



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2019; 6(1): 01-03
© 2019 IJPESH
www.kheljournal.com
Received: 01-11-2018
Accepted: 03-12-2018

Bilal Ahmed Khan
M.Phil. Research Scholar,
Mewar University, Chittorgarh,
Rajasthan, India

Comparative study of physical fitness variables between deaf/dumb and blind students

Bilal Ahmed Khan

Abstract

The purpose of the study was to find out the Study of Physical Fitness Between Deaf/dumb and blind Students of Chittorgarh Rajasthan. For the present study the source of subjects were selected from the deaf/dumb and blind school of Chittorgarh Rajasthan. Sixty (60) students were selected as the subjects from deaf/dumb and blind schools of Chittorgarh Rajasthan. Out of sixty subjects 30 students were selected from deaf/dumb and 30 from blind schools of Chittorgarh Rajasthan. The subjects were selected by using simple random sampling method. In this study comparison of two physical variables i.e. strength and flexibility were taken into consideration from both deaf/dumb and blind students of Chittorgarh Rajasthan. For the present study data pertaining to various physical variables were collected through the administration of various tests.

The data for the study is to be collected and statistical analysis and interpretation of data were be done by using statistical technique 't' test because only two groups are considered one group from deaf/dumb population from various deaf/dumb schools of Chittorgarh Rajasthan and other group from blind section of the various schools of Chittorgarh Rajasthan.

Keywords: Physical fitness variables, deaf/dumb, blind students

Introduction

Physical fitness is the positive state of well-being allowing you enough strength and energy to participate in a full, active life-style of your choice. Physical fitness is the general capacity to adapt favorably to physical effort. Individuals are physically fit when they are able to meet both the usual and unusual demands of daily life, safely and effectively with undue stress or exhaustion. Physical fitness is the capacity to carry out reasonably well various forms of physical activities without being unduly tired and includes qualities important to the individual's health and well-being. The fit person is one who is free of limiting and debilitating ailments, who has the stamina and skill to do the day's work and who has sufficient reserve of energy not only to meet emergencies but also to participate in leisure time activities. Physical fitness is one phase of total fitness, and it may be used inter-changeably with motor fitness. Other phases of total fitness include social fitness, emotional fitness, mental fitness etc.

Flexibility:

The range of movement in a joint or sequence of joints is known as flexibility. For example, touching of fingers to toes while sitting or standing without bending knees.

Flexibility is generally defined a looseness or suppleness of the joint. More specially, flexibility is the range and the extent of the movement of a joint. Some individuals have a wide range of motion; others range of motion is fairly limited. Joint flexibility is controlled by a number of factors: the joint capsule contributes approximately 47 percent to the range of motion, the muscles contribute 41 percent, the tendons contribute 10 percent, and the skin contributes 2 percent. Because the joint capsule itself is rigid, the emphasis when attempting to increased or decrease flexibility is placed on the muscle and skin tissue. Stretching exercises enable these tissues to increase the range of the movement. Conversely, strengthening exercises may tighten up the muscles and tendons and can decrease the range of movement if not done correctly through the full range of motion.

Correspondence
Bilal Ahmed Khan
M.Phil. Research Scholar,
Mewar University, Chittorgarh,
Rajasthan, India

Strength

Strength is perhaps the most important motor ability in sports because all movements in sports are caused by muscle contraction. Therefore, strength is a part and parcel of all-motor abilities, technical skills and tactical actions (Uppal' 2000). The development of strength has almost certainly been the greatest factor to enhance performance in sports but it is not a new concern. Theories of the best way to build up strength date back at least to ancient Greek times, when Milo reputedly carried a bull calf every day from the day it was born until it was fully grown. As the bull grew and became heavier, Milo's strength levels improved to compensate, in a form of early progressive resistance training (Paish, 1998).

Dumb

By nature in-capable of any speech like that of human being.

Deaf

Deaf are described as those in whom the sense of hearing is non-functional or below certain standard for the ordinary purposes of life.

Blindness

Blindness is defined as the state of being sightless. A blind individual is unable to see.

Methodology

Source of data

For the Present study the Subjects were selected from the deaf/dumb and blind school of Chittorgarh Rajasthan.

Selection of Subjects

For the present study total 60 students were selected as the subjects from deaf/dumb and blind schools of Chittorgarh Rajasthan. Out of Sixty subjects 30 students were selected from deaf/dumb and 30 from blind schools of Chittorgarh Rajasthan.

Sampling Methods

The subjects were selected by using simple random sampling method.

Collection of Data

For the present study data pertaining to various physical and physiological variables were be collected through the administration of various tests.

Criteria Measures

The criterion Measures selected to collect the data for testing of hypotheses were as under.

