



A COMPARATIVE STUDY ON THE AWARENESS OF PHYSICAL FITNESS AMONG BOYS AND GIRLS

Chitra Thirupathaiah

Research scholar Dept. Of physical education,
OPJS University, Churu, Rajasthan.

Dr. Manjunath kurtakoti

Associate Professor
OPJS University, Churu, Rajasthan

ABSTRACT

Physical fitness is either health-related or success related, according to common thinking in the physical education industry. In line with today's trend in wellness and stresses not only emphasizing physical efficiency or motor skills but also all facets of good health. The development of qualities required for an efficient operation and a balanced lifestyle is an aspect of fitness.

Then health-related fitness is important to all and physical educators must be stressed. The increased healthcare costs and the advantages to be obtained from participating in wellness and fitness activities contributed to the development of programs for their students and clients by several universities, businesses and other organizations.

There is no physical health test and no way to achieve it. There are, however, three important qualities, height, strength and flexibility that contribute to overall fitness.

KEYWORDS:

Physical, Fitness, Exercise

INTRODUCTION

Complete phytosanitary performance refers to the capacity of the person to measures and live effectively in the environment. It depends upon the combination of three main strands: strength, resilience and versatility. AAHPER health is the condition that characterizes the degree and the mechanism should function. Gymnastics

is a matter of its own. This means that each person is able to live with a possible capacity to work most efficiently and is dependent on the physical, mental, emotional, social and spiritual elements of fitness that are all interdependent.

Physical fitness means practicing that needs the number of experiences, a sense of gladness in the process of appropriate movement results, a sense of confidence, self-satisfaction, surprise, frustration etc. This quality ranges from death to abundant life. It is a good quality. All people living have a certain degree of physical fitness which differs considerably at different times in different people and in the same person. It is not as large as total fitness in its context.

Fitness has always been a human being's main concern. Physical fitness is equated with longevity and strength from prehistoric till nowadays. The earliest humans were primarily dependent on their own energy, vigor and survival vitality.

The great leaders and people of the old days were well aware that physically fit subjects were not only a fit country, but also one that was safe. It does not mean that health assessments can not be a powerful resource in children's and young people's education. Almost every person in this country has one experience common in childhood schooling. Human experience is full of examples of the significance and underlying goals of the many civilizations and governments that have always been physical activity.

The advantages of a complete and rich life are closely related to the human being's physical capacity. Citizens of all ages have been deeply persuaded that the rank, quality and future of the country should not be determined by the numerical strength of the population but by the fit people.

The rich history of physical health in India dates back to millennia. The faith, customs and cultures of India have been closely connected with it. Training was nothing more than a commitment to health.

We are aware that a physical fitness science method exists in India and people have practiced this since the beginning. Such exercise programs in institutes have been coordinated and performed. Age-oral veins, as one of the components of the fitness program have also been shown to be solid.

The ability to carry out everyday activities without undue tiredness and with great energy to take part in leisure and emergency situations is known as physical health. Physical exercise is a physiological wellbeing that

provides the foundation for the everyday tasks of life, a degree of chronic disease security and a ground for sport participation.

Essentially physical fitness describes the result of physical activity across a variety of specific attributes. Fitness is one of the best and can't be purchased, but must be done by a routine physical activity. Obviously, the healthy people are a nation's strongest assets, and the poor are its obligations. That country has the responsibility to promote their citizens physical fitness because physical fitness is the fundamental requirement of most of the tasks an person may undertake in everyday life.

Physical Fitness that enhances performance in sports and other forms of physical activity and the qualities which are associated with physical performance or skill is called Skill Related Physical Fitness. Health related fitness may also benefit performance.

Research shows that all people (both young and old) will enjoy routine, vigorous or moderate exercise. Sensitivity to a physical activity is a dynamic behaviour linked to wellbeing, which involves a great many behaviors spread over daily activities, including walking, mountain biking, swimming, cycling, etc.

The assessment of the physical activity level is challenging and the value of a physical activity education is therefore highly enhanced. Students with the program will learn and practice ways to maintain safe, active lifestyles and improve their stable status. The scientific material to be learned involves the learning of appropriate skills, anatomy, biology, wellness, physical education. Students are also advised to be open to gender problems and disparities. This will affect how students understand movement and participatory trends of physical activity.

Enhanced physical activity has been associated with a longer lifespan and a lower risk of heart disease. Overall physical, emotional and social benefits result from physical activity. Kids who do not work are typically inactive adults.

