

Differentials of Motor Fitness Components among the School Children of Rural and Urban Areas of the Jammu Region

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Abstract : A nation's future almost certainly rests on the future of its children, and a nation's wellbeing can be greatly improved by providing for the right upbringing of its children. Participating in physical education and sports programmes is crucial for reaching one's full potential. As we are all aware, sports have recently become incredibly popular on a global scale. Sports are continually becoming more and more popular, and this positive trend is probably going to last for some time to come. Motor abilities will provide more accurate information on the developmental process of children. Motor fitness is a component of physical fitness that includes strength, speed, flexibility, and agility, and is related to enhanced performance and the development of motor skills. In recent years, there has been increased interest in the differences in child growth between urban and rural environments. Differences in student growth, body dimensions, body composition, and fitness levels due to urban and rural environmental disparities have come into focus in recent years. The main aim of this study is to know the differentials of motor fitness components among the school children of rural and urban areas of the Jammu region. **Material and Methods:** In total, sixty male subjects (mean \pm SD; age, 16.475 ± 1.0124 yrs.; height, 172.8 ± 2.0153 cm; Weight, 59.75 ± 3.628 kg) from the Jammu region took part in the study. A minimum sample size of 40 subjects was obtained and was derived from Rural (N1=20) and Urban (N2=20) school-going children. **Statistical Applications:** The Statistical Package for the Social Sciences (SPSS) version 14.0 was used for all analyses. The differences in the mean of each group for the selected variable were tested for the significance of difference by an independent samples t-test. For testing the hypotheses, the level of significance was set at 0.05. **Results:** Results revealed that there were significant differences of leg explosive strength ($p=0.0040^*$), dynamic balance ($p=0.0056^*$), and Agility ($p=0.0176^*$) among the School Children of the rural and urban areas of the Jammu region. However, Results further revealed that there were not significant differences of cardio respiratory endurance ($p=0.8612$), speed ($p=0.2231$), Low Back/Hamstring Flexibility ($p=0.6478$), and Two Hand Coordination. ($p=0.0953$) among the School Children of the rural and urban areas of the Jammu region. **Conclusion:** The results of study showed that there is significance difference between Rural and Urban School children of the Jammu region with regards to a variable, "leg explosive strength, dynamic balance, Agility" and the there is no significance difference between Rural and Urban School children of the Jammu region with regards variable "cardio-respiratory endurance, speed, Low Back/Hamstring Flexibility, Two Hand Coordination".

Keywords : motor fitness, rural areas, school children, urban areas

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