



શાળાકીય સ્પર્ધામાં પસંદગી પામેલ વોલીબોલ, કબડ્ડી અને ખો-ખો રમતના ભાઈઓની ચિંતાનો તુલનાત્મક અભ્યાસ

આ સંશોધન અભ્યાસનો હેતુ શાળાકીય સ્પર્ધામાં પસંદગી પામેલ વોલીબોલ, કબડ્ડી અને ખો-ખો રમતના ભાઈઓની ચિંતાનો તુલનાત્મક અભ્યાસ કરવાનો હતો. આ સંશોધન અભ્યાસ માટે રમતવીર વિષયપાત્રો તરીકે ગુજરાત રાજ્ય શાળાકીય સ્પર્ધામાં પસંદ પામેલ વોલીબોલ રમતના ૨૦, કબડ્ડી રમતના ૨૦ અને ખો-ખો રમતના ૨૦ એમ કુલ ૬૦ ખેલાડી ભાઈઓ વિષયપાત્રો તરીકે પસંદ કરી ચિંતાના માપન માટે શ.છ.સ.ટ. (સ્પોર્ટ્સ કોમ્પિટિશન ઍગઝાયટિ ટેસ્ટ)ની પ્રશ્નાવલિને માપનના ધોરણ તરીકે પસંદ કરી આંકડાઓનું એકત્રીકરણ કરી રમત જૂથો વચ્ચે ચિંતાનું પ્રમાણ જણાવવા માટે એક માર્ગદર્શિ વિચરણ પૃથક્કરણ (દ્વનઈ ઘઅય સ્નઅલયસાસ દ્વઠ્ઠ શ્વઅરાઅનચઈ)ક્સોટી લાગુ પાડી મધ્યકો વચ્ચેના તફાવતો જણાવવા માટે ણશડ ક્સોટી દ્વારા ૦.૦૫ કક્ષાએ સાર્થકતા ચકાસતા વોલીબોલ, કબડ્ડી અને ખો-ખો રમત જૂથોની ખેલાડી ભાઈઓ વચ્ચે ચિંતાના પ્રમાણમાં સાર્થક તફાવત જોવા મળ્યો હતો. આમ જોઈએ તો ચિંતા બધા માણસોમાં હોય જ છે. પરંતુ સ્પર્ધાના સમયે તેનું પ્રમાણ વધુ હોય છે. જેની અસર ખેલાડીઓના દેખાવ પર પડે છે તથા એ જોવા મળ્યું છે કે ચિંતાગ્રસ્ત ખેલાડી રમતમાં સારો દેખાવ કરી શકતો નથી. સૌથી સારા ખેલાડીઓ અને સામાન્ય વ્યક્તિ પર ચિંતાની શું અસર જોવા મળે છે. તે વિષય પર ઘણા સંશોધનો થયા છે.ભય અને ચિંતા પરસ્પર સંબંધ ધરાવે છે. કોઈપણ શારીરિક આવશ્યકતા માટે જેટલી વધારે મુશ્કેલીઓ હોય છે.

કિશન વોરા* અને ડૉ. નીરજભાઈ સિલાવટ**

પ્રસ્તાવના :

ચિંતા સૌથી વ્યાપક વિકૃતિ છે. માનસિક સ્વાસ્થ્યના મુળમાં કોઈને કોઈ સ્વરૂપે ચિંતાનો પ્રવેશ હોય છે. સામાન્ય ચિંતાનું કોઈ કારણ જાણીએ છીએ. દા.ત; પરીક્ષામાં પેપરો સારા ન ગયા હોય અને પરીક્ષામાં નાપાસ થવાની શંકા હોય તો ચિંતા થાય તે સ્વાભાવિક છે. કોઈ ભયંકર જંગલમાં આપણે એકલા ફસાઈ જઈએ ને જંગલી જાનવરોનો ડર હોય તો ચિંતા થાય. માનવ જીવનના વ્યવહારો સરળ નથી. પળે પળે તેને કોઈને કોઈ પ્રકારની ચિંતા સતાવતી હોય છે. આજનો યુગ જ ચિંતાયુગ છે. સંઘર્ષ અને તણામાંથી વિશ્વની કોઈ વ્યક્તિ આજે મુક્ત નથી. આવી ભયંકર પરિસ્થિતિમાં ચિંતિત થવું સ્વાભાવિક છે. સામાન્ય ચિંતા તો કારણ પુરતી જ હોય છે. વ્યક્તિના જીવનમાંથી ચિંતાનું કારણ ચાલ્યું જાય એટલે આપોઆપ ચિંતામુક્ત બને છે પણ વિકૃત ચિંતા આનાથી જુદી જ હોય છે. વ્યક્તિ સમક્ષ કારણ હોય કે ન હોય તે છતાં ગમે તે પ્રસંગે કોઈ ચિંતા મન:સ્તર ઉપર સતાવ્યા જ કરે અને મુક્ત થવાની ઈચ્છા હોવા છતાં તેમાંથી મુક્તિ ન મળે; બહાર નીકળી શકાય જ નહીં. એકવીસમી સદીમાં જીવતી એવી ભાગ્યે જ કોઈ વ્યક્તિ હશે જેને ચિંતાનો ભાર ન હોય. સવારથી રાત સુધી દોડભાગ, રાત પડે ત્યારે બીજા દિવસે શું શું કરવાનું છે તેના વિચારમાં દિવસ-રાત કપાતા જાય છે, ચિંતામાં વધારો થતો જાય છે. સ્ત્રી કે પુરુષ, યુવાન કે વૃદ્ધ શું, ભણેલો કે અભણ શું દરેકને આનો અનુભવ થાય છે. ખેડૂતને સમયસર વરસાદ નહિ આવે, તો શું થશે તેની ચિંતા