There are several positive effects on daily physical activity. It gives us satisfaction and self-esteem and helps us to stay fit and relevant. It also is a preventive and curative instrument that reduces blood pressure, increases the sensitivity to insulin and lowers blood glucose level.

REVIEW OF LITERATURE

Solmon (2015) - bodily dormancy is a vast health chance element in our fashionable public, and bodily coaching applications are reliably diagnosed as a way to address this worry. Procedures that require time assignments and

assets for physical schooling and bodily motion in faculties and community systems that provide framework that makes being absolutely dynamic open and useful are sizable factors in making faculties and networks extra positive spaces. It's miles clean, however, that strategies on my own aren't ok to deal with worries approximately bodily dormancy. We need to remember singular elements that impact picks to be genuinely dynamic in endeavors to connect to kids in physical education packages that improve dynamic approaches of existence.

Wike (2015) - The investigation assessed the connection between saw pressure and intellectual prosperity as directed by way of bodily movement in college age contributors. The examination recommends bodily movement identifies with decrease emotions of hysteria. Additionally, inspect has determined physical movement is associated with via and massive prosperity and decrease degrees of emotional well being problems. The outcomes from an online have a look at assortment advise that physical movement, in any event as operationalized in the investigation, doesn't direct the connection among saw pressure and mental prosperity. Be that as it can, noticed strain had a important relationship with mental prosperity.

Dacica (2015) - Due to the way that physical instruction and sports speak to a significant component of instruction and preparing, the reason for existing is to frame a solid origination in youth in regards to the act of physical exercise and to esteem the spending limit of relaxation for a sanogenic, instructive and recreational reason. The paper was begun from the premises that physical instruction speaks to a part of perpetual training, which wants the acknowledgment of an agreement among biologic and clairvoyant segments of the kid's character.

Verma (2015) - The finding the examination uncovers that respondent chose has a place various sorts of the executives principally are authorities. The examination indicates that accessibility of gambling territory is little, maximum excessive quantities of Volleyball courts reachable, no pool and workout center hall in Narsinghpur District. There are additionally no specific offices for surely incapacitated character, no physical education offices handy for grade younger students, few or no hardware are accessible.

Mili (2016) - The examination watched the reputation of physical education and sports improvement in North jap location. The purposive inspecting technique was applied to select from both the examples. The spellbinding cum-regulating take a look at examine strategy utilized for facts collection utilizing (I) Questionnaire for officers of Directorate/Federations, Coaches and players and (ii) non-public Interview. The research found out that the states inside the North East have now not performed big video games approach.

Khandare (2016) - development around the globe has made bodily training and sports a considerable piece of our lifestyles. The disregarded manipulate has all started accepting significance these days in all of the strata's of people. In the end due importance to bodily practise instructing and sports activities is being given due attention. Sports individual are considered as the quality diplomats of the u . S . A . And the equal can be legitimate for an teacher in physical education in schools and colleges. The general scenario doesn't appear to be empowering as there may be decreased interest for physical education instead of expanded risk of life for a typical individual.

Malipatil (2016) - teenagers are the salt of united states. International locations development is predicated upon its energetic beneficial human asset. Sound power rises up out of all round development of the youngsters. Physical activities, sports and yoga assume the essential job in making sure sound electricity of the kids. Sports activities and yoga help the youngsters truly, mentally and mentally. In the end calls for a logical report development of the children so as to have sound young people to the us of a.

Singh (2016) - bodily practise and sports are the precept elements of our program of have a look at for this sort of massive number of years. Despite being having its great attitude in our existence it turned into overlooked by means of the each piece of most people like corporation, specialists and understudies. In physical practise, we manipulate the hypothetical and right down to earth angles too. Widespread concept of society in regards to bodily guidance is not all that fantastic. People accept as true with that playing is only a burning through of time that is unexpectedly off base. We make use of our time while we're under sport situation that have to be regarded as fullest use of time gave to that mission.

Basak and Dutta (2016) - physical wellness is a vital issue for all of the sporting events in our standard public. Bodily well-being of an individual is for the maximum part difficulty to manner of existence associated elements, for instance, each day physical movement ranges. Physical well-being is likewise taken into consideration as the level of potential to execute a bodily errand beneath exceptional encompassing conditions. The point of this research become to decide the near exam of bodily wellbeing parts of fashionable and making ready understudies.

Ravikumar (2017) – This examination studies the effect of bodily education and sports activities in advancing social features amongst young people. Physical guidance and sports activities assumes an vital job in teaching the young regarding the significance of social traits in the course of their lifestyles. Audited writing explored that the significance of relationship in teaching the 2 personalities and body. Similarly, it likewise energizes the social features among youngsters that allow them to build up the social family members with their locale.

