

Comparison of Agility of Rural and Urban Collegiate Students of Swami Ramanand Teerth Marathwada University

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Abstract

The purpose of the study was to identify the agility of rural and urban students. 40 students, 20 rural and 20 urban from various colleges of Swami Ramanand Teerth Marathwada University, Nanded, Maharashtra India were selected as subjects for the study. Execution criteria were the presence of chronic medical condition such as asthma, heart disease or any other condition that would put the subject at risk when performing the Agility components. The data was collected by use of measurements of height & weight as well as by application of tests like, running, . The data was analysed with the help of statistical procedure in which arithmetic mean, standard deviation and t - test were employed. The mean age of rural students were 21.03 (\pm 3.11) years, height were 171.33 (\pm 5.22) cm. and the weight were 68.48 (\pm 3.91) kg. On other hand the mean (\pm S.D.) age of the urban students were 21.99 (\pm 3.72) years, height 171.66 (\pm 8.29) cm. and weight 67.92 (\pm 3.76). Significant difference in the agility ($t=3.11$, $p<.05$) was found between rural and urban students, urban students was found to be greater agility as compared to rural students.

Introduction

Agility is recognized as an important component of Sports related health and it may be important for the performance of Sports activities (Noreau and Shephard 1995; Stewart et al. 1994). Low Agility may result in high physical strain during the performance of activities (Bruinings et al. 2007). As a consequence, activity levels may decrease due to fatigue and discomfort, exacerbating low physical fitness. Caspersen and co-workers defined several performance-related components of physical fitness, i.e. aerobic capacity, muscle strength and endurance, flexibility and body composition (Caspersen et al. 1985).

Materials and Methods

Subjects: Twenty rural and twenty urban students from various colleges of Swami Ramanand Teerth Marathwada University Nanded.

Who were regularly participating two years in the inter collegiate athletic tournament selected as subject for present study, "exclusion criteria were the presence of chronic medical conditions such as asthma, heart disease or any other condition that would put the subjects at risk when performing the test the subjects were free of smoking, alcohol and caffeine consumption, antioxidant supplementation and drugs. The age, height, agility, endurance, speed, muscular strength, explosive strength of all subjects measured in physical education department ground. The data analysed with the help of statistical procedure in which mean,

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standard deviation, t test were used to compare the data.

Selection of Variable and Their Criterion Measures

Agility was measured by the shuttle run according to the **AAPHER** test.

Results

The statistical of the results of agility between rural & urban students are shown in table 1 .

The mean (\pm S.D.) of the age of the rural students was 21.03 (\pm 3.11) years, height 171.33 (\pm 5.22) cm. weight 68.48 (\pm 3.91) kg. On other hand, the mean (\pm S.D.) of the urban students was 21.99 (\pm 3.72) years height 171.66 (\pm 8.29) cm. and weight 67.92 (\pm 3.76).

Table 1 shows statistical comparison of Agility between rural & urban collegiate students.

Students	No.	Means(sec.)	S.D.	S.Ed.	t-value
Rural	20	10.84	0.90	0.34	3.11*
Urban	20	11.90	1.27		

* Significant at 0.05 level.

With regard to agility of rural and urban collegiate Students, mean values of 10.84 and 11.90 respectively were observed (Table-1).the obtained $t=3.11$ indicating that the urban students had greater agility than the rural students.

This results didn't supported sandhu (1983) compared rural and urban students of Amritsar district. He was found rural students were stronger than urban students. Tsimeas and Tsigilis (2005) conducted a study on Greek rural students to find out "Does living in urban or rural setting effect aspect of Agilityin children". A similar type of result was obtained in the work of Mehtap and Nihal (2005). Who conducted a study on Agilityin rural children compared with urban children in turkey and found that children living in the urban areas were more inactive and obese than rural children. The result is supported Uppal and Sareen (2000) choudhary (1998) and Ray (1979).

Finally Urban students were comparatively better than Rural students agility ability of colleges to Swami Ramanand Teerth University.

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