CHAPTER V

V.1. SUMMARY:

Introduction

Present study is an inspiration to do something for the school going students. The rationale behind the formation of hypothesis is that it may focus some new facts. The samples of the study were randomly select from Tanwani English School and Maharashtra Public School. In all 8 tests, first was selected for evaluating the Muscular Strength, second was selected for evaluating the Muscular Endurance, third was selected for evaluating the Cardiovascular Endurance, fourth was selected for evaluating the Suppleness-Flexibility, fifth was selected for evaluating the Neuromuscular Co-ordination, sixth 2 were selected for evaluating the Body Composition and seventh was selected for the evaluating Health Hazards of the subjects. To have the difference of data for assessing the development it was decided to organize the test on 800 subjects. Much of the samples collected from the Aurangabad region.

The raw scores were then statistically analyzed and compared for interpretation. It was noticed that the development of muscular endurance between boarding boys’ students and non-boarding boys’ students and the development of health hazards between boarding girls’ students and non-boarding girls’ students is found Significant when tested for significance by t-test at 0.05 levels. The development of neuromuscular co-ordination and proper body composition (WHR) between boarding boys’ students and non-boarding boys’ students and also between boarding girls’ students and non-boarding girls’ students is found Significant when tested for significance by t-test at 0.01 levels.

Today, feeling good, looking good, and now there is a growing emphasis on. Increasing scientific evidence is one of the key in the fitness and exercise tells us to achieve this ideal. Physical activity is a part of our daily life, because the implementation is a challenge to achieve. Physical exertion is required, that there are less job. For us to get around the machine and instead rely on muscle, are mechanically mobile society. With this, we just followed that- entertainment and spend leisure time (including children) with other people Observer have become a
nation. Consequently, obesity and weight data, such as high blood pressure, diabetes, cardiac arrest, which indicates that the problems are on the increase. But the figures also pays off preventive medicine, which show that, so his / her doctor is a challenge, one should not wait until. Everybody, now need to take the initiative to get active.

Physical fitness is for fine-tuning of the engine, is what happens to the human body. It is able to work to our potential. Fitness better appearance, pleasant and helps us to feel and do our best, as a condition that can be said. Specifically, it is: "is enjoying leisure-time activities and emergency leave to meet the demand for more energy, with great capacity to work and alertly daily. This is the ability to endure, that a qualified person could not continue to carry on in circumstances where, in order to cope with stress, to endure, and in good health and well-being is a major basis for.”

**Types of Physical fitness**

Wellness concept is increased at the end of the last century, with certain components, fitness for a person's overall level of contributions that became evident. Physical fitness related to health, physical fitness, motor fitness and special fitness has been classified in.

**Health Related component of Physical Fitness**

- Cardiovascular endurance: Heart, lungs and blood's ability to meet the demands of physical activity long cells to produce a sufficient amount of oxygen.
Muscular strength: The ability of a muscle to exert maximum force against resistance.

Muscular endurance: The ability of muscles to exert sub maximal force repeatedly over time.

Flexibility: The achievable range of a motion at a joint or group of joints without causing injury.

Body composition: The fat and non fat components of the human body, important in assessing recommended body weight.

Neuromuscular co-ordination: Neuromuscular coordination skills in order to accomplish a specific task to recruit a muscle or group of muscles determines the capacity of the nervous system. Neuromuscular coordination of the two-level works: 1) Intra-Muscular Coordination, 2) Inter-Muscular Coordination.

Motor components of physical fitness:

<table>
<thead>
<tr>
<th>Strength</th>
<th>Endurance</th>
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<tbody>
<tr>
<td>Co-ordination</td>
<td></td>
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<tr>
<td>Flexibility</td>
<td>Speed</td>
</tr>
</tbody>
</table>

Endurance: The ability to deliver oxygen and nutrients to tissues and during a continuous period of time, to remove wastes. Long Run, and swimming are employed in this section measuring method.

Strength: Once the upper body strength for a brief period of the ability of a muscle to exert force, for example, with various weight lifting exercises can be measured.

Speed: The quickness of movement of limbs whether it is the leg or arm.

