



## A COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS AMONG MALE NCC CADETS AND NON-CADETS OF GOVT. DEGREE COLLEGES IN TRIPURA

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### Abstract

The main purpose of the study was to compare on selected physical fitness between male NCC cadets and non-cadets of Govt. Degree College in Tripura. Forty (40) college level male NCC cadets and forty (40) non-cadets were randomly selected for the purpose of the present study. The age of the subject ranged between 19-21 years, according to their college record, aerobic conditioning, strength training, and balance & stability were considered as motor variables for the present study. All the three physical fitness, parameter was measure by the Questionnaire (The Alzheimer's prevention program). Mean and standard deviation of each were calculated. The means of respective variables between two groups were compared by using 't' test. Statistical significance was tested at 0.05 levels of significant. The result of the present study showed that there was no significant difference in balance & stability among the performance of male NCC cadets and non-cadets of Govt. Degree Colleges in Tripura. And it is also showed that there was significant difference found in the aerobic conditioning and strength training.

**Keywords:** Aerobic, Conditioning, Strength Training, Balance and Stability

### Introduction

Physical fitness has been of great significant in the lives of human beings from time immemorial. In the pre-historic time, physical fitness was key element of the survival of a human being. Physical fitness was considered as one of the most important aspects of human existences. Good health makes a person efficient and fit to work in area of human endeavour. Physical fitness is that state of body in which a person can carry his daily and responsibilities efficient. In other word physical fitness can defined as the state of body in which person can do work for a longer time without under fatigue. Physical fitness is the basis of all activities to perform efficiently & effectively.

The civilization of Sparta, Athens and Rome in the history have stressed physical fitness or physical training as an important objective of the educational programme (Nixon John, E and Jewell Anne, 1969). Generally it is noticed that young boys studying in the colleges lead to comfortable line, they skip and study away from physical activities as more influences on modern technologies: due to that, their life and lethargic and less prone to physical labour and handwork. Regular physical activity that is performed on most days of the improve health of boys in following ways: reduces the risk of dying from heart disease, reduces the risk of developing diabetes, reduces the feeling of



depression and anxiety, helps to build and maintain healthy bones, muscles and joint, helps to control weight, build lean muscles mass & reduce body fat, prevent high blood pressure, helps reduce stress. Govt. Degree Colleges can take the initiatives to develop the attitude towards health and physical fitness through NCC activities that can be beneficial for the college students and build the physically strong body that give them advantages throughout the life.

### Methodology

The male NCC cadets and non-cadets of Govt. Degree Collages in Tripura were selected as subjects for the present study. Total eighty (80) male students were randomly selected from Govt. Degree Colleges in Tripura, out of which forty (N=40) NCC cadets and forty (N=40) non-cadets (students who is not the part of NCC program), the age of the subjects ranged from 19-21 years according to their college records. Aerobic conditioning, strength training and balance & stability were considered as physical variables for present study. All the three physical variables were measured through Questionnaire. Statistical analysis: Mean and standard deviations were computed for descriptive purpose. Independent 't' test was used to compare selected physical fitness between male NCC cadets and non –cadets of Govt. Degree College.

### Result

The result of this study has been presented in tabular form as given below.

TABLE-1  
MEAN, STANDARD DEVIATION AND 'T' TEST OF AEROBIC CONDITIONING BETWEEN MALE NCC CADETS AND NON-CADETS OF GOVT. DEGREE COLLEGES IN TRIPURA.

Groups	Mean	SD	't' Ratio	df	Sig. (2-tailed)
Male NCC cadets	8.8250	1.33757	7.198*	78	.000
Male Non-cadets	12.1500	2.59734			

\*Significant at 0.05 level.

From the above table it is clearly evidence that there is significant difference in Mean Aerobic Capacity between NCC Cadets and Non-Cadets since the obtained p- value is less than 0.05. Further it is revealed that Male NCC Cadets are better than Male Non-Cadets as the Mean Aerobic Capacity of NCC Cadets is greater than that of Non-Cadets.

