CHAPTER – V

SUMMARY CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

The purpose of the study was to compare the physical fitness components among rural and urban boys of KADAPA District. For this purpose of the study 500 subjects from rural and 500 subjects from urban have been selected. To measure physical fitness the six test items (Viz.) 50 meter dash, pull-ups, Bent knee sit-ups, standing broad jump and 600 yards run were administered.

Reliability was established by the test and retest methods 50 subjects were tested on selected variables. The reliability co-efficient obtained for test and retest data were given in the third chapter. All the tests used were standard tests and their reliability were already accepted.

The survey of literature was limited to the reference materials available in the YMCA College of Physical Education Library, Chennai, Annamalai University Library, Department of Physical Education Library, S.K. University and Zion College of Physical Education Library, Kadapa, Andhra Pradesh.
The investigator used 50 meters dash to measure speed, Pull-ups to measure arm strength, Bent knee sit-ups to measure abdomen strength, shuttle run to measure agility, standing broad jump to measure power and 600 yards run to measure Endurance. The subjects were oriented before they were asked to perform. To verify the hypothesis the investigator used mean, standard deviation, standard error, standard error of the difference between mean. To find out the significance level ‘t’ ratio was used. With the help of the above data ‘t’ value of Speed, Arm strength, abdomen strength, agility, power and Endurance was calculated and was found to be 13.21, 31.09, 70.32, 53.5, 20 and 17.07 respectively.

CONCLUSIONS:

1. The conclusion arrived clearly states that the rural schoolboys and better performance in 50 yards dash, shuttle run, standing broad jump and 600 yard run than urban schoolboys.

2. The conclusion arrived clearly states that the urban schoolboys had better performance in Pull-ups and Bent knee sit-ups than rural school boys.
RECOMMENDATIONS

1. Based on the findings of the study, the District authorities concerned may take necessary steps to improve the specific components of physical fitness in which the students are weak.

2. Physical training may be given separately for the rural and urban students to develop their physical fitness.

3. Proper physical fitness programme may be designed and implemented for the rural and urban students to improve their physical capabilities.

4. Similar studies may be undertaken for women students belong to rural and urban areas.

5. Similar studies may be conducted at various age levels with deferent variable like bio-mechanical, psycho-physical, psycho-social etc., between rural and urban areas.

6. Similar studies may be undertaken for any other districts.