

PHYSICAL FITNESS AND MENTAL HEALTH OF DAVANGERE UNIVERSITY KHO-KHO PLAYER'S

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ABSTRACT

Physical education is a Branch of Education and Physical Education are like two Face of a coin Education and physical education very Important for the Development of a Person and his ideas. Research is not a Thing or about Subject It is criticized analyzed and investigated Related to the New ideologies That involves in The Process of Bringing to light. We have conducted comparative Test in inter College Players of Davanagere university A Sample of 100 mal Players of age group 18 to 25 Years had taken in Rural and Urban Kho Kho Players in Their level of Physical Fitness and mental Health The Hypotheses Was Formulated on The Basis of assumption The statical This like 'T' test Was applied and PEI The physical efficiency index table No 3 and 9 Scoring For harward steep test to analyze The Result to study clearly Rural Kho Kho Players have more Physical Fitness and mental ability Than the Urban Kho Kho Players.

Keywords: *Physical Education, Harward Steep Test, Mental HEALTH, PEI.*

Introduction

Physical education scope is very wide. For the development of a person it is possible with physical education and sports department. A living thing on the earth to be healthy and for its development and amiability, to safeguard country's respect and status it is possible with physical education and sports department. In foreign countries and in our country physical education research have done and is also going on. Sports department is wide. Scientifically researches are necessary and promoting the research is very important. The main objective of the research is to bring new subject to the light. Ultimately research aim is knowledge transmission. Not only bringing new subjects to the light but it is also about recalling the older subjects and getting better knowledge is known to be research. Research is main part of physical education. A person development will be not only with the education but also with physical education and sports activities. It is only known with the research work. Many physical education research works are done and going on which can be supported. Research means development of physical education, quality maintenance to achieve goals in sports department through the detective work.

The guidance needed for the development of sports department, technology, scientifically training method, training way, educationally to maintain the quality of physical education, the study of previous subject deeply and utilizing it for the development of sports department and contributing it for the society. In this way not only old, the new research made for physical education development authenticity. Scientific research programs are also interesting, exciting, questionnaire and dangerous facts are involved. Many experts have expressed their own opinions. In research scholar we can observe.

Hypotheses

The would Be significant Difference Between The Urban Kho Kho Players and Rural Kho Kho Players and Rural Kho Kho Players in Their level of Physical Fitness and mental Health This Hypotheses was Formulated on The Basis of assumption of That in Contents of Rural Kho Kho Players has Been accepted to Perform at Their level best. The true contest of urban Kho Kho player's motor components conditioning will be less than the rural Kho Kho player's.

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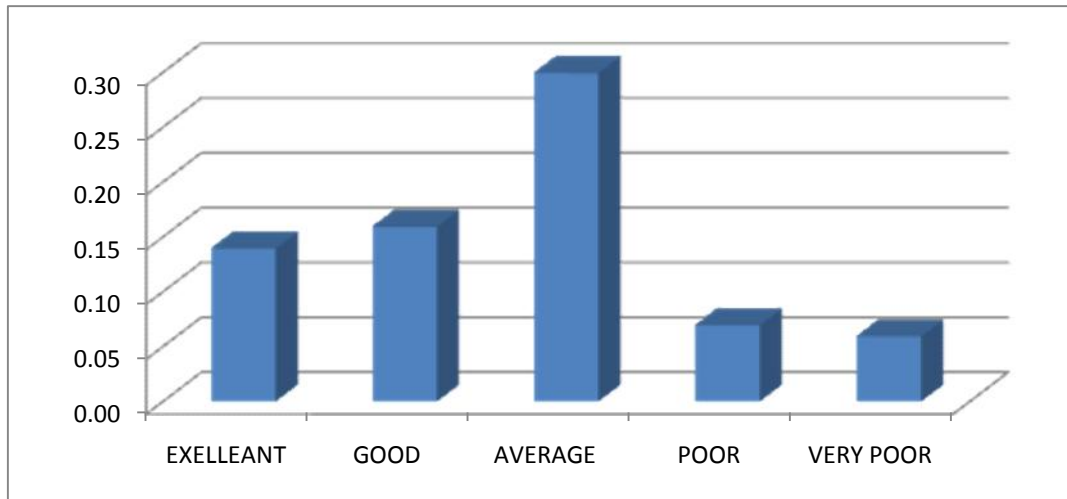
Methodology

We have a comparative study of inter college Players of rural and urban Kho Kho Players about Mental health and Physical fitness. The test conducted is Measurement of Cardiovascular endurance test. An accurate Measurement of the heart rate is necessary if results form if test are to be Meaningful of have trouble on counting Your heart rate, the results Will not a accurate For this evaluation the Pulse Will be Counted for 30 Seconds counts While remaining seated Refrain from Talking and Unnecessary movement during Periods When heart rates are being counted these activities can influence You results.

