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COMPARATIVE STUDY OF ARM AND SHOULDER STRENGTH AMONG THE GOVERNMENT SCHOOL GIRLS AND PRIVATE SCHOOL GIRLS

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Abstract-

Objective:- The purpose of this study was to determine whether there was a meaningful relationship ofarm and shoulder strength between government school girls and private school girls.

Methods:-

The AAHPER (1976) Youth Physical Fitness Test (Pull-ups for arm and shoulder strength) was conducted on 200 school girls students ranging between 15 to 18years girls in different schools from Government (N=100) area of Haryana. To compare the differenceof pull-ups between government school girls and private school girls t-test was computed with the help of SPSS Software. The level of significance chosen was .05.

Results:-There were significant differences obtained arm and shoulder strength between government school girls and private school girls. Researcher found the significant difference between government school girls and private school girls.

Keywords:-Pull-ups,arm and shoulder strength, Government School girls, Private School girls.

Introduction-

Physical education which is commonly a part of the curriculum at school level includes training in the development and care of the human body and maintaining physical fitness. Physical education is also about sharpening overall cognitive abilities and motor skills via athletics, exercise and various other physical activities like martial arts and dance. Motor fitness is one of the major components of physical fitness and includes such elements as muscular strength, speed, agility, balance and co-ordination. These qualities are not as directly vital as cardio-respiratory fitness for general health but play several important direct and indirect roles both in functional health and performance capacity. Motor ability and motor fitness are essential top human development. When motor behavior in team and individual sport is highly co ordinate, the team 'athletic ability' can be applied. The motor ability has a great effect on athletic performance. There is a positive inter relationship between traits of

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personal and social adjustment and level of motor correlated. The speed of performance is a rather stable motor element. Moto skill learning will be effective in well developed motor ability.

Sampling procedure

In this study, only those school students were selected, who had participated in minimum district level sports. The studentsfalling under the age between 15 and 18 years were studied. The sports performance of the students was confirmed from the physical education teacher.

Administration of Test and Collection of Data-

According the manual of AAHPER physical fitness test

- **Pull-ups :**To measure arm and shoulder strength.
- **Descriptive Statistics of arm and shoulder strength**

DESCRIPTIVE STATISTICS OF ARM AND SHOULDER STRENGTH

Table 1 shows the explanatory data of the private school boy students and government school boy students for arm and shoulder strength, It demonstrates that the boys enrolled in private schools had median and standard deviation ratings of 8.13 and 2.07, correspondingly. Boys attending private schools had median and standard deviation ratings of 11.57 and 2.11, respectively.S.E.M values of the private school boy students and government schoolboy Students were0.246 and 0.257 respectively.

Table No. 1

Descriptive statistics of arm and shoulder strength of private school and government school students

Variable	Group	N	Mean	Std. Deviation	Std. Error Mean
Arm and shoulder strength	Private	100	8.13	2.07	0.246
	Government	100	11.57	2.11	0.257

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Table No. 2

T-test description of private school and government school students value of arm and shoulder strength

Variable	Groups	df	t-value	Sig.
Arm and shoulder strength	Private school students- government school students	198	9.6	.00

In the above mentioned table no. 2, the value of t-test were found to be 9.6 and the p value is less than 0.05, hence model is deemed to be fit.

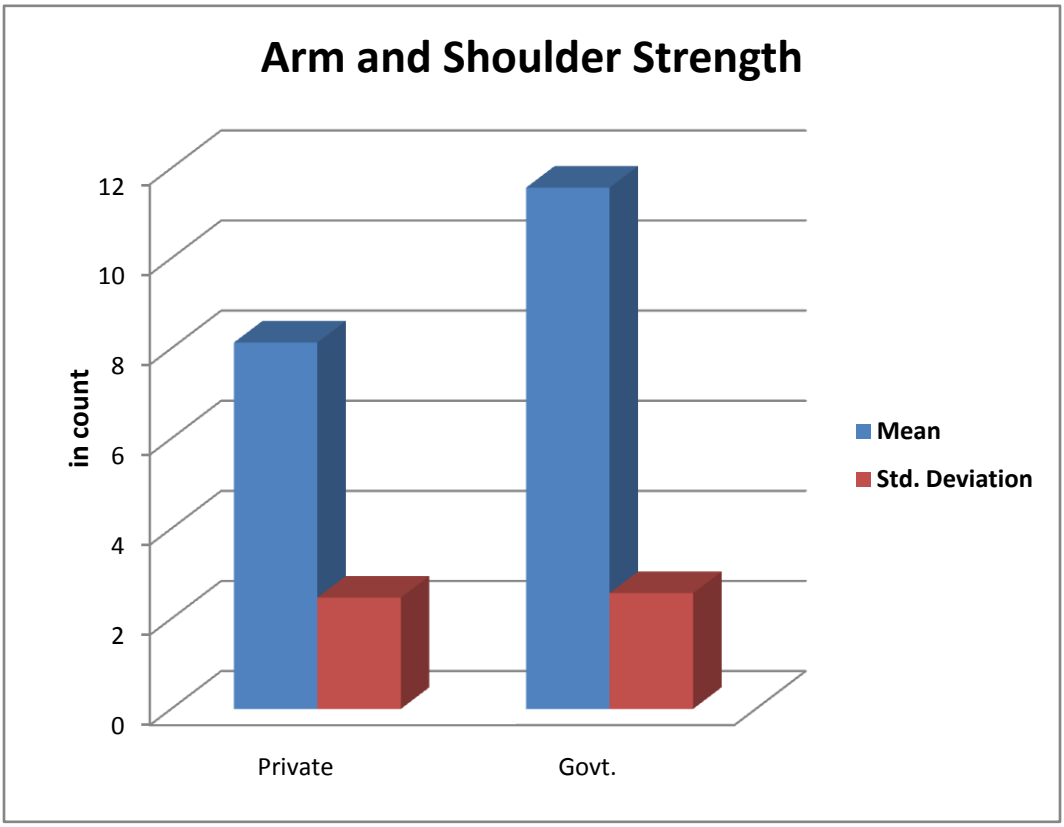

Figure No. 1: Bar diagram showing the men value of arm and shoulder strength between private school and government school students.

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The pull-up t-test findings for students in public and private schools are shown in Table 2. The government school students' arms and shoulders were noticeably stronger than those of the private school students, according to the table (t=9.6, p0.05). There was a significant difference in physical fitness variable shoulder strength between private schoolboy students and government schoolboy students, which reject the hypothesis H10.

RESULTS AND DISCUSSION:

The data collected by adopting above procedure were statistically analyzed. The results are presented in the following tables. The pull-up t-test findings for students in public and private schools are shown in Table 2. The government school students' arms and shoulders were noticeably stronger than those of the private school students, according to the table (t=9.6, p0.05). There was a significant difference in physical fitness variable shoulder strength between private schoolboy students and government schoolboy students, which reject the hypothesis H10.

CONCLUSIONS: In the light of the findings and limitations of the present study the following conclusions were drawn: There was significant difference obtained on arm andshoulder strength betweenPrivate school girls and government school girls.

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