

Comparison of Health Related Physical Fitness Variables And Psychomotor Ability between Rural and Urban School Going Children

Saha¹, G.C. & Haldar², S.

¹Assistant Professor and AFC 'C' licensed Coach, Post Graduate Govt. Institute for Physical Education, Banipur, 743233, West Bengal State University, West Bengal, India, e-mail: callmegopal@gmail.com

²Research scholar, Dept.of Phy. Edu, University of kalyani, Dist- Nadia, West Bengal, India, email: shantanu.halder93@gmail.com

Abstract

The purpose of the study was to compare the Health related physical fitness variables and psychomotor ability between rural and urban school going children. One thousand students age ranging from 17 to 30 years were selected as subjects for the study of which five hundred were Tribal and the remaining five hundred were Non-tribal School going from different schools of North 24 Parganas District, West Bengal. The subjects were tested in their respective school ground for continuously five days. The criterion measures included under Health related physical fitness directly related to improvement of health are 1) Sit and Reach test to measure lower back flexibility and was, 2) Body Fat Monitor, an electronic device manufactured by Omron model no. HBF 306 to measure Body fat percentage, 3) Aerobic /cardiovascular function was measured by the 1.5 mile run test, 4) Abdominal muscular strength and endurance was used measured by Partial Curl Ups and 5) Upper body muscular strength and endurance was measured by Right Angle Push-Ups. To measure the Psychomotor ability, reaction ability was considered and was measured by Nelson Hand Reaction Test. For the purpose of Comparison of Health related physical fitness variables and Psychomotor ability between Rural And Urban School going children, Student's 't' ratio statistical technique was used (SPSS Version 18) to analyse the data. The level of significance was set at $p < 0.05$ level. The results showed significant differences between Rural and Urban school going children in all the Health related Physical fitness components as well as in Reaction ability under psychomotor ability and rural school going children was found better than urban school going children.

Key words: Health related physical fitness, reaction ability, Rural, Urban

Introduction

The sedentary lifestyle presents a major public health challenge that must be met in order to prevent obesity and thus enhance health and well-being (Bize *et al*, 2007). For substantial health benefits, current guidelines for adults recommend at least 2.5 hours of moderate-intensity or 1.25 hours of vigorous-intensity aerobic physical activity per week. Further, moderate- or high-intensity muscle strengthening activities for all major muscle groups two or more days a week

provide additional health benefits (<http://www.health.gov/PAguidelines>, 2009).

Over the past four decades, there has been an increase in the prevalence of overweight and physical fitness deterioration in adult across all genders, ages and racial/ethnic groups (Ichinohe *et al*, 2004). The negative effects of degraded physical fitness on both the individual and society are serious and multi-dimensional. It can precipitate many risk factors to health including coronary heart disease, certain forms of cancer,