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Singh Surjeet
Assistant Professor,
Department of Physical
Education, M.L.S.M. College,
Sundar Nager, Himachal
Pradesh, India

Sharma Rajni
Assistant Professor,
Department of Physical
Education, M.L.S.M. College,
Sundar Nager, Himachal
Pradesh, India

Corresponding Author:
Saeed Shoja Shafti
Professor, Department of
Psychiatry, University of
Social Welfare and
Rehabilitation Sciences USWR
Razi Psychiatric Hospital
Tehran, Iran

Comparison of shoulder strength of male B.P.Ed students and boxers of M.L.S.M College Sundar Nager Mandi Himachal Pradesh

Singh Surjeet and Sharma Rajni

Abstract

The present study investigates the comparison of Shoulder strength of male B.P.ED students and boxers of M.L.S.M College Sundernager Mandi Himachal Pradesh. To solve the purpose of study 30subjects randomly selected (15B.P.ED students and 15 Boxers of M.L.S.M College) of Himachal Pradesh were taken as the sample. Null hypothesis had been framed for the present study. The data was analyzed by using Statistical Package for the Social Sciences. The statically tools used for the study were mean, SD and “t” test was used. On the basis of obtained results there is significant and notable difference was recorded by employing “t” test.

Keywords: Shoulder strength, male B.P.Ed students, boxers, Himachal Pradesh

Introduction

Physical fitness is an ability to carry out daily task with vigor and alertness, without undue fatigue and with amply energy to enjoy leisure time pursuits and to meet unforeseen emergencies.

Sports performance is a multidimensional product of athlete’s capacities and their interaction with athletic environment. Being multidimensional suggests that a variety of factors are involved in actually attaining performance.

“Performance is key note of all sports its basic principles. Since the sports have become prestigious aspect to prove one’s superiority, the since the sports have become prestigious aspect to prove one’s superiority, the philosophy of participation in games and sports has undergone a great change”.

For a good performance in any sports or event, achievement of high standard fitness is a basic requirement. More participation only in sports activity is not enough to improve fitness. The fitness must be gained through conditioning programs.

Fitness is not end, it is beginning. A person gets fit to perform and will not necessarily get fit by performing. Fitness is not matter of physical capacity alone. Man is a unit and training can make a person physically fit. But one should be interested in total fitness (including the realms of, mental, moral, social, emotional as well as physical fitness had been an important objective of sports. In fact, the desire to establish a scientific approach to the development of physical fitness was the primary objective. Yet, despite the 'ong-standing concern for physical fitness and the vast amount of research on the subject, there is evidently considerable difference of opinion within the profession as to which elements constitute physical fitness.

The definition we have chosen for fitness is related to our ideas about the scope of our respective disciplines. We agree with Simon-Morton, *et al.* (1988), who believes that the public health goals for physical education are: (a) to increase the proportion of youth who obtain daily physical activity, and (b) to increase the likelihood that children will become habitually physically active. Physical educators have a unique charge in this respect, whole other health professionals may take on this role as a secondary part of their work.

Actually, different definitions have been offered by the educationists, but physical fitness defined by the American Association for Health, Physical Education and Recreation is “That state which characterizes the degree to which the person is able to function. Fitness is an individual matter. It implies the ability of each person to live most effectively with his potentiality of function and depends upon the physical, mental, emotional, social and spiritual components of fitness which are related to each other and are mutually inter dependent”.

Often people think only of fitness when the terms "Fitness is used, but the above definition implies that one should view physical fitness as only a part of total fitness. A person is considered to be fit for a particular task or activity when he can accomplish it with a reasonable degree of efficiency, without undue fatigue and recovery from the effects of exertion.

Physical fitness as the "capacity of the heart, blood vessels, lungs and muscles to functions at optional efficiency". Physical fitness means that a person possessing it, meets certain physical requirements. These requirements may be anatomical, physiological or both. The degree to which a person functions physically, mentally, emotionally and socially all aspects of which impinge upon each other and are closely inter-woven into the fabric of the human being. Physical fitness is an important component of total fitness. The term "physical fitness" means more than muscular strength and stamina. It implies efficient performance in exercise or work and a reasonable measure of skill in the performance of selected physical activities.

"Physical fitness is the condition of one's body judged in terms of age, height, weight and chest expansion, in term of absence of defects from disease, constitutional affection or bodily infirmity. Vigour, vitality and radiant with health should be seen in one who is physically fit".

Physical fitness is most appropriately considered as the ability to carry out daily tasks with vigour and alertness without undue fatigue with ample energy to engage leisure in pursuits and to meet emergencies situations". The physical fitness is the ability to last to bear up to with stress and to preserve under difficult circumstances whereas unfit person would be ineffective and would quit. The definition implies that physical fitness is more than "not being sick" or merely "being well, it is a positive quality" extending on a continuum from death to abundant life. Thus living individuals have come degree physical fitness which is minimal in the severely ill and maximal in the highly trained athlete. It varies considerably in different people and in the same person from time to time.

"Fitness is not an end, it is beginning: A person must fit to perform and will not necessarily get bit by performing. Fitness is not matter of physical capacity alone. Man is a unit training can make a person physically fit. But one should be interested fitness (including the realms of mental, moral, social, tonal as well a physical fitness) when coming someone reach his potential".

For a high level of performance physical fitness is most important therefore, physical fitness is considered to be fundamental criterion for developing an efficient system of selection strategy.

Physical fitness is one's valuable trait it cannot be purchased but has to be earned through daily routine of well-planned physical activities".

