

PHYSICAL FITNESS COMPARISON BETWEEN NORTH- EASTERN AND WESTERN REGIONS YOUTH OF INDIA

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ABSTRACT

The aim of the present study was to compare the physical fitness between youth of north-eastern and western region of India. For the purpose of study 60 subjects (30 from each region) were selected to serve as the subjects. Their age was ranged between 17 to 21 years. The study was delimited to the seven physical fitness variables namely, flexibility, abdominal strength, explosive leg strength, shoulder strength, agility, cardio vascular endurance and speed. For measuring these variables sit and reach test, bent knee sit-ups test, standing broad jump test, pull ups test, shuttle run test, one mile walk/run test and 50 meter sprint test were used respectively. To find out the significant differences between the youth of north eastern and western region of India, t-test was employed at 0.05 level of significance. The statistical analysis of data revealed that the youth of both the regions had no significant difference in relation with the flexibility. Whereas in terms of Abdominal Strength, Explosive Leg Strength, Shoulder Strength, Agility, Cardio Vascular Endurance and Speed significant differences was found.