CHAPTER V

SUMMARY AND CONCLUSION

During the past four decades the growth was the overweight and the rural situation deteriorates and the adult genders, and racial/ethnic groups, the negative effects of degraded rural fitness and the individual and social main and multi-dimensional. The reason there are many risk factors coronary heart diseases, cancer, diabetes, and certain forms of high blood pressure, stroke, osteoarthritis, gallbladder disease, respiratory problems, gout can cause mortality and increase the relationship between adults in the rural activities, health, fitness, and it's pretty good. Little physical activity and cardio-respiratory fitness are both related to disease risk, and greater the Pacific (Thune et al. 1998). Rural fitness the ability to perform daily activities and to participate actively. Not only the physical fitness and health sports. Regular rural activity or limit, and thus, the body mass index (BMI), the national health survey, reported that the college 35% of the overweight American risk behavior for university students. This is not surprising considering that more than two-thirds American adult population overweight are among leading American health problem.

In accordance with the committee of experts the World Health Organization (1981) The rural situation, to a muscular." physical fitness the ability to early, good enough, physical activity, without unduly tired and it is very important to lower quality products include the individual

Health and Welfare for everyone the different rural fitness level which may change the time, the place, and then there are the daily activities, the individual, and if that for optimal usability. The physiological point of view, the rural situation, of the organization and of the fatiguing task. Chaudhary (1998) studied the difference is in the physical fitness in urban and rural students in class IX and X and the rural students will also be the rural situation better than urban students. Uppal and Sareen (2000) carried out by comparison

Cardiovascular fitness to rural and urban. It has been found that, in the rural students and to students in more than one, than to own the
The urban well-documented, their companions areAlt regular rural activity on the child and late adolescence - the life, health, the health, a healthy bones and muscles, hip-weights, reduce anxiety and stress cardiovascular reparatory increases and improves. Rural situation, one of the most important element may be important for health and the functional activities and the quality of life (noreau 1995; Stewart and shepherd can be no difference. 1994). The small rural fitness to carry out large rural activities. As a result, the activity levels, and reduce anxiety due to fatigue, small rural situation aggravated.

Taking into account the fact that it is very important that the rural students to what are the consequences to health aptitude tests study of large numbers of rural situation, reported the new world. The students in Denmark fitness rural Knutgen (1961), England (1961), Campbell & Pohnhof South African Slon (1966), Belgium (Hebbelink & Borms, 1969), Israel (1978), Japan (Ruskin 1978 long lengthy Ishiko These reports both to the available literature for her designers understands that how important is the rural health education health contribution in full fitness fitness.

Day by day the young public international organizations across platforms, politicians and scientists the World Health Organization statistics of the rural activates the adults about 17 % (Berggren, 2005); Angilley and Haggas, 2009) the world. The population of developed countries in 15% of the 10 young (Yitzhak; 2009), the percentage decrease the developing and underdeveloped. Participation in the especially designed for the rural development activity decreased rapidly the college and university education, university education, higher education institutions in the specialization of the required fields, Sinku S. K. (2009): rural education and sport education TeertthMarathwada Ramanand swami from Palermo, Sicily, and Sicily, university. Rural situation plays an important role in the training for the new-generation rural and the mental health and the few days of training programs, education developed societies.

Two group, 150 rural collegiate assessor to students of 150 urban collegiate assessor comparison students. The stopwatch, even on tape, dynamometer, machine, device will be used for data collection.
In order to achieve flexibility was assessed using sit down and check that the bottom rear and

TORE her right hamstring whilst rehearsing for the. The participants sat on the floor, the shoe, the legs are straight, and his feet to the flexometer. Before the test begins, the technician asked the participants: "There is a damage or any other reason not try his own feet." If the participant response was positive, the flexibility. He reached the ground of the participants and more than 3 seconds, and then the measurement centimetress has been fixed.

Cardiovascular fitness was assessed using 9 minutes. Place the pre-set intervals to ensure that accurate measurements. 9 MINUTES ruined the participants, and the total distance travelled. But, the participants should be encouraged to be themselves to the hard, as they are.

The abdominal muscles and the abdominals and durability was assessed using flexors. The starting position, the participants on the floor, hunched his knee in the hand on the other. It is owned by partners, to the foot of surface. The students, the abdominal muscles, curls the sitting position. The chest must be maintained. He tucked it under his arm the chest. The sit-ups and push-ups have been completed the elbows touch the thighs. Back to the participants on site to the rear center (A) is lying on the ground. If the timer allows you to, that the "READY", the performance is already to sit on and the power is also the command "stop". The sit-ups and push-ups in 60 seconds was the result.

