



## **“A COMPARATIVE STUDY OF EXPLOSIVE LEG STRENGTH BETWEEN URBAN AND RURAL STUDENTS”**

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### **ABSTRACT:**

The purpose of the present study was to find out the difference in Strength between urban and rural students. The sample for the present study consists of 120 male urban and rural students out of which sixty are urban students and sixty are rural students. The students age range of 11 to 14 years. To find out the Strength the standing broad jump test were used. For this study data have been collected samples from Osmanabad District. It is Strength test (Standing Broad Jump test) selected from fitness component test. The statistical analyses used to test the data are reported as Mean, Standard Deviation, Std. Error Mean and t-Test. for the testing the hypothesis for the difference between various sample means ‘t’ test is used at significance of 0.05 levels. There is significant difference in the strength (Standing Broad Jump test) between urban and rural students.

**Keywords:** Strength, Urban and Rural Students.

### **INTRODUCTION:**

An urban area is a human settlement with high population density and infrastructure of built environment. Urban areas are created through urbanization and are categorized by urban morphology as cities, towns, conurbations or suburbs. People living there are open, they choose their cultures and their beliefs and share them and that's what makes them a very modern society. A rural area is a geographic area that is located outside towns and cities. A rural area is an open swath of land that has few homes. A rural areas population density is very low. Agriculture is the primary industry in most rural areas. Most people live or work on farms. Hamlets, villages, towns, and other small settlements are in or surrounded by rural areas. Many factors affect the urban and rural student's fitness i.e. consist of environment, lifestyle, socio – economic status, living in urban and rural, cultural influences, health conditions, facilities available, physical education classes, and regular participation in sport or physical training.

The physical fitness has been considered an essential element of everyday life. The ancient people were mainly dependent upon their individual strength for physical survival. In many other activities, good strength is also very important as part of the overall fitness profile. Strength means Ability to release maximum muscular force rapidly in an explosive manner in the shortest duration is known as muscular power.



### OBJECTIVES OF THE STUDY:

- 1) To find out the strength (Standing Broad Jump test) between urban and rural students.
- 2) To measure the strength (Standing Broad Jump test) between urban and rural students.
- 3) To compare the strength (Standing Broad Jump test) between urban and rural students.

### HYPOTHESIS:

**H<sub>1</sub>** - The research scholar hypothesizes that there will be significant difference in the strength (Standing Broad Jump test) of urban and rural students.

**H<sub>2</sub>** - The research scholar hypothesizes that there will be no significant difference in the strength (Standing Broad Jump test) of urban and rural students.

### METHODOLOGY:

The purpose of the present study is to find out the difference in Strength between urban and rural students. The sample for present study consists of 60 male urban students and 60 male rural students. In this study data is collected from Osmanabad district. The student is age range of 11 to 14 years.

### Variable Selected For The Study:

Sr. No.	Specific Component	Elements tested	Test Items	Measurement Unit's
1	Strength	Explosive Strength of Leg	Standing Broad jump	Centimeter

### Statistics:

The statistical analyses used to test the data are reported as Mean, Standard Deviation, Std. Error Mean and t-Test. for the testing the hypothesis for the difference between various sample means 't' test is used at significance of 0.05 levels.

### ANALYSIS AND INTERPRETATION OF RESULTS:

**Table No. 1**

Descriptive statistics of mean and Standard Deviation of Urban and Rural students on Strength (standing broad jump test) test score

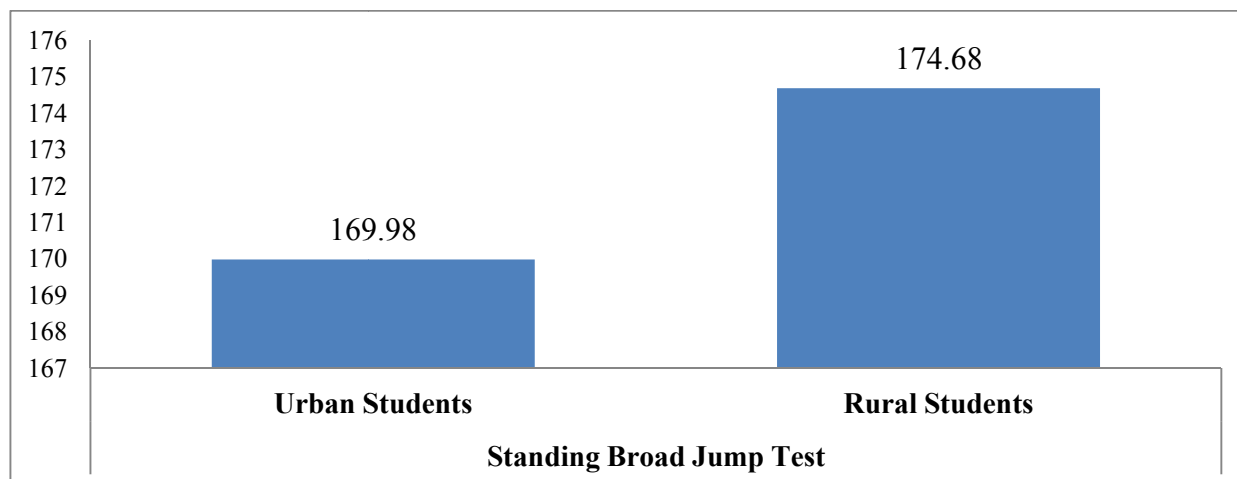
Test item	Group	N	Mean	S.D	Std. Error Mean
Sanding Broad Jump Test	Urban Students	60	169.98	21.429	2.766
	Rural Students	60	174.68	20.980	2.708

**Table No. 2**

Mean diff.	DF	"t"	Sig.2-tailed
-4.7	118	-1.205	0.233

**Fig No. 1**

The mean values of Strength between Urban and Rural area school students were graphically represented in the following



## DISCUSSION:

The mean (S.D) Score of Standing Broad Jump test between urban and rural students are 169.98 (21.429) and 174.68 (20.980) respectively. The urban students Standing Broad Jump Mean is 169.98 and rural students Standing Broad Jump mean is 174.68 the difference between urban and rural students -4.7 was found. The found significant difference at 0.05 level between table of 't' value and 't' test (-1.205) at 118 degree of freedom. Hence the  $H_1$  Hypothesis is accepted and  $H_2$  Hypothesis rejected. In the present study we found that there is significant difference in the strength (Standing Broad Jump test) among urban and rural students on the basis of statistical findings.

## CONCLUSION:

- The Rural students are having good explosive Strength (Standing Broad Jump) compare to Urban students.
- Difference between the Urban and Rural Students related to strength (Standing Broad Jump test) is significant.

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