI (More Weight) students are 3% and no one is found Greater than 30 BMI (Flat Body).

TABLE NO :3

Body Mass Index Description (on total sample)

Sr. No	BMI Measure	Frequency	Result
1	Less than 18.5 BMI	114	Less Weight
2	18.5 to 24.9 BMI	77	Proper Weight
3	25 to 29.9 BMI	9	More Weight
4	Greater than 30 BMI	0	Fat Body

From the above table it is noted that, less than 18.5 BMI (Less Weight) students are 57 %, 18.5 to 24.9 BMI (Proper Weight) students are 37.5 %, 25 to 29.9 BMI (More Weight) students are 4.5% and no one is found Greater than 30 BMI (Flat Body).

Hypothesis of the study:

Major findings related to the Hypothesis are as follows

- There is significant difference found between between mean score of physical fitness of participating and not participating in games of male students of secondary school with reference to Body Mass Index (BMI).
- There is significant difference found between between mean score of physical fitness of participating and not participating in games of male students of secondary school with reference to Capacity of breathing out.



- There is significant difference found between between mean score of physical fitness of participating and not participating in games of male students of secondary school with reference to Capacity of breathing in
- .There is significant difference found between between mean score of physical fitness of participating and not participating in games of male students of secondary school with reference to Sit and reach
- .There is significant difference found between between mean score of physical fitness of participating and not participating in games of male students of secondary school with reference to Sit-Ups.
- There is significant difference found between between mean score of physical fitness of participating and not participating in games of male students of secondary school with reference to Standing Broad Jump
- There is significant difference found between between mean score of physical fitness of participating and not participating in games of male students of secondary school with reference to shuttle run.
- There is no any significant difference found between mean score of physical fitness of participating and not participating in games of male students of secondary school with reference to 50 yard dash.