The upper body strength, the pace. Participants were the many repetitions. Students PERFORMING pull-up the cadence. Press the corresponding upwere performed to the pace of push-up, 1.5 and 1.5 seconds, the second without hesitation.

The SPSS statistical package for social sciences (18.0); analysis of the data. Independent t tests were the differences between rural and urban students. The significant 0.5 the confidence.

Body mass index in rural and urban collegiate assessor value measured the students 21.12 and 23.78, the result is a statistically significant difference is in the body weight (t=2.70 <,.05) is located in the rural and urban students, the collegiate
The students found that more index, such as the rural collegiate assessor students compare, which means that a village-collegiate assessor arise in the students significantly less than obese, as the rivals.

Pull out the ups to rural and urban students collegiate assessor the mean was 7.81 and 0.99, the result is a statistically significant difference in body weight ($t = <.05$) is located in the rural and urban students, the collegiate assessor urban collegiate assessor was the better students pull the uninterruptible power supply (UPS) compare than rural collegiate assessor for students, which means that the rural students to significantly less than top force collegiate assessor, as the rivals.

SIT ups the rural and the urban collegiate assessor for students: 24,16 and 20,31, the result is a statistically significant difference is in the earth mass ($t = <.05$) is located in the rural and urban students, the collegiate assessor urban collegiate assessor the students have found it is much better than to sit on the uninterruptible power supply (UPS) to the rural collegiate assessor to the students, which means that village collegiate assessor, to the students, significantly less power than the rivals.

SIT&less than the rural and the urban collegiate assessor: measured value 30,56 and 33,43 for students, the result is a statistically significant difference is the sit&reach ($t = 2 <.05$) was found in the rural and the urban students, the collegiate assessor urban collegiate assessor, that the students from rural collegiate assessor takes up less space than the students, compare&reach, which means that substantially more rural collegiate assessor arise the students competence, flexibility compare to the others.

The right-hand lever on the rural and the urban collegiate assessor: measured value 34,77 and 30,06 for students, the result is a statistically significant difference is in the right-hand grip ($t = <".05$) is located in the rural and the urban students, the collegiate assessor rural collegiate assessor the students have found that even if the right-hand handle better than urban collegiate assessor for students, which means that village collegiate assessor as to the students significantly better adhesion, greater than the rivals.
The left-hand grip for rural and urban students to the collegiate assessor: measured value is 32,150 and 32,71, the result is a statistically significant difference in the left-hand grip \((t=)\) the rural and urban collegiate assessor.

A 9 minutes walk, rural and urban students received the collegiate assessor and 13.40 : 1357.5 value, and the result is a statistically significant difference \((T=, p<.05)\), it is not a collegiate assessor rural and urban rural collegiate assessor the students more aerobic fitness comparison, the urban collegiate assessor to the students, which means that the rural students compared to collegiate assessor arise much more than the aerobic fitness.

The mean (SD) age was 21,98 rural (3.34) was 65,90 year (8,150 kg) and the height 168,28 (12,22) cm.

While the mean (SD) 21,67 age urban students (3.12) years was the weight of 55,09 kg, height (8.90) 156,30 (09,15).

He hypothesized, i.e. not statically significant difference is in the rural and the urban student athletes' own awareness. There is no significant difference in the emotional intelligence self-consciousness in urban and rural students in rural and urban students. Thus, the results are to accept the null hypothesis test.

He hypothesized that there would be no statistically significant difference is in the rural and the urban athlete empathy from students. There is no statistically significant difference in the emotional intelligence of empathy to rural and urban students found that the null hypothesis testing.

He hypothesized, i.e. not statically significant difference is in the rural and the urban student athletes' own motivation. A statistically significant difference is that the motivation of its urban and rural students' emotional intelligence significant difference was the rural and urban students. Thus, the results are not the null hypothesis test.

Has already been hypothesized, that is to say, not statically significant difference is in the rural and the urban students' intelligence of the sportsmen and sportswomen to emotional stability. A statistically significant difference in the
emotional intelligence emotional stability in urban and rural students. so that the result could not be rejected the null hypothesis testing.

He hypothesized that there would be no significant difference in the statically rural and the urban students the routing intelligence of the sportsmen and sportswomen. A statistically significant difference in the emotional intelligence relationship with the urban and the rural students was found. Rural students, it turned out, that there is a link to emotional intelligence. Thus, the results are not the null hypothesis test.

