CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

To develop and maintain physical fitness requires vigorous efforts by the total body. However the results are well worth the exertion and sweet required. In other words People who
are physically fit look better and possess the good health necessary for a happy and full life. The possession of optimal strength, muscle tone and endurance not only for emergencies but for everyday living can be the key to dynamic health.

Strictly speaking physical fitness means that a person possessing it met certain physical requirements. Those requirements may be anatomical (structural), physiological (functional) or both. An anatomical fitness may require a person to be of a certain height and weight or have specified dimensions of various parts of the body. Physiological fitness may require a person to be able to withstand certain reparative or altitude or able to perform specific physical tasks involving muscular efforts. A person may be perfectly fit to met some of those requirements and yet be unfit for others. However a reasonable physical fitness programmed based on individual needs and interests is a very logical solution for overcoming the harmful health effects from living a highly mechanized and technical society.

Child is the maker the nation. He is the foundation brick. If the foundation is weak the whole bailing will collapse. A weak child is a weak brick in the wall of a nation. Child is the future of the nation. Today’s child is tomorrow’s citizen. Future of the nation lies in his hand. He is the strength of the nation. He is a pillar of the nation. He is a back bone of the nation. A weak child is a liability to his family and to the entire nation. A weak child is a worthless child. A healthy child, a smiling face of a healthy child is the wealth of the nation. The wealth of the nation depends entirely on the health of every citizen. Fitness is desirable for everyone. It is a must to lead joyful, productive life. Fitness does not come by birth; it has got to be achieved through hard efforts.\(^1\)

Physical fitness is our most priceless asset whether one considers it from the point of view of beauty, strength, enjoyment and many attributes. Some of which almost defy analysis others are pretty well known and generally accepted on the purely physical sides it presupposes a sound contribution absence of organic illness and well co-ordinate muscles.

Athletes have good knee lift. Their movement in the ankle is maximum. Their aim is to drive hard, pushing upwards. Their calf-muscle is stretched upwards and downwards which

improve their elasticity, power and strength. Athletes are very strong and sturdy. They can lift heavy weight. They can run very fast. Their muscles are trained. They perform regular exercise to keep themselves healthy, fit and fine.

The (WHO) World Health Organization has set a target that everyone in the world should become health conscious. One should take care of his health by 2010 AD. Healthy mind lives in healthy body. Fitness is a must. The International Olympic Committee has signed the agreement with WHO for the cause of health for all and sports for all by 2010 AD. This agreement suggests total fitness of all by 2010AD. The citizens of the nation are to be made health and fitness conscious.

Physical fitness and wellness are

very much important in life. They are our precious wealth. They cannot be purchased. They are to be earned through fitness programme, positive life style habits, yoga, meditation and physical activities without being tired.

The WHO is a worldwide institution caring for health. According to its standard one must have good health. One must not ignore health. Due importance and weight age should be given to good health, disease free body, good food and fitness. Fitness and wellness are our richest wealth. Once health is lost, it never returns so must not let it go. We must spend some time for health because it gives happiness of life.

Fitness of body is known as physical fitness is must in lifer. Who likes sick body? No one. Everybody desires sound health because soundness of health and wellness of body brings cheers and happiness in life. Fitness comes through practicing ‘Yoga’ and meditation. Exercise keeps as fit and fine. Laughter also keeps us mentally and physically fit. When a person is no in health he can no perform his duties well nor can he remain cheerful. Body is given by God. It is a gift of God. We should not be careless regarding body. We should take enough care of it.

Daily physical exercise, mediation, yoga are essential. At the same time sports activities contribute a great deal for our fitness. Healthy body generates smile on face. A smiling face wins popularity in the world around.
Look at the politician the Prime Minister Mr. Narendra Modi doesn’t he look fit? His fitness has won him strength to address so many meetings far and wide in the country. There are many examples from glamour world where Mr. Amitabh Bachchan is active at the age of 70. In the U.S.A and in other western countries the standard of health is much higher than that in our country.

Fitness and Wellness are essential to enjoy life. A sick man can not enjoy life. Money will buy you medicine not fitness. One must train his body through yoga and meditation for fitness.

Many health centers and health clubs indicate our awareness for good health. Body should be slim and sleek not thin and lean. To keep body in good and right shape exercise is a must. It removes tension, stress and certain disease and disorders. W.H.O has made us alert and aware regarding fitness.

The motto of Olympic Games is ‘Stronger, Faster, and Higher’. We can achieve strength, speed and agility only through fitness and fitness.

Students who are active in sports and games like cricket, basketball, running, martial arts and volleyball are more confident, stronger and capable than other College children. The introduction of sports in their life develops the important virtues like self-discipline, leadership, management, and dedication. So the involvement of a child in sports from the very early age is very important for his holistic development. The child learns different motor-skills and hand-eye coordination. Not only that it also develops the upper body muscles with the help of Regular exercises and games develop good cardiovascular system in students. Because of this, more nutrients and minerals circulate throughout in their body and also it strengthened their minds. According to some researches, this circulation produces longer attention span during their long learning sessions and the students can maintain their concentration and peace of mind, which helps them to learn quickly. To play a game or join a contest needs basic skills. It also requires team work, sportsmanship, leadership, cooperation. Physical education instills these natural characteristic in a child. The child learns how to live with the other and how to survive in the cruelest circumstances. Physical education not only promotes
good habits in children but it also generates and instill the courage to select a healthy life style from an early age.

