

Research Paper :

Influence of socio-economic conditions on physical fitness of tribal area and non-tribal area college male students

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ABSTRACT

The objective of the present study was to analyze the influence of selected Socio-economic factors on Physical Fitness of tribal area and non-tribal area college male student, with the assistance and help of the experts in the field of physical fitness. Physical education, Sports and previous researches on these areas made a comprehensive and suitable Physical Fitness and Socio-economic factors package. 480 male college students were randomly selected from twenty one academic colleges of Hemchandracharya North Gujarat University. For this research, AAHPERD Youth Fitness Test for Physical Fitness and Questionare for Socio-economic data of the same students was organized for the purpose to find out the influence of Socio-economic conditions on physical fitness of tribal area and non-tribal area college male students. The score obtained for physical fitness and socio-economic conditions in various factors were analyzed by using analysis of covariance for significant influence of socio-economic condition on physical fitness of tribal area and non-tribal area college male students. The socio-economic conditions variable like sports achievement by the members of the family, family literacy rate, parents occupation where significantly influenced on physical fitness of tribal area students, where as socio-economic conditions variable like sports achievement by the members of the family, family literacy rate, social status of the family members, property of the family, agriculture and yearly income of the family significantly influenced on physical fitness on non-tribal area students.

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Physical fitness is a trunk of a tree that supports many branches which represent all the activities and make life worth living: intellectual life, spiritual life, occupation, love and social activities. It is one's richest possession; it can't be purchased but can be earned through a daily routine of physical exercise.

One of the important, remarkable, beautiful, valuable and priceless things that God has created particularly on the earth is human life. Therefore, it is necessary to protect and maintain human life in order to achieve higher goals and objectives and also to live a happy and meaningful life. The fitness of an individual, a society, a civilization and a government is very important in the life of the nation. If a nation is to remain strong, physically, mentally, spiritually and socially, education for Physical Fitness must be undertaken. It is self-evident that the fit citizens are nation's best assets and weak ones are liabilities. The wealth of the nation resides in the health and vitality of its people.

Late John F. Kennedy said, "Physical fitness is not one of the most important way to healthy body, it is the basic of dynamic and creative intellectual activity". The relation of the body and the activities of the mind are subtle and complex. Many of us not yet understand, but we do know that the intelligence and skill can only function at the peak of their capacity when the body is healthy and strong, the hardy spirits and tough minds usually inhabit in sound bodies. In this sense physical fitness is the basic of all activities of our society.

Physical fitness is essential not only in terms of general health but also special physical requirement for competitive sports and certain highly specialized and demanding occupation. It is universally accepted that success in various activities of games and sports mainly depend upon the physical fitness of its participants. The AAHPERD Youth Fitness Test has tremendously gained importance and has been recognized as one of the major Physical Fitness Tests, Variables such as strength,