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Assessment of Selected Physical Ability Components between Government and Private Schools Girls' Students

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Abstract

The purpose of study was to examine the assessment of selected physical ability components between Government and Private schools girls' students. Total 50 girls, 25 girls each from 5 Government and 5 Private schools were randomly selected who's studying in class X of Kakching, Kakching District, Manipur. Randomly selected subjects were well-versed about aim and methodology of the study and they volunteered to contribute in this find. The subjects were tested on speed by 50 meter run test, agility by 4 x 10 meters shuttle run test, reaction time by ruler drop test and strength by sit-up test.Descriptive statistics and T-test was used to find the difference between both groups. The level of significance was set at 0.05.

Keywords: Physical ability, Government schools, Private schools, Girls

INTRODUCTION

To organize predictable effort well and to encounter unexpected appearance very efficiently, physical ability need deprived of presence overly exhausted and comprises makings significant to the individual's health and well-being. Various fitness features that must to be established such as speed, endurance, agility and strength to correct and maintenance of body weight. Physical capability is "a set of attributes that people have or achieve relating to their ability to perform physical activity" (U.S. Department of Health and Human Services, 1996). Keep fit is a vital significant for a total fitness, regular exercise is needed to progress and keep an ideal health. The purpose of study was to find out the assessment of selected physical ability components between Government and Private schools girls' students, Kakching District, Manipur.

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METHODOLOGY

The purpose of the study was to analyse the assessment of selected physical ability components between Government and Private schools girls' students, Kakching District, Manipur. For the study 50 girls, 25 each from 5 Government and 5 Private schools were randomly selected who's studying in class X of Kakching, Kakching District, Manipur.

Speed, agility and strength are vital assets in entirely sports. Physical factors are the ideal indicators of sports performance grade of an individual.

Thecriterion variableandselected the physical variables as the independent variables were designed for the research (Table 1).

Table 1: Variables, Tests and Criterion Measures

Sl. No.	Variables	Equipment/Tests	Criterion Measures
1	Speed	50 Meters Run Test	In Seconds
2	Agility	4 x 10 Meters Shuttle Run Test	In Seconds
3	Strength	Sit-up Test	In 60 Seconds

The statisticaltechniqueslike Descriptive statistics (mean, standard deviation (SD)) and"t-test" at 0.05 level of significant were utilized.

RESULT AND ANALYSIS OF DATA

The findings of the study of each variable were specified below:

Mean and SD values on score of physical variables and the t-test computed to compare between Government and Private Schools Girl's student study in Class X, Kakching, Kakching District, Manipur were highlighted on Table 2.

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a) It was evident that mean and SD score of Government and Private Schools Girl's student in speed were 9.44 ± 1.22 and 9.19 ± 0.73 respectively. The t-test value between the both groups of calculated 0.87 was less than the tabulated value 2.02. This indicated that there was no significance difference in the between the speed of Government and Private Schools Girl's student study in Class X, Kakching, Kakching District, Manipur.

b) It was evident that mean and SD score of Government and Private Schools Girl's student in agility were 7.57 ± 0.83 and 7.90 ± 0.66 respectively. The t-test value between the both groups of calculated -1.55 was less than the tabulated value 2.02. This indicated that there was no significance difference in the between the agility of Government and Private Schools Girl's student study in Class X, Kakching, Kakching District, Manipur.

c) It was evident that mean and SD score of Government and Private Schools Girl's student in sit-up were 28.04 ± 4.10 and 28.08 ± 4.44 respectively. The t-test value between the both groups of calculated -0.03 was less than the tabulated value 2.02. This indicated that there was no significance difference in the between the sit-up of Government and Private Schools Girl's student study in Class X, Kakching, Kakching District, Manipur.

Table 2: Mean, Standard deviation (SD) and t-test value of physical variables between Government and Private Schools Girl's student study in Class X, Kakching, Kakching District, Manipur

Variables	**School**	**Mean ± SD**	**T - test**
Speed	Government	9.44 ± 1.22	0.87
	Private	9.19 ± 0.73	
Agility	Government	7.57 ± 0.83	-1.55
	Private	7.90 ± 0.66	
Sit-up	Government	28.04 ± 4.10	-0.03
	Private	28.08 ± 4.44	

*0.05 level of significance

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DISCUSSION AND CONCLUSION

The determination of the study was to establish to differences in physical ability of school going Class X girl's students in government and private schools. In speed, government students found better than private students,whereas, in agility and sit-up test, private students found slight better than government students. All variables studied were no significance difference between government and private girls' students.

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