Moreover, the advantages of physical education and sports can impact each scholastic learning and physical action of the younger.

METHODOLOGY

This study was conducted to analyze the Awareness of Health and Physical Fitness among higher secondary school boys and girls. To achieve this purpose of the study, a total number of 120 students (60 boys and 60 girls) of various higher secondary schools of Tirunelveli district were selected randomly as subjects. The 120 subjects, aged 16 to 18 years of both sexes, were selected from various higher secondary schools.

DATA ANALYSIS

a) Violence and Unintentional Injury Module

The mean, standard deviation, and minimum and maximum values in Violence and Unintentional Injury Module of boys and girls of different types of school are presented in table 1.

Table 1 Summary Of Mean, S.D. In Injury Module

Category		Mean	S.D.	Minimum	Maximum
Gender	Boys	46.70	8.84	22	55
	Girls	52.82	2.62	45	55
Types of School	Govt.	46.31	8.73	29	55
	Govt. Aided	50.79	6.20	28	55
	Matriculation	50.26	7.12	22	55
	CBSE	51.68	5.12	33	55
Boys	Govt.	40.43	8.81	29	54
	Govt. Aided	48.22	7.62	28	55
	Matriculation	48.37	9.23	22	55
	CBSE	49.78	6.43	33	55
Girls	Govt.	52.18	2.46	47	55
	Govt. Aided	53.37	2.43	45	55
	Matriculation	52.15	3.15	45	55
	CBSE	53.58	2.06	46	55

The mean values in Violence and Unintentional Injury Module among the boys and girls of different types of school are represented graphically in figure 2.

