



## RELATIONSHIP BETWEEN PHYSICAL FITNESS AND ACADEMIC ACHIEVEMENT OF GOVERNMENT SCHOOL GIRLS

**Harpreet Kour\*, Dr. Nagesh Janu\*\* & Dr. Rina\*\*\***

\* Research Scholar, Department of Physical Education, JECRC University, Jaipur, Rajasthan

\*\* Assistant Professor, Department of Physical Education, JECRC University, Jaipur, Rajasthan

\*\*\* Associate Professor, Department of Physical Education, Manipal University, Jaipur Rajasthan

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### Abstract:

**Objective:** The purpose of this study was to determine whether there was a meaningful relationship between physical fitness and academic achievements of government school girls of Jaipur.

**Methods:** The AAHPER (1976) Youth Physical Fitness Test (Standing Broad Jump and 50 yard Dash) was conducted on 300 school girls students ranging between 10 to 16 years girls in different schools from Government (N=300) area of Jaipur (Rajasthan). To compare the relationship between physical fitness and academic achievements of government school girls correlation was computed with the help of SPSS Software. The level of significance chosen was .05.

**Results:** There were significant differences obtained between physical fitness and academic achievements government school girls. Researcher found the negative correlation between physical fitness and academic achievements.

**Key Words:** Physical Fitness, Academic Achievement & AAHPER Fitness Test

### Introduction:

Fitness is generally defined as the capability to carry out the daily activities without undue development of fatigue, Physical fitness as a state of well-being. It is actually an ability of a person of perform day's routine work efficiently. A physically fit person enjoys numerous benefits, such as delay in health problems, less prone to injuries, meeting emergencies effectively improved health and wellness, good looks and energy or participate in a variety of daily physical activities. In short a for person enjoys life better than an unfit person. Fitness can only be achieved by participation in physical activities such as games, sports and exercises along with healthy nutrition. A regular exercise does not only have to be done in expensive fitness clubs. A simple brisk walking also can do wonders in the development of fitness. A fit person can be recognized by looking or measuring the fitness components in an individual. The various physical components are strength, flexibility, cardio-vascular fitness, muscular endurance and body composition. Present generation children are seen to be less fit due to their more involvement in gadgets like computers and televisions rather than performing physical activities. Most people believe school will instruct them how to earn a more reputable livelihood. A fitness and wellness course will instruct you how to live better—how to really live your life to its broadest potential. Material success is approximately more than money: Making a good living will not assists you unless you live a wellness lifestyle that will permit you to savor what you receive. Your lifestyle is the most important element regarding your personal welfare, but most people don't cognize how to create the correct choices to live their best animation.

**Materials and Methodology:** In this current study, a sample of 300 girls students ranging between 10 to 16 years studying in different high schools from Government (300 girls students) area of Jaipur was taken as subjects for this study. AAPER Youth Physical Fitness Test Battery (1976) was used to measure Physical Fitness Status (Muscular strength and speed) of the subjects. The test battery consist these two test items: Standing Broad Jump, 50 yard Dash. To relationship between physical fitness and academic researcher used the correlation and graphical representation of the data. The level of significance chosen was .05.

**Data Analysis:** SPSS (software) was used to analyze the data. The relationship between physical fitness and academic achievement of school students was determined by using correlation. In all the cases, 0.05 level of confidence was fixed to test the significance, which was considered as an appropriate.

### Descriptive Statistics of Standing Broad Jump:

Table 1: Mean and S.D. of Standing Broad Jump (Meter)

	Group	N	Mean	Std. Deviation	Std. Error Mean
SBJ	Gov	300	1.7561	0.40330	0.31196

Table 1 indicates the values of descriptive statistics of the government school girls for standing broad jump (muscular strength), which shows that the mean and S.D. values of Government school girls are found to be 1.7561 and 0.40330 respectively.

