

## COMPARISON OF SELECTED PHYSICAL FITNESS VARIABLES IN ACTIVE TRIBAL SCHOOL GOING FEMALE STUDENTS OF HILLY AREA AND PLAIN AREA

**Abhishek KumarYadav**

Ph.D. Scholar, L.N.I.P.E, Gwalior,  
Madhya Pradesh

**Dr. Ashok Kumar Goon**

Reader, Department of Physical Education,  
Visva Bharati, West Bengal.

**Chandan Ghosh,**

Ph.D.Scholar, Department of Physical Education,  
Visva Bharati, West Bengal



### ABSTRACT

The scholar undertook the study with the intension of comparing selected physical fitness variables in active tribal school going female students of hilly area and plain area. The variables selected were endurance, speed, agility, flexibility, abdominal strength and explosive strength. 60 tribal female subjects aging 14 year to 16 year who were actively involved in physical activities were selected. Among these 30 belonged to hilly areas of West Bengal and rest 30 were from plain areas of West Bengal. Descriptive Statistics and Independent ‘t’ test were employed using SPSS-19 Software. Findings suggest that the female students belonging to hilly area were in higher side of fitness in respect to endurance, agility, abdominal strength and explosive strength. However in speed and flexibility both groups were having similar trend.

**Key words:** Endurance, Speed, Agility, Flexibility, Strength, Female, Tribe, Hilly Area, Plain Area.