

EFFECT OF SPECIFIC PHYSICAL EDUCATION PROGRAM ON ORIENTATION AND BALANCE ABILITY AMONG SCHOOL CHILDREN IN HYDERABAD.

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ABSTRACT

The purpose of the study is to find out the effect of specific physical education program on orientation and balance ability among school children in Hyderabad. A total number of 200 boys will be selected as subjects from Amrita vidyalyam and Brigades Public School from Hyderabad, Telungana. 100 boys from Amrita vidyalyam will act as the Experimental group and will undergo Specific Physical Education program for the period of 6 months. 100 boys from Brigades Public School will act as control group and will undergo their regular activities. Specially designed Physical Education program will be administered to the experimental group the intensity and duration of the programme were arranged in such a way to show a progressive increase to impart favorable changes. The selected variables will be tested among both the Control and Experimental group before and after completion of the training. The data will be collected on selected criterion variables prior and immediately after the experimental period as pre and post tests were tested. The results of the study also shows that specific physical education program have improved in orientation ability and balance ability.

Keywords: specific physical education program, orientation ability and balance ability.

INTRODUCTION

Physical activity includes those bodily movements that improves or upholds physical fitness and complete health and wellness. It is accomplished for numerous causes, counting consolidation muscles and the cardiovascular system, enhancing sporty abilities, weight reduction or upkeep, and just satisfaction. Every day and consistent physical activity enhance the immune system and helps preclude the disease of affluence, such as heart illness, cardiovascular medical conditions, type II diabetes mellitus and obesity. The benefits of exercise are not confined to only physical or pathological. It might be helpful in resisting various psychological problems as well. Such as stress and depression, which are very much prevalent in today's societies. The highly competitive and mental exertion demanding environment has led to the great upsurge in the cases of such mental problems in urban areas. Being indulge in organised physical activities helps to endorse or preserve positive self-esteem, advance mental health and can supplement an individual's sex appeal or body image, which has been identified to be connected with higher level of self-esteem. Orientation Ability of a person to adjust himself as per the time and condition of place. This ability has difference importance in each game. Balance Ability to maintain balance during the complete body movement & to regain balance quickly after the balance disturbing movement.

METHODOLOGY

The purpose of the study is to find out the effect of specific physical education program on orientation and balance ability among school children in Hyderabad. A total number of 200 boys will be selected as subjects from Amrita vidyalyam and Brigades Public School from Hyderabad, Telungana. 100 boys from Amrita vidyalyam will act as the Experimental group

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ANALYSIS OF DATA

The data collected prior to and after the experimental periods on orientation ability and balance ability on specific physical education program and control group were analyzed and presented in the following table -I.

TABLE-I
ANALYSIS OF COVARIANCE FOR ORIENTATION ABILITY AND BALANCE
ABILITY ON SPECIFIC PHYSICAL EDUCATION
PROGRAM AND CONTROL GROUP

| Variable Name | Group Name | Experimental group | Control group | F ratio |
|---------------------|--------------------------------|--------------------|------------------|---------|
| Orientation ability | Pre-test Mean \pm S.D | 10.87 \pm 0.04 | 10.85 \pm 0.03 | 1.31 |
| | Post-test Mean \pm S.D. | 10.81 \pm 0.05 | 10.86 \pm 0.04 | 6.55* |
| | Adj. Post-test Mean \pm S.D. | 10.802 | 10.858 | 41.40* |
| Balance ability | Pre-test Mean \pm S.D | 11.75 \pm 0.18 | 11.72 \pm 0.09 | 0.85 |
| | Post-test Mean \pm S.D. | 11.65 \pm 0.15 | 11.76 \pm 0.10 | 4.35* |
| | Adj. Post-test Mean \pm S.D. | 11.613 | 11.749 | 33.77* |

* Significant at 0.05 level of confidence (The table value required for significance at 0.05 level of significance with df 1 and 198 and 1 and 197 were 3.84 and 3.83 respectively)

RESULTS

The "F" ratio was used to find out the significant difference if any, among the experimental group and control group on selected criterion variables separately. In all the cases, .05 level of confidence was fixed to test the significance, which was considered as an appropriate. Table - I showed that the results of the study there was a significant difference between specific physical education program and control group on orientation ability and balance ability. Further the results of the study showed that there was a significant increase on orientation ability and balance ability after six months of specific physical education program. However the improvement was in favour of experimental group.

CONCLUSIONS

Within the limitations and delimitations of this study the following conclusions were drawn from the result.

1. The results of the study also shows that specific physical education program have improved in orientation ability. Alper, Halil Taskin and Mine Taskin (2016) found that significant improvement on orientation ability after kinetic exercises. Vavileti Balaji Amirtham Sebastian (2019) has discovered that orientation ability improved after combined core strength and SAQ training.
2. The research study also shows that specific physical education program have improved in balance ability. Alper, Halil Taskin and Mine Taskin (2016) found that significant improvement on balance ability after kinetic exercises. Hyun, Kak and Lee (2014) has discovered that balance ability improved after that Pilates exercise on a mat and balance exercise of elderly females.

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