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RESEARCH ARTICLE

COMPARATIVE ANALYSIS OF THE EFFECT OF EXERCISES ON PHYSICAL FITNESS BETWEEN ACTIVE AND INACTIVE PHYSICAL EDUCATION MALE TEACHERS

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ABSTRACT

In the present study, an attempt has been made to analyses the comparative effect of exercise on physical fitness between active and inactive male teachers, for this purpose 68 male physical education teachers were taken from district youth services and sports Budgam Kashmir from different schools. For the assessment of effect of exercises, weight body mass index, Grip strength (left and right hand), persistence time, 12 min run and walk test and concentration of hemoglobin were taken as criterion variables. Statistical constant like arithmetic mean, standard deviation and t test were applied and the significant value obtained by t test was tested at 0.05 level of significance. The observation revealed that there was a significant difference between active and inactive male on the above said variables.

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INTRODUCTION

Being fit has many advantages, from helping you to control your weight, to giving you a better night sleep. There is impressive evidence that people who exercise frequently and in the correct way, are less prone to heart attacks, stroke and other life threatening conditions. Exercises experts and health educationists put more emphasis on increased physical activity in the form of exercise. Exercises helps you look and feel your best. Fitness can be described as the condition that helps us to look, feel and do our best. More specifically it is the ability to perform daily tasks vigorously and alertly with the energy left over for the enjoy leisure time activities and meeting emergency demands. The present study was conducted on physically active and inactive male physical education teachers. For the purpose 25 active male from the department of youth services and sports Budgam and 25 inactive teachers were involved in daily 4 hours training in a day for 5 days in a week at sports stadium Budgam.

MATERIALS AND METHODS

In the present investigation an attempt has been made to study the cardio vascular endurance, muscular strength, muscular endurance and physical efficiency of physical active and inactive teachers. Total of 50 subjects were taken for the experiment and the age of the subjects was ranging from 27 to 35 years. Table 1 reveals that active male teachers have better anthropometric value in comparison to inactive teachers. They are more muscular, have better body mass index and are taller in height when compared to inactive teachers. Only the age factor found no significant results. Mean and t value shows that inactive teachers have 66.38 body weight, 154.17 cms tall and have 27.95 body mass index when compared to active physical education teachers they had 54.44 kg Body weight, 159.46 cm height and 21.36 body mass index. T value of body weight (8.97), Height (6.15), Body mass index (13.70) were found significant except in the case of age (0.02) where it is not significant.

Table 2 reveals that physically active teachers performs better than the teachers who are physically inactive on physical fitness parameters. That "t" value of 12 Min run and walk test (5.09*), Grip strength right Hand (3.18*), Persistence time right hand (3.18*), persistence time left hand (2.84*), Hemoglobin (6.17*) found significant at 0.05 level.

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Table 1. Comparison anthropometric Parameters of Active and inactive teachers

	Active Teachers		Inactive Teachers		t value
	Mean	S.D	Mean	S.D	
Age	22.77	1.58	22.70	1.69	0.02
Body Weight	54.44	7.13	66.38	3.23	8.97*
Height	159.46	4.28	154.17	2.76	6.15*
Body Mass Index	21.36	2.27	27.95	1.65	13.70*

*Significant at 0.05 level, Tabulated t at 0.05=2.02

Table 2. Comparison of physical Fitness Parameters of Active and inactive teachers

	Active Teachers		In Active teachers		“t” value
	Mean	S.D	Mean	S.D	
12 min Run &walk test	1375.0	93.40	1141.6	65.77	11.94*
Grip Strength (Right hand)	40.11	12.07	29.11	3.93	5.09*
Grip Strength (left hand)	33.5	10.45	27.44	3.77	3.18*
Persistence Time (Right Hand)	19.15	10.65	13.62	2.77	3.18*
Persistence Time (Left Hand)	17.58	8.26	13.42	2.36	2.84*
Hemoglobin	11.65	11.1	10.23	0.76	6.14

*Significant at 0.05 level, Tabulated t at 0.05=2.02

RESULTS

The finding of the study reveals that the mean value and SD of the Body weight, Body height, body Mass Index, 12 Mins run and walk Grip strength anpersistence found that there exists significant differences between Active and inactive physical educations Teachers of Budgam District

DISCUSSION

The physically Active teachers were taller than the physically Inactive teachers. According to the results the physically Active teachers had better cardiovascular fitness as compared to physically inactive teachers. The muscular endurance was significantly shown better in physically Active teachers as compared to physically inactive teachers. The difference in the of Hemoglobin concentration was statistically significant among active teachers then physically inactive teachers.

Conclusion

- I. There was significant difference in weight of active and in active teachers. Active teachers had less weight as compared to inactive teachers.
- II. There was significant difference in BMI between Active and Inactive teachers.
- III. There was significant difference between in 12mins run and walk test, rip strength, persistence among Active and Inactive teachers.
- IV. There was significant difference in concentration of hemoglobin between Active and Inactive teachers.

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