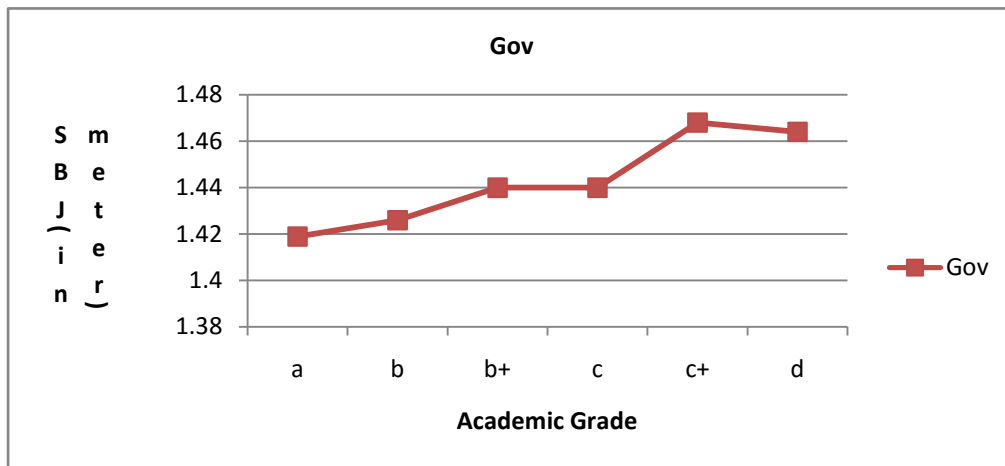


Figure 1: Graphical presentation between Standing Broad Jump and academic grades of Government schools Girls

**Descriptive Statistics of 50m Dash:**

Table 2: Mean and S.D of 50m Dash (sec)

	Group	N	Mean	Std. Deviation	Std. Error Mean
50 m dash	Gov	300	10.2567	0.93918	0.05422

Table 3 indicates the values of descriptive statistics of the government school girls for 50 m. Dash, which shows that the mean and S.D. values of Government schools girls are found to be 10.2567 and 0.93918 respectively.

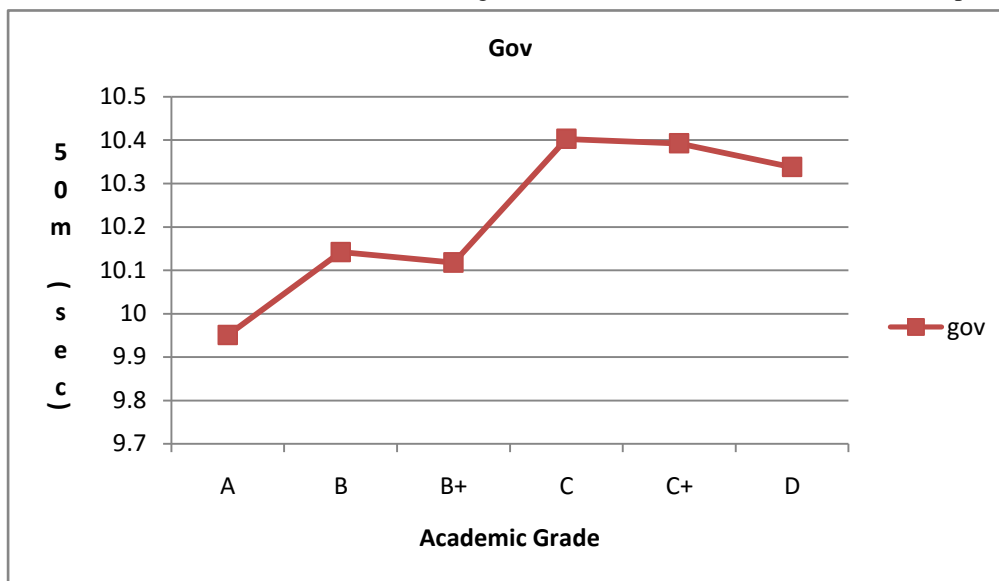


Figure 2: Graphical presentation between 50 m. Dash and academic achievement of Government schools Girls

**Results and Discussion:** The data collected by adopting above procedure were statistically analyzed. The results are presented in the following tables. For testing the significance in Standing Broad Jump and 50 yard Dash, the level of significance chosen was .05. The Comparison between physical fitness and academic achievement of government schools girls. The data pertaining to the same is presented in Table 1.

**Discussion:**

There are significant differences between physical fitness variables and academic achievement. After finishing research, Researcher found that keeping the low grade students of high physical fitness level and those students had good grades, their physical fitness was significantly low.

**Conclusion:**

In the light of the findings and limitations of the present study the following conclusions were drawn: There were significant difference obtained on 50 yard Dash of Government school girls. There were no significant differences obtained on standing broad jump of Government school girls.

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