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Comparative Study on Selected Component of Physical Fitness between Jangalmahal Area and Non Jangalmahal Area College Student of West Bengal

Anindya Bhowmik, Sujan Barman, Ajoy Bag

Abstract

In the present study, an attempt has been made to compare physical fitness components power, agility, and strength in between Jangalmahal area and Non Jangalmahal Area College going student. The present studies thirty (30) college student fifteen male and fifteen female were randomly selected from Seva Bharati Mahavidyalaya (SBM), which established at Jamboni block. The Jamboni block is found properly Jangalmahal area in Paschim Medinipur district in West Bengal state. Other thirty college student fifteen male and fifteen female were randomly selected from Debra Thana Sahid Khudiram Smriti Mahavidyalaya (DTSKSM) at Debra block. The Debra block is out of Jangalmahal area and more popular and crowded area in Paschim Medinipur district in the same domicile. Age range of selected subjects in present studies were in between 19 to 23 year. The selected physical fitness component were evaluated in the present study through standing broad jump>power, zigzag run>agility, medicine ball put>shoulder strength (selected fitness component test were designed according to Barrow Motor Ability Test) and “t” test used to test the hypothesis.

Keywords: Physical Fitness, Power, Agility, Strength

Introduction

It is very difficult to define precisely what physical fitness means, but it is clear that we generally relate it to the accomplishment of a particular task assigned to a person. If he is able to do job, we declare him fit for the job, otherwise not. The task may be easy or difficult. If the task is easy, it can be performed with a little effort but if it is tough, then great amount of effort is needed to accomplish it. A person therefore, may be fit to do an easy task, but unfit to do a heavy one. “A measure of the body’s ability to function efficiently and effectively in work and leisure activities, resist hypokinetic diseases (diseases from sedentary lifestyles), and to meet emergency situations.” It depend on tenth major factors Body composition, Strength, Cardiovascular Fitness, Flexibility, Muscular Endurance. This five factors are Health Related and can be developed through proper training methods. Agility, Balance, Coordination, Power, Speed. The last five factors are Skill Related and which can be improved through regular practice of motor skill, but the two factors power and speed which require in both. Physical fitness is different in different environment. Personal and environmental factors to consider when aiming to improve participation in physical activity in children with Spina Bifida: a qualitative study. The Motor ability has been defined as the present acquired and innate ability to perform motor skill of a general and functional nature, exclusive of highly specialized sports techniques. The motor fitness is the limited phase of physical fitness. We can measure the motor ability of individual through the measure of fitness element. Considering it as a single innate ability, the early researchers defined Motor ability as “a general physical efficiency” (Mc. Cloys), “the immediate capacity of individual to perform various students or many athletic event” (Mathews).

Methodology

Selection of Variables

VARIABLES	TEST
1. Power	Standing road Jump
2. Agility	Zigzag Run
3. Shoulder strength	Medicine Ball Put

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Testing procedure

Standing Broad Jump – With the feet parallel to each other and behind the starting line, the subject bends the knees and swings the arms and jump as forward as possible. Within three trial highest were recorded in feet & inch.

Zigzag Run – The subjects performed the test in drawing field as prescribed for zigzag run test in Barrow Motor Ability Test. Then time were recorded in second.

Medicine Ball Put - The subject stands between two restraining lines which are 15 feet apart. He / She then attempts to propel the sixteen-pound (for female) and eight-pound (for male) medicine ball out as far as possible without over stepping on the restraining line. But subject hold the ball at the junction of his neck and shoulder and try to throw the ball at the body approximately 45 degrees. Within three trials highest were recorded in feet & inch.

For statistical analysis of the collected data mean and standard deviation were first calculated. Then “t” test used to assess the significant. The significant was set at 0.5.

Result

The calculated data on sanding broad jump, zigzag run, medicine ball throw of both college students have been statistical analyzed and presented in tabular form.

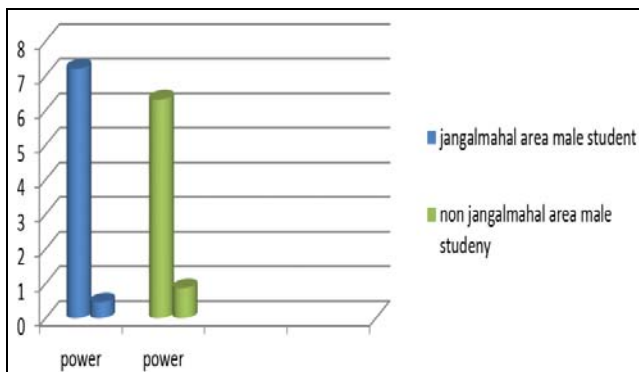
Table I: indicate Mean S.D and t value of both area male student.