Flexibility: The ability to achieve an extended range of motion without being impeded by excess tissue i.e fat or muscle.

Co-ordination: The ability to integrate the above listed component so that effective movements are achieved.

Specific physical fitness

Game Related
Game One example of training over a short distance runner last acts in the case will be training for a 400-meter Sprint. In the case of race, with the engine during the race athlete should be trained to run. Cover a long distance in a marathon athlete that continues for a long period should be trained to work.

Profession Related

Work of all workers work at least eight hours after spending a day on it, etc. office, factory, labor-power is on a plantation in the,,, a central role in people's livesonly become a reality by paying the exercise; It only sets itself in action, but the human muscle, nerve, a certain amount of. The brain is damaged, and it needs to be restored.”

“Great personality, they are made, not born. "It's our health and excepting punishment and family influence on many points that are around us reveals that there are many points. Points that is the essence of human beings are in control. under points: 1) Environment, 2) Diet, 3) Daily routine, 4) Habits etc. Because of some bad habits or other factor, the health hazards are accrued.

In this research, research scholars of different types of school children's physical fitness and health hazards wants to know the difference. The boarding and non-boarding school. Research scholar boarding student is your daily routine and have some restrictions on the practice, because the child's physical, there is no difference in status, you want to know.

STATEMENT OF THE PROBLEM:

“Comparative Study of Physical Fitness and Health Hazards among the Boarding and Non Boarding Students of Aurangabad District, Maharashtra”

OBJECTIVES OF THE STUDY:

1. To find out the development taking in physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.

2. To analyze the developments taking in physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.
3. To compare the rate of development of physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.

4. To understand various parameters of physical fitness and health hazards.

SIGNIFICANCE OF THE RESEARCH:

1. The study may reveal the physical and health problems of boarding and non-boarding children.

2. Results may prove helpful to establish training system for boarding as well as non-boarding children.

3. Results may also be helpful to enhance sports terminology communication skills with children.

4. Evaluation of development of physical fitness and health hazards may fetch platform for establishing training methodology for children.

DELIMITATION

1. The study is delimited to both boys and girls.

2. The study is delimited to boarding and non-boarding school children.

3. The study is delimited to the physical fitness and health hazards tests applicable for children.

4. The study is further delimited to the school going children in both category.

LIMITATIONS:

1. Diet and rest of the children was a limitation.

2. Age group is a limitation because the total population of the school is multi aged.

3. Involvement of students during test was a limitation.
4. Physical, mental, weather, school, house and surrounding conditions were a limitation.

5. Organization of the tests was adjusted with the concerned school’s time tables.

**OBJECTIVE OF THE PRESENT WORK:**

1. To find out the physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.

2. To assess the physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.

3. To analyze the physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.

4. To study the physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.

5. To compare the physical fitness among the boarding and non-boarding students of Aurangabad district, Maharashtra.

6. To compare the health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.

7. To understand if any higher or compensatory fitness level among anyone boarding students than others.

8. To observe and evaluate the physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.

9. To circulate the collecting data to concern authorities.

**LITERATURE REVIEW:**

“Fitness, olives, perception, attitude, and the weight of academic achievement among children: a cross-sectional Association of the corresponding trial results?” Davis, C. L. and S. Cooper(2011)

In this study of the hearing of an exercise are independent of baseline demographic factors at work, academic achievement, and behavior, fitness and olive considered
compatible. For this study 170 samples were selected from the Augusta, GA area from 2003–2006. Partial co worse score, get a better sense of wellbeing and behavior, and that was associated with olive examined. Specifically, executive function, the child's behavior in mathematics and reading achievement and parent ratings were associated with fitness and olive.

“Comparison of Motor Fitness between 6 to 9 years of Boys and Girls” Dr. Biswas A. K., Dr. Das S. S., Debnath S., Prof. Bhowmick S. (2011)
This study was conducted to study the difference in between boys and girls of 6 to 9 years in selected motor fitness components. 2000 samples were selected for this study. Results showed that the boys groups were superior in speed, agility, endurance, leg explosive strength and abdominal muscular strength endurance for all age groups. Girls were superior in hip flexibility for all age groups. In reaction time the girls were found to be better with lower mean value at the age of 6 years but thereafter the boys became better than girls with lower mean values of reaction time for subsequent ages. In static balance there were no difference up to 8 years, but after that the boys became superior to girls. Based on the results it was concluded that there are differences in motor fitness parameters between boys and girls even before puberty for the age of 6, 7, 8, and 9 years.

