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**COMPARATIVE STUDY OF PHYSICAL FITNESS IN CITY AND RURAL AREA
STUDENTS OF D.N.P. ARTS & COMM. COLLAGE DEESA**

INTRODUCTION:-

Physical fitness is one of the most important things in existence and one of the maximum treasured properties you can actually ever have. Health is one of the pre-necessities for a glad, well-balanced life. People all over the world have become increasingly more fitness conscious, the priority has been shifting from the entirety else to the fact that the most crucial element in lifestyles, is to maintain oneself in form and suit, to experience matters in existence keeping, match way capturing the times of adolescents and all of the fun of these days alive. Man can surrender the entirety for the sake of retaining himself young. In spite of all of the varieties of remedies that have been flourishing the market, the people have not been pushed loopy, they still agree with the simple herbal way of preserving in shape, i.e., by means of exercising regularly and keeping a working recurring. It may be very essential to move for a whole physical education, which takes care of all of the elements of making a healthy frame, beginning from making note about the right kind of food plan and right type of sporting activities which fits the physical conditions of the body.

The numerous blessings which are derived from the normal physical fitness workout routines. Workout chalked out in correspondence to the physical needs of the frame, if determined regularly, can also assist the frame get into the favored shape and broaden resistance strength in the frame. The predominant advantages derived from fitness training packages are bringing down the burden of the cumbersome frame to proper proportion, will increase the resistance energy inside the body which ends up in lowering the dangers of getting attacked by diseases,

allows in slicing down the fats from the frame and in the end offers the frame a toned shape. Not handiest these, however also helps in frequently getting caught in depressions, cures insomnia by using supporting beautify the napping recurring, releases high quality vibes in the frame and thus will increase self-esteem and aside from those additionally gives more power and stamina to the frame.

Fitness education additionally enables in increasing the metabolism of the frame, because of this more muscle groups the use of greater energy in body. The education allows growth fit muscle tissue in body, with the aid of burning the calories. After the frame grows senile, the frame loses its muscle groups and the metabolism of the frame slows down step by step, which means the calories of the frame isn't burnt and get focused which results in growing the weight of the body. So to keep the metabolism from slowing down and now not letting the fat pay attention inside the frame you can actually opt for a few fitness training and take some aerobic sports. Taking physical games now not best helps one maintain a robust and toned appearance from out of doors however additionally facilitates in keeping the intellectual peace and content material. It additionally helps in decreasing signs and symptoms of menopause, cardiac illnesses and maintains the level of cholesterol on top of things. And in all it offers the frame a much toned shape, which no longer only seems robust but is stronger than what it seems like.

PROCEDURE:-

In this chapter selection of the subjects, methods employed, criterion measure, administration of the questionnaire, collection of data and statistical procedure for analyzing the data was presented.

SELECTION OF THE SUBJECTS:-

For purpose of present study changed into to examine the Physical Fitness of City and Rural region students studying in D.N.P. Arts & Comm. Collage DEESA. One hundred fifty students every have been selected of City and Rural Area for the look at. The most important intention of present study became to evaluate the Physical Fitness status of City and Rural region college students analyzing in D.N.P. Arts & Comm. Collage DEESA.

METHODS EMPLOYED

A.A.H.P.E.R.D. Physical Fitness Test method was employed to collect the relevant data regarding the Physical Fitness status of City and Rural area students of D.N.P. Arts & Comm. Collage DEESA.

RELIABILITY OF INFORMATION

The reliability of the information was determined in view of the reliability of the equipment's and the expertise of the individual who took the test.

RELIABILITY OF THE EQUIPMENTS

The equipment's taken in use for this study like, Measuring Tape and Weight Machine were procured from the registered standards equipment's suppliers.

COLLECTION OF INFORMATION

A.A.H.P.E.R.D. Youth Fitness Test

No.	Test Battery	Measurement	Assessment
1	Pull-Ups	Muscular Strength	Pull-Up test was taken and total numbers of Push-Ups was counted
2	Sit-Ups	Endurance Strength	Sit-Up test was taken and total numbers of correct Sit-Ups done in one minute was counted.
3	Shuttle Run	Speed and Agility	Shuttle Run test in a 4X30 foot area was taken and 1/10 second's time was noted.
4	Standing Broad Jump	Leg Muscular Strength	Standing Broad Jump test was taken and the nearest mark from the starting line was noted in foot and inches.
5	50 Yard Race	Speed	50 Yard Race test was taken and 1/10 second's time was noted.
6	600 Yard Race	Cardiovascular Efficiency	600 Yard Race test was taken and time was noted in minute and seconds.