Jangalmahal			Non Jangalmahal		
Variable	Mean	S.D	Mean	S.D	‘t’ value
Power	7.214	0.462	6.319	0.872	3.523
Agility	23.243	0.814	24.871	2.445	3.951
Strength	25.525	2.355	20.07	1.79	7.149

*Significant at 0.05 level

Table 1 it was found that mean and SD of power of jangalmahal male students were 7.214, 0.462 (feet) and non jangalmahal male were 6.319, 0.872 (feet). The calculated t-value 3.523 as shown in the table no. I was found significantly higher then tabulated value 2.045 which was required it to be significant at 0.05 level of significance. Jangalmahal area male college student exhibited better power then non Jangalmahal area male college student.

Picture- I

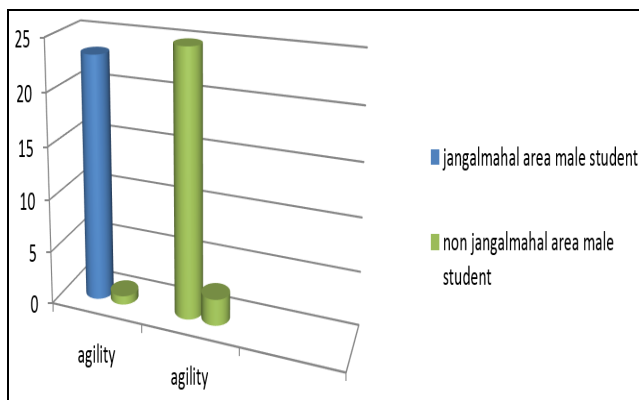


Mean and SD of power of Jangalmahal and non Jangalmahal area male student.

Table I it was found that mean and SD of agility of Jangalmahal area male student were 23.243, and 0.814 (sec) and non Jangalmahal were 24.871, 2.445 (sec). The calculated t-value 3.951 as shown in the table no. I was found significantly higher than tabulated value 2.045 which was required it to be significant at 0.05 level of significance.

Jangalmahal area male college student exhibited better agility then non Jangalmahal area college student.

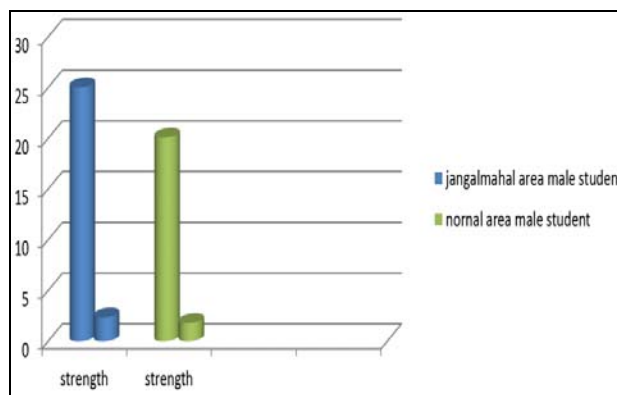
Picture- II



Mean & SD of agility of Jangalmahal and non Jangalmahal area male student

Table I it was found that mean and SD of strength of Jangalmahal area male student were 25.525, 2.355 and non Jangalmahal were 20.07,1.79 (feet). The calculated t-value 7.149 as shown in the table no. I was found significantly higher then tabulated value 2.045 which was required it to be significant at 0.05 of significance. Jangalmahal area male college student exhibited better strength then non jangalmahal area male college student

Picture- III



Mean & SD of strength of Jangalmahal and non Jangalmahal area male student.

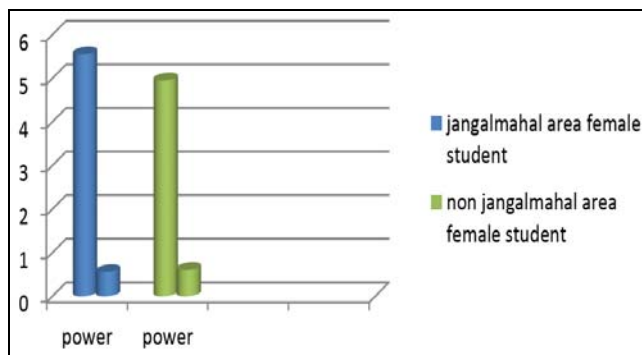
Table II: indicate mean, SD and t-value of both area female student.

