ABSTRACT

Over the past four decades, there has been an increase in the prevalence of overweight and rural fitness deterioration in adult across all genders, ages and racial/ethnic groups. The negative effects of degraded rural fitness on both the individual and society are serious and multi-dimensional. It can cause many risk factors to health including coronary heart disease, certain forms of cancer, diabetes, hypertension, stroke, gall bladder diseases, osteoarthritis, respiratory problems, gout and is associated with increases in all cause mortality. In adults, relationship among rural activity, health related fitness, and health are fairly well established. Low levels of physical activity and cardio-respiratory fitness are both associated with higher risk of all cause and diseases specific mortality (Thune et al. 1998). Rural fitness is the ability to perform daily activities willingly and actively. Physical fitness includes not only components of sports but those of health as well. Regular rural activity prevents or limits weight gain, and gain in body mass index (BMI) The National College Health Risk Behaviour Survey reported that 35% of American college students are overweight. This is not surprising considering that more than two thirds of American adult population are classified as overweight, making weight gains America’s leading health problem.

The expert committee of the World Health Organization (1981) described rural fitness as “the ability to undertake muscular work satisfactorily.” Physical fitness is the capacity to carry out, reasonably well, various forms of physical activities, without being unduly tired and includes qualities important to the individual’s health and well-being. Every person has a different level of rural fitness which may change with time, place of work, situation and there is also an interaction between the daily activities, and the fitness of an individual, the point of where to put the level of optimum fitness. From the physiological point of view rural fitness may say to be ability at the body to adopt and recover from strenuous exercise. Chaudhary (1998) studied the difference in physical fitness of urban and rural students studying in class IX and X and found that rural students were better in rural fitness than urban students. Uppal and Sareen (2000) conducted a study to find out the comparison on
Cardiovascular fitness between rural and urban. Students and revealed that students with rural background performed better than that of their counterparts in urban areas. It is well documented that regular rural activity in childhood and adolescence improve strength & endurance, health build, healthy bones & muscles, hips control weights, reduce anxiety and stress increases self-esteem and may improve cardio reperatory function. Rural fitness is recognized as an important component of health and it may be important for the performance of functional activities and quality of life (noreau and Shepherd 1995; Stewart et.al. 1994). Low rural fitness may result in high rural strain during the performance of activities. As a consequence, activity levels may decrease due to fatigue and discomfort, exacerbating low rural fitness.

Keeping in view the fact that student’s rural fitness has important health consequences during their study, a large number of studies on rural fitness have been reported from different count step of the world. Data on the rural fitness students from Denmark (Knutgen, 1961), England (Campbell & Pohndof, 1961), South Africa (Slon 1966), Belgium (Hebbelink & Borms, 1969), Israel (Ruskin 1978), Japan (Ishiko 1978) are available in the literature all these reports maid the health planners realize the importance the contribution of health education & rural fitness in the development of total fitness.

Day by day the importance of young population is being declared in many platform by international organizations, politicians and scientists according to the statistics of world health organization the deficiency of rural activates of adults are approximately at 17% (Berggren, 2005); Angilley and Haggas, 2009) in the world. In developed countries 10 to 15% of young population do sports (Yitzhak; 2009), the percentage decrease through the developing and undeveloped ones. Participation to rural activities is rapidly decreased specially in the college and university education, academic education in the universities focuses on the specialization in preferred fields, Sinku S.K. (2009) implied that rural education and sports lessons in Swami Ramanand Teerth Marathwada University. Rural fitness has an important role in the education of new generation in the frame of rural and mental health and now days it is placed as a piece of education in the developed societies, education programmes.
Two groups were be targeted, 150 rural collegiate students considered & 150 urban collegiate students considered for the comparison. Stopwatch, still tape, grip dynamometer, weighing machine, tools will be used for data collection.

Flexibility was assessed using the sit and reach test to measure lower back and hamstring flexibility. The participants sat on the floor, with their shoes off, their legs straight, and feet against the flexometer foot stop. Before the test the technician asked the participant: “Do you have a back injury or is there any other reason you should not try to touch your toes?” If the participant’s answer was positive, the flexibility test was skipped. When participant reached forward and touched the toes for 3 seconds, a measurement was recorded in centimetres.

Cardiovascular fitness was assessed using 9 minute run test. Place markers at set intervals around the track to aid in measuring the completed distance. Participants were ruined for 9 minutes, and the total distance covered is recorded. Walking was allowed, though the participants must be encouraged to push themselves as hard as they can.

