

Composite Physical Fitness Test for Men Students at College of Horticulture Bengaluru

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Abstract: Objective of study was to assess data the six factors composite physical fitness test on college going men students. In this study, 100 boys were randomly selected from college of horticulture, Bengaluru at age ranging from 19 to 22 years. The study was conducted by using six factors composite physical test. Descriptive statistics was employed to find out the results of the study. Physical fitness was measured with the best timing was rated in seconds. The result depicted in Descriptive Statistics of men at college level” indicates the mean and standard deviation. The lower bound shows the true significance and significance correction and through Q-Q plot the (graphical presentation) to values in normal distribution to evident in found the selected physical fitness test for 100 college going men were Mean- 40.3072/39.0291, Std. Deviation- 2.51278/2.78882, St. Error Mean-2.5128/2.7888 respectively. That paired correlation is .56. There is an average value of test score and Significant at 0.05 level of significance. The Table no.-3 to indicate paired differences of variable being tested and order the subtraction was found out. The standard error 0.24799 and computing both the test statistic and the upper and lower bounds of 95%confidence interval. The depicts value of the paired sample t- test of men which was found to be statistically significantly at 0.05 level of significance.

Keywords: Physical Fitness, College, Men Students, Descriptive Statistics, t-test, significance.

Introduction

The physical fitness is simply to define the body ability to complete physical work. This can be including the cardiovascular fitness, strength and muscular endurance. A physical fitness may be some performing of exercise with weight training and free hand exercise (body weight). Tests performed on a elliptical cycle can evaluate aerobic fitness. People may also complete aerobic exercises like- running and walking tests, to assess the heart rate and to determine cardiovascular fitness. These types of tests can be helpful in developing a complete understanding of current health and fitness status. The physical fitness can play an important role in an individual's and whole community treatment journey. The global scenario presents that children and adulterants are increasingly getting attracted to growing range of sedentary alternatives to physical activities which include watching television and videos, playing computer game, surfing internet and engaging more in home work and additional tutoring. The consequence of these sedentary activities is affecting the health of children negatively. The childhood obesity is producing obese adults who are facing an increased risk of diabetes, heart-disease, orthopaedic problems and many other chronic diseases along with undesirable behaviours.

Review of Related Literature

A recent World Health Organization report indicates that life expectancy in the U.S. Dropped for first time since 1993. The health of modern people is declining, despite highly advanced medical technologies, and in spite of the thriving health and fitness industry. How could that be?

The based-on research, physical fitness has benefits role playing for addiction recovery. It can be improved health, mind, reduce craving and help a person stay abstinent from drugs abuse and alcohol. The exercise to rehabilitated persons and reduce stress relief to change the life.

The physical fitness is that state which characterizes the degree to which a person is able to function efficiently. Fitness is individual's matter. It implies the ability of each person to live most effectively within his potentialities. Ability to function depends upon the physical, mental, emotional, social, moral and spiritual components of fitness, all of which are related to each other and mutually independent. (Gene A. Logan. 1967).

Methodology

For this study, a randomly were selected of 100 students from college going men and age ranges between 19 to 22 years. During the March to April 2023 data was collected and participant's characteristics such as details-name, age, gender & college. Six factors composite physical fitness test by Dr. Man Singh. The test was conducted under the supervision of specialists of the field and told the important instructions and system of the test. The important numbers of training trails were given to each student to make familiar with the real situation of the test. Scoring of the times taken in 1/10 of the second were the score recorded on trial and best final timing was selected.

Analysis and Interpretation of Data

The analysis of data was a used and statistical technique including the calculation of detailed descriptive statistics, normality of test and paired t-test to compare between two score and Level of significance was set at 0.05. Analysis of the Data and Result of the Study: The descriptive statistics analysis was using SPSS 22.0 software in order to interpret the findings and results.

The result of the study done by college going men students given below.

Table1: Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	BT 1	40.3072	100	2.51278	.25128
	BT 2	39.0291	100	2.78882	.27888

The evident in the table no.3 that found the selected physical fitness test for 100 college going men students were Mean-40.3072/39.0291, Std. Deviation- 2.51278/2.78882, Std. Error Mean-.25128/27888 respectively.

In this table no.1 that found the selected physical fitness test for 100 college going men students were Mean-40.3072/39.0291, Std. Deviation-2.51278/2.78882, Std. Error Mean-2.5128/2.7888 respectively.

Table 2: Paired Samples Correlations

		N	Correlation	St
Pair 1	BT1 & BT2	100	.56	.000

Table no.2 shows that correlation is .56. There is an average value of test score.

**Significant at 0.05 level of significance.

Table no. 2 shows the relation between two score and that used paired correlation is .56. There is an average correlation of test score and that show the reliability, truthiness and honesty of the test is directly depends on the correlation values. In significant at level of significance 0.05. The mean is the difference between the sample means it should be close to the zero if the populations mean-1.27810 there was not statistically significant at $p > 0.05$ and a zero mean difference is well within the range of the outcomes.

Table 3: Paired Samples Test

		Paired Differences				
		Mean	Standard Deviation	Std. Error Mean	95%Confidence Interval of the Difference	
					Lower	Upper
Pair 1	BT1 & BT2	1.27810	2.47990	.24799	.78603	1.77017

*The paired differences of variable being tested and order the subtraction was found out.

**The difference between two variable Mean-1.27810 and SD-2.47990.

***The standard error 0.24799 and computing both the test statistic and the upper and lower bounds of the 95%confidence interval.

Table no.-3 to indicate paired differences of variable being tested and order the subtraction was found out. The standard error 0.24799 and computing both the test statistic and the upper and lower bounds of 95%confidence interval.

Table 4: Paired Samples Test

		T	DF	Sig. (2-tailed)
Pair 1	BT1 & BT2	5.154	99	.000

*The used paired sample test is t-5.154 and df-99

**The significant at level of significance 0.05

Table no.4 depicts that the paired sample t-value of men students which was found to be statistically significantly at level of significance 0.05.

Conclusions

The purpose of the study was to conducted six factors composite physical fitness test on college of horticulture men students were analyzed and discussion of finding are as follows. The levels of significance 0.05 were randomly selected for the study. At used the 95% confidence interval for mean and through descriptive statistic to analyses the fitness level of men students at set parameter of the test. The reliability of the data is average and the significant difference was true.

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