“A Comparative Navodaya study of physical fitness of middle and Gujarat State typical residential school students” Dr. Patel B. M. and Dr. Patel M. G. (2011)
In this study of 400 subjects the Central, Navodaya and Gujarat model residential school 13 to 16 years age group of boys. Subjects selected for measuring physical fitness, concerned principals was allowed. And then AAPHER youth physical fitness test was taken. ANOVA (analysis of difference) received physical fitness index was applied to measure. After a significant difference, D. (Least significant difference test) was applied to know difference. Significant level was 0.05. Adarsh Residential School student's physical fitness to middle school and JNV that of is quite different, which results received reveal. Students, but in short belonging to the same age group is the result.

“Body mass index, body fat and blood Pressure between Chandigarh Boarding and Non-Boarding School, a study of the percentage of males” Dr. Singh T. N., Reeta, Nain B. (2011)
The purpose of this study BMI, boarding and non-boarding school boys between of Chandigarh fat percentage body and BP was to compare. 50 boarding school boys (Jawahar Navodaya Vidyalaya, Sector 25, Chandigarh) and 50 non-boarding school boys (Kendriya Vidyalaya, Sector 29, Chandigarh,) were chosen as samples randomly. Between 14-17 years of age subject ranged. Test was applied to the 0.05 level, scores't to find a significant difference between mean. Study results BMI, body fat percentage and BP Chandigarh in connection with the boy's boarding and non-boarding school revealed no significance difference between.

“School-age youth physical fitness, academic achievement, and the economic situation” Coe, D. P., Peterson, T., Blair, C., Schutten, M. C., & Peddie, H. (2013) This study of the relation between physical fitness and academic achievement examined and school age youth, the relationship between fitness and academic achievement in the effect of the economic situation (SES) was determined. Overall, 3, 6, and 5 of the school district to 9 standard 1,701 students participated in the assessment. Fitness was determined using the FITNESSGRAM. Academic achievement in math, English and social science (6 and 9 standard) was measured by a standardized test. Compared with all other variables, SES academic achievement appears to have strong relationships with. However, this high level of fitness in the positive school-age youth are associated with academic achievement, which appears.

“Physical Activity and Obesity Mediate the Association between Childhood Motor Function and Adolescents Academic Achievement” (2013) For this research study, the motor function of childhood physical activity, fitness, and obesity later academic achievement is prophetic. Sample the age of 8 years old and mother-reported motor function including the 1986 baseline data to northern Mexico birth cohort included 8,061 children. This, compared with self-reported physical activity was then 16 years old at the age of cardiorespiratory fitness, obesity and predicted academic achievement. Result Agreement motor function through physical activity in childhood youths' academic achievement and a negative indirect effect that seems (B = -0.023, 95% confidence interval = -0.031, -0.015) and obesity (B = -0.025, 95% confidence interval = -0.039, -0.011), but not via cardiorespiratory fitness. These results suggest that physical activity and obesity may mediate the
association between childhood motor function and adolescents’ academic achievement.

Registered a goal and an experimental design for the selected variables in the performance of Warangal District. The Tribal Welfare and Social Welfare Residential School, Ashoknagar, Etturnagaram and AP Social Welfare Residential schoolsJangoan and Jakarta, 200 were selected, datacollection. 400 people have adapted. 2.00 ‘t’ ratio were respectively 0.05 level neededfor importance. The results of this study of Tribal Welfare Residential School Healing Social Welfare Residential School students students are shows that.

The study's six health unit to find out the truth by using a larger sample busing was held. All the items, close to Social Welfare Residential School students only for Tribal Welfare Residential School students. The analysis of data in the following reports. Tribal Welfare School Student Social Welfare Residential School student has a better arm and shoulder strength, muscularendurance, showed speed and fitness. AP Social Welfare Residential School students to show the stomach near Strength.4 show. Broad Jump and Cardio-vascular endurance, standing, tribal welfare and social welfare of the school's students was a significant difference in the relationship,.

