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## **An assessment study of selected motor fitness variables of urban and rural male students of senior-secondary schools**

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### **Abstract**

The objective of the present study was to compare the motor fitness status of Senior Secondary School students belonging to urban and rural area of Ghaziabad district. The urban and rural area were selected on the basis of the area demarcated by the Government of Uttar Pradesh. Through its department of statistical and economic tehsil of Ghaziabad district as a rural area and the area falls within the municipal limit of Ghaziabad city were chosen as a urban area. The AAHPERD Motor Ability Test (Test item, seven pull-ups, sit-ups, push-ups, shuttle run, 50 yard dash, 600 yard run/walk, standing broad jump) was conducting on 240 male students in different Senior Secondary Schools from rural (120 boys) and urban (120 boys) area of Ghaziabad district, Uttar Pradesh State.

To determine the main differences between the rural and urban Senior Secondary boys “t” test was applied, significance of the data was judged at O. Oland 0.05 level of significance. Results showed that there were significant difference in rural and urban Senior Secondary School boys. The findings reveals that rural Senior Secondary School boys are superior in their motor ability than their counterparts.

**Keywords:** motor fitness, urban, rural, students, senior secondary schools, boys

### **Introduction**

Motor fitness plays an important role, rather it provide very strong foundation for those who wish to engage in competitive sports. Therefore its need has been fully realized by all the nations who are looking forward to perform well at the international competition on various games and sport in fact a much lender hue and cry in our country has been made by sports organizers, physical education experts and other who are directly or indirectly related to promotion of sports that our utter failure in international competitions is due to lack of motor fitness among our sportspersons. This has necessitated more concentrated efforts to ensure scientific development of training programme. Another emphasis that is being placed by our sports promoters an experts is related to making very strong base at school level, where concentrated efforts should be developed motor fitness of school going youth and also developed fundamental skills, at a young age which should gradually lead to achieving higher performance in a more specialize manner forming a narrowing down pyramid for achieving this objective the role of motor fitness becomes very essential and important.

Motor fitness is the final criterion through which another element of physical fitness or total fitness are seen and measured in man. Motor fitness is gauged by performance and performance is based on a composite of many factors, most commonly mentioned fitness factors are strength endurance, power, speed, agility, balance, flexibility and stamina. Some of these factors evidently are more dominant than other and thus have a higher relationship with motor fitness (Clark, 1967, Backford, 1976, Barrow and Rosemary, 1979).

### **Objective of the Study**

In order to find out the motor fitness level of rural and urban students in Senior Secondary Boy's School in Ghaziabad district and comparison of both the categories of the students in respect of their level of motor fitness investigated through test administered in these categories, i.e., rural and urban male students of Ghaziabad district.

### **Sampling**

For the present investigation 120 boys of rural area and 120 boys of urban area were selected randomly from Ghaziabad district of Uttar Pradesh.

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**Statistical Method Used**

In order to compare the mean difference between the rural and urban Senior Secondary School boy’s ‘t’, test was

computed. Significance level was judged at 0.01 and 0.05 level of confidence.

**Results**

**Table 1:** Comparison of Pull-ups of Rural and Urban Senior Secondary School Boy’s of Ghaziabad District

S.No.	Item	Urban		Rural		Mean	SED	DF	‘t’
1.		Mean	S.D.	Mean	S.D.				
2.	Pull-ups	7.2005	8.8917	8.8917	2.4625	.9167	.3686	238	2.487**

It is evident from the Table 1 that the rural area boys belonging to Ghaziabad district is statistically differ significant on the variable on pull-ups.

**Table 2:** Comparison of Sit-ups of Rural and Urban Senior Secondary School Boy’s of Ghaziabad District

S.No.	Item	Urban		Rural		Mean	SED	DF	‘t’
1.		Mean	S.D.	Mean	S.D.				
2.	Sit-ups	19.6750	6.22557	22.0500	56.447	2.3760	.7671	238	3.096**

\*\* Significant at 0.05 level.

It is evident from the Table 2 that the rural boys belonging to Ghaziabad district is statistically significant on the variable on sit-ups.

**Table 3:** Comparison of Shuttle-Run of Rural and Urban Senior Secondary School Boy’s of Ghaziabad District

S.No.	Item	Urban		Rural		Mean	SED	DF	‘t’
1.		Mean	S.D.	Mean	S.D.				
2.	Shuttle-Run	10.583	.8118	10.5454	.8331	.0376	.6062	238	.354

It is evident from the Table 3 that the both rural and urban boys belonging to Ghaziabad district is not statistically significant on the variable on Shuttle Run.

**Table 4:** Comparison of 50 Yard Dash of Rural and Urban Senior Secondary School Boy’s of Ghaziabad District

S.No.	Item	Urban		Rural		Mean	SED	DF	‘t’
1.		Mean	S.D.	Mean	S.D.				
2.	50 Yard Dash	10.5328	1.2120	10.8428	.8752	.3100	.1365	238	2.272

\*\* Significant at 0.05 level.

It is evident from the Table 4 that the urban boys belonging to Ghaziabad district is statistically significant on the variable 50 yard dash.

**Table 5:** Comparison of 600 Yard Dash Run/Walk of Rural and Urban Senior Secondary School Boy’s of Ghaziabad District

S.No.	Item	Urban		Rural		Mean	SED	DF	‘t’
1.		Mean	S.D.	Mean	S.D.				
2.	600 Yard Dash	195.8630	46.2798	164.6079	23.51	31.251	4.7240	238	6.616

\*\* Significant at 0.05 level.

It is evident from the Table 5 that the rural boys belonging to Ghaziabad district is statistically significant on the variable of 600 yard run/walk.

**Table 6:** Comparison of Push-ups of Rural and Urban Senior Secondary School Boy’s of Ghaziabad District

S.No.	Item	Urban		Rural		Mean	SED	DF	‘t’
1.		Mean	S.D.	Mean	S.D.				
2.	Push-up	14.0717	54.7576	17.4667	5.0824	3.4250	.7011	238	4.885**

It is evident from the Table 6 that the rural boys belonging to Ghaziabad district is statistically significant on the variable of push-ups.

**Table 7:** Comparison of Standing Broad Jump of Rural and Urban Senior Secondary School Boy’s of Ghaziabad District

S.No.	Item	Urban		Rural		Mean	SED	DF	‘t’
1.		Mean	S.D.	Mean	S.D.				
2.	Standing Broad Jump	79.0167	79.0167	79.0167	79.0167	79.0167	79.0167	79.0167	79.0167

\*\* Significant at 0.05 level.

It is evident from the Table 7 that the rural boys belonging to Ghaziabad district is statistically significant on the variable of Standing Broad Jump.

**Discussion**

The present study stated that mean values of the rural boys have higher than the urban boys on the variables of pull-ups, sit-ups, 600 yard run/walk., standing broad jump. It reveals that there was significant difference in rural and urban student result denotes that the life style and environment conditions in the rural area promotes strength in the students whereas contrary to this the urban life style and environment conditions are full of comfort and luxury due to this urban students are weak in strength components of motor fitness as compare to rural students.

It has been also stated that in the variables of 50 yard dash the mean value of urban boys have higher than the rural boys. This result shows that the speed component of motor fitness has no effect of other factors like a life style of individual environmental conditions. It is an established fact that the speed component is hereditival and it cannot be developed through training.

**Conclusion**

There has been significant differences between rural and urban Senior Secondary School students on the variables of pull-ups, sit-ups, standing broad jump, 50 yard dash, 600 yard dash run/walk, push-ups.

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