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Comparative study of physical fitness between Aarohi and government school's boys students

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Abstract
Physical fitness is a general state of health and well-being or specifically the ability to perform aspects of sports occupations. Before the industrial revolution, fitness was the capacity to carry out the day's activities without undue fatigue. Therefore, observing the felt requirement, we consider it necessary to attempt to study the physical fitness between five Aarohi and fifteen Government schools of Mewat district. For the purpose to examine the physical fitness of 50 boys students of Aarohi and 50 boys students of Government schools of Mewat district were randomly selected to serve as subjects. To compare and analyze the data, 't' test was employed. As per the statistical analysis, significant difference in the physical fitness between Aarohi and Government schools of Mewat district was found. This clearly indicated that the mean physical fitness of Aarohi school's boys students was significantly higher than mean the physical fitness of government school's students of Mewat district of Haryana state.

Keywords: Physical fitness, study, activities

1. Introduction
Physical fitness is a general state of health and well-being or specifically the ability to perform aspects of sports occupations. Before the industrial revolution, fitness was the capacity to carry out the day's activities without undue fatigue. However with automation and changes in lifestyles physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic, and to meet emergency situations.

The physical training deals mainly with the preparation the players physically for his profession as sportsman. The players must be developed to the highest individual potential standard physical efficiency so that he will not only be able to assimilate their forms of physical training without strain but will also acquire the physical skill and strength endurance necessary for the games. He has to form in his own particular game and sports.

1.1 Scope of the Study: The scope of the study included the five Aarohi schools and fifteen Govt. Schools of Mewat District.

1.2 Objectives of the Study: The Objective of the study is to compare the physical fitness of Aarohi and Government schools of Mewat District.

2. Methods and Materials
2.1 Selection of Subjects
A total of 100 boys students aged 16 ± 2 from all five Aarohi and fifteen Govt. Schools (50 each) of Mewat district of Haryana State will selected randomly as the subject for the study.

2.2 Selection of variables
All the five variables of physical fitness will be measured as follows:
1. Speed   50 meters
2. Strength   Standing broad jump
3. Endurance   1.5 K.M.
4. Flexibility   Sit and reach test
5. Agility   Zig Zag run

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3. Results of the study

To find out the significant difference in the physical fitness between the students of Aarohi and government school of Mewat district 't' test was employed at 0.05 level of significance. The statistical analysis of data pertaining the physical fitness is given below.

Table 1: Comparison of 50 Metre Run between Aarohi and Government School's Boys Students

Groups	Mean	S.D	d.f.	S.E.D.	't'-Ratio
Aarohi School	6.25	0.24	98	0.11	6.159
Government School	6.89	0.77			

Significant at 0.05 levels of significance

Table: 1 represent the mean value of Aarohi and Government schools 'boys students.
In 50 metre race was 6.25 and 6.89 respectively and the SD value of Aarohi and Government schools 'boys students in 50 metre race was 0.24 and 0.77 respectively. The standard error difference was also finding out with the reading of 0.11. The 't' was calculated as 6.159 which was significant at 0.05 level of significance, which was showed that significant difference in mean values of Aarohi and Government schools 'boys students in 50 metre race was found and our hypothesis was rejected.

Table 2: Comparison Of Standing Broad Jump between Aarohi and Government School's Boys Students

Groups	Mean	S.D.	d.f.	S.E.D.	't'-Ratio
Aarohi School	2.52	0.51	98	0.011	7.832
Government School	2.61	0.59			

Significant at 0.05 levels of significance

Table: 2 represent the mean value of Aarohi and Government schools 'boys students. In standing broad jump was 2.52 and 2.61 respectively and the SD value of Aarohi and Government schools 'boys students.in standing broad jump was 0.51 and 0.59 respectively. The standard error difference was also finding out with the reading of 0.011. The 't' was calculated as 7.832 which was significant at 0.05 level of significance, which was showed that significant difference in mean values of Aarohi and Government schools 'boys students. in standing broad jump was found and our hypothesis was rejected.

Table 3: Comparison Of 1.5 K.M. Run between Aarohi and Government School's Boys Students

Groups	Mean	S.D	d.f.	S.E.D.	't'-Ratio
Aarohi School	6.27	0.85	98	0.12	1.314
Government School	6.43	0.09			

Significant at 0.05 levels of significance

Table: 3 represent the mean value of Aarohi and Government schools 'boys students.
 in 1.5 k.m. run was 6.27 and 6.43 respectively and the SD value of Aarohi and Government schools 'boys students.in 1.5 k.m. run was 0.85 and 0.09 respectively. The standard error difference was also finding out with the reading of 0.12. The 't' was calculated as 1.31 which was significant at 0.05 level of significance, which was showed that significant difference in mean values of Aarohi and Government schools 'boys students. in 1.5 k.m. Run was not found and our hypothesis was acceptted.

Table 4: Comparison Of Sit and Reach Test between Aarohi and Government School's Boys Students

Groups	Mean	S. D.	d. f.	S.E.D.	't'
Aarohi School	11.70	1.34	98	0.253	8.447
Government School	13.84	1.18			

Significant at 0.05 levels of significance

Table: 4 represent the mean value of Aarohi and Government schools 'boys students. In sit and reach testwas 11.70 and 13.84 respectively and the SD value of Aarohi and Government schools 'boys students.in sit and reach test was 1.34 and 1.18 respectively. The standard error difference was also finding out with the reading of 0.253. The 't' was calculated as 8.447 which was significant at 0.05 level of significance, which was showed that significant difference in mean values of Aarohi and Government schools 'boys students. in sit and reach test was found and our hypothesis was rejected.

Table 5: Comparison Of Zig Zag Run between Aarohi and Government School's Boys Students

Groups	Mean	S. D.	d. f.	S.E.D.	't'
Aarohi School	12.3964	0.4877	98	0.096	0.5661
Government School	12.4506	0.4696			

Significant at 0.05 levels of significance

ble: 4.5 represent the mean value of Aarohi and Government schools 'boys students.
 in zig zig run was 12.3964 and 12.4506 respectively and the SD value of Aarohi and Government schools 'boys students.in zig zag run was 0.4877 and 0.4696 respectively. The standard error difference was also finding out with the reading of 0.096. The 't' was calculated as 0.5661 which was significant at 0.05 level of significance, which was showed that significant difference in mean values of Aarohi and Government schools 'boys students. in zig zag run was found and our hypothesis was rejected.

4. Discussion

The researcher analysed of data for the selected physical fitness of Aarohi and Government school boys students: A comparative study. The analysis and interpretation of data showed that the selected physical fitness of Aarohi school students was better than the government school students. Data also revealed that there was significance difference found between Aarohi and government school's students and our hypothesis related to the above variables was rejected.

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