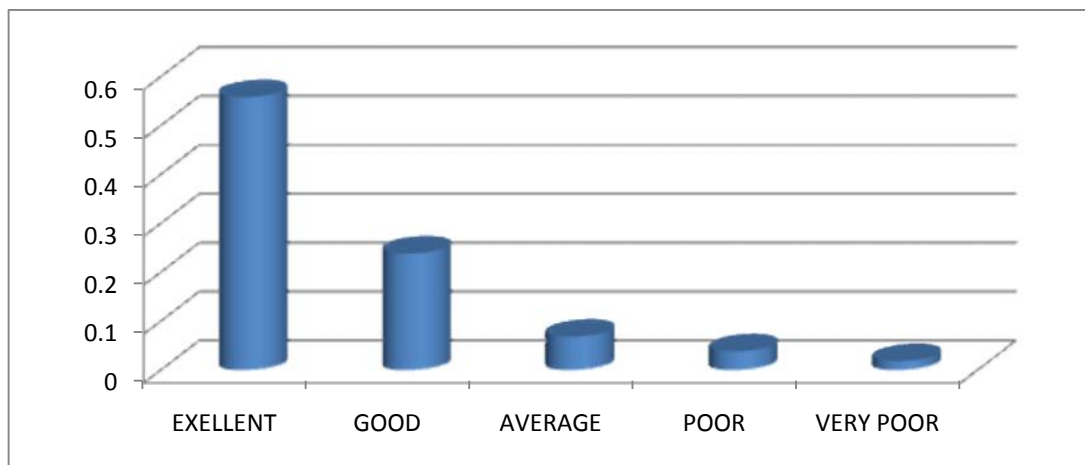
The Step test is based on the Premise that for all sub Maximal work. The Person with a higher level of a cardiovascular fitness not will have a smaller increase in heart rate but also Will have a heart a heart rate that rate that returns to normal faster the task than it Would in a Person with a normal level. The Purpose of this test is to obtain immediate Knowledge of the level of cardiovascular efficiency.

Method do not Perform any activity before this test no Warm up is allowed. A 20 inch bench should be used for men. For Step iy to and down from its bench at the rate of 30 steps/ min the same foot must start the "set up" each time and an erect posture must be assumed. Continue the activity for a maximum of 5 minutes or unable to Maintain the set rate The heart rate is Counted of a 30 Second Period, Starting exactly, Minute after Completion of the last step i,e, form 1 to 1.5 Minutes after completion of the task table.

Classification of Physical fitness and mental Health in Urban Kho Kho Players



Classification of Physical fitness and mental Health in Rural Kho Kho Players



Result and Discussion

As We have conducted a comparative test in inter college Player's of Davangere University a Sample of 100 Male Players of age group 18 25 Years had taken in rural and urban Kho Kho Players for Physical fitness and it role in Mental health test. By doing this test if we get good result of heart rate in the motor components like speed, strength flexibility, coordination, endurance , body balance and agility will be more and if the result of the heart rate is less than the expected than the motor component strength will be less in urban kho kho Players. The Performance of Physical fitness and mental health of urban Kho Kho Player is 93% When compared both the average 0.6% Will be more in rural Kho Kho Players then in urban Kho Kho Players. Sports Man who have Physical fitness their Mental health is also good.

Conclusion

In Davangere university inter collage Rural and Urban Kho Kho Players, there are some variation in the Motor components.

Rural Kho Kho Players Have more strength 93% then Urban Kho Kho Players.

Urban Kho Kho Players have Physical fitness Performance 87% that is 0.6% less than the Rural Kho Kho Players.

The sports man having good Physical fitness have good mental health and the sports man having less Physical fitness Their will be some differences in mental health.

Research in physical education is crucially not limited to an area, it is much Widened, By the research in sports, scientifically changes are Possible with research with research works only. That helps the Players of the country to achieve victory in this way and we can also see development in training by the research is sports country s replete and status raises and more medals can be won Physical education is a part of education. But for the development research is very important. Manly Physical education research works have been done and are going on. To achieve a good Position in sports department, Physical education sports men should not be limited only to activities but much Priority should be given to research.

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