Analysis and interpretation of data

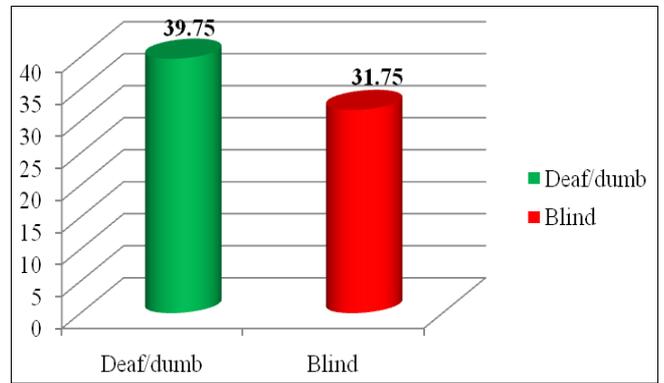
The data for the present study was collected from 30 deaf/dumb school students and 30 blind school students of Chittorgarh Rajasthan selected randomly. The statistical analysis of the data gathered for the comparison of grip strength and flexibility of deaf/dumb and blind school students of Chittorgarh Rajasthan. The findings of the study can be given under the following two headings:

Level of significance

The level of significance is 0.05 for testing the hypothesis.

Table 1: Mean difference of hand grip strength between deaf/dumb and blind school students

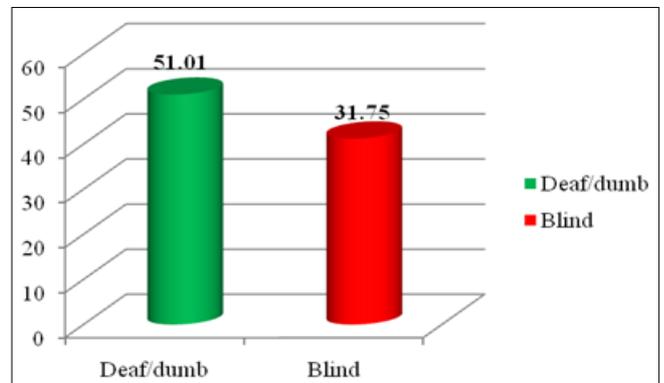
Group	Mean	S.D.	M. D.	O.T	T.T.
Deaf/Dumb	39.75	7.37	8	3.50	2.00
Blind	31.75	7.07			



Graph 1: Graphical representation of mean difference of hand grip strength between deaf/dumb and blind students

Table 2: Mean difference of flexibility between deaf/dumb school students and blind school students

Group	Mean	S.D.	M.D.	O.T.	T. T.
Deaf/Dumb	51.01	7.70	9.74	5.01	2.00
Blind	41.27	4.00			



Graph 2: Graphical representation of mean difference of flexibility between deaf/dumb and blind students

Conclusion

On the basis of the result drawn with the mentioned methodology the following conclusion were drawn out. There was found significant difference in physical parameters between Deaf/Dumb and Blind students of Mewar University, Chittorgarh Rajasthan. The study showed the partially significant difference among the mean of selected items of the groups. The conclusion of this research work May aware the Deaf/Dumb and Blind students as well as players about physical parameters while performing any physical activity.

References

1. Arnett *et al.* Double-Blind Study of Possible Proximity Effect of Sucrose on Skeletal Muscle Strength. *Percept Mot Skills.* 2005; 89:3.
2. Bucher CA. *Foundation of Physical Education*, St. Louis: The C. V. Mosby Co, 1960.
3. Chen CC. The Impact Of Rope Jumping Exercise on Physical Fitness of Visually Impaired Students, *Res Dev Disabil.* 2011; 32:1.
4. Daşkapan A. Effects of Two Different Quadriceps Strengthening Exercise Approaches on Cardiovascular Fitness in Healthy Female Subjects: A Single Blind Randomized Study. *J Back Musculoskeletal Rehabil.* 2012; 25:2.
5. Draper *et al.* The Carry-Over Effects of Diathermy and Stretching In Developing Hamstring Flexibility. *J Athl Train.* 2002; 37:1.

6. Freriksen *et al.* Attitudes of Children And Adolescents Toward Persons Who Are Deaf, Blind, Paralyzed or Intellectually Disabled, *Research In Development Disability*. 2013; 34:2.
7. Gheitury *et al.* Investigating Deaf Students Knowledge of Persian Syntax: Further Evidence for A Critical Period Hypothesis, *Neurocase*. 2013; 11:5.
8. Lakshmi Vijay. *Physical Fitness*, Delhi: Vivek Thani Khel Sahitya Kendra, 2009.
9. Lambert. *Physical Fitness and Physiological Parameters of Sport Persons*. *European Journal Sport Science*. 2013; 8:13.