ABSTRACT

In this research the research scholar wants to find the children’s physical fitness and health hazards differences in different 12 types of schools. That is boarding and non-boarding schools.

The objectives of the study are as follows: To find out, analyze and compare the development taking in physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra. And also to understand various parameters of physical fitness and health hazards. The significance of the study is the study may reveal the physical and health problems of boarding and non-boarding children. Results may prove helpful to establish training system for boarding as well as non-boarding children. Results may also be helpful to enhance sports terminology communication skills with children. Evaluation of development of physical fitness and health hazards may fetch platform for establishing training methodology for children.

The study was delimited to boys and girls, boarding and non-boarding school children, the physical fitness and health hazards tests applicable for children as well as to the school going children in both categories. The limitations of the study were diet and rest of the children, age group because the total population of the school is multi aged; involvement of students during test, physical, mental, weather, school, house and surrounding conditions and organization of the tests was adjusted with the concerned school’s time tables. For this study the research scholar was formulate the null hypothesis i.e. there will be no significant difference in physical fitness and health hazards among the boarding and non-boarding students of Aurangabad district, Maharashtra.

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, Arya Chanakya Vidyadham, Nath Valley 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.
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. For this study following tools were used: 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)], 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) and Health Hazards related Questionnaire].

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 0.05 levels for testing the null hypothesis for the difference between various sample means.

The study may conclude with following important points which is very beneficial in the students’ growth and development. The developments of following variables are found Significant when tested for significance by t- test at 0.01 levels.

- Neuromuscular co-ordination between 10, 11, 12, 13, 14 & 15 years old boarding boys’ students and non-boarding boys’ students.
- Body composition (WHR) between 10, 11, 12, 13, 14 & 15 years boarding boys’ students and non-boarding boys’ students.
- Neuromuscular co-ordination between 10, 11, 12, 13, 14 & 15 years boarding girls’ students and non-boarding girls’ students.
- Body composition (WHR) between 10, 11, 12, 13, 14 & 15 years boarding girls’ students and non-boarding girls’ students.
- Muscular endurance between 10, 11, 12, 13, 14 & 15 years old boarding boys’ students and non-boarding boys’ students.

- Cardiovascular endurance between 10, 11, 12, 13, 14 & 15 years old boarding girls’ students and non-boarding girls’ students.

The developments of following variables are found Significant when tested for significance by t-test at 0.05 levels.

- Suppleness-flexibility between 10, 11, 12, 13, 14 & 15 years old boarding girls’ students and non-boarding girls’ students.