સતાવે છે. ઉદ્યોગપતિને સરકારની વેપારનીતિ ક્યારે બદલાઈ જશે તેની ચિંતા હોય છે. મોટા હોદ્દા ઉપર બિરાજેલા અમલદારોને કામનું એટલું સખત દબાણ રહે છે કે તેમને ચોવીસ કલાક પૂરતા નથી થઈ પડતા, આથી તે સતત ચિંતામાં જીવે છે. સામાન્ય ગૃહિણી રોજ-બરોજ વધતી જતી મોંઘવારીની ભીંસમાં ઘર ચલાવવાની ચિંતા કરે છે. વિદ્યાર્થીઓ અભ્યાસના બોજથી તો કોઈ વાતાવરણની સાથે સમાયોજન ન સાધી શકવાની ચિંતા કરે છે આમ જોઈએ તો ચિંતા બધા માણસોમાં હોય જ છે. પરંતુ સ્પર્ધાના સમયે તેનું પ્રમાણ વધુ હોય છે. જેની અસર ખેલાડીઓના દેખાવ પર પડે છે તથા એ જોવા મળ્યું છે કે ચિંતાગ્રસ્ત ખેલાડી રમતમાં સારો દેખાવ કરી શકતો નથી. સૌથી સારા ખેલાડીઓ અને સામાન્ય વ્યક્તિ પર ચિંતાની શું અસર જોવા મળે છે. તે વિષય પર ઘણા સંશોધનો થયા છે દરેક વ્યક્તિમાં ચિંતાનો ભાવ એક સરખો હોતો નથી. કેટલાકમાં તે વધારે હોય છે તો વળી કેટલાકમાં તે ભાવ ઓછો હોય છે. આવા ભાવથી વ્યક્તિના વ્યવહારમાં પણ પરિવર્તન આવી જાય છે, પરંતુ વ્યક્તિ તેની સામાન્ય અવસ્થામાં જ રહે છે. ચિંતાની ઉત્પત્તિ એ એક મનોવૈજ્ઞાનિક બાબત છે અને ગમે તે બાહ્ય ઉદ્દીપક કે પરિસ્થિતિમાં તે ઉત્પન્ન થતી હોય છે. આવી ચિંતાના ભાવની અભિવ્યક્તિ વ્યવહાર, ચેતન અનુભવ તથા આંતરિક કાર્યો દ્વારા થતી હોય છે. તેમ છતાં આનું પ્રત્યક્ષ અધ્યયન તો જે તે વ્યક્તિ ચિંતા મહેસૂસ કરતી હોય તે જ કરી શકે છે. ચિંતાને કારણે વ્યક્તિનો અવાજ, ચહેરો તથા શારીરિક મુદ્દા વિશેષ પ્રકારની થઈ જાય

*રિસર્ચ સ્કોલર, શારીરિક શિક્ષણ અને રમત વિજ્ઞાન વિદ્યાશાખા, ગુજરાત વિદ્યાપીઠ, સાદરા (ગુજરાત)

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છે, જ્યારે આંતરિક શારીરિક ક્રિયામાં પણ પરિવર્તન આવે છે, જેને આપણે યંત્રો દ્વારા માપી પણ શકીએ છીએ

સંશોધનના મુખ્ય હેતુઓ :

શાળાકીય સ્પર્ધામાં પસંદગી પામેલ વોલીબોલ, કબડ્ડી અને ખો-ખો રમતના ભાઈઓની ચિંતાનો તુલનાત્મક અભ્યાસ કરવાનો હતો.