VARIABLES	JANGALMAHAL		NON JANGALMAHAL		‘T’ VALUE
	MEAN	S.D	MEAN	S.D	
power	5.547	0.555	4.951	0.603	2.810
agility	26.829	2.376	30.212	1.902	4.309
strength	18.400	4.539	13.634	2.964	3.406

*Significant at 0.05 level.

The table II it was found that mean and SD of power of Jangalmahal area female student were 5.547, 0.555 and non jangalmahal were 4.0951 and 0.603. The calculated t-value 2.810 was shown in the table no. II was found significantly higher then tabulated value 2.045 which required it to be significant at 0.05 of significant. Jangalmahal area female student exhibited better power then non jangalmahal area female.

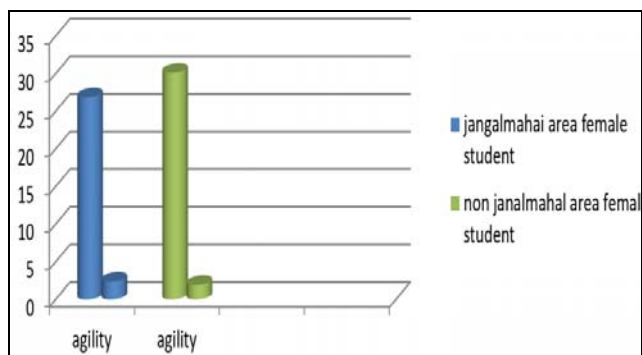
Picture - I



Mean & SD of Jangalmahal area and non Jangalmahal area female student.

The table II it was found that mean and SD of agility of jangalmahal area female were 26.829, 2.373 and non jangalmahal were 30.212, 1.902. The tabulated t-value 4.309 was shown in the table no. II was found significantly higher than tabulated value 2.045 which required it to significant at 0.05 of significant. Jangalmahal area female exhibited higher agility then non Jangalmahal area female.

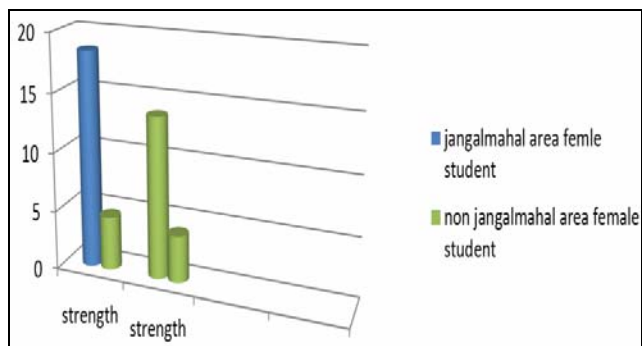
Picture - II



Mean & SD of agility of Jangalmahal and non Jangalmahal area female student.

The table II found that mean and SD of strength of jangalmahal area female were 18.400, 4.539 and non jangalmahal were 13.639,2.964.The calculated t-value 3.406 was shown in the table no. II was found significantly higher than tabulated value 2.045 which required it to be significant at 0.05 level of significance. Jangalmahal area female exhibited better strength then non Jangalmahal female.

Picture – III



Means & SD of strength of Jangalmahal and non Jangalmahal are female student.

Discussion

According to health and exercise science in order to keep healthy, a person must sweat out at least 30 minutes a days for three days a week. A healthy of fit person has an influence on the risks of morbidity and mortality, and therefore can reduce these risks. Disease prevention and health promotion should be implemented as early as possible both in childhood and adolescence. Previous studies have focused on specific health behavior. Regular physical activity prevents or limits weight gain, and gain in body mass index (BMI). The above mentions table shown that there have significant on selected component of fitness of Jangalmahal area and non jangalmahal area student. Jangalmahal both male & female student are better fitness level then non Jangalmahal area. The Jamboni block is found in Jangalmahal area in Paschim Medinipur district. The jangalmahal area is more interior area in Paschim Medinipur district in West Bengal. A similar type of results were obtained in the work of Mehtap and Nihal (2005) who conducted a study on physical fitness in rural children compared with urban children in Turkey and found that children living in the urban areas were more inactive and obese than rural children. Manmeet Gill, Nishan Singh Deol and Ramanjit Kaur (2010) [4] were conducted a study on selected fitness component of urban and rural female student of Panjab university and found that female rural are comparatively better then urban.

Conclusion

On the base of t test the present study it was conclude that there is significant difference in power, agility and strength. It also conclude that Jangalmahal area both male & female students power, agility, and strength have better then non Jangalmahal or normal area student.

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