



## A comparative study of physical fitness of deaf and dumb students and normal students of Punjab

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### Abstract

**Introduction:** In the modern world it is difficult to care such a deaf and dumb children / students. The study aims to find or investigate the physical fitness of above students through five components from youth fitness test its speed, strength, endurance, flexibility, and co-ordination.

**Objective** The objective of the study was to compare the selected physical fitness components between the deaf and dumb and normal school boys of Punjab. And to check the physical fitness above groups through different physical fitness components.

**Methods** The total number of subjects is 50 out of which 25 are deaf and dumb and rest are normal. The selection is made at random basis.

**Examination Method** is 50 yard dash, sit- ups, standing broad jump, pull-ups and shuttle run. The data were collected by using standard tools and techniques.

**Statistics** Mean standard deviation (SD) and independent t- test were the statistical used in this study for data interpretation level of significant difference between two groups was set at  $p < 0.05$  for strength significant difference exist between the normal Punjab school boys and deaf and dumb Punjab school boys.

**Conclusion** This conducted study it can be seen that normal students have better physical fitness compared to the deaf and dumb students as they have performed better than them. Though is standing broad jump they are found better then the normal students. The study shows that a special case must be taken of the deaf and dumb students it is wrong to presume that they have better health then the normal students and ignored and malnourished.

**Keywords:** speed, strength, endurance, flexibility, and co-ordination

### Introduction

Physical education is an education of an individual thought, human moment where many of the educational objectives are achieved by big muscles activities involving sports, games, gymnastic, dance and exercise. Physical Fitness is the state which characterizes the degree to which a is able to perform at its optimum level. It is an individual matter and implies the ability of each person to live most effectively with his potential of physical, mental, emotional and spiritual components of fitness. These are related to each other and individual interdependent. physical fitness shows ones level of ability in a wide range of activities. It has been thought of as an integrated composite of such individual trades as strength, endurance, power, speed, ability, balance, reaction time and coordination traits underlying performance in many motor complexes. The contribution of physical fitness of life include joy of work health and happiness, physical fitness and development of neuro muscular skills have assumed greater improvement in the present time due to the emphasis that is being placed on the development of human resources is the opinion of Clark. " Physical fitness is an ability to come out daily task with vigor and alertness, with under fatigue and with ample energy, leisure time persuade and to meet unforeseen emergencies." Physical fitness is essential not only in terms of general health but also for the special physical requirement for competitive sports and certain highly specialized and demanding occupation as a result of currant

work particularly in the field of ergonomics of high level of physical fitness produce significant effect on the working of human body. Human body is make of such a combination of bone and muscle frame work which has ability to do certain unaccepted task with vigor and alertness and is successful in achieving one's aim and dumb and deaf players are no exception to this. tendency of a person's body to do certain work various from person to person and depends mainly on health and physical fitness inherent in every person. Therefore and attempt has been to do a comparative study on physical fitness among dumb deaf boys particular of north india.

### Objective

The objective of the study was to compare the selected physical fitness components between the deaf and dumb and normal school boys of Punjab. And to check the physical fitness above groups through different physical fitness components.

### Methods

The total number of subjects is 50 out of which 25 are deaf and dumb and rest are normal. The selection is made at random basis.

### Examination Method

Is 50 yard dash, sit- ups, standing board jump, pull-ups and shuttle Run. The data were collected by using standard tools

and techniques. For the purpose of this study two school of Punjab are chosen. The facts and figures are taken from the study of the physical fitness tests of the students of eight and tenth classes who are of 13 to 16 year old figures are noted under the observation of their physical education instruction. Statistics Mean standard deviation (sd) and independent t- test

### Statistical Analysis of Data

**Table.1:** Physical fitness of normal students and deaf and dumb students

Methods	Normal Students Groups	Deaf and Dumb Students Groups	d	S.E	"t" Ratio
50 yards Dash	8.08	8.45	0.20	0.12	1.66
Sit-Ups	27.50	21.08	6.72	2.44	2.75*
Push-Ups	18.90	16.98	1.12	2.10	0.53
Shuttle Run	11.02	1.80	0.81	0.05	3.68*
Standing Broad Jumps	6.27	6.56	0.29	0.21	1.38

Table value of 't' at 0.05 level of confidence for df (48) = 2.0106

\* Sign indicates significant difference.

Table -1 it was found that the mean and standard deviation of 50 Yard Dash of normal boy were 8.08 sec and deaf and dumb boy were 8.45 sec, mean difference 0.20, standard error 0.12, t value 1.66. From the table value at 0.05 level of confidence [df (48) = 2.0106], it was observed that there had no significant difference in speed between normal and deaf & dumb boys of Punjab. Though the difference was not statistically significant but the speed of deaf & dumb boys was greater in value than the normal boys were. From Table-1 it was also found that the mean and standard deviation of Sit-ups of normal boy were 27.50 and deaf and dumb boys were 21.08. The mean difference was 6.72, standard error 2.44, t value 2.75\*. From the table value of „t at 0.05 level of confidence [df (48) = 2.0106], it was observed that there had significant difference in sit-ups between normal and deaf & dumb boys of Punjab. Though the difference was statistically significant. From Table-1 it was also found that the mean and standard deviation of Push-up of normal boys were 18.90 and deaf & dumb boys were 16.98, mean difference 1.12, standard error 2.10, t-value.53. From the table value of „t -ratio [df (48) = 2.0106] it was observed that there had no significant difference in Push-ups between normal and deaf & dumb boys of Punjab at 0.05 level of confidence. Though the difference was statistically insignificant at 0.05 level of confidence but the „t -value was very close to the critical value required for the significant difference from which it was also evident that the normal boys were better in muscular endurance than the deaf & dumb boys of Punjab. It was also found from Table -1 that the mean and standard deviation of Shuttle run of normal boys were 11.02 sec and deaf & dumb boys were 1.80 sec, and respective mean difference 0.81, standard error 0.05, t value 3.68. From the table value of „t -ratio [df (48) = 2.0106] it was observed that there had no significant difference in shuttle run between normal and deaf & dumb boys of Punjab at 0.05 level of confidence. It was also evident from Table -1 that the shuttle run value of the normal boys had been greater than the deaf & dumb boys. From Table-1 it was also found that the mean and standard deviation of Standing Broad jump of normal boys were 6.27 m and deaf and dumb boy students were 6.56 m, respective mean difference 0.29, standard error 0.21, t-value 1.38. It was also observed from the table that

were the statistical used in this study for data interpretation level of significant difference between two groups was set at  $p < 0.05$  for strength significant difference exist between the normal Punjab school boys and deaf and dumb Punjab school boys.

there was no significant difference existed in leg strength between normal and deaf & dumb boys of Punjab. It was also evident from the table that in explosive leg strength of the deaf & dumb school boys were better than the normal school boys.

### Conclusion

Human body contain such power by which he always tries to do impossible things and he has been successful to a great extent. This power is named as physically fitness. It is the ability that helps to carry out daily chores with vigor and alertness without undue fatigue and with ample energy to enjoy leisure time. pursuits and to meet unforeseen emergencies from the above conducted study. This conducted study it can be seen that normal students have better physical fitness compared to the deaf and dumb students as they have performed better than them. Though is standing broad jump they are found better than the normal students. The study shows that a special case must be taken of the deaf and dumb students it is wrong to presume that they have better health than the normal students and ignored and malnourished.

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