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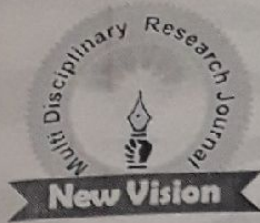
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Comparative Study of Health Related Physical Fitness Among girls of Maharashtra

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Introduction:

“Good health is mans priceless treasure if one does not process health, one Cannot enjoy success property and other files comforts.”

In our Nation Over the performance of the country in the field of sports has shown a great set back which has given as view to realize that if the country has to make any progress in the field of physical education and sports, the only effective way is to strengthen the base of phramid.

Structure of performance which could be done through broad basing physical education, sports and fitness activities right from elementary school to higher secondary education level.

There are many factors which may effect on girls participation in games and sports ,1). There is a lack of orientation of the people living in Indian society taking part in games and sports for girls has not became a common phenomenon. 2). Whatever little facilities for games and sports are available to girls, they are confined to urban areas. The rural girls are deprived of taking benefit of such facility. 3). The habit of participation in games and sports is not inculcated systematically in rural areas. 4). There is a general superstition among the people that girls' participation in games and sports causes loss of feminity. The participating girls might look "Torn Boys'. 5). The girls in our society of rural areas have to look after the family/household jobs to be good house wives. 6). The male dominating society assumes that the personality of women should be submissive, introvert, delicate, sensitive, tolerant, shy, weak and sincere.

Girls constitute that section of population which has least benefited from these advancements. The prevailing conditions in India, and especially in rural area, have often precluded the actual enjoyment of girls of the right to have access to health facilities on par with men. Girls often experience a greater degree of malnutrition than men. No surprising that the health of girls is very poor. Since proper health hinges on the combined effect of three distinct, yet intimately related, aspects of health services

cultivate, preventive and primitive, girls's access to all of them are poor. Girls have some special health needs due to their exclusive health capacity to give birth. The rural girls's health is trapped in a vicious circle. There is inadequacy or unaffordability of primitive, preventive and curative health services. So special attention has to be given to the health status of rural girls.

Objective of the Study

To compare the health related physical fitness components among girls of government schools of Maharashtra.

Methodology

Selection of the Subjects

The study was designed to find out the health related physical fitness among girls Maharashtra studying in different types of government Schools of Urban, Semi Urban, and Rural areas of age of Students were between 12-17 years. One hundred fifty subjects were selected from each school. Total four hundred fifty subjects were randomly selected as subjects.

Collection of data

The data was collected by administrating the test. Data was taken at their respective Schools when they were not busy and had enough time to spare for testing.

Criterion Measures

The collection of Data for this study was taken with the help of test which were given below:

1. The score of Abdominal Muscular Strength made by the individual on Bend Knee Sit-Ups Test. The score was recorded as the total number of correct sit-ups in thirty seconds.
2. Shoulder Muscular Strength was measured by Flexed Arm Hang Test and it was recorded in seconds.
3. Body fat percentage was measured by the Lange Skin Fold Calipers and the sum of the skin fold thickness of all the four sites of the body was converted into percentage of body fat given by Rehman and Durnin.
4. Agility was measured by Shuttle Run and it was recorded in seconds.
5. Cardio Respiratory Endurance was measured by the Cooper's 12-Mmute Run/Walk and the score was recorded to the nearest 25 meter.
6. Flexibility was measured by Sit and Reach Test. The score was recorded in inches.

Statistical techniques.
To compare the various components of Health Related Physical Fitness among the girls studying in different type of government school (Rural, Urban, Semi Urban), an One way Analysis of Variance Technique (ANOVA) was applied at .05 level of significance.

Results

Table-1: Analysis of Variance of Abdominal Muscular Strength among Girls of Different Schools

Source of variance	Degree of freedom (df)	Sum of squares (SS)	Mean squares (M.S)	F-Ratio
Between the $\text{STMUP} \text{---} \text{J}$	2	2053.618	1026.809	59.692*
Within the group	447	7689.147	17.202	

$F_{0.05}(2, 447) = 4.66$

Table-1 revealed that there was significant difference in the different type of government girls' schools in relation to Abdominal muscular strength as obtained F-ratio was 59.692 which was higher value than the tabular value 4.66, required for F-ratio to be significant. Since the one way analysis of variance was found significant in relation to abdominal muscular strength, the least significant difference (LSD) test was applied.

