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Effect of sports achievement by the members of the family on Physical Fitness of the child

Introduction ::

Physical Fitness is one's richest possession; it can't be purchased but can be earned through a daily routine of physical exercise.

Earlier physical fitness means the capacity of an individual to perform given physical task involving muscular efforts. But this narrow concept of Physical Fitness has undergone a change, now a new concept of "Physical Fitness" is evolved. According to (AAHPERD), "Physical Fitness means that state which characterizes the degree to which the person is able to function". Ability to function depends upon the physical, mental, social and spiritual components of fitness, all of which is related to each other and is mutually inter-dependent.

If we view in the field of physical education and sports, physical fitness plays a major role. The sportsman who doesn't have optimum level of physical fitness can not face the competition successfully.

Adequate level of Physical Fitness should be developed early in life and then continuously maintained through regular participation in a well-designed activity programme to promote the total well being of an individual. Children should be fit for participation in the play activities of childhood, through which they develop organic vigour, strength and other fitness qualities.

Physical Fitness is the basic need for participation in games & sports. So, it is universally accepted that success in various activities of games and sports mainly depends upon the physical fitness of its participants. The basic level of fitness has a vital role in improving any sport performance but there seems to be a lack of specific knowledge regarding the sports achievements of the family members affect Physical Fitness of their child.

It has been a matter of great concern for the sports teacher and coaches to assess the sports achievements of the family members affect Physical Fitness of their wards. In order to accomplish this, I studied "Effect of sports achievements by the members of the family on Physical Fitness of their child."

METHODOLOGY::

The investigation was conducted on 480 boy students of academic Colleges of Hemchandracharya North Gujarat University, (Gujarat). There were AAHPERD Physical Fitness Test taken and collected the data regarding sports achievement of the family members of the students from all 480 boy students.

For the purpose of wide study, I make four groups according to the cast and the area which are as below:

1. Rural all and Urban all.
2. Tribal area all and non-tribal area all.
3. Rural tribal area schedule tribe and rural tribal area non-schedule tribe.
4. Schedule tribe all and non-schedule tribe all.

Analysis the data by use of SPSS programme and find out the mean score of sports achievement by the members of the family, mean score of Physical Fitness of the sample and "F" values in all four groups and compare the result in each group.

TABLE

Total sample, mean score of sports achievement by the members of the family, mean score of Physical Fitness of the sample,
 "F" value, significant level at 0.05 and significant level at 0.01 in four difference groups.

	Group-1		Group-2		Group-3		Group-4	
	Rural all	Urban all	Tribal area all	Non-tribal area all	Rural tribal area S.T.	Rural tribal area Non-S.T.	S.T. all	Non-S.T. all
Total samples N	446	34	206	274	133	73	140	340
Sports achievement Score mean	1.70	3.08	1.43	2.08	1.69	0.95	1.64	1.87
Physical Fitness Score mean	32.25	25.77	30.95	32.42	32.77	27.64	32.86	31.35
"F" Value	**1.634	0.758	*1.531	**1.641	**1.792	1.473	*1.766	*1.489
Significant level at 0.05	1.32	3.81	1.37	1.35	1.51	1.80	1.51	1.35
Significant level at 0.01	1.47	7.23	1.56	1.53	1.78	2.33	1.78	1.53

RESULT OF THE STUDY:

As shown in Table, for calculated 'F' value of rural all is 1.634, Non-tribal area all is 1.641 and rural tribal area S.T. is 1.792, these are significant at both 0.01 and 0.05 levels and tribal area all is 1.531, Schedule Tribe all is 1.766 and Non-Schedule Tribe all is 1.489, these are significant at both 0.05 levels, whereas Urban all is 0.758 and rural tribal area Non-S.T. is 1.473, these are not significant at both levels.

GROUP-1

As shown in Table, for calculated 'F' value of rural all is 1.634 and this is significant at both 0.01 and 0.05 levels and urban all is 0.758 and this is not significant at both 0.01 and 0.05 levels.

In comparison to rural all and urban all, sports achievement by the members of the family have significant affect Physical Fitness of rural all whereas there is not significantly affects Physical Fitness of urban all.

GROUP-2

As shown in Table, for calculated 'F' value of tribal area all is 1.531 and this is significant at 0.05 levels and Non-tribal area all is 1.641 and this is significant at both 0.01 and 0.05 levels.

In comparison to tribal area all and non-tribal area all, sports achievement by the members of the family have significant affect Physical Fitness of tribal area all at 0.05 level whereas there is significant affects Physical Fitness of Non-tribal area all at 0.01 level.

GROUP-3

As shown in Table, for calculated 'F' value of rural tribal area S.T. is 1.792 and this is significant at both 0.01 and 0.05 levels and rural tribal area Non-S.T. is 1.473 and this is not significant at both 0.01 and 0.05 levels.

In comparison to rural tribal area S.T. and rural tribal area Non-S.T., sports achievement by the members of the family have significant affect Physical Fitness of rural tribal area S.T. whereas there is not significantly affects Physical Fitness of rural tribal area Non-S.T.

GROUP-4

As shown in Table, for calculated 'F' value of S.T. all is 1.766 and this is significant at 0.05 levels and Non-S.T. all is 1.489 and this is significant at 0.05 levels.

In comparison to S.T. all and Non-S.T. all, sports achievement by the members of the family have significant affect Physical Fitness of S.T. and Non-S.T. all at 0.05 levels.

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