Despite the variety of methods used to measure and classify physical activity, the imprecision of these measures, and the considerable variation in study designs and analytic sophistication, several findings consistently emerge from the epidemiologic literature on physical activity and health. Physical activity of the type that improves cardiorespiratory endurance reduces the risk of developing or dying from CVD (CHD in particular), hypertension, colon cancer, and NIDDM and improves mental health. Findings are highly suggestive that endurance-type physical activity may reduce the risk of developing obesity, osteoporosis, and depression and may improve psychological well-being and quality of life. There is promising evidence that muscle strengthening (resistance) exercise reduces the risk of falling and fractures among the elderly. Furthermore, there appears to be a dose-response relationship between physical activity and disease prevention: higher levels of activity appear to have the most benefit, but lower levels have demonstrable benefits for some diseases as well. For the U.S. population, in which the majority of people are sedentary or only minimally active, achievable increases in physical activity of a moderate amount, including some resistance exercise to strengthen muscle, are likely to substantially improve the health and quality of life of many people.

Some similarities can be noted among the behavioral and social science theories and models used to understand and enhance health behaviors such as physical activity. Many of the theoretical approaches highlight the role of the perceived outcomes of behavior, although different terms are used for this construct, including perceived benefits and barriers (health belief model) and outcome expectations (social cognitive theory and theory of planned behavior). Several approaches also emphasize the influence of perceptions of control over behavior; this influence is given labels such as self-efficacy (health belief model, social cognitive theory) and perceived behavioral control (theory of planned behavior). Other theories and models feature the role of social influences, as in the concepts of observational learning (social cognitive theory), perceived norm (theory of reasoned action and theory of planned behavior), social support, and interpersonal influences (ecological perspective). Most of the theories and models, however, do not address the influence of the environment on health behavior.
People residing in the hilly areas are quite strong and sturdy. They are firm minded people. Hilly areas are quite tough for us to move around. Heart has to function more while moving in the hilly area and climbing up the mountain. Hill running strengthens athlete’s power. It is ideal for cricket players, rugby, football players and runners.

While running on the fill more leg power is used and calf muscle has to function more. Hill training should be conducted for athletes to get used to injury. Athlete uses his body weight as a resistance.

Fitness means being in good physical condition and being able to perform everyday activity without much exertion and fatigue. For fitness more than body is involved. Spiritual, mental, emotional and social fitness are the various factors of complete fitness.

As mentioned before sound mind lies in sound body. Only intelligence won’t do. Fitness, mental make-up, emotional balances are also required to lead healthy, happy, harmonious life. Rough and tough body wins in life. If you have lot of money and have nothing likes fitness. How are you going to enjoy what you have? So fitness is essential. For overall development of personality. Failing to encourage physical fitness will undermine our capacity to think of work. It is crystal clear that in spite of advancement in medical science many problems related to fitness do exist. Technology has made life easier but posed some problems related to fitness and health. We don’t do any physical activity. Absence of physical activity has caused many fitness related problems like to obesity, idleness, slothness, non-working philosophy, ect. Health and fitness problems are a great threat of our century. We must think sincerely and do seriously something regarding fitness and health.

The athlete should not look at their feet but ahead when they run and ensure their neck, shoulders and arms are free of tension. ‘Bouncy’ action is more important than the speed of an athlete to run up the hills.

For the purpose of this study 150 male students age between 18 to 25 years from each hilly and non hilly region were selected as the subjects from North Gujarat.

Simple random sampling was done to select the total number of subjects for the study.
The research scholar selected AAHPERD Youth Fitness test to measure and compare the physical fitness of hilly and non-hill region students because of its goodness, and easiness. Apart from this equipments required for the test are easily and readily available at the itemed colleges and universities.

The test items were administered to the subjects at their respective college play ground by the research scholar himself with the help of the lecturers of respective colleges and few students’ assistants.

The subjects were allowed to warm-up at their own before actual tests were administrated. The items included in me. Test was demonstrated by the research scholar himself. In some items the subjects given at least three changes to give maximum performance.

The raw scores of the AAHPERD Youth Fitness Test obtained on the subjects were converted into standard scores for all the six items and further added to get a composite score in physical fitness for each subject.

The basic physical fitness of all subjects was tested according to AAHPERD Youth Physical Fitness Test. The recorded score in each subject in each test item were recorded and converted into 't' score and each ‘t’ score added to give a composite score for each subject.

For this study following aspects was taken and from analysis result shows that :-

1) To test Physical fitness test APHERD Fitness Test was taken for study in.