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the damaged sportsmen and sportswomen. A statistically significant difference was the emotional intelligence to urban and rural students. Thus, the results are not rejected by the null hypothesis testing shows that the

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the sportsmen and sportswomen. The statistically significant difference is in the his own emotional intelligence development of the urban and the rural students to. so that the results could not reject the null hypothesis testing.

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the sportsmen and sportswomen. A statistically significant difference in the orientation on the emotional intelligence in urban and rural students to the result by the test the null hypothesis.

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the sportsmen and sportswomen. A statistically significant difference between the urban and the rural students in emotional intelligence, and the result of the test shows the null hypothesis.

He hypothesized, i.e. it is not statistically significant difference is in the rural and the urban students of intelligence of the sportsmen and sportswomen, unselfish behavior. The study reveals that a statistically significant (2.10) difference in
emotional intelligence, unselfish behavior in urban and rural students. It was so, the result is the empty hypothesis a study.

Hypothesised that it would not be a difference of the personality characteristics of the psychoticism rural and urban athletes. Psychoticism the personality characteristics of a statistically significant difference was found in rural and urban for athletes. Thus, the study results do not refuse, a most convincing hypothesis.

Hypothesised that would not be a difference in the personality characteristics of the rural and urban neuroticism athletes. Neuroticism the personality characteristics of a statistically significant difference was found in rural and urban for athletes. The study, therefore, the assumption was not acceptable.

Hypothesised difference is not difference between rural and urban the extraversion athletes. A statistically significant difference was found in the personality characteristics of the rural and urban athlete. Thus, the hypothesis was not acceptable.

The investigation is not supported by any of the test, where the fourth hypothesis, that would be the great difference is that the personality characteristics, and the lie, because t-statistics are not found no statistically significant difference in the personality traits.

Conclusions:

Finally the following conclusions were drowning in their present study.

1). Statistically significant difference of body mass was found between rural and urban collegiate students
2). Urban collegiate students was found to got more body index as compare than rural collegiate students
3). Urban collegiate students were found to get more pull ups as compare than rural collegiate students.
4). Urban collegiate students were found to get more sit ups as compare than rural collegiate students.
5). Statistically significant difference of sit&reach was found between rural and urban collegiate students.
6). Urban collegiate students was found to got less flexibility as compare than rural collegiate students.
7). Statistically significant difference of right hand grip was found between rural and urban collegiate students.
8). Rural collegiate students was found to got more right hand grip as compare than urban collegiate students.
9). No statistically significant difference of left hand grip was found between rural and urban collegiate students.
10). Statistically significant difference of aerobic fitness was found between rural and urban collegiate students.
11). Rural collegiate students was found to got more aerobic fitness as compare than urban collegiate students.
12). No statistically significant difference of self awareness emotional intelligent of rural and urban students was found.
13). No statistically significant difference of self empathy emotional intelligent of and urban students was found.
14). Statistically significant difference of self motivation emotional intelligent of rural and urban students was found.
15). Rural students were found to have got more self motivation emotional intelligence as compared to urban students.
16). Statistically significant difference of value orientation emotional intelligent of rural and urban students was found.
17). Rural students was found to have got more value orientation emotional intelligence as compared to urban students.
18). Statistically significant difference of emotional stability emotional intelligent of rural and urban students was found.
19). Rural students was found to have got more emotional stability emotional intelligence as compared to urban students.
20). Statistically significant difference of managing relation emotional intelligent of Rural and urban students was found.
21). Rural students was found to have got more managing relation emotional intelligence as compared to urban students.
22). Statistically significant difference of personality characteristics with respect to psychoticism was found between rural and urban students.

23). Rural students were found to have a higher psychoticism tendency compared to urban students.

24). Significant difference of personality characteristics with respect to neuroticism was found between rural and urban athlete students.

25). Urban players were found to have less neurotic tendency compared to rural students.

26). Statistically significant difference of personality traits with respect to lie-scale.

27). No significant difference of personality characteristics with respect to extraversion was found between rural and urban players.