TABLE-2  
MEAN, STANDARD DEVIATION & 'T' TEST OF STRENGTH TRAINING BETWEEN MALE NCC CADETS AND NON-CADETS OF GOVT. DEGREE COLLEGE IN TRIPURA.

Groups	Mean	Standard Deviation	'df	't' test
Male NCC cadets	9.3250	1.99213	78	5.605*
Male Non-cadets	12.5750	3.07919		

\*Significant at 0.05 level.

From the above table it is clearly evidence that there is significant difference in Mean Strength Training between NCC Cadets and Non-Cadets since the obtained p- value is less than 0.05. Further it is revealed that Male NCC Cadets are better than Male Non-Cadets as the Mean Strength Training of NCC Cadets is greater than that of Non-Cadets.



TABLE 3  
MEAN, STANDARD DEVIATION & 'T' TEST OF BALANCE AND STABILITY BETWEEN MALE NCC CADETS AND NON-CADETS OF GOVT. DEGREE COLLEGE IN TRIPURA.

Groups	Mean	Standard Deviation	't' test	df	Sig. (2-tailed)
Male NCC cadets	7.2250	1.74661	1.770*	78	.081
Male non-cadets	8.1250	2.70031			

\*Significant at 0.05 level.

From the above table it is clearly evidence that there is no significant difference in Mean Balance & Stability capacity between Cadets and Non-Cadets since the obtained p- value is greater than 0.05.

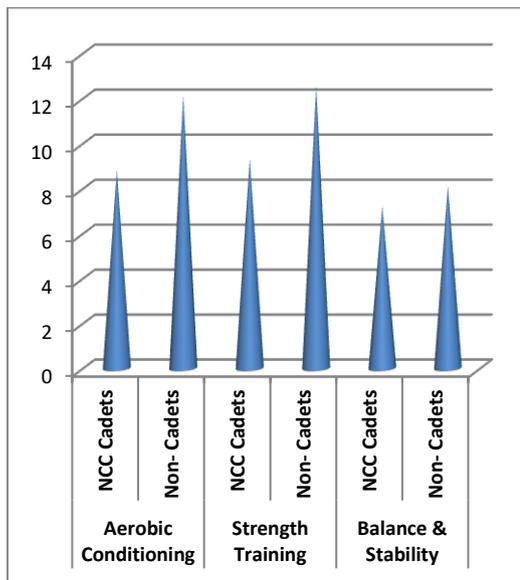


Fig. 1. Graphical Representation of Mean Value of Aerobic Conditioning, Strength Training & Balance & Stability of male NCC Cadets and Non-Cadets of Govt. Degree College in Tripura.

## Discussion

It has been noticed that the male NCC cadets of Govt. Degree Colleges is more likely to involve in the physical activities than that of non-cadets which makes the NCC cadets more tough, fit, strong and flexible and probably due to such reasons they assumed highly functional ability in their college activities, which assists them to be more physically and mentally fit that of the non-cadets. Moreover the NCC cadets most of the time participated in the various NCC activities inside and outside of the colleges like, drills, marching, shooting, obstacle, gliding, aero modelling, map reading, camps (Annual Training Camps, Combined Annual Training Camps, National Leadership Camps, Basic Leadership camp, Advance Leadership camp, NCC Day Camp, Inter Group Competition Camp, Republic Day camp) and other activities and institutional outdoor Camp training besides, adventure and attached with regular Army/ Navy/ Air Force units which also helps to develop cadets health and physical fitness.

## Conclusion

From the above study and discussion & result the following conclusions may be drawn:

There is significant different was found between male NCC cadets and non-cadets of Govt. Degree College in Tripura in respect to Aerobic Conditioning.

There is significant different was found between male NCC cadets and non-cadets of Govt. Degree College in Tripura in respect to Strength Training.

No significant different was found between male NCC cadets and non-cadets of Govt. Degree College in Tripura in respect to Balance & Stability.



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