HYPOTHESIS:
01: The research scholar hypothesizes that there will be no significant difference in physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.

METHODOLOGY:
POPULATION AND SAMPLE:
The populations of the study were all boarding and non-boarding students of Aurangabad district, Maharashtra. The samples of the study were randomly select from Tanwani English School and Maharashtra Public School. In all, 800 subjects were tested for this study. Every subject was allotted with a code and a separate self-
contained form for test results. The tests was selected in the aspects of development. In development the research scholar was select the standard tests in Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Suppleness-Flexibility, Neuromuscular Co-ordination, Body Composition and Health Hazards. The tests were administrated individually under standard condition applicable for specific tests and the time period required between two tests is amply considered.

**Coding procedure and colors adopted for the samples.**

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>CODE</th>
<th>COLOR</th>
<th>TOTAL SUBJECTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>BBS- 01 TO BBS- 200</td>
<td>YELLOW</td>
<td>200</td>
</tr>
<tr>
<td>2</td>
<td>BGS- 201 TO BGS- 400</td>
<td>GREEN</td>
<td>200</td>
</tr>
<tr>
<td>3</td>
<td>NBBS- 401 TO NBBS- 600</td>
<td>BLUE</td>
<td>200</td>
</tr>
<tr>
<td>4</td>
<td>NBGS- 601 TO NBGS- 800</td>
<td>RED</td>
<td>200</td>
</tr>
</tbody>
</table>

**Note:**

BBS - BOARDING BOYS STUDENTS  
BGS - BOARDING GIRLS STUDENTS  
NBBS - NON BOARDING BOYS STUDENTS  
NBGS - NON BOARDING GIRLS STUDENTS

**VARIABLES:**

**Independent Variables:**

1. Muscular Strength Test.  
3. Cardiovascular Endurance Test.  
4. Suppleness-Flexibility Test.  
6. Proper Body Composition Test (WHR & BMI).  
7. Health Hazards related Questionnaire.

**Confounding Variables:**

- **Intervening Variables:**
Fatigue, Excitement, Motivation, Anxiety etc.

- **Extraneous Variables:**
  5. Age.

**Dependent Variables:**
  8. Subjects Performance.

**TOOLS AND MEANS:**

There are lots of tests for Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Suppleness-Flexibility, Neuromuscular Co-ordination, Body Composition and Health Hazards. These tests deal with specific age, sex or category and the coefficients of reliability and validity are not stable and vary in wide range of applied in the present study. These tests are useful to distinguish specific group of children, and it is difficult to separate the individuals according to their categories. So research scholar will use some of the standard tests which applicable to the samples.

**TOOLS USED**

1. **Personal Data Bank:** It is used to collect the information of an individual. Personal data bank consists of the following aspects: Name, Address, Date of birth, Gender, Family Status, School Experience (Boarding / Non-Boarding).

2. **Tests:**
   - Muscular Strength Test.
   - Muscular Endurance Test.
   - Cardiovascular Endurance Test.
   - Suppleness-Flexibility Test.
   - Neuromuscular Co-ordination Test.
   - Proper Body Composition Test: WHR (Waist-Hip Ratio) & BMI (Body Mass Index)
   - Health Hazards related Questionnaire.

**PROCEDURE:**

The samples of the study were randomly select from Tanwani English School and Maharashtra Public School. In all 8 tests, first was selected for evaluating the
Muscular Strength, second was selected for evaluating the Muscular Endurance, third was selected for evaluating the Cardiovascular Endurance, fourth was selected for evaluating the Suppleness-Flexibility, fifth was selected for evaluating the Neuromuscular Co-ordination, sixth 2 were selected for evaluating the Body Composition and seventh was selected for the evaluating Health Hazards of the subjects. To have the difference of data for assessing the development it was decided to organize the test on 800 subjects.