**Discussion of Findings:**

This study showed that the physical fitness performance was better in the rural students, with the exception of the sit and reach, which were better in urban students. This study found that the percentage significant weight index (t = P<0.5), pull-ups (t = P<0.5), sit in an uninterruptible power supply (t = P<0.5), and the REACH and better grip (t = P<0.5) were higher in rural and urban students. Urban students have found stronger than rural students. This supported Sandhu (1983) and Amsterdam desktop entries contain. Located in rural urban students was stronger than the students. Tsimeas and Tsigilis (2005) conducted a study of the Greek rural students in urban and rural life - this is the physical fitness of children. They had similar results and Mehtap Nihal (2005). The study of the region, like the children of rural urban children of Turkish children and found that in urban areas more inactive and obese than rural children. Significant to the urban students against a muscular little children in the rural community to. This may be due to increased mechanisation, automation and justify the rural activities of rural urban populations must be kept strong pressure. Uppal and the supported Sareen (2000) choudhary (1998) and (1979). It was found that the rural students, a strong right-hand grip strength, the relatively larger urban students right-hand grip strength will in all the rural students have sufficient vigor the rural students of rural agricultural and livestock activities. The urban students have demonstrated a significantly greater flexibility were
compared in the urban students. This may be due to the rural life style is not more active in nature and the high-level rural urban life and the mental strain of rural areas, muscle

Araújo et al. (2002) adolescent girls, 58 123.13 and 18 year olds, was not a significant difference was one of the sit and reach the the genders. Cultivated by the study Okano et al (2001) corroborates the previously. These are significant differences between the genders are not checked by the investigation and ethnics, the seatback and the plan" 103 8 child and 11 years. That is, the fact that the urban students under high values of rural values VISCO elastic properties of muscles short. This study, the researcher measured power fitness tests, and the factors that influence, such as the potential "learning" (positive) systematic distortion. Results of the study show that it is not learn nor fatigue (negative) effects systematic distortion occurred when assessing competence, the test-test, the rural and urban students.

Leger and Gadoury (1989) it pointed out that it could be caused by the lack of motivation, to the participants before the physiological limit is reached. As a result, it has proved to other factors, the factors that may affect the site. Docherty (1996), a long-life, high-performance, or is that the muscle to create a force several times, or for a long period of time. By definition, sit down on the time limit for the abdominal muscles for long-term. Therefore, the above, the limitation period, the time, it appears that

The system better is the realistic life. The College curriculum, the physical examination is not the sport driving competence Marathwada region. This test is for the all the trainees an unchecked. The other, the other physical test, as the security forces, large physical tests have been invited to rural. In the view that the management and surveillance law, if the period of validity without restriction, the timed sit down-up has proved to be the former course of my researches. While the abdominal muscles endurance test, may be assisted by the abdominal wall muscles is not synergetic operation. Carlos et al. (1991) has established that the rectus femoris participated in a large extent in the sit-in. The study, it was proposed that the sit-ups and push-ups and front leg long and more supported than the rectus femoris of sit-ups and push-ups is not supported by the enlarged and other hand, Chong, Lee, and Ashley and Nicole (2006) to the lower electrode, latissimus dorsi and the upper trapezius, and the entire
action and sit down. This study suggests that the lower-level students the urban rural students to aerobic fitness. What is in the other study has examined the aerobic fitness level in the African American adults in the Treaty of Amsterdam in accordance with observations one growth heather, and longitudinal study, the physical activity level affect aerobic performance and later adult life. So I suppose, that the participant was similar to the rural life, the previous activities, and, as a result, the long-term aerobic capacity in the rural activities. The rural students aerobic capacity was substantially higher than the urban students,

In addition, the future research has examined aerobic fitness level must estimate the rural and urban students played university sport and the participation in the aerobic fitness are also affected by these activities.

Only the findings of the study subjects are included in the studies. Power, speed, long-lasting (cardiovascular), and the other physical properties, it is desirable that there be only developed high-performance, but is not available in the complete fitness balance such provisions shall apply to the right of the age, maturity and the individual capabilities. Research the early assistance to the students need to understand that the physical fitness. This encourages them to participate in the sport. The information can be selected using the criteria you select or the sportsmen and sportswomen. The source for the sport and science perspective instructor preceding and in order to enhance the athlete. Based on results of the study, it was proposed that the rural situation will be carried out with the semester 1 all students must comply with, at least that the games, and athletic track each semester so that the rural situation. It is therefore suggested that the general public, and the social has fluctuated between samples, taking into account the demographic situation, age, gender, and the participation.