Table-1.1: Post -Hoc Test for the Means of all Different Type of Government girls Schools in Relation To Abdominal Muscular Strength

Means (M)			Mean Difference (M.D.)	Critical Difference (CD)
I Urban	II Semi Urban	III Rural		
12.49	11.37		U2*	.076
12.49		16.36	3.86*	
	11.37	16.36	4.98*	

It is evident from table-1.1 that mean difference of all different type of government schools in relation to Abdominal Muscular Strength was found to be significant. Further while comparing the mean difference between group I (Urban Govt. School), group II (Semi Urban Govt. School), group III (Rural Govt. School) a greater difference (4.98) was found in case of group II and group III, Thus it can be concluded that the health related physical fitness component of Abdominal Muscular Strength is found better in rural govt. girls schools.

Table-2: Analysis of Variance of Shoulder Muscular Strength among Girls of Different Schools

Source of variance	Degree of freedom (df)	Sum of squares (SS)	Mean squares (M.S)	F-Ratio
Between the group	2	4248.444	2124.222	19.797*
Within the group	447	47963.013	107.300	

* $F_{0.05}(2, 447) = 4.66$

Table-2 revealed that there was significant difference in the different type of government Girls schools in relation to Shoulder muscular strength as obtained F-ratio was 19.797 which was higher value than the tabular value 4.66, required for F-ratio to be significant. Since the one way analysis of variance was found significant in relation to Cardio Respiratory Endurance, the least significant difference (LSD) test was applied.

Table-5.1: Post -Hoc Test for the Means of Different Type of Government Schools in Relation To Cardio Respiratory Endurance

Means (M)			Mean Difference (M.D.)	Critical Difference (CD)
I Urban	II Semi Urban	in Rural		
1294.53	1498.53		204.00*	59.82
1294.53		1 580.40	285.87*	
	1498.53	1580.40	81.87*	

It is evident from table-5.1 that mean difference of all different type of government schools in relation to Cardio Respiratory Endurance was found to be significant. Further while comparing the mean difference between group I (Urban Govt. School), group II (Semi Urban Govt. School), group III (Rural Govt. School) a greater difference (285.87) was found in case of group I and group III. Thus it can be concluded that the health related physical fitness component of Cardio Respiratory Endurance is found better in rural govt girls schools.

Table-6: Analysis of Variance of Flexibility among Girls of Different Schools

Source of variance	Degree of freedom (df)	Sum of squares (SS)	Mean squares (M.S)	F-Ratio
Between the group	2	1309.663	654.831	34.307*
Within the group	447	8532.050	19.087	

*F 0.05 (2, 447) =4.66

Table-6 revealed that there was significant difference in the different type of government schools of girls in relation to Flexibility as obtained F-ratio was 34.307 which was higher value than the tabular value 4.66; required for F-ratio to be significant.

Since the one way analysis of variance was found significant in relation to Flexibility, the least significant difference (LSD) test was applied.

Table-6.1: Post -Hoc Test for the Means of Different Type of Government Schools in Relation to Flexibility

Means (M)			Mean Difference (MD)	Critical Difference (CD)
I Urban	II Semi Urban	IU Rural		
9.17	11.86		2.69*	.0807
9.17		13.29	4.12*	
	11.86	13.29	1.43*	

It is evident from table-6.1 that mean difference of all different type of government schools in relation to Flexibility was found to be significant. Further while comparing the mean difference between group I (Urban Govt. School), group II (Semi Urban Govt. School), group III (Rural Govt. School) a greater difference (4.12) was found in case of group I and group III. Thus it can be concluded that the health related physical fitness component of Flexibility is found better in rural govt girls schools.

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