COLLECTION OF DATA:

The samples of the study were randomly select from Tanwani English School and Maharashtra Public School. In all 8 tests, first was selected for evaluating the Muscular Strength, second was selected for evaluating the Muscular Endurance, third was selected for evaluating the Cardiovascular Endurance, fourth was selected for evaluating the Suppleness-Flexibility, fifth was selected for evaluating the Neuromuscular Co-ordination, sixth 2 were selected for evaluating the Body Composition and seventh was selected for the evaluating Health Hazards of the subjects. To have the difference of data for assessing the development it was decided to organize the test on 800 subjects. Much of the samples collected from the Aurangabad region.

STATISTICAL METHODS:
To analyze the collected data the scores are arranged according to the comparison and in sequential order so as to find out the statistical values. The following statistical variables were selected for comparing, analyzing and interpretation of numerical values and being on which the findings was discussed.

Mean, Standard Deviation and t-Test were used at significance of .05 levels for testing the null hypothesis for the difference between various sample means.

**STATEMENT OF THE PROBLEM:**

‘Comparative Study of Physical Fitness and Health Hazards among the Boarding and Non Boarding Students of Aurangabad District, Maharashtra’
RESULTS:
SHOWING THE COMPARISON OF THE MEAN SCORES OF THE PHYSICAL FITNESS AND HEALTH HAZARDS OF THE BOARDING BOYS STUDENTS AND NON-BOARDING BOYS STUDENTS.

<table>
<thead>
<tr>
<th>VARIABLE</th>
<th>GROUP</th>
<th>N</th>
<th>MEAN</th>
<th>SD</th>
<th>STD. ERROR</th>
<th>t-VALUE</th>
<th>DF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chin ups</td>
<td>BBS</td>
<td>200</td>
<td>3.40</td>
<td>1.862</td>
<td>.132</td>
<td>-3.541</td>
<td>398</td>
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<tr>
<td></td>
<td>NBBS</td>
<td>200</td>
<td>4.08</td>
<td>2.032</td>
<td>.144</td>
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<tr>
<td>Sit ups</td>
<td>BBS</td>
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<td>1.960*</td>
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<tr>
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<tr>
<td>Bend &amp; Reach</td>
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<td>Ball catch &amp; Throw</td>
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</tr>
<tr>
<td>BMI</td>
<td>BBS</td>
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<td></td>
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<td>12.54</td>
<td>6.083</td>
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</tbody>
</table>

*Significant at 0.05 levels.

**Significant at 0.01 levels
The mean value of chin up test of boarding boys’ students is found 3.40.
The standard deviation of chin up test of boarding boys’ students is 1.862.
The mean value of chin up test of non-boarding boys’ students is found 4.08.
The standard deviation of chin up test of non-boarding boys’ students is 2.032.
The mean value of sit up test of boarding boys’ students is found 19.60.
The standard deviation of sit up test of boarding boys’ students is 5.771.
The mean value of sit up test of non-boarding boys’ students is found 18.30.
The standard deviation of sit up test of non-boarding boys’ students is 7.396.
The mean value of 12 min. run & walk test of boarding boys’ students is found 1.2162.
The standard deviation of 12 min. run & walk test of boarding boys’ students is 0.19060.
The mean value of 12 min. run & walk test of non-boarding boys’ students is found 1.3387.
The standard deviation of 12 min. run & walk test of non-boarding boys’ students is 0.25863.
The mean value of bend & reach test of boarding boys’ students is found 1.96.
The standard deviation of bend & reach test of boarding boys’ students is 1.773.
The mean value of bend & reach test of non-boarding boys’ students is found 2.69.
The standard deviation of bend & reach test of non-boarding boys’ students is 1.761.
The mean value of ball catches & throw test of boarding boys’ students is found 14.58.
The standard deviation of ball catches & throw test of boarding boys’ students is 3.390.
The mean value of ball catches & throw test of non-boarding boys’ students is found 13.24.
The standard deviation of ball catches & throw test of non-boarding boys’ students is 4.575.
The mean value of WHR test of boarding boys’ students is found 0.894333.
The standard deviation of WHR test of boarding boys’ students is 0.0523726.
The mean value of WHR test of non-boarding boys’ students is found 0.859715.
The standard deviation of WHR test of non-boarding boys’ students is 0.0822807.
The mean value of BMI test of boarding boys’ students is found 20.59.
The standard deviation of BMI test of boarding boys’ students is 7.668.
The mean value of BMI test of non-boarding boys’ students is found 20.50.
The standard deviation of BMI test of non-boarding boys’ students is 4.292.
The mean value of health hazard test of boarding boys’ students is found 11.50.
The standard deviation of health hazard test of boarding boys’ students is 5.128.
The mean value of health hazard test of non-boarding boys’ students is found 12.54.
The standard deviation of health hazard test of non-boarding boys’ students is 6.083.
SHOWING THE COMPARISON OF THE MEAN SCORES OF THE PHYSICAL FITNESS AND HEALTH HAZARDS OF THE BOARDING GIRLS STUDENTS AND NON-BOARDING GIRLS STUDENTS.