સંશોધનના સહ હેતુઓ :

(૧) શાળાકીય સ્પર્ધામાં પસંદગી પામેલ વોલીબોલ રમતના ભાઈઓની ચિંતાનો સ્તર જાણવાનો હેતુ

(૨) શાળાકીય સ્પર્ધામાં પસંદગી પામેલ કબડ્ડી રમતના ભાઈઓની ચિંતાનો સ્તર જાણવાનો હેતુ

(૩) શાળાકીય સ્પર્ધામાં પસંદગી પામેલ ખો-ખો રમતના ભાઈઓની ચિંતાનો સ્તર જાણવાનો હેતુ

(૪) શાળાકીય સ્પર્ધામાં પસંદગી પામેલ વોલીબોલ, કબડ્ડી અને ખો-ખો રમતના ભાઈઓની ચિંતાનો તુલનાત્મક અભ્યાસ કરવાનો હતો.

માપનના ધોરણો :

ચિંતાની ક્સોટી માટે ચિંતાના માપન માટે શ.છ.સ.ટ. સ્પોર્ટ્સ કોમ્પિટિશન ઍન્ડઝાયટિ ટેસ્ટ પ્રશ્નાવલિને માપન ધોરણ તરીકે પસંદ કરવામાં આવી હતી.

અભ્યાસની યોજના :

આ સંશોધન અભ્યાસ માટે રમતવીર વિષયપાત્રો તરીકે ગુજરાત રાજ્ય શાળાકીય સ્પર્ધામાં પસંદ પામેલ વોલીબોલ રમતના ૨૦, કબડ્ડી રમતના ૨૦ અને ખો-ખો રમતના ૨૦ એમ કુલ ૬૦ ખેલાડી ભાઈઓ વિષયપાત્રો તરીકે પસંદ કરવામાં આવ્યા હતા. સંશોધન પ્રશ્નાવલિને કેટલીક મર્યાદાઓ હોય છે. જેમાં કદાચ વિષયપાત્રોનો પૂર્વગ્રહ આવે તો એ નિખાલસ પ્રતિક્રિયા આપી શકતો નથી. જે અંતિમ પરિણામમાં ફેરફાર લાવી શકે છે. જે આ અભ્યાસની મર્યાદા હતી. આ અભ્યાસમાં સ્પર્ધા સમયની ચિંતાનો અભ્યાસ કરવા માટે રેનર માર્ટિનની સ્પોર્ટ્સ કોમ્પિટિશન ઍન્ડઝાયટિ ટેસ્ટ (શછસ્ટ)ક્સોટી તરીકે પસંદ કરવામાં આવેલ છે. આ પ્રશ્નાવલિ રમત સ્પર્ધાઓમાં ચિંતાનું પ્રમાણ નક્કી કરવા માટે બહુવૈધ અને વિશ્વસનીય માનવામાં આવે છે. આ અભ્યાસ માટે પ્રશ્નાવલિ વિષયપાત્રો પાસે ભરાવતા પહેલા જરૂરી સુચનાઓ તેમની સમક્ષ સ્પષ્ટ રીતે વાંચી સંભળાવી હતી. તેમજ નમૂનાની પ્રશ્નાવલિમાં પ્રશ્નાવલિ કઈ રીતે ભરવી તે ઉદાહરણ આપી સમજાવ્યું હતું. આમ પ્રશ્નાવલિ સંબંધી સંપૂર્ણ માહિતી વિષયપાત્રોને પૂરી પાડવામાં આવી હતી. પ્રશ્નાવલિ ભરવા માટે વિષયપાત્રોને કોઈ ચોક્કસ સમયમર્યાદા આપવામાં આવી નથી. પરંતુ આવશ્યકતા મુજબના સમયમાં ૧૫ પ્રશ્નોના જવાબ આપવામાં આવેલ છે. પૂરા કરેલા પ્રશ્નોનાં જવાબોની ગણતરી. દરેક પ્રશ્નમાં ત્રણ સંભવિત ઉત્તર છે. ૧. ભાગ્યે જ, ૨. ક્યારેક, ૩. વારંવાર. પ્રશ્નાવલિમાં જે દશ પ્રશ્નો ગુણાંકન માટે લેવામાં આવ્યા હતા. તે ક્રમાનુસાર ૨, ૩, ૫, ૬, ૮, ૯, ૧૧, ૧૨, ૧૪ અને ૧૫ હતા. તે ક્રમાનુસાર બાકી રહેલા પ્રશ્નો જે ગુણાંકન માટે લેવામાં આવેલ નથી. તે ક્રમાનુસાર ૧, ૪, ૭, ૧૦ અને ૧૩ હતા.

ઉત્કલ્પના :

શાળાકીય સ્પર્ધામાં પસંદગી પામેલ વોલીબોલ, કબડ્ડી અને ખો-ખો રમતના ભાઈઓની ચિંતામાં સાર્થક તફાવત જોવા મળશે નહીં.

