A Comparative study of selected Health related Physical Fitness between Teaching and Non-teaching staff in Dibrugarh University, Assam, India

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Abstract

The purpose of the study was to compare the selected health related physical fitness variables between teaching and non-teaching staff in Dibrugarh University, Assam. The total of 30 subjects was taken for the study, consisting of 15 teaching and 15 non teaching male staff of Dibrugarh University. The age groups of the subjects were ranged 30 - 45 years. The Harvard step test for cardiovascular endurance and sit and reach test for flexibility was employed in this study to collect the data. The t test was employed to analyse the data for finding the difference between teaching and non teaching staff in selected health related variables. The level of significant was set 0.05. The analysis of data revealed that statistically there was insignificant differences in selected health related physical fitness variables between the teaching and non teaching staff of Dibrugarh University.

Keywords: Teaching staff, non-teaching staff, cardiovascular endurance, flexibility.

Introduction

Now a day’s people are more aware of physical fitness. Fitness is dynamic quality that allows one to satisfy all needs regarding mental and emotional stability, social consciousness and adoptability, spiritual and moral fibre and organic health consistent with the individual heredity, fitness has became a national concern. Basically fitness means being in good physical condition and being able to function at one’s best level. Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potentials. Fitness can be described as a condition to helps us for better look, pleasant feel and do our best.

Health related physical fitness includes this aspect of physiological function that offers protection from diseases resulting from sedentary lifestyle. It can be improved or maintained through regular programme of physical activities that adheres to the principles of exercise. Specific components of health related physical fitness include muscular strength, power, speed, agility, balance, flexibility and endurance etc. The departure from the traditional notion of fitness as a result in a clear differentiation between physical fitness related to functional health and well-being. There is a growing emphasis on looking good, feeling good and living longer.

Methodology

Total thirty (N=30) teaching staff and non teaching male staff was selected from Dibrugarh University of Assam as a subjects for the purpose of the study. The subjects fifteen (N=15) from teaching staff and fifteen (N=15) from non teaching staff. The subjects were ranging between 30 to 45 years of age.

Variables: For teaching and non teaching staff, only the following health related physical fitness variable were selected: Cardiovascular endurance. Flexibility.

Statistical Technique Employed: To determine the significant differences t-test was employed to analyse the data of selected health related physical fitness variables between teaching and non-teaching staff in Dibrugarh University and for testing the hypothesis the level of significance was set at 0.05.

Criterion Measures: To collect the data, Harvard step test for cardiovascular endurance and sit and reach test for flexibility were used to take the performance of the subjects.

Results and Discussion

Results are given in table-1, table-2 and figure-1.

Table-1

Comparison between mean, standard deviation and “t” ratio of cardiovascular endurance of teaching and non-teaching staff.

<table>
<thead>
<tr>
<th>Cardiovascular Endurance</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Mean deviation</th>
<th>Standard Error</th>
<th>T ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaching staff</td>
<td>76.63</td>
<td>43.93</td>
<td>8.63</td>
<td>15.43</td>
<td>0.56</td>
</tr>
<tr>
<td>Non-Teaching staff</td>
<td>68</td>
<td>40.55</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Tabulated t 0.05(28) =1.701

Insignificant at 0.05 level of confidence
Table-2

<table>
<thead>
<tr>
<th>Flexibility</th>
<th>Mean</th>
<th>Standard deviation</th>
<th>Mean deviation</th>
<th>Standard Error</th>
<th>T ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teaching staff</td>
<td>9.76</td>
<td>13.33</td>
<td>3.03</td>
<td>5.34</td>
<td>0.57</td>
</tr>
<tr>
<td>Non-Teaching staff</td>
<td>12.79</td>
<td>15.85</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Insignificant at 0.05 level of confidence
Tabulated t 0.05(28) = 1.701

Table-1 revealed that there was an insignificant difference in cardiovascular endurance between teaching and non-teaching staff. The obtained t ratio value 0.56 was than less tabulated t value (1.701) at 28 degree of freedom at 0.05 level of significance.

Above table-2 again revealed that there was an insignificant difference in flexibility between teaching and non-teaching staff. The obtained t ratio value 0.57 was less than tabulated t value (1.701) at 0.05 level of significant at 28 degree of freedom.

Discussion on findings: On the basis of the findings, result showed that there was insignificant differences in selected Health related physical fitness between teaching and non teaching staff of Dibrugarh University. The difference may not be seen in both the teaching and non teaching staff, it may be attributed to the fact that due to the daily life style and the physical activities they performed are quite similar.

Conclusion

With considering the limitation of the study and the result of the findings, it was concluded that there was no significant differences of selected Health related physical fitness between teaching and non teaching staff of Dibrugarh University.

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