<table>
<thead>
<tr>
<th>VARIABLE</th>
<th>GROUP</th>
<th>N</th>
<th>MEAN</th>
<th>SD</th>
<th>STD. ERROR</th>
<th>t-VALUE</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Chin ups</td>
<td>BGS</td>
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<td>Sit ups</td>
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*Significant at 0.05 levels.
**Significant at 0.01 level
The mean value of chin up test of boarding girls’ students is found 3.22.
The standard deviation of chin up test of boarding girls’ students is 1.577.
The mean value of chin up test of non-boarding girls’ students is found 3.16.
The standard deviation of chin up test of non-boarding girls’ students is 2.069.
The mean value of sit up test of boarding girls’ students is found 14.22.
The standard deviation of sit up test of boarding girls’ students is 5.254.
The mean value of sit up test of non-boarding girls’ students is found 20.52.
The standard deviation of sit up test of non-boarding girls’ students is 8.471.
The mean value of 12 min. run & walk test of boarding girls’ students is found 1.3160.
The standard deviation of 12 min. run & walk test of boarding girls’ students is 0.34807.
The mean value of 12 min. run & walk test of non-boarding girls’ students is found 1.2950.
The standard deviation of 12 min. run & walk test of non-boarding girls’ students is 0.30646.
The mean value of bend & reach test of boarding girls’ students is found 2.82.
The standard deviation of bend & reach test of boarding girls’ students is 1.848.
The mean value of bend & reach test of non-boarding girls’ students is found 2.70.
The standard deviation of bend & reach test of non-boarding girls’ students is 2.327. The mean value of ball catches & throw test of boarding girls’ students is found 12.62. The standard deviation of ball catches & throw test of boarding girls’ students is 3.921. The mean value of ball catches & throw test of non-boarding girls’ students is found 11.10. The standard deviation of ball catches & throw test of non-boarding girls’ students is 5.902.

The mean value of WHR test of boarding girls’ students is found 0.903602. The standard deviation of WHR test of boarding girls’ students is 0.0861896. The mean value of WHR test of non-boarding girls’ students is found 0.853873. The standard deviation of WHR test of non-boarding girls’ students is 0.0753621. The mean value of BMI test of boarding girls’ students is found 20.04. The standard deviation of BMI test of boarding girls’ students is 5.732. The mean value of BMI test of non-boarding girls’ students is found 21.82. The standard deviation of BMI test of non-boarding girls’ students is 4.776.

The mean value of health hazard test of boarding girls’ students is found 13.96. The standard deviation of health hazard test of boarding girls’ students is 5.405. The mean value of health hazard test of non-boarding girls’ students is found 12.82. The standard deviation of health hazard test of non-boarding girls’ students is 4.948.

DISCUSSION:

- The development of muscular endurance between boarding boys’ students and non-boarding boys’ students is found Significant when tested for significance by t-test at 0.05 levels.
- The development of neuromuscular co-ordination and proper body composition (WHR) between boarding boys’ students and non-boarding boys’ students is found Significant when tested for significance by t-test at 0.01 levels.
● The development of health hazards between boarding girls’ students and non-boarding girls’ students is found Significant when tested for significance by t-test at 0.05 levels.

● The development of neuromuscular co-ordination and proper body composition (WHR) between boarding girls’ students and non-boarding girls’ students is found Significant when tested for significance by t-test at 0.01 levels.
DISCUSSION:

- The development of muscular endurance between boarding boys’ students and non-boarding boys’ students is found Significant when tested for significance by t-test at 0.05 levels.