આંકડાકીય પ્રક્રિયા :

રમત જૂથો વચ્ચે ચિંતાનું પ્રમાણ જાણવા માટે વિચરણ પૃથક્કરણ (સ્નઅલયસાસ દ્વં શ્વઅરાઅનયઈ)લાગુ પાડી આંકડાકીય પૃથક્કરણ

કરવામાં આવ્યું હતું અને મધ્યકો વચ્ચેના તફાવતો જાણવા માટે બશડ ક્સોટી લાગુ પાડવામાં આવી હતી

અભ્યાસના પરિણામો :

સારણી ૧ : વોલીબોલ, કબડ્ડી અને ખો-ખો રમતના ખેલાડી ભાઈઓની ચિંતાનું વિચરણ પૃથક્કરણ

ક્સોટી (Test)	જૂથ		વિચરણ પૃથક્કરણ				'F'
	મધ્યક (Mean)	દિ.ખયપાત્રો (Subject)	વર્ગોનો સરવાળો (SS)	સ્વતંત્રતાની મ.ત્રા (df)	મધ્યક વિચરણ (MSS)		
વોલીબોલ	17.65	20	A	18.23	2	9.11	1.09*
કબડ્ડી	18.35	20	W	473.10	57	8.30	
ખો-ખો	19.00	20					

*સાર્થકતાનું ધોરણ ૦.૦૫ કક્ષાએ 'ધ' = ૦.૦૫ (૨,૫૭) = ૩.૧૫૮

સારણી-૧માં ગુજરાત રાજ્ય શાળાકીય સ્પર્ધામાં પસંદ પામેલ વોલીબોલ, કબડ્ડી, અને ખો-ખો રમતના ખેલાડી ભાઈઓના મધ્યકો અનુક્રમે ૧૭.૬૫, ૧૮.૩૫ અને ૧૮.૦૦ જોવા મળ્યા હતા. બધા જૂથોના વર્ગોનો સરવાળો ૧૮.૨૩ જોવા મળ્યો હતો અને બધા પ્રાપ્તકો વચ્ચે વર્ગોનો સરવાળો ૪૭૩.૧૦ જોવા મળ્યો હતો. બધા જૂથોનું મધ્યક વિચરણ ૯.૧૧ જોવા મળ્યું હતું અને બધા પ્રાપ્તકોનું મધ્યક વિચરણ ૮.૩૦ જોવા મળ્યું હતું. જ્યારે 'ધ' રેશિયો ૧.૦૮ જોવા મળેલ હતો. જે ૦.૦૫ કક્ષાએ સાર્થક જોવા મળ્યો હતો. જેને ટેબલ વેલ્યુ સાથે સરખાવતાં (૨, ૧૭૭)૦.૦૫ કક્ષાએ સાર્થક થયેલો જોવા મળ્યો હતો.

નિષ્કર્ષ :

ગુજરાત રાજ્ય શાળાકીય સ્પર્ધામાં પસંદ પામેલ વોલીબોલ, કબડ્ડી, અને ખો-ખો રમતના ખેલાડી ભાઈઓની ચિંતાના કોઈપણ પ્રકારનો તફાવત જોવા મળ્યો ન હતો. આથી ત્રણેય રમત જૂથોમાં ચિંતાના પ્રમાણમાં સમાનતા જોવા મળી હતી.

અભ્યાસનું મહત્વ :

(૧) આ સંશોધન અભ્યાસમાં ગુજરાત રાજ્ય શાળાકીય સ્તરની વિવિધ રમતોમાં ભાગ લેતા ખેલાડી ભાઈઓની ચિંતાનું પ્રમાણ કેટલું છે તે જાણવામાં મદદરૂપ થશે. (૨) આ અભ્યાસથી ચિંતાની રમત પ્રદર્શન પર થતી અસર જાણી શકાશે. (૩) આ સંશોધન અભ્યાસમાં ગુજરાત રાજ્ય શાળાકીય સ્તરની વિવિધ રમતોમાં ભાગ લેતા ખેલાડી ભાઈઓ આત્મવિશ્વાસનું પ્રમાણ કેટલું છે તે જાણવામાં મદદરૂપ થશે. (૪) આ સંશોધન અભ્યાસમાં આત્મવિશ્વાસની રમત પ્રદર્શન પર થતી અસર જાણી શકાશે.

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Calisthenics : Modern Way of Physical Fitness

Over the last few decades young lot is busy in the activity like body building, muscles strengthening, fat burning and above all transforming their physical shape. Such activities are called calisthenics- a necessary physical course being taught in schools and colleges that focus on developing physical as well as mental wellness. It is a kind of physical activity which requires no machine around. Calisthenics is required for healthy physique and mind. Calisthenics basically requires some resistance and applied pressure on fixed body points for the better stimulation of body muscles. This paper is also an attempt to bring awareness regarding calisthenics as a necessary modern way of physical as well as mental wellness.

