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Parvaze Ahmad Beg
Research Scholar, J.S.
University, Kanthari,
Uttar Pradesh, India

Flexibility level of students studying in academic and physical education colleges of Jammu and Kashmir

Parvaze Ahmad Beg

Abstract

The study was intended to compare the level of flexibility between academic and physical education colleges of Jammu and Kashmir. It is pertinent to mention here that physical educational aspirants were treated as professional students and academic students were treated as academic students. The study was intended to explore the level of physical fitness of professional and non-professional students. The sit and reach test for flexibility was employed in this study to collect the data. The data was subjected to statistical treatment by using Mean, S.D and 't' test. In connection to same, it was found that there exists significant difference between professional and non-professional students on their level of Flexibility. Professional students were reported with high level of flexibility as compared to non-professional students.

Keywords: Flexibility level, students, physical education students

Introduction

Physical education is considered the backbone of entire education system. The goals of education are totally impossible without sound education system. However, the concern of physical education begins from physical fitness. Fitness is the ability to live a full and balanced life. The totally fit person has a healthy and happy outlook towards life. Fitness is the young man's absolute necessity. It breeds self-reliance and keeps man mentally alert. Physical fitness is essential for human beings to adjust well with his environment as his mind and body are in complete harmony. It is generally agreed that physical fitness is an important part of the normal growth and development of a child. A generic definition regarding the precise nature of physical fitness has not been universally accepted. Through research and scholarly inquiry, it is clear that the multi-dimensional characteristics of physical fitness can be divided into two areas: health related physical fitness and skill related physical fitness. Physical fitness is a state of health and well-being and more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise and sufficient rest. Fitness is defined as the quality or state of being fit. Flexibility is the range of movement through which a joint or sequence of joints can move. Inactive individuals lose flexibility, whereas frequent movement helps retain the range of movement. Through stretching activities, the length of muscles, tendons, and ligaments is increased. The tendons and tendons retain their elasticity through constant use. Flexibility is important to fitness; a lack of flexibility can create health problems for individuals. People who are flexible usually have good posture and may have less low back pain. Many physical activities demand a range of motion to generate maximum force, such as serving a tennis ball or kicking a soccer ball.

Statement of the research problem: The statement of the research problem is as under:

Objectives of the study: The objectives of the present study are as under:

- 1) To explore the level of flexibility of the physical education (Bachelor of physical education) and academic students (Bachelor of physical education).

Hypothesis: Following hypothesis has been framed for the present study:

Corresponding Author:
Parvaze Ahmad Beg
Research Scholar, J.S.
University, Kanthari,
Uttar Pradesh, India

1) There seems no significant difference between physical education (Bachelor of physical education) and academic students (Bachelor of physical education) on their level of flexibility.

Delimitations of the study: The present study will be confined to the following aspects:

- 1) The study has been delimited to bachelor of physical education and Bachelor of Arts students.
- 2) The study has been delimited to 400 physical education and Bachelor of Arts students.

Methodology: Keeping in view, the research evidences, objectives and hypotheses, the researcher found it suitable to go through descriptive survey method. Accordingly, present study was carried with the help of descriptive method.

A) Sample

Representative samples of 800 respondents were selected. However, due representation was given on the basis of type of course pursued by the respondents. More obviously 400 academic and 400 physical education students were selected by using random sampling technique. Whole sample was collected from below mentioned sampling of Union Territory of Jammu and Kashmir.

B) Measuring criteria

The sit and reach test for flexibility was employed in this study to collect the data.

C) Statistical technique employed

To determine the significant differences t-test was employed to analyse the data of selected health related physical fitness variables between male and female students. The detailed procedure of statistical treatment is analysed as under:

Table 1.1: Displaying the frequency and parentage distribution of physical education and academic students ion various levels of flexibility. (N=400 each)

Level	Physical Education Students		Academic Students	
	Frequency	Percentage	Frequency	Percentage
Well Above Average	10.00	2.50	6.00	1.50
Above Average	300.00	75.00	280.00	70.00
Average	60.00	15.00	40.00	10.00
Below Average	20.00	5.00	50.00	12.50
Well Below Average	10.00	2.50	24.00	6.00
Total	400	100	400	100

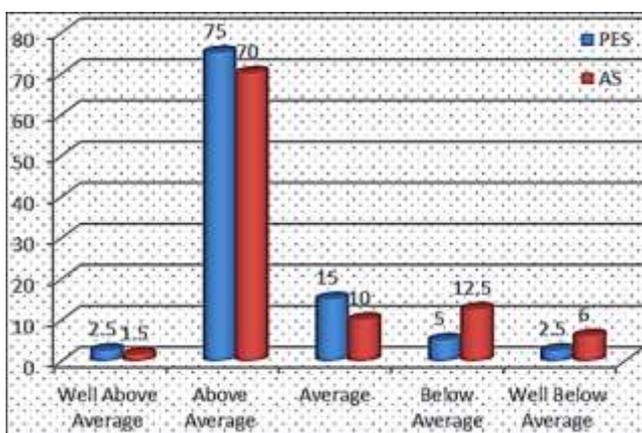


Fig 1.1: Displaying the graphical illustration on frequency and parentage distribution of physical education and academic students ion various levels of Sit and reach test. (N=400each)

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- PES= Physical Education Students.
- AS= Academic Students.