CRITERION MEASURES

The criterion measures for testing the hypothesis in this study was the scores obtained by the formula of the A.A.H.P.E.R.D. Youth Fitness Test scoring table.

STATISTICAL PROCEDURE

To find out the comparison of Physical Fitness Status of City Area and Rural Area students of D.N.P. Arts & Comm. Collage DEESA. "T" test was applied. Statistical analysis

was done of the raw scores and Mean, Mean Difference and Standard Deviation was found and was represented throw graph.

RESULT OF STUDY:-

1. Statistical analysis shows that, there may be giant difference in Physical Fitness Aspects of Muscular Strength (Pull-Ups) among Rural Area student's institution and City Area pupil's; received "T" ratio is 2.383 that is substantial at 0.05 % stage. When imply changed into compared of the 2 corporations it was observed that Rural Area pupil's group Muscular Strength efficiency changed into greater than City Area student's institution of D.N.P. Arts & Comm. Collage DEESA.
2. Physical Fitness aspects of Endurance Strength (Sit-Ups) among Rural Area pupil's organization and City Area scholar's; obtained "T" ratio is 2.563 which is vast at 0.05 % stage. When imply turned into as compared of the two groups it changed into discovered that Rural Area scholar's group Endurance Strength efficiency was more than City Area pupil's group of D.N.P. Arts & Comm. Collage DEESA.
3. Physical Fitness Aspects of Speed and Agility Strength (Shuttle Run) among Rural Area student's institution and City Area scholar's; acquired "T" ratio is 5.165 which is considerable at 0.05 % diploma. When endorse changed into as compared of the 2 corporations it become discovered that Rural Area student's group Speed and Agility Strength efficiency turned into more than City Area scholar's agency of D.N.P. Arts & Comm. Collage DEESA.
4. Physical Fitness Aspects of Leg Muscular Strength (Standing Broad Jump) between Rural Area student's institution and City Area pupil's; received "T" ratio is two.376 it really is brilliant at 0.05 % level. When suggest was as compared of the 2 organizations it was determined that Rural Area scholar's enterprise Leg Muscular Strength efficiency modified into extra than City Area scholar's group of D.N.P. Arts & Comm. Collage DEESA.
5. Physical Fitness Aspects of Speed Strength (50 Yard Run) between Rural Area pupil's organization and City Area student's; received "T" ratio is 2.121 that is great at 0.05 % stage. When suggest was in comparison of the two businesses it

turned into found that Rural Area pupil's organization Speed Strength performance changed into greater than City Area scholar's organization of D.N.P. Arts & Comm. Collage DEESA.

6. Physical Fitness Aspects of Cardiovascular Efficiency Strength (600 Yard Run) amongst Rural Area pupil's organization and City Area pupil's; acquired "T" ratio is 2.132 that is extensive at 0.05 % stage. When suggest changed into in comparison of the two corporations it became found that Rural Area scholar's organization Cardiovascular Strength performance was greater than City Area student's company of D.N.P. Arts & Comm. Collage DEESA.

Statistical analysis shows that, there is significant difference in Physical Fitness Aspects between Rural Area student's and City Area students of D.N.P. Arts & Comm. Collage DEESA.

Conclusion:-

1. Rural Area Students Pull-Ups Efficiency was seen well than City Area Students of D.N.P. Arts & Comm. Collage DEESA.
2. Rural Area Students Sit-Ups Efficiency was seen well than City Area Students of D.N.P. Arts & Comm. Collage DEESA.
3. Rural Area Students Shuttle Run Efficiency was seen well than City Area Students of D.N.P. Arts & Comm. Collage DEESA.
4. Rural Area Students Standing Broad Jump Efficiency was seen well than City Area of D.N.P. Arts & Comm. Collage DEESA.
5. Rural Area Students 50 Yard Race Efficiency was seen well than City Area of D.N.P. Arts & Comm. Collage DEESA.
6. Rural Area Students 600 Yard Race Efficiency was seen well than City Area of D.N.P. Arts & Comm. Collage DEESA.

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