Key Words : *Burning fat, body transformation, physical force, body resistance, mental and physical fitness etc.*

AMIT KUMAR

Courses related to maintaining good physical and mental health are in abundance in the form of essential physical education in different varsities curriculum as it is necessary for confidence and skills development. Many sports and exercises taught in schools are called calisthenics workout. It is a kind of gymnastic workout performed rhythmically in order to achieve good physical grace. It includes running, pushing, grasping, holding, and other gross motor movements of the body of the students. These body movements of calisthenics are good for the stamina, strength and flexibility of the muscles. Few of them are very important as cycling, running, jumping, skipping, bouncing, swimming and many more.

Advantages of calisthenics: These activities are necessary in order to burn calories and extra fat of the body of the students. Aerobic activities, an important calisthenics are not so hard and can be done on fast and slow pace which is one among the most suitable morning assembly exercises. It is important for healthy heart muscles to avoid permanent damage to the heart. It helps in providing oxygen rich blood to heart which sometimes get blocked due to over stress and excessive sitting of the students for long hours study. According to Charles B. Corbin in his book Concept of Fitness And Wellness: A Comprehensive Lifestyle Approach also defines:

There are considerable evidences that regular physical activity reduces the incidence of heart disease. Also, it reduces the chances of early death from heart disease. In fact, the benefits of exercise in preventing heart disease have been shown to be independent of other risk factor for heart disease. The amount of physical activity necessary to get

these benefits is presented in the following section of this concept.

Five to ten minutes of jogging, swimming, and walking can also be preferred by physical instructor of the school. Physical educator should introduce games to students which include these exercises like badminton, kho-kho, basketball etc. These exercises are good for keeping controlled blood pressure, blood sugar and low cholesterol level. It will help them in losing their weight and feel better. It keeps their bones strong. Corbin further says:

Survey results repeatedly indicate that calisthenics are among the top or three participant activities performed. Calisthenics, exercises such as the crunch and push-ups, are designed to build flexibility, strength, or muscular endurance in specific muscle groups. Even though most calisthenics are aerobic, they are usually done intermittently. That is, calisthenics exercises are done a few at a time followed by a rest period. They will do little for cardiovascular fitness or fat control unless they are done continuously. (73)

Such morning calisthenics will enhance their interest in studies as they will not feel bore and a good timely gap between studies and games is the need of the hour. Five minutes stretching and warming up is necessary with comfortable clothing for students. Their academic excellence is dependent upon such calisthenics. It is a kind of weight resistance training which improves their physical as well as mental concentration. It increases their learning ability, enhance their memory and helpful in classroom disciplined behavior. Many research proclaimed that those students who participated in morning physical calisthenics got good scores in comparison to those who took additional classes of their

subjects. It happens because of overall brain functioning during games period and recess. During physical exercises students are challenged with many tasks like focusing, recalling things, matching and identifying the pattern and to perform well they need logical skills, reasoning, concentration, attention and quick reaction etc. Continuous studies and long hours study proves detrimental to them as they their cognitive development gets hampered. In order to promote high order learning ability among students it is required to bring their attention towards calisthenics. It stimulates the functioning of the brain by stressing brain cells which promote their ability to recall information.

It improves their social skills as it creates a healthy competition among them. Relay race, race of tag, basketball and other activities depends upon on calisthenic exercises. Corbin defines the same when he says:

An aerobic activity that has rapidly grown in popularity in recent years among both adult men and women is jogging or running. Though there is no official distinction between jogging and running, those who run more than a few miles per day, who participate in races, and who are concerned about improving the time in which they run a certain distance often prefer to be called runners rather than joggers. Fifteen to twenty million American adults report that they jog or run on a regular basis. (74)

Their habit of making plans for studies depends upon their lightheartedness which stimulated the area of the brain which is responsible for learning and recapitulation. Of course your current fitness and activity status will affect how quickly you progress. (Corbin 62) So in short it can be well said that it is calisthenics which is the need of the day in modern day teaching and learning process. But how much exercises should be done and at what time it should be done is quite important. Excessive exercise may lead to the physical injury to the body. Corbin stresses on the same point when he says:

Making proper decision about how much physical activity you should do is an art that is based on science. It is important that you listen to your body and do not try to do too much too soon. Part of the art of making good decisions about activity is using the principle of progression. The amount of activity performed by a beginner differs from that performed by a person who is more advanced...the type of activity you choose should be appropriate for the intensity of activity at each stage of the progression. (63)

So there is no doubt that calisthenics has become a buzzword in the modern world of fitness and physical activities. The most important factor in the field of calisthenics is that it does not require heavy equipments and infrastructure. It includes pull ups, pull up ball. These calisthenics activities can be easily done at home and at any time according to the convenience of the doer. There is not at all to wait and watch for machines and travelling etc. It is surely time as well as money saver also. Certain compound calisthenics exercises will be helpful in burning more calories.