- The development of neuromuscular co-ordination and proper body composition (WHR) between boarding boys’ students and non-boarding boys’ students is found Significant when tested for significance by t-test at 0.01 levels.

- The development of health hazards between boarding girls’ students and non-boarding girls’ students is found Significant when tested for significance by t-test at 0.05 levels.

- The development of neuromuscular co-ordination and proper body composition (WHR) between boarding girls’ students and non-boarding girls’ students is found Significant when tested for significance by t-test at 0.01 levels.

V.2. CONCLUSION:

The study may conclude with following finding which is very beneficial in the students’ growth and development.

The development of physical fitness and health hazards between total sample of boarding boys’ students and non-boarding boys’ students has shown only significant difference in muscular endurance, neuromuscular co-ordination and body composition (WHR). The development of physical fitness and health hazards between total sample of boarding girls’ students and non-boarding girls’ students has shown only significant difference in neuromuscular co-ordination, body composition (WHR) and health hazards.

The development of physical fitness and health hazards between 10 years old boarding boys’ students and non-boarding boys’ students has shown only significant difference in muscular endurance. The development of physical fitness and health hazards between 11 years old boarding boys’ students and non-boarding boys’ students has shown insignificant difference in all physical fitness components and
health hazard. The development of physical fitness and health hazards between 12 years old boarding boys’ students and non-boarding boys’ students has shown only significant difference in muscular endurance and body composition (WHR). The development of physical fitness and health hazards between 13 years old boarding boys’ students and non-boarding boys’ students has shown only significant difference in neuromuscular co-ordination and body composition (WHR). The development of physical fitness and health hazards between 14 years old boarding boys’ students and non-boarding boys’ students has shown only significant difference in body composition (WHR) and body composition (BMI). The development of physical fitness and health hazards between 15 years old boarding boys’ students and non-boarding boys’ students has shown only significant difference in neuromuscular co-ordination and body composition (WHR).

The development of physical fitness and health hazards between 10 years old boarding girls’ students and non-boarding girls’ students has shown insignificant difference in all physical fitness components and health hazard. The development of physical fitness and health hazards between 11 years old boarding girls’ students and non-boarding girls’ students has shown only significant difference in cardiovascular endurance and suppleness-flexibility. The development of physical fitness and health hazards between 12 years old boarding girls’ students and non-boarding girls’ students has shown only significant difference in suppleness-flexibility, neuromuscular co-ordination and body composition (WHR). The development of physical fitness and health hazards between 13 years old boarding girls’ students and non-boarding girls’ students has shown only significant difference in neuromuscular co-ordination, body composition (WHR) and health hazard. The development of physical fitness and health hazards between 14 years old boarding girls’ students and non-boarding girls’ students has shown insignificant difference in all physical fitness components and health hazard. The development of physical fitness and health hazards between 15 years old boarding girls’ students and non-boarding girls’ students has shown only significant difference in muscular strength and neuromuscular co-ordination.
V.3. RECOMMENDATIONS:

1. A well-designed testing program, accompanied by a comprehensive program to cover a wide variety of aspects of students’.  
2. It is recommended that the further study may use these results for sports selection.  
3. The future research in physical fitness will begin to focus other aspects that will be predictive of specific fitness factor of students’.  
4. In the near future research in physical fitness will begin to focus even more on psychological factors that will be predictive for sports involvement of students’.  
5. It is recommended that the further study may use these results for sports selection.  
6. The future research in physical fitness will begin to focus other aspects that will be predictive of specific fitness factor of students’.  
7. In the near future research in physical fitness will begin to focus even more on psychological factors that will be predictive for sports involvement of students’.  

V.4. SUGGESTIONS:

1. Same study may conduct on Marathi medium schools and English medium schools.  
2. Same study may conduct on rural schools and urban schools.  
3. Same study may conduct on CBSE schools and HSE schools.  
4. Study may conduct on different physical fitness components.  
5. Study may conduct on different psychological variables.  
6. Study may conduct on sportsperson and non-sportsperson.