Secondly, the study of intelligence is also dealt with the rural and the urban athlete student present only in the two psychological study of personality and emotional intelligence. The data were collected by the emotional intelligence scale aunukool adopted Hyde companions. This register allows you to ten emotional dimensions, as its own consciousness, its own motivation, emotional stability relations management, development, the self, the orientation, commitment, and unselfish behavior.
The mean (SD) age was 21.98 rural (3.34) was 65.90 year (8.150 kg) and the height 168.28 (12.22) cm.

While the mean (SD) 21.67 age urban students (3.12) years was the weight of 55.09 kg, height (8.90) 156.30 (09.15).

He hypothesized, i.e. not statically significant difference is in the rural and the urban student athletes' own awareness. The study finds that (2.1) is not a statistically significant difference in the emotional intelligence self-consciousness urban and rural students was found in rural and urban students. Thus, the results are to accept the null hypothesis test.

He hypothesized that there would be no statistically significant difference in the rural and the urban athlete empathy from students. During the test, it is established that the (table 2.2) in the emotional intelligence empathy a statistically significant difference is in the rural and the urban students have been found, so that the accept the null hypothesis testing.

He hypothesized, i.e. not statically significant difference is in the rural and the urban student athletes' own motivation. The study reveals that the results (table 2.3) a statistically significant difference in the emotional intelligence own motivation urban and rural students significant difference (t = (P<.05) the rural and urban students. Rural students, that even more of its own motivation, emotional intelligence than his companions. Thus, the results are not the null hypothesis test.

Has already been hypothesized, that is to say, not statically significant difference is in the rural and the urban students intelligence of the sportsmen and sportswomen to emotional stability. The study reveals that the results (table 2.4) a statistically significant difference in the emotional intelligence emotional stability in urban and rural students were found (t = p<.05). Rural students to more emotional stability. Thus, the results are not the null hypothesis test.

He hypothesized that there would be no significant difference in the statically rural and the urban students the routing intelligence of the sportsmen and sportswomen. The study reveals that the results obtained (table 2.5) with a statistically significant difference in the emotional intelligence in urban and rural students were
found \((t = 2.84, p<.05)\). Rural students, it turned out, that there is a link to emotional intelligence. Thus, the results are not the null hypothesis test.

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the damaged sportsmen and sportswomen. The study finds that (2.6) a statistically significant difference between urban and rural students emotional intelligence were found \((t = 2.98 \text{ mm mm}, p<.05)\). Thus, the results are not rejected by the null hypothesis testing shows that the

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the sportsmen and sportswomen. The study finds that (2.7) a statistically significant difference in the emotional intelligence development own urban and rural students were found \((t = 2.62, p<.05)\). Rural students to more self-development, emotional intelligence, than their younger counterparts. Thus, the results will not reject the null hypothesis test.

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the sportsmen and sportswomen. The study reveals that the results (table 2.8), there is no statistically significant difference between the urban and the rural students to the emotional intelligence the results to the test of the null hypothesis.

He hypothesized that there would be no significant difference in the statically rural and urban students intelligence of the sportsmen and sportswomen. The study reveals that the results (table 2.9) are statistically non-significant difference between the urban and the rural students, that was between the emotional intelligence test showing the results the null hypothesis.

He hypothesized, i.e. it is not statistically significant difference is in the rural and the urban students of intelligence of the sportsmen and sportswomen, unselfish behavior. The study reveals that a statistically significant (2.10) difference in emotional intelligence, unselfish behavior in urban and rural students. Thus, the results are to accept the null hypothesis test.

Hypothesised that it would not be a difference of the personality characteristics of the psychoticism rural and urban athletes. The results of the study (3,1) showed a
statistically significant difference between the personality characteristics of the psychosis were found (t = 2.60, P <.05) the rural and urban students; psychotics rural student athletes not susceptible to more than the urban operators. Thus, the study results do not refuse, a most convincing hypothesis.

Hypothesised that had significant difference between the personality characteristics of the neurotismathletes in rural and urban students study results (table-2.1) showed a statistically significant difference between the personality characteristics of the neurotism were found (t = IS from 6.00, then the P <.05) the rural and urban athletes. Rural education Student a player is more neurotic trend, in contrast, the urban operators, i.e. the hypothesis test was not.

Hypothesised that difference would not be significant difference between the rural and the urban extraversionathlete students study results (Table 2.3), so that the statistically significant difference was found in the personality characteristics of the rural and urbanathlete. so that the hypothesis was not acceptable.

The investigation is not supported by any of the test, where the fourth hypothesis, that would be the great difference is, that the personality characteristics, it was all a lie, because t-statistics shall not found no statistically significant difference in the personality traits.