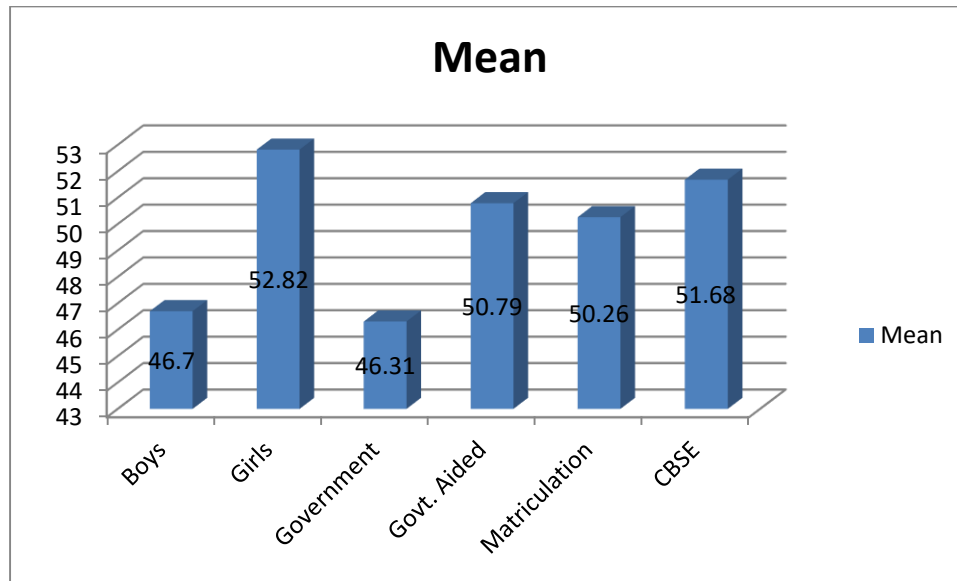


Figure 1: The Mean Values In Injury Module

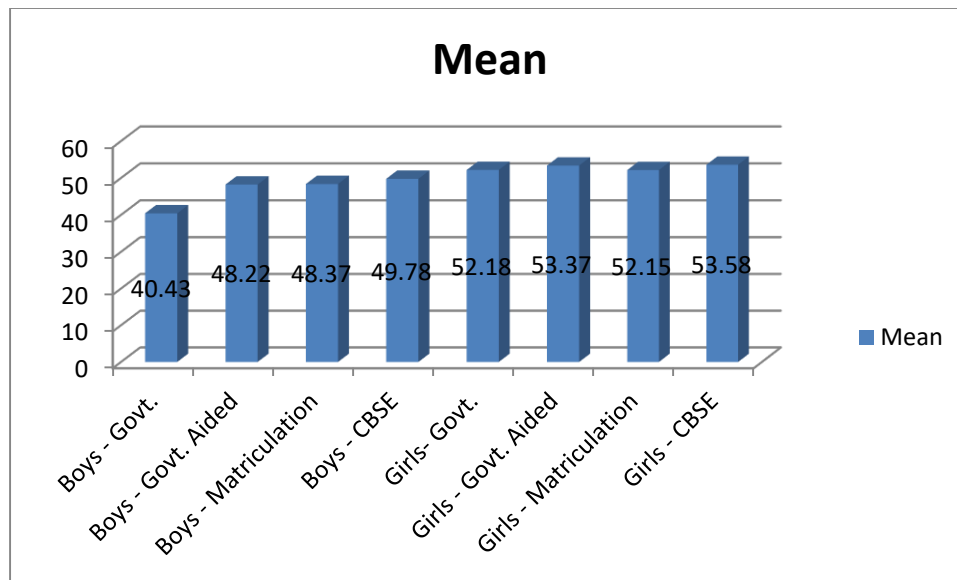


Figure 2: The Mean Values In Injury Module

Table 2 Two Factor Anova In Injury Module

Source of Variance	Sum of Squares	df	Mean Squares	F-value
Gender	4495.752	1	4495.752	124.807*
Type of School	2031.106	3	677.035	18.795*
Gender and Type of School	1304.406	3	434.802	12.071*
Within (error)	17002.183	472	36.022	
Total	24883.448	479		

The F-ratio for gender for all exclusive college bureaucracy is proven in table 2. The F-is zero.05 self assurance degree in comparison to desk value three.86 (df 1 and 472). because the F-ratio received is better than the desk cost, it method that, no matter the unique sorts of schools inside the Module VIO and supposed injury, the ladies (mean= 52,82) are appreciably better than boys (mean= forty six,70).

Table 3 Scheffe's Test

Types of School				Mean Differences	C.I. Value
Govt.	Govt. Aided	Matriculation	CBSE		
46.31	50.79			4.483*	2.172
46.31		50.26		3.950*	
46.31			51.68	5.375*	
	50.79	50.26		0.533	
	50.79		51.68	0.892	
		50.26	51.68	1.425	

Table 3 shows that the imply differences in Violence and accidental injury Module among the scholars of presidency and authorities aided faculties, authorities and matriculation faculties, and authorities and CBSE schools are 4.483, 3.950, and 5.375 respectively irrespective of gender.

Table 4 The Simple Effect Test

Source of Variance	Sum of Squares	df	Mean Squares	F-value
Type of School for Boys	3231.367	3	1077.122	29.902*
Type of School for Girls	104.146	3	34.715	0.964
Gender for Government School	4141.875	1	4141.875	114.983*
Gender for Government Aided School	795.675	1	795.675	22.089*
Gender for Matriculation School	429.408	1	429.408	11.921*
Gender for CBSE School	433.200	1	433.200	12.026*
Error within	17002.183	472	36.022	

The F-ratio 29.902 is better than the required table cost 2.sixty two at a self belief degree of 0.05. Table 4 suggests that distinctive varieties of colleges for children range significantly in aggression and accidental harm modules.

Table 4 also indicates that children in numerous school businesses, such as government, kingdom assistance, enrolment, and colleges of CBSE, are quite various of their respective F-ratios of 114.983, 22.089.eleven.921, which 12.026, and are better than the specified table 3.86 on the codicil level zero.05 for damage phase.

Table 5 Scheffe's Test

Types of School				Mean Differences	C.I. Value
Govt.	Govt. Aided	Matriculation	CBSE		
40.43	48.22			7.783*	3.072
40.43		48.37		7.933*	
40.43			49.78	9.350*	
	48.22	48.37		0.150	
	48.22		49.78	1.567	
		48.37	49.78	1.417	

Table 5 shows that the mean differences in Violence and Unintentional Injury Module between the boys of government and government aided schools, government and matriculation schools, and government and CBSE schools are 7.783, 7.933, and 9.350 respectively.

b) Awareness of Physical Fitness

Table 6 Summary Of Mean, SD In Awareness Of Physical Fitness

Category		Mean	S.D.	Minimum	Maximum
Gender	Boys	49.56	4.01	39.14	65.25
	Girls	50.43	3.30	40.74	62.12
Types of School	Govt.	49.65	3.91	39.27	65.25
	Govt. Aided	48.76	3.56	41.36	62.12
	Matriculation	51.54	3.47	39.14	60.31
	CBSE	50.01	3.31	42.28	60.94
Boys	Govt.	48.92	4.54	39.27	65.25
	Govt. Aided	48.01	3.63	41.36	60.28
	Matriculation	50.83	3.71	39.14	59.02
	CBSE	50.45	3.51	44.40	60.94
Girls	Govt.	50.37	3.01	40.74	55.11
	Govt. Aided	49.50	3.35	42.66	62.12
	Matriculation	52.26	3.08	46.27	60.31