Physical fitness is the ability of the body to adopt and to recover from strenuous exercise. It is alertness without undue fatigue, sufficient energy for unforeseen emergencies. The same degree of physical fitness is not essential for everyone. However, everyone needs a minimal amount of fitness to be healthy and everyone is capable of achieving minimal fitness levels, all professional such as doctors, engineers, executives and others needs physical fitness. However, the degree of fitness required should vary, depending upon the profession of the person concerned. The

level of fitness necessary depends of factors such as the tasks you must perform and your potential for physical effort physical fitness varies with the individual and with the demands and requirements of specific task. The athlete must constantly work to improve his or her strength, endurance flexibility, speed and cardio respiratory efficiency, whereas the non-athlete requires less effort to maintain his or her level of physical fitness. The physical fitness varies according to the circumstances of a person at different time in his or her life. There are varying degrees of physical fitness. Practically anyone can improve his or her fitness status and physical activity is essential to achieving physical fitness. There are no shortcuts physical fitness cannot be stored up, it summer and then gives up all physical activity when autumn starts will not remain physically fit.

People who are physically fit look better, feel better and possess the good health for a happy and full life physical fitness in one's richest possession it cannot be purchased, it has to be earned through daily routine of physical exercise. Physical fitness is not entirely dependent on exercise desirable health practice also play an important role. Physical fitness affects the total person their intellect, emotional stability, physical conditioning and stress levels. The load of physical fitness includes proper medical care, the right kinds of food in right amounts, good oral hygiene, appropriate physical activity that is adapted to individual needs and proper amounts of rest and relaxation.

Physical fitness is not to be confused with health. Both are connected but not interdependent it is necessary to be fit, but not necessary to be fit, but not necessary to be fit to be healthy. Health is a state of complete physical, mental and social well-being and not merely the sense of disease or infirmity. W.H.O. (1976) declares physical fitness as an important facet of health. Research evidence suggests that when one is physically fit one is able to lead a more enjoyable life because of mental, optional and social development as well as physical development.

Physical fitness is an important and inseparable part of sports performance and achievement. The quality of the individual's sportsmen's fitness, as a layman thinks, is directly proportional to the level of performance. Meaning thereby, that the greater the ability of a sportsman to attain higher level of performance.

The degree of fitness one has to develop and maintain depends upon the profession of the person. The needs of the individual are to be taken care of high performance athletes need much more physical fitness than a classroom teacher, a doctor an official or a scientist. All need physical fitness, so that the body may sustain the demands of the intellect. The degree of fitness differs from person to person. The fitness of healthy man of eighty years age is entirely different from that of young sportsman

Physical fitness is the most important determinant of excellent performance in sports. However, importance of various components of fitness varies with different sports for better performance. Physical fitness is possible through the study of motor fitness. The motor fitness can be understood by analysis of its components like speed, strength, endurance flexibility, agility, coordination ability and balance. Although physical fitness is conditioned by heredity, physical organic and behavioral components. It is also affected by factors such as social class, socio - geographic (rural-urban) environment cultural values norms and symbols.

Aerobic mean "In the presence of oxygen," in contrast to anaerobic which means in the absence of oxygen." Aerobic fitness reflects the overall capacity of the cardiovascular and respiratory systems to supply oxygen during sustained physical active try, as well as the ability to carry out prolonged exercise.17.18 Aerobic fitness tests often measure the maximal oxygen maximal oxygen consumption (VO₂max) as an indicator of aerobic fitness. Boxing is a combat sport and a sport of scientific fighting with fists. It is a wonderful sport of self- defence. It is an art and skill where two contestants superbly coordinated and conditioned attempt to score points, through skill full maneuvering, adept footwork and series of blows. It is one of few sports that permit individuals of all sizes and weight to participate with almost equal chances of winning.

It demands of them hard training and Spartan habits to attain top physical condition. Boxing is one of the most strenuous and daring sports. This is one of the many reasons, why Boxing has long been regarded, in all the countries of the world as well as in army, as of the highest military and recreational value.

It develop all the physical and personal qualities of a human being such as strength, speed, endurance, agility, coordination, quick action and reaction. Personal qualities like determination, confidence, self-denial, self-discipline and will power etc. are also developed through boxing. Boxing is a natural sport of humans. It is a tradition and a tradition never dies. A person who engages in the sports of

boxing of a person who takes part in boxing specially for sport is referred to as a boxer.

Methodology

To solve the purpose of the study 30 subjects randomly selected (15B.P.ED students and 15 boxers of M.L.S.M College Sundernager) of Himachal Pradesh were taken as the sample. Null hypothesis had been framed for the present study. The shoulder strength was measured by using Pull-ups test taken from AAPHERED youth fitness battery. The data was analyzed by using Statistical Package for the Social Sciences. The statically tools used for the study were mean, SD and "t" test was used. On the basis of obtained results there is significant and notable difference was recorded by employing "t" test.



Results and Findings

Within the limitations and delimitations of the present study following results are drawn:

Table 1: Significance of Mean Difference in the scores of shoulder strength of B.P.ED Students and Boxers of Sundernager college of Himachal Pradesh

Variable	Group	N	Mean	S.D	SED	Mean diff.	df	't'
Pull-ups	B.P.ED Students	15	6.60	2.823	1.406	3.533	28	2.512
	Boxer	15	10.13	4.658				

As per table no.1 the calculated mean value of sit-ups of B.P.ED Students M.L.S.M college Sundernager is 6.60 and the calculated mean value of Boxers of M.L.S.M college Sundernager is 10.13 .The mean difference is 3.533 the standard error of difference is 1.406 and the calculated 't' value is 2.512 for 28 df. which is statistically insignificant at 0.05 level of significant when compared to table value of 't' for df 28.

Conclusion

- As per table no.1 that the boxers are found better as compared to the B.P.ED students of Sundernager college in shoulder strength.

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