The abdominal muscular strength and endurance of the abdominals and hip-flexors was assessed using sit-up test. To assure the starting position, the participant’s lies on his/her back with knees flexed, feet on floor with the hands on the opposite shoulders. The feet were held by partners to keep them in touch with the testing surface. The student, by tightening his/her abdominal muscles, curls to the sitting position. Arm contact with the chest must be maintained. The chin should remain tucked on the chest. The sit-ups were completed when the elbows touch the thighs. To complete the sit-up the participants returns to the down position until the mid back makes contact with the testing surface. When the timer gives the signal “ready go”, the sit-up performance were started and the performance was stopped on the command “stop”. The number of correctly executed sit-ups performed in 60 seconds was the score.

Measuring upper body strength, Set to a specified pace. Participants were complete as many repetitions as possible. Students begin performing pull-ups according to the cadence. The correct push-up were performed to a pace of one
complete push-up every three seconds 1.5 seconds down and 1.5 seconds up, with no hesitation.

The Statistical Package for the Social Sciences (SPSS; version 18.0) was used for the data analysis. Independent t tests were used to assess overall differences between Rural and Urban students. The level of significant set up at 0.5 level of confidence.

It has been hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to self awareness. No significant difference of self awareness emotional intelligence between urban and rural students was found between rural and urban students. Thus, the results accept the null hypothesis of the presents study.

It has been hypothesized that there would be no statistically significant difference of intelligence scale of rural and urban Athlete students with respect to empathy. No statistically significant difference of empathy emotional intelligence between rural and urban students was found. Thus, the accept the null hypothesis of the presents study.

It has been hypothesized that there would be no statistically significant difference of intelligence scale of rural and urban Athlete students with respect to self motivation. Statistically significant difference of self motivation emotional intelligence between urban and rural students significant difference was found in rural and urban students. Thus the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statistically significant difference of intelligence scale of rural and urban Athlete students with respect to emotional stability. Statistically significant difference of emotional stability of emotional intelligence between urban and rural students was found. Thus the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to managing relation. Statistically significant difference of managing relation emotional
intelligence between urban and rural students was found. Rural students was found to have got more managing relation emotional intelligence as compared to their counterparts. Thus the results failed to reject the null hypothesis of the presents study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to integrity. Statistically significant difference of integrity emotional intelligence between urban and rural students was found. Thus, the results failed to reject the null hypothesis of the present study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to developmental. Statistically significant difference of self-developmental emotional intelligence between urban and rural students was found. Thus, the results failed to reject the null hypothesis of the present study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to value orientation. No statistically significant difference of value orientation emotional intelligence between urban and rural students was thus, the results accept the null hypothesis of the present study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to commitment. No statistically significant difference of commitment emotional intelligence between urban and rural students was found thus, the results accept the null hypothesis of the present study.

It has been hypothesized that there would be no statically significant difference of intelligence scale of rural and urban Athlete students with respect to Altruistic behaviour. The results of the study reveals that (table 2.10) no statistically significant difference of Altruistic behaviour emotional intelligence between urban and rural students was found. Thus, the results accept the null hypothesis of the present study.
It had been hypothesised that there would be no significant difference of personality characteristics with respect to psychoticism of Rural and urban Athlete students. Statistically significant difference of personality characteristics with respect to psychoticism was found between Rural and urban Athlete students. Thus the results have failed to reject the hypothesis of the study.

It had been hypothesised that there would be no significant difference of personality characteristics with respect to neuroticism between Rural and urban Athlete students. Statistically significant difference of personality characteristics with respect to neuroticism was found between Rural and urban Athlete students. Thus the hypothesis of the study was not accepted.

It had been hypothesised that there would be no significant difference of personality difference with respect to extraversion between Rural and urban Athlete students. No statistically significant difference of personality characteristics was found between Rural and urban Athlete students. Thus the hypothesis was not accepted.

The result of the study did not support to the fourth hypothesis of the study where in, it was stated that there would be no significant difference of personality traits with respect to lie-scale because, t-statistics reveals no statistically significant difference of personality traits with respect to lie-scale.

**Conclusions:**

Finally the following conclusions were drowning in their present study.

1. Urban collegiate students was found to got less flexibility as compare than rural collegiate students.
2. Statistically significant difference of right hand grip was found between rural and urban collegiate students
3. Rural collegiate students was found to got more right hand grip as compare than urban collegiate students.
4. No statistically significant difference of left hand grip was found between rural and urban collegiate students.
5. Statistically significant difference of aerobic fitness was found between rural and urban collegiate students.

**Recommendation:**

Research in any field of knowledge not completed in itself. There is always need of findings new problems related to previous researches and finding out solution. In the light of result and discussion of this study following recommendation are made for further research in this area.

1. A similar study could be done on urban Athlete students of different Colleges and Universities.

2. A similar study could be done on different age group Athlete students of different Colleges and Universities.

3. A similar study could be done on Athlete people.

4. Further study could be conducted taking into consideration sex difference, Experience and age difference.