

**“Comparative Study of Speed among The Boarding and Non Boarding  
Students of CBSE of Aurangabad District, Maharashtra”**

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**Abstract**

Comparative study of speed among the boarding and non-boarding students of CBSE of Aurangabad district, Maharashtra, research scholar wanted to know there is any difference in speed among the boarding and non-boarding students, for that researcher has taken 45m dash test for check speed of students. Researcher had selected 200 samples randomly from boarding and non-boarding school, all students was 14years old, school going children. For that researcher used survey method for collecting data and to analyses the collected data used Mean, Standard deviation and t-Test were used at significance of 0.05 levels for testing the null hypothesis for the difference between various sample means. After checking statistical result, research scholar found there is no difference in the speed among the students, studying at boarding and non-boarding school.

**Keywords: Speed, Fitness, School Going Students**

**Introduction**

This is the law that only the strong shall thrive..... that surely the weak will perish and only the fit will survive: Robert W. Service (1874 -1958).

The above quotation indicates the importance of physical fitness in few but apt words. Physical fitness is not only essential for an individual, as well as to whole nation. The nations which have realized the importance of physical fitness have started having specific programs to hold it up and thus to build up the nation.

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Speed is one of the main fitness components, important for success in many Sports. For some athletes such as Track and field sprinters, sprint swimmers, cyclists and speed skaters, speed is most important aspect of fitness. In many other sports, including team field sports, good speed is also very important as part of the overall fitness profile. To improve running speed requires a training program that focuses on leg strength and power, with appropriate technique training to best utilize your strength and power development.

**Objectives of the study**

- To find out the speed among the boarding and non-boarding students of Aurangabad district, Maharashtra.

**Hypothesis**

- The research scholar hypothesizes that there was insignificant difference in 45m dash run among the boarding and non-boarding students of Aurangabad district, Maharashtra.

**Delimitation of the study:**

1. The study is delimited to under 14 boys only.
2. The study is delimited to boarding and non-boarding school boys.
3. The study is further delimited to the school going children only.

**Limitations of the study:-**

1. Diet and rest of the children was a limitation.
2. Involvement of students during test was limitation.
3. Physical, mental, weather, school, house and surrounding conditions were a limitation.
4. Organization of the tests was adjusted with the concerned school's time tables.

**Population**

The populations of the study were all boarding and non-boarding students of Aurangabad district, Maharashtra.

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The samples of the study were randomly select from Tanwani English School and Woodridge high school Among 14 year Boys. In all, 200 subjects were tested for this study.

**Coding procedure and colors adopted for the samples:-**

<b>SR. NO.</b>	<b>CODE</b>	<b>COLOR</b>	<b>TOTAL SUBJECTS</b>
<b>1</b>	BBS- 01 TO BBS- 100	BLUE	100
<b>2</b>	NBBS- 101 TO NBB- 200	RED	100

**VARIABLES****Independent variables:**

Speed test. (45m dash)

**Dependent variables:**

Students Performance Result

**Intervening variables:** Fatigue, Environment, Diet, Rest

**STATISTICAL METHODS**

To analyse the collected data the scores are arranged according to the comparison and in sequential order so as to find out the statistical values. The following statistical variables were selected for comparing, analysing and interpretation of numerical values and being on which the findings was discussed.

Mean, Standard Deviation and t-Test were used at significance of 0.05 levels for testing the null hypothesis for the difference between various sample means.

**“Comparative Study of Speed among the Boarding and Non Boarding Students of CBSE of Aurangabad District, Maharashtra”****Tools and means**

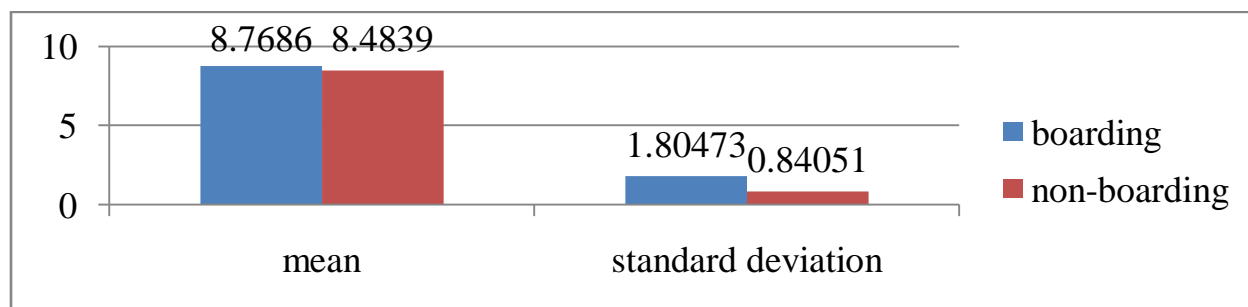
It is used to collect the information of an individual. Personal data bank consists of the following aspects: Name, Address, Date of birth, Gender, School name and use different equipment's that is used for tests.

**Procedure**

**Speed:** For this test, to thrust in two javelins on start line and two on finish line. Tester make arc from start line and finish line, tester stand on this point of arc and take time correctly. Sample is asked to take standing stand on the starting point on the track. At the signal 'Go' the sample starts running at their best to reach the finish line at their earliest.

**Table**

Variables	Groups	N	Mean	Standard deviation	Standard. error mean	Mean difference	't' value	Df
45M RUN	Boarding	100	8.7686	1.80473	.18047	.28470	1.430	198
	Non-Boarding	100	8.4839	.84051	.08405			

**Graph**

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Mean score of the students studying in the boarding schools is 8.7686 with standard deviation of 1.80473. Mean score of the students studying in the Non- boarding school is 8.4839 with standard deviation of 0.84051. The mean difference among the students of boarding and non-boarding school students is 0.28470. T-test was used at 0.05 level of significance. The obtained t- value is 1.430 and the table value at 198 degree of freedom is 1.6526 and was found insignificant at 0.05 level of significance further confirms that the mean difference is insignificant.

**Test of Hypothesis**

The hypothesis states that there is insignificant difference in the speed among the students studying at boarding and non-boarding school. As the mean difference was found insignificant the hypothesis was accepted on the basis of statistical findings.

**Conclusion:**

There is no difference in the speed among the students studying at boarding and non-boarding school.

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