2) To test 50 Yard running 400 meter track stopwatch was taken and second was taken for score

3) To test Pull-Ups Efficiency of the subject’s, Horizontal bar was used and the score obtained by doing this test for 30 seconds was taken for the study.

4) To test Standing Broad Jump of the subject’s, Measure Tape was used and the score obtained in centimeter was taken for the study.
5) To test Standing Broad Jump of the subject’s, Measure Tape was used and the score obtained in centimeter was taken for the study.

6) 600 yard running 400 meter track stopwatch was taken and second was taken for score To test Sit-Ups of the subject’s, Stopwatch was used and the score obtained by doing this test for 1 minute was taken for the study.
CONCLUSION

To derive the result, the researcher conducted 50 yard running, shuttle run, standing board jump, pull-ups, sit-ups, 600 yard running between the two student groups. These student-groups were belonged to the different hilly and non-hilly areas of Gujarat. Keeping in view the basic limitations, of the research work, conclusion shows that;

1) In 50 yard running, Hilly students are more efficient than the non-hilly students.

2) In shuttle run, Non hilly students are more efficient than Hilly students.

3) In standing board jump, Hilly students are more efficient than Non hilly students.

4.) In pull-ups, Hilly students’ efficiency is more than Non hilly students.

5) In sit-ups, Hilly students’ efficiency is more than Non hilly students.

6). Hilly student’s 600 yard running efficiency is more than Non hilly students.

Physical movement for better wellbeing and prosperity has been an essential subject all through quite a bit of western history.

General wellbeing proposals have advanced from underlining enthusiastic movement for cardiores-piratory wellness to including the alternative of moderate levels of action for various medical advantages.

Proposals from specialists concur that for better wellbeing, physical action ought to be every shaped consistently. The latest recommendations inform individuals regarding all ages to incorporate at least 30 minutes of physical movement of moderate force, (for example, energetic strolling) on most, if not all, days of the week. It is likewise recognized that for a great many people, more prominent medical advantages can be acquired by captivating in physical action of more overwhelming power or of longer term.
Specialists prompt beforehand stationary individuals em-yapping on a physical movement system to begin with brief times of moderate-power activity and step by step build the length of time or intensity until the objective is come to.

Specialists prompt counseling with a doctor before starting another physical action program for individuals with incessant ailments, for example, CVD and diabetes mellitus, or for the individuals who are at high hazard for these sicknesses. Specialists likewise exhort men overage 40 and ladies over age 50 to counsel a doctor before they start an energetic activity program.

Late proposals from specialists additionally recommend that cardiorespiratory perseverance air conditioning activity ought to be supplemented with quality creating activities at any rate twice every week for grown-ups, so as to enhance musculoskeletal wellbeing, keep up autonomy in every structuring the exercises of day by day life, and decrease the danger of falling.

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From statically analysis its shows that in;

1) In 50 yard run, Hilly student mean is 6.67 and Non Hilly students mean is 6.94 Mean difference between this two groups is 0.26 and ‘t’ ratio is 8.81 which is significant at 0.05 level..

2) In shuttle run it is seen that Hilly student mean is 11.42 and Non Hilly students mean is 11.54 Mean difference between this two groups is 0.12 and ‘t’ ratio is 1.22 which is not significant at 0.05 level..

3) In standing Board jump it is seen that Hilly student mean is 5.41 and Non Hilly students mean is 5.15 Mean difference between this two groups is 0.26 and ‘t’ ratio is 4.66 which is significant at 0.05 level..

4) In pull-up it is seen that Hilly student mean is 4.03 and Non Hilly students mean is 3.25 Mean difference between this two groups is 0.78 and ‘t’ ratio is 2.64 which is significant at 0.05 level.

5) In sit-up it is seen that Hilly student mean is 23.74 and Non Hilly students mean is 21.3 Mean difference between this two groups is 2.44 and ‘t’ ratio is 2.51 which is significant at 0.05 level.

6) In 600 yard it is seen that Hilly student mean is 1.49 and Non Hilly students mean is 1.63 Mean difference between this two groups is 0.14 and ‘t’ ratio is 6.58 which is significant at 0.05 level.

7) In All Fitness components it is seen that Hilly student mean is 52.79 and Non Hilly students mean is 49.85 Mean difference between this two groups is 2.94 and ‘t’ ratio is 8.64 which is significant at 0.05 level

From above study, it can be stated that Hilly students physical fitness like
50 yard run, standing board jump, pull-ups, sit-ups, 600 yard run are good than Non hilly students. Whereas, Non hilly students physical fitness like shuttle run is high than Hilly students

**Recommendation**

1. This type of study can be conducted on different age group students.
2. This type of study can be conducted on vast no. of subjects.
3. This type of study can be conducted on subjects staying in different conditions of India.
4. This type of study can be conducted on different games players.
5. This type of study can be conducted to study different aspects of players.
6. This type of study can be beneficial to other research.
7. This type of study can conducted on different atmosphere and various state also