	CBSE	49.57	3.06	42.28	56.96
--	-------------	-------	------	-------	-------

The mean values in Awareness of Physical Fitness among the boys and girls of different types of school are represented graphically in figure 3

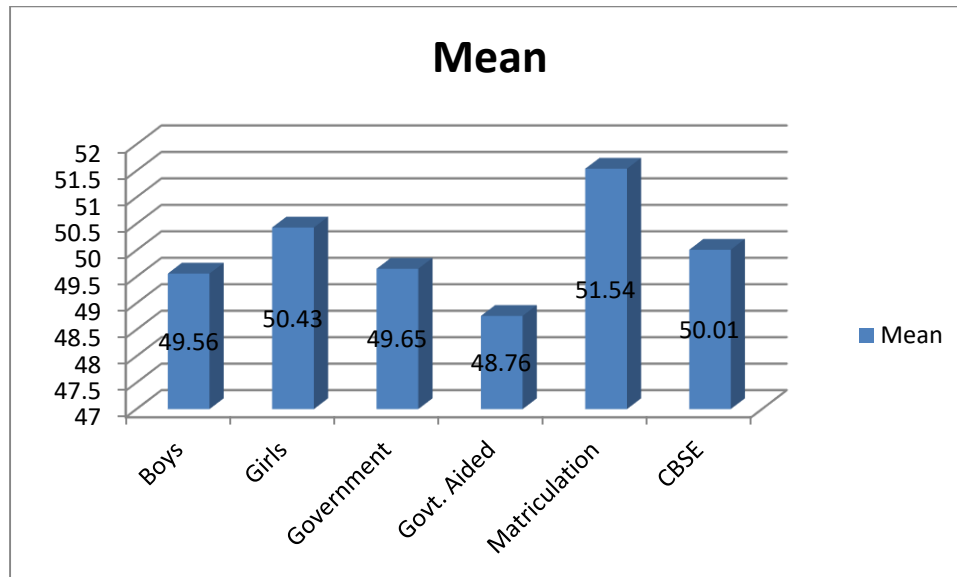


Figure 3: The Mean Values in Awareness Of Physical Fitness

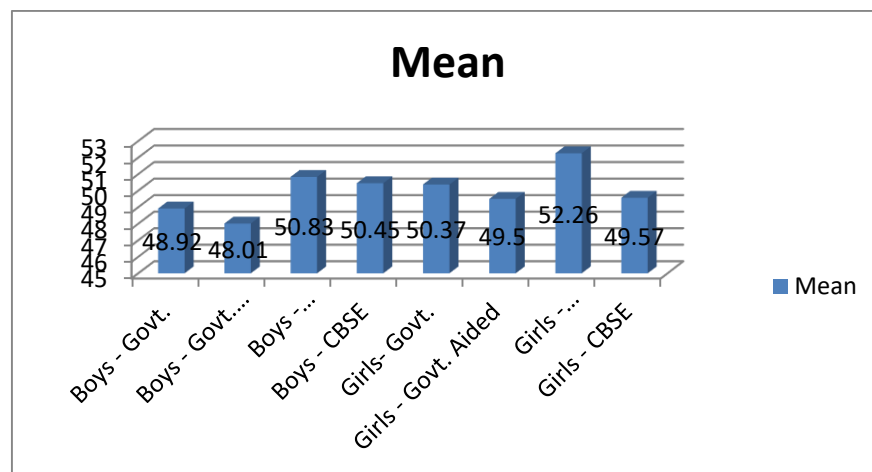


Figure 4: The Mean Values In Awareness

Table 7 Two Factor Anova On Awareness

Source of Variance	Sum of Squares	df	Mean Squares	F-value
--------------------	----------------	----	--------------	---------

Gender	90.841	1	90.841	7.336*
Type of School	485.493	3	161.831	13.068*
Gender and Type of School	122.643	3	40.881	3.301*
Within (error)	5845.041	472	12.384	
Total	6544.017	479		

Table 7 shows that the F-ratio for gender is 7.336 irrespective of different types of school. The F-ratio is against the table value 3.86 (df 1 and 472) at 0.05 level of confidence.

