

**A COMPARATIVE STUDY ON SELECTED FITNESS
VARIABLE BETWEEN TRIBAL AND NON-TRIBAL
STUDENTS**

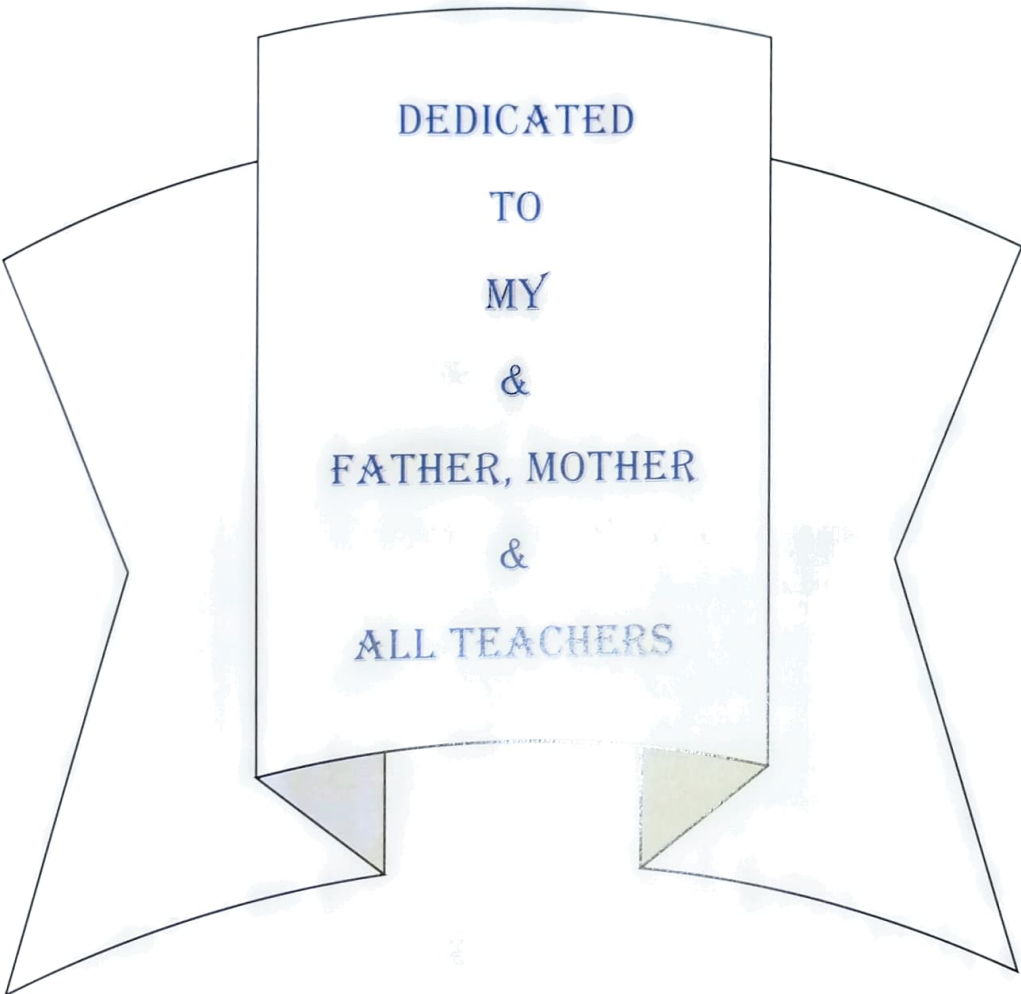


**A THESIS
SUBMITTED TO THE VIDYASAGAR UNIVERSITY
A THEORY PAPER
FOR THE DEGREE OF
MASTER OF PHYSICAL EDUCATION
BY
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2023



DEDICATED
TO
MY
&
FATHER, MOTHER
&
ALL TEACHERS

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I certify the entire work incorporated in this thesis has been carried out by Mr. Majhram Hembram, a student of M.P.Ed semester IV, Session 2021-2023, Department of Physical Education, Mugberai Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur, and W.B. under my guidance. He completed this research work for the degree of master of Physical Education under Vidyasagar University. I am forwarding his thesis entitled "A Comparative Study on Selected Fitness Varibal Between Tribal and Non Tribal Students" been submitted for the examination of M.P. Ed degree of Vidyasagar University. Since Mr. Hembram has fulfilled all the requirements according to the rules of this University regarding the works embodied in his thesis, I, therefore recommended that the same may please be accepted for the examination of M.P. Ed degree.

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DECLARATION

I do hereby declare that the research work entitled “**A Comparative Study On Selected Fitness VARIABLE Between Tribal And Non Tribal Students**” is on original piece of work done by me under the guidance and supervision of Mrs. Sudipta Das, assistant professor, department of physical education, of Mugberai Gangadhar Mahavidyalaya Bhupatinagar, Purba Medinipur that was approved by the research committee. I have specified, by means of reference, the information from where the work taken. To the best of my knowledge, this dissertation is not substantially the same as those, have already have been submitted for degree or other academic qualification at any other university.

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INTRODUCTION

- 1.1 General introduction**
- 1.2 Statement of the problem**
- 1.3 Purpose of the study**
- 1.4 objectives**
- 1.5 limitation of the study**
- 1.6 Delimitation of the study**
- 1.7 Significance of the study**
- 1.8 Definition of the Trums fitness**



CHAPTER-V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 Summary

5.2 Conclusion

5.3 Recommendations

5.4 Bibliography

5.5 Journal

5.6 Appendices

CHAPTER-V

SUMAARY, CULCULESION AND RECOMMEDA

5.1 SUMMARY

The study was undertaken to evaluated selected fitness variable between tribal and non-tribal students. In tribal group researcher selected 'sing', sardar" and Munda as a scheduled tribe and non-tribal are belongs to general category. The selected variable for the study is pull up, sit up, standing broad jump, Suttle run, 50-meter dash, 600-meter run/walk. Using standard test data was taken.

The data was analysed by using appropriate technique. The mean, and SD were calculated as descriptive statistics. And the independent t-test was use to established the study is significant or not. These statistical processes were done through the spss.

5.2 CONCLUSION

Based on the research finding the following conclusion were drawn in the present study.

1. Result reveals that the fitness variable like pull up, shuttle run, standing broad jump, was a significant relationship between two group.
2. The variable like sit up,50-meter dash, 600-meter run and walks are not significations among scheduled tribes and general students.
3. General cast students are performed better in pull up in respect of scheduled tribes' students.
4. General cast students are also performed better in sit up, shuttle run, standing broad jump in respect of scheduled tribes' students.
5. But 50 meters dash and 600- meters run and walk are better performance by scheduled tribes' students in respect of general students.

In this point of view, we can say that the general cast students have better fitness than scheduled tribes' students.

5.3 RECOMMENDATION FOR FURTHER RESEARCH

Based on the result of the study, the following recommendation are made by the present investigator.

1. The similar study will be conducted between other group with different age group.
2. The similar study will be conducted on the different districts of west Bengal.
3. A similar study may be conducted on the health-related physical fitness of school students.
4. It is recommended that the size of the sample my increase for the validity and reliability of the result.

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