Interpretation

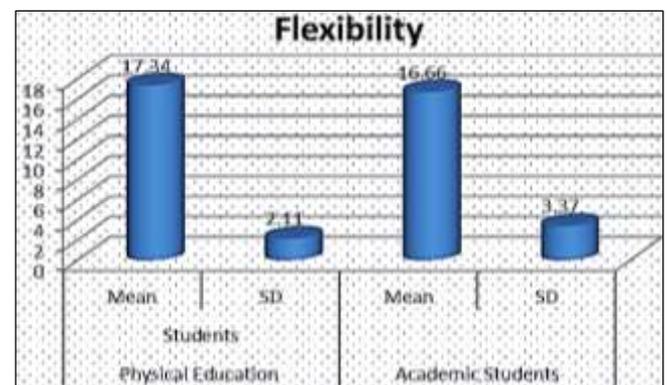
The results reported in the above mentioned table (Please see Table 1.1, Fig. 1.1) gives information about the frequency and percentage distribution of physical education and academic students on various level flexibility. The results reveal that of physical education and academic students ion various levels of flexibility. The results report that among physical education students 2.50% (10.00) were found with well above average level of flexibility. In pursuance to same, 75.00% (300.00) were found with well above average level of flexibility. Besides, 15% (60.00) were found with above average level of flexibility. In the same table the results specify that 2.50% (10.00) were found with well below average level of flexibility. Coming towards academic students the results report that among physical education students 1.50% (6.00) was found with well above average level of flexibility. In pursuance to same, 70.00% (280.00) were found with above average level of flexibility. Besides, 15% (60.00) were found with average level of flexibility. In the same table the results specify that 6.00% (24.00) were found with well below average level of flexibility.

Table 1.2: Displaying the mean variation reported between physical education students and academic students on their flexibility level. (N=400 each)

Variable	Physical Education Students		Academic Students		't' value	Level of significance
	Mean	SD	Mean	SD		
Flexibility	17.34	2.11	16.66	3.37	3.46	0.01**

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- **= Significant at 0.01 level of confidence.



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- PES= Physical Education Students
- AS= Academic Students

Fig 1.2: Displaying the graphical representation on mean variation reported between physical education students and academic students on their flexibility level. (N=400 each)

Discussion

The fleeting look on the table 1.2, Fig. 1.2 gives exploration about the mean comparison of physical education and academic stream, students on their level of flexibility. The obtained results specify that the mean value of physical education stream (Bachelor of physical

education) students was found 17.34 and the mean value of bachelor of academic students was seen 16.66. The comparative analysis of the both group of the respondents indicate that the 't' value came out to be 3.46, which is higher than table value at 0.1 level of confidence. Thus, from the above reported result it can be generated that there exists significant difference between the two groups of respondents under discussions. However, it is pertinent to mention her that physical education students were seen with high level of flexibility as compared to academic students (bachelor of academic students).

Indeed significant difference has been reported between physical education and academic stream, students on their level of flexibility. In context to same, the status of the hypothesis is reported as under:

- **Hypothesis:** There seems no significant difference between physical education (Bachelor of physical education) and academic students (Bachelor of physical education) on their level of flexibility.

...Status: Rejected

Conclusions of the study: The study was intended to explore the level of flexibility of professional and non-professional students. In connection to same, it was found that there exists significant difference between professional and non-professional students on their level of Flexibility. Professional students were reported with high level of flexibility as compared to non-professional students.

Conflict of interests: Keeping the results of the present study under consideration, no any conflict of interest has been declared.

Suggestions of the study: The present study was has produced a fund of knowledge for the further research. Some of them are as under:

- 1) Keen attention should be provided by teacher's especially physical education teachers in contributing towards the level of physical education of the students.
- 2) Hygienic environment should be provided by the school administration in schools.
- 3) Maximum opportunities should be integrated with physical education at school. Classroom-based physical activity, recess, active transportation policies that encourage safe walking or biking to and from school, intramural, club, and sports activity programs and other types of before and after school physical activity opportunities should supplement physical activity provided through physical education.
- 4) Shared use policies that make physical activity facilities available to the community during out-of-school time should also be in place to facilitate physical activity outside of school hours. Increasing other school-based physical activity should not be an excuse to cut or substitute for the quantity of physical education.
- 5) Government should provide complete comprehensive self-assessments of their physical education program and physical activity in schools offerings using the School Health Index at regular intervals consistent with state and district assessment. The results of the assessment should be integrated into the district or school's long-term strategic planning, School Improvement Plan, or school wellness policy, to address the quality and quantity of physical education offered.

- 6) Physical education teachers should coordinate the physical activity initiatives that are integrated throughout the school day. Teachers should use physical education homework to extend time spent in physical activity and improve knowledge gain.
- 7) Physical education should be made as a core academic subject, so that students may get ample opportunity to avail physical activities in schools.

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