These exercises provide fresh food to the muscles which is required. These calisthenic exercises are being suggested by physicians in order to maintain a healthy cardiovascular system of the human body. At many places there are free centers for regular calisthenic training in order to drop out most of the fat of our body and mind. In short it is the healthiest and cheapest way to relieve modern day stress and anxiety. Most of the people who are involved in the heavy weight lose training will result into serious joint injuries of a limb or a particular muscle and finally get their position in a hospital. But in calisthenic we can choose few suitable ones among the hundreds of activities within the limits of your body's acceptance and tolerance. You can combine one or two activities and increase the resistance in many ways. No doubt there are several more health benefits of such calisthenic exercises which cannot be ignored or should not be ignored by the youth under stress.

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Comparative Study of Motor Fitness Components between Students Studying in Rural and Urban Secondary Schools of Limbdi Taluka

The purpose of this research study was to know the motor components abilities of students studying in rural and urban secondary schools of Limbdi Taluka. Only the boys subjects of rural and urban areas of Limbdi Taluka were selected for this research. For the comparison of motor components abilities of students studying in rural and urban secondary schools of Limbdi Taluka, 't' Test was applied as statistics technique the level of significance was 0.05. Finally Study was indicated that rural level students were better than urban level students in all motor components like Sit-ups, Side Stepping, Standing Broad Jumps, Modified Pull Ups, Sit and Push, (Scott Thrust) etc. so we can say rural student was strong in all motor components than urban students those who were studding in secondary schools in limbdi taluka.

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Introduction :

Our country is an ancient country and for thousands of years, humans have been living here since ages. In the early part of the Eastern era, the primate roams like nude, growing hairstyles, beasts. They will use stone and cord for self defense. Then came the old Paleolithic Age, which was used to maneuver the stone tools, and then in the new Stone Age (Neolithic Age) he learned how to make lace-made stone tools. It was meant to live in the midst of human beating, struggling with other human beings and nature's adversity. Slowly -Slowly they made a mantle of wood, used stone as a project. He developed a beauty, made wooden spears, and ran, climbed, rolled, and gained dominance over the physical movement of the body. With the help of life, he became well-educated, tough, adventurous, crisp, fierce and timely. He also developed dance. The physical activities of humans were often satisfied by their daily lives. In order to live a physical capacity, at home, playground is essential in every field. The ability of the person to have the right combination of mental or emotional ability, depending on the age of each person, determines the heritage of physical ability, freedom from disease, enough strength, speed, agility, endurance. But in these limitations, everyday life methods develop physical abilities. It is important to have a physical ability to live and develop. If it is not rehearsed then it will have adverse effect. Cognitive competence is a part of physical education, physical abilities. This helps in the development of our skills in a special way. This helps in the actions performed by the

body's large muscles. That is why, in all sporting competitions, there is a need for a qualitative affair. Gestational ability gives a lot of flexibility to the body's actions. Helping to maintain the ability to work more time, as well as help to prevent injuries.

Objective of The Study :

The objective of this research study was to know the motor components abilities of students studying in rural and urban secondary schools of Limbdi Taluka

Selection of The Subjects :

For the purpose of this study, total 60 male student, 30 from rural and 30 from urban area were selected from rural and urban secondary schools of Limbdi Taluka as random method. North Carolina's motor fitness test was conducted to compare the motor fitness components. Students from the age group of 13 to 15 years of subject matter were selected.

Collection of Data :

North Carolina's motor fitness test was selected for measuring standard for motor components, using (Bend knee Sit-Ups) with a knee bent for measuring force of muscular and stamina (abdominal muscles). Side stepping was used for speed and agility. Standing broad jumps were used for explosive force, pull-ups for muscle power, and sit and push test was used to quickly measure the body's ability to change the condition. A 't' test was applied to compare the motor components like endurance, speed, agility, explosive power and co-ordinative ability of the rural and urban secondary schools students of Limbdi Taluka.

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Findings of The Study :

Table 1 : Comparison of sit-ups test between rural and urban students in limdi taluka

Test	Group	Mean	Mean Difference	“t” value
Sit-Ups	Students of Rural Area	41.5	15.67	2.93
	Students of Urban Area	25.83		

Table 1 indicated that mean value of sit-ups test in Students of Rural Area was 41.5, Students of Urban Area was 25.83, mean difference was 15.67 and t- value was 2.93 whereas tabulated t- value is 2.00 at 0.05 level. It means there was significant difference between abdominal endurance of rural and urban students of limdi taluka.

Table 2 : Comparison of side stepping test between rural and urban students in limdi taluka

Test	Group	Mean	Mean Difference	“t” value
Side Stepping	Students of Rural Area	36.83	12.00	2.40
	Students of Urban Area	24.83		

Table 2 indicated that mean value of side stepping test in Students of Rural Area was 36.83, Students of Urban Area was 24.83, mean difference was 12.00 and t- value was 2.40 whereas tabulated t- value is 2.00 at 0.05 level. It means there was significant difference between explosive strength of rural and urban students of limdi taluka.

