

## A Study on Selected Psychophysiological Variables of High School Kho-Kho Players in the Narsinghpur District Between Rural and Urban Areas - A Comparative Study

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### ABSTRACT

**Aim** - The present study was to find out a compare the selected psychophysiological variables components of high school kho-kho players in the Narsinghpur District between rural and urban areas.

**Methodology** The present study was conducted on 200 male subjects from selected Individual games namely kho kho. Thirty male players each will be selected who participated in the urban and rural areas from narsinghpur district M.P. The age levels of the subjects were ranged from 14 to 16 years.

**Statistics-** Descriptive statistics were used to describe important characteristics of the data. T- test was used as a statistical tool to compare the psychophysical fitness among inter-university wrestling and judo players. The level of significance was 0.05.

**Result** - The finding reveal that there were significant differences in selected psychophysiological variables between urban and rural players of Narsinghpur district.

**Keywords-** Psychophysiological fitness.

## I. INTRODUCTION

Physical exercise undue fatigue or impressive strength and energy to meet the demands of any emergency is a sudden he is on the everyday life of ordinary work without fatigue, which refers to the ability to separate organic." Nixon "Fitness person can act as any characteristic that is the state. Fitness is a personal thing. That his future most effectively live in every person's potential marks. Functional capacity each other mutual associated with all exercise, physical, mental, depends." (Kirchner) Involves the muscles of the body, heart and lung function and physical fitness. Also, what we do with our physical, mental alertness and emotional stability that we have some degree of such qualities in our minds, affects what you can do with exercise controls.

According to sunderrajan (1983) physical fitness is an intrinsically individualized index. it express the individual bio dynamic potential, comprising functional and metabolic components and growth factors buildup and maintained by exercise. It can be said that Physical exercise, be healthy, enjoy the rest of the immune and deal with emergency situations, is the ability to operate efficiently. Physical fitness of the body, age and gender at work, individuals size, shape varies according to the nature of. For physical fitness we require an efficient motor mechanism,

## II. METHODOLOGY

The purpose of the study is to find out was to compare the Psychophysiological variables between rural and urban high school boys of the Narsinghpur district Among 200 available subjects from Narsinghpur district (M.P) between

the age group of 14 to 16 years eighty subjects were selected on a random basis

### Selection of variables

Tests Selection			
Sl. No.	Continuous Variables	Test items	Unit of Measurement
1	Resting Hear Rate	Heat rate monitor	Beat / Min
2	Anxiety	Sport Competition Anxiety Test (S.C.A.T.)	Names with key

### Statistical Procedure

Descriptive statistics were used to describe important characteristics of the data. T- test was used as statistical tool to compare the motor fitness and anthropometric variables among inter-university wrestling and judo players. The level of significance was 0.5.

Variables	Group	N	Mean	S.D.	df	t-value	p-value	Sig.
Resting Heart Rate	Rural	40	55.80	0.30	78	3.07	0.003	0.69
	Urban	40	62.80	0.33				

Table t.0.05/2(78) =  $\pm 1.9908$

The rural and urban high school boys of kho-kho players were found to be significant difference with respect to resting pulse rate ( $t = 3.07$ ,  $p < 0.05$ ) at 0.05 level of significance. As p- value is lesser than 0.05, hence null hypothesis was rejected. It revealed that, rural have better resting heart rate than urban high school boys of kho-kho players.

The mean values of Rural and Urban High School Boys of Kho-Kho Players on resting heart rate is graphically represented in the figure I