Table 8 Scheffe's Test

Types of School				Mean Differences	C.I. Value
Govt.	Govt. Aided	Matriculation	CBSE		
49.648	48.759			0.889	1.274
49.648		51.543		1.895*	
49.648			50.013	0.365	
	48.759	51.543		2.784*	
	48.759		50.013	1.254	
		51.543	50.013	1.530*	

Table 8 indicates that the imply variations in awareness of physical fitness among the students of government and matriculation schools, authorities aided and matriculation faculties, and matriculation and CBSE colleges are 1.895, 2.784, and 1.530 respectively regardless of gender.

Table 9 The Simple Effect Test Scores

Source of Variance	Sum of Squares	df	Mean Squares	F-value
Type of School for Boys	312.391	3	104.130	8.409*

Type of School for Girls	295.745	3	98.582	7.961*
Gender for Government School	62.929	1	62.929	5.082*
Gender for Government Aided School	66.437	1	66.437	5.365*
Gender for Matriculation School	60.859	1	60.859	4.914*
Gender for CBSE School	23.259	1	23.259	1.878
Error within	5845.041	472	12.384	

Table 9 indicates that the different school forms for boys and girls vary substantially in physical fitness knowledge, as the 'F' ratios for the boys are 8,409 which 7,961, and are greater than the required table value of 2,62, at the trust level of 0,05.

Table 10 Scheffe's Test

Types of School				Mean Differences	C.I. Value
Govt.	Govt. Aided	Matriculation	CBSE		
48.923	48.015			0.909	1.801
48.923		50.831		1.907*	
48.923			50.453	1.530	
	48.015	50.831		2.816*	
	48.015		50.453	2.439*	
		50.831	50.453	0.378	

Table 10 shows that the mean gaps in the perception of physical health between government boys and registered schools, state-aided schools and non-aided and CBSE schools are 1,907, 2,816 and 2,439.

CONCLUSION

There is consistently a link between physical activity and higher self-esteem and lower rates of anxiety, stress and enhanced academic success. In an active student, concentration is generally greater than in a sedentary student. The relationship between learning in a classroom and student awareness can be beneficial.

A person should start to improve health and well being through the implementation of a fitness program and must not become a celebrity athlete with the body of an Olympic candidate to achieve fitness objectives. Both people who want to avoid and maintain a healthy weight should have daily exercise. The minimum target should be for the majority of days of the week to achieve 30 minutes of moderate intensity practice. Regular moderate to intense physical activity increases memory and enhanced synaptic connections. Combat chronic diseases with exercise. Regular physical activity may contribute to blood pressure control or management.

REFERENCES

1. Anil Mili (2016) - Status of Physical Education and Sports Development in North Eastern Region: A Critical Study - International Education and Research Journal.
2. Dacica (2015) - The Formative Role of Physical Education and Sports - Procedia - Social and Behavioral Sciences, Volume 180, pp. 1242-1247.
3. Kavita Verma (2015) -A Survey Of Existing Infrastructure Facilities And Financial Support For Physical Education And Sports In Narsinghpur District – Asian Journal of Multidisciplinary studies, Vol 3, No 2
4. Kuldeep Singh (2016) -Role of physical education and sports in Indian prospective: An over view - International Journal of Physical Education, Sports and Health 2016; 3(5): 280- 282
5. Ravi Kumar (2017) - Impact of Physical Education and Sports in Promoting Social Values among Youth - The International Journal of Indian Psychology, Volume 4, Issue 2, No. 88.
6. Ravindra Baliram Khandare (2016) -A Study of Physical Tutoring & Sporting In India - Journal of Sports and Physical Education, Volume 3, Issue 2.
7. Savitri S. Patil, Rajkumar P. Malipatil (2016) - The Influence of Sports Participation on Socio-Psychological Variables of Sportsperson - European Journal of Physical Education and Sport Science, Volume 2, Issue 4.

8. Solmon M. A. (2015) - Optimizing the Role of Physical Education in Promoting Physical Activity: A Social- Ecological Approach
9. Subhra Basak and Suparna Dutta (2016) -A Comparative Study of Physical Fitness Parameters between General College Students and Training College Students - International Journal of Experimental Research and Review, Vol. 4, pp. 26-30
10. Wike (2015) -Examining the Relationship between Physical Activity, Psychological Well-Being, and Stress in A College Population - A Thesis Submitted to the University of Tennessee, Chattanooga.