Table 3 : Comparison of standing broad jump test between rural and urban students in limdi taluka

Test	Group	Mean	Mean Difference	“t” value
Standing broad Jump	Students of Rural Area	47.16	21.66	2.46
	Students of Urban Area	24.50		

Table 3 indicated that mean value of standing broad jump test in Students of Rural Area was 47.16, Students of Urban Area was 24.50, mean difference was 21.66 and t- value was 2.46 whereas tabulated t- value is 2.00 at 0.05 level. It means there was significant difference between explosive leg power of rural and urban students of limdi taluka.

Table 4 : Comparison of modified pull-ups test between rural and urban students in limdi taluka

Test	Group	Mean	Mean Difference	“t” value
Modified Pull-Ups	Students of Rural Area	34.66	7.50	1.95
	Students of Urban Area	27.16		

Table 4 indicated that mean value of standing broad jump test in Students of Rural Area was 47.16, Students of Urban Area was 24.50, mean difference was 21.66 and t- value was 2.46 whereas tabulated t- value is 2.00 at 0.05

level. It means there was no significant difference between muscular strength of rural and urban students of limdi taluka.

Table 5 : Comparison of sit and push test between rural and urban students in limdi taluka

Test	Group	Mean	Mean Difference	“t” value
Sit and Push	Students of Rural Area	37.16	12.66	2.55
	Students of Urban Area	24.50		

Table 5 indicated that mean value of sit and push test in Students of Rural Area was 37.16, Students of Urban Area was 24.50, mean difference was 12.66 and t- value was 2.55 whereas tabulated t- value is 2.00 at 0.05 level. It means there was significant difference between abdominal endurance of rural and urban students of limdi taluka.

Results of the Study :

There was significant difference between abdominal endurance of rural and urban students of limdi taluka. Result indicated that Rural students were better than urban students in abdominal endurance, there was also significant difference between explosive strength of rural and urban students of limdi taluka. Result indicated that Rural students were better than urban students in explosive strength. There was also significant difference between explosive leg power of rural and urban students of limdi taluka. Result indicated that Rural students were better than urban students in explosive leg power. There was no significant difference between muscular strength of rural and urban students of limdi taluka. Result indicated that Rural students and urban students were similar in muscular strength. There was also significant difference between abdominal endurance of rural and urban students of limdi taluka. Result indicated that Rural students were better than urban students in abdominal endurance. Finally Study was indicated that rural level students were better than urban level students in all motor components like Sit-ups, Side Stepping, Standing Broad Jumps, Modified Pull Ups, Sit and Push, (Scott Thrust) etc. so we can say rural student was strong in all motor components than urban students those who were studying in secondary schools in limdi taluka.

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Yoga as a Cure for Obesity, Stress and Anxiety

Yoga includes different types of physical postures (asanas) deep breathing exercises for relaxing mind as well as body. Yoga practice is therapeutic nature because it increases physical coordination, flexibility and strength. Yoga with meditation may calm down mind in order to increase awareness and diminishing anxiety. It reduces tension, stress and improves resilience and other metabolic activities. There are lacks of clinical evidences in order to prove this connection of yogic practices with physical health. Stress and anxiety is not at all good for optimal health. Emotional stress is very dangerous in modern day society. There are many more stressors like climate, drug consumption, tobacco, diseases and low physical efforts. The most affecting stress is the emotional stress.

AMIT KUMAR

The benefits of physical education are innumerable. It is well known fact that physical education is paramount for much needed all over development of young generation. Areas of health like blood pressure, cardiovascular condition, bone health and most importantly mental and psychological health are needed to be dealt with utmost care. The present day physical and mental health of young generation is under depression because of over stress and less active life style. No doubt students are participating in physical activities in school as well as collage level but this participation is decreasing under the pressure of academic excellence. This participation is facing a challenge at school level where students are running after grades in their formative and summative assessments. This participation needs motivation especially among girl students. They are less likely interested in physical activities than academics; consequently put themselves at the high risk of diseases like obesity. They take it as a part of their life and make mistakes by not taking it seriously. They need to increase their participation towards physical activities along with their academics. The present day part of the physical education is 'Yoga' which does not require extra efforts and provides much greater health benefits. It has been introduced by government in schools as well as in collages.

Yoga, a strategy to control body and mind, has very long past, as it the part of spiritual and ascetic discipline which teaches good control over breath, leads to specific body postures and lastly opens doors for meditation. It is celebrated unofficially on 21 June since 2015 in India. It is generally attributed to psychological and moral upliftment of the humanity which is the prime need of the hour in present

day stressed life. It is a meditative method to put cognition and perception in order to overcome and release stress and anxiety and leads towards salvation. It in paramount to enlightened inner self which can be helpful in attaining supreme salvation. It promoted relaxation through its well designed physical exercises and distanced people from modern sedentary lifestyles. Its negative effects are less as its advanced poses increase body flexibility in order to perform well. A demand of yoga is increasing as its health benefits are in plenty and more and more people are becoming yoga trainer or health instructors. It is in vogue in children in their pre schooling in the form of aerobics.