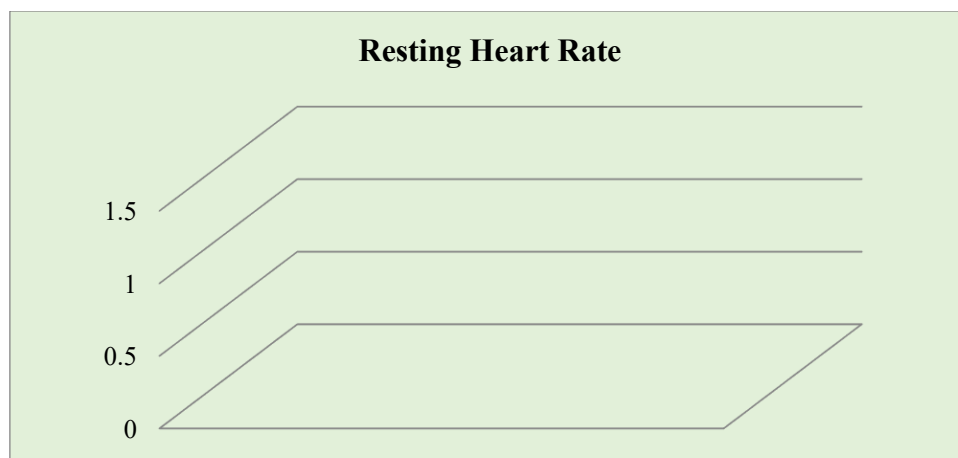


Figure – I: Bar Diagram Showing the Mean Values on Resting Heart Rate Between Rural and Urban High School Boys of Kho-Kho Players

## III. ANALYSIS OF DATA (PSYCHOLOGICAL COMPONENTS)

### Anxiety

The collected scores on anxiety was analyzed by SPSS. The level of significance was 0.05. The scores pertaining to each variable have been presented in the table- VI.

Table-VI :- Results of independent t test on Anxiety between Rural and Urban High School Boys of Kho-Kho Players

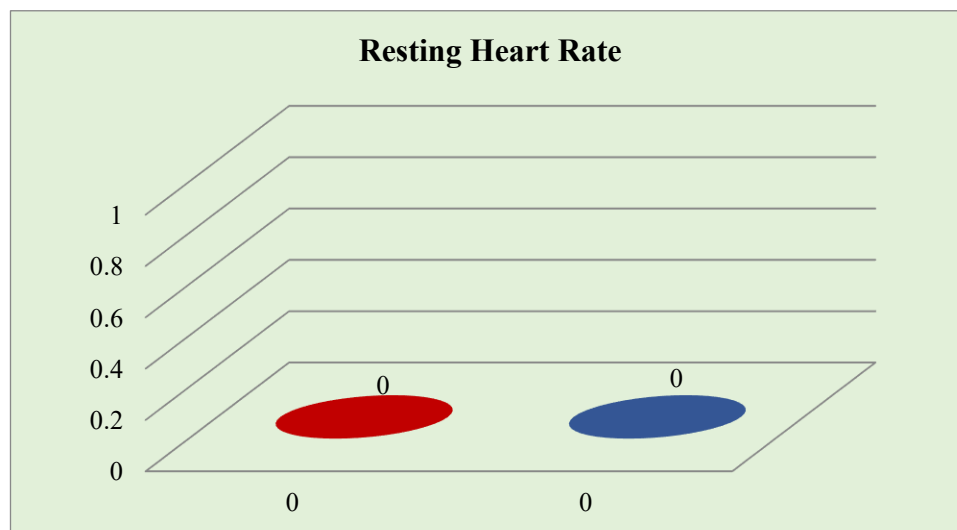
Variables	Group	N	Mean	S.D.	df	t-value	p-value	Sig.
Anxiety	Rural	40	21.15	3.24	78	4.61	0.000	0.09
	Urban	40	18.07	2.68				

Table t.0.05/2(78) =  $\pm 1.9908$

From the above table - VI, the findings showed that:

The rural and urban high school boys of kho-kho players were found to be significant difference with respect to anxiety ( $t= 4.61$ ,  $p<0.05$ ) at 0.05 level of significance. As  $p$ - value is lesser than 0.05, hence null hypothesis was rejected. It revealed that, urban have better anxiety than rural high school boys of kho-kho players.

The mean values of Rural and Urban High School Boys of Kho-Kho Players on anxiety is graphically represented in the figure II.



**Figure – II: Bar Diagram Showing the Mean Values on Anxiety Between Rural and Urban High School Boys of Kho-Kho Players**

#### IV. CONCLUSIONS

1. Resting heart Rate an essential aspect in preventing injuries and optimizing athletic performance, was also found to be in favor of rural kho-kho players. The reasons behind this disparity could include cultural practices, types of physical activities, or lifestyle factors prevalent in rural communities.
2. Anxiety levels among kho-kho players from Narsingpur district, MP, has illuminated a noteworthy distinction between urban and rural high school boys. Upon comparative analysis, it became apparent that urban school boys exhibited a higher prevalence of anxiety when compared to their rural counterparts.

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