There cannot be common consensus about the actual origin of yoga or about its chronology but it can be said that it developed in Vedic period in ancient India. The role of bodily postures in improving memory and concentration are described in Vedas. Modern day yoga has shown more refinement in its practice and in its use. The continuous yoga practice leads to wellbeing of human beings. It makes us feel one with nature and connects students to their own teenage world of creativity. Yoga as the essential part of physical education makes body flexible and also improves the functioning of digestive system. It creates very good balance of body hormones which helps in controlling obesity. It creates emotional stability and keeps students away from harmful health hazards of junk food. It helps in balancing the thoughts of the students about their well being. It is mandatory for self development and self realization to take a control on body and mind. Obesity increases the chances of mental and psychological injuries among students. It is a kind of illness which harms their academic performance more

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than any other. It converts them into a big sloth and less happening in their life. It is yoga which reactivates their mind and set them to right track of their academic goals. It is a kind of prevention which is much needed and suggested for students.

Yoga includes different types of physical postures (asanas) deep breathing exercises for relaxing mind as well as body. Yoga practice is therapeutic nature because it increases physical coordination, flexibility and strength. Yoga with meditation may calm down mind in order to increase awareness and diminishing anxiety. It reduces tension, stress and improves resilience and other metabolic activities. There are lacks of clinical evidences in order to prove this connection of yogic practices with physical health. Stress and anxiety is not at all good for optimal health. Emotional stress is very dangerous in modern day society. There are many more stressors like climate, drug consumption, tobacco, diseases and low physical efforts. The most affecting stress is the emotional stress. People face some life changing events in their day to day life like change in the work place or change in the working hours, domestic requirements, sibling's rivalry and above all increasing responsibilities. Modern day schooling has increased pressure upon to a great degree. Students are much concerned about their grades, unit test papers, projects submission and oral presentations etc. not only students but teachers are also seemed under stress about their academic performance and excellence. High level stress often resulted into disorganized behavior and low adaptive capacity of the person. Most of the illnesses are the result of this stress and anxiety. Various mental or physical health disorders are stress caused for example high and low blood pressure which slowly turns into psychiatric disorders. Depression, schizophrenia is most common. According to Charles B. Corbin in his book *Concept of Fitness And Wellness: A Comprehensive Lifestyle Approach* also defines that Individual's response to such stresses is different:

What one person finds stressful may not be stressful to another person, and stress affects people differently? It mobilizes some to greater efficiency, while it confuses and disorganizes others. For example, skydiving or riding a roller coaster would be thrilling for some people, but for others it would be a very stressful and unpleasant experience. (247)

He further adds the points regarding individual's response for such stress :

An individual's response to stress depends upon the intensity of the threat, the type of situation in which it occurs, and such personal variable as cultural background, tolerance levels, past experience, and personality. You can't make a racehorse out of a turtle and vice versa. Some people react to stress by biting their nails; others eat too much, chain smoke, or drink excessively. (247)

There are some magical therapeutic approaches. Certain kinds of tranquilizers and pain relief drugs may give temporary relaxation but yoga and physical exercises are the best cure for this. Long terms solution is meditation and yogic

postures suggested by physical trainer. As Corbin further says :

Exercise is especially useful to relieve white-collar job stress. Studies show that regular exercise decreases the likelihood of stress response. It also shortens the time of recovery from an emotional trauma. Its effect tends to be short term, so one must continue to exercise regularly for it to have a continuing effect. Exercise is not like a measles vaccine where one inoculation is good for life. (249)

The most important thing is self motivation. If a person is self motivated he will give his maximum time on physical as well as mental health and will definitely involved in yoga and other activities. Modern day problems like money, status, and material rewards can't undermine the factor of self motivation. Students are needed to be motivated by D.P.E. and P.T.I in their schools so that their daily stress level can be reducing to the minimum. Corbin says:

If you are self-motivated you do things for personal or internal reasons. You do not rely on external incentives such as money, awards, or even recognition as a source of motivation. The reasons why some people have self motivation is not entirely clear. However, we do not know that people who start exercise early in life and who have not depend on external rewards to enjoy their exercise are most likely to have self-motivation. Reliance on external rewards such as trophies, money, and other material rewards has been shown to undermine self-motivation.

In short it can be said that it is yoga which has become modern day necessity and instead of being pretentious in our life about modern luxuries we should make yoga as the obligatory part and parcel of our lives. Having sport and yoga as the most essential skill in life one can adhere a perfectly healthy lifestyle. It is utmost need of the hour to feel contended and competent. A proper advice and trained instructions are mandatory for the same. At last yoga practices are advisable to improve your mental as well as physical health.

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