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# EFFECT OF PHYSICAL EXERCISES ON ENDURANCE AMONG MEN STUDENTS

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**Abstract**

*The purpose of the study was to find out the effect of physical exercises on endurance among men students. To achieve this purpose of the study, thirty students from Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, and India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as experimental group and control group. The group I underwent physical exercises for three days per week for twelve weeks. Group II acted as control who did not participate any special training. The dependent 't' test was used to find out the difference between two means. It was concluded that the experimental group produced significant improvement on endurance than the control group.*

**Keywords:** Physical Exercise, Endurance, Men Students.

## INTRODUCTION

The American Alliance of Health, Physical Education, Recreation and Dance (AAHPER) defines physical fitness as "A physical state of well being that allows people to perform daily activities with vigor, reduce their risk of health problems related to lack of exercise, and to establish a fitness base for participation in a variety of physical Activities. Fitness means being in good physical condition and being able to function at one's best level. Total fitness for living necessarily involves spiritual, mental, emotional and social, as well as physical qualities. Each is dependent upon and affected by the other. Though our primary concern is developing good physical condition, we must recognize this interrelatedness and interdependence in our approach. It must be recognized not only in terms of the complexity of the mutual effects created, but also in its implication that understanding is needed if efforts are to be meaningful and lasting. We must also recognize that fitness is not a static condition, but a dynamic one that is constantly changing and is influenced by many factors. Basic to good physical condition is good medical and dental care; the proper type, amount and method of exercise; good posture and body mechanics in daily living; proper diet and weight control; adequate rest, relaxation, and recreation; and sound practices with respect to drinking, smoking, and the use of drugs. Weakness or neglect in any of these areas can have a detrimental effect on physical condition and undermine the effectiveness of efforts in the other areas. Because of the interrelatedness of physical fitness with all areas of total fitness and the multiple factors involved in it, the term fitness must be seen as implying more than just the "physical" and "exercise". Physical fitness is to the human body what fine tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. More specifically, it is: "The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well-being".

## METHODOLOGY

The purpose of the study was to find out the effect of physical exercises on endurance among men students. To achieve this purpose of the study, thirty students from Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu, and India were selected as subjects at random. The selected subjects were divided into two equal groups of fifteen subjects each, such as experimental group and control group. The group I underwent physical exercises for three days per week for twelve weeks. Group II acted as control who did not participate any special training. The dependent 't' test was used to find out the difference between two means.

**RESULTS**

**TABLE - I**

**COMPUTATION OF't' RATIO BETWEEN THE PRE TEST AND POST TEST MEANS OF ENDURANCE OF EXPERIMENTAL AND CONTROL GROUP**

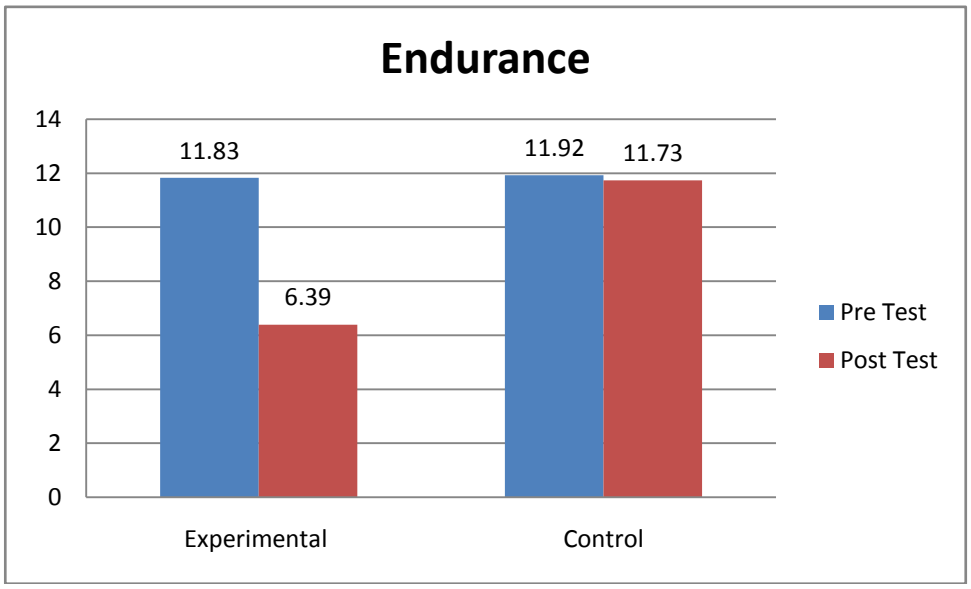
| S. No | Variables | Mean diff | SD | σ DM | 't' ratio |
|---|---|---|---|---|---|
| 1 | Endurance | Exp:5.43 | Exp:0.77 | Exp:0.20 | 27.37* |
| | | Con:0.19 | Con:1.21 | Con:0.31 | 0.61 |

*Significant at 0.05 level

An examination of table I indicates that the obtained't' ratio for endurance of experimental group was 27.37. The obtained't' ratio on endurance was found to be greater than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be significant. The obtained't' ratio for endurance of control group was 0.61. The obtained't' ratio on endurance was found to be lesser than the required table value of 2.14 at 0.05 level of significance for 14 degrees of freedom. So it was found to be not significant. The mean scores of endurance of experimental group and control group were shown graphically in figure I.

**FIGURE - I**

**BAR DIAGRAM SHOWING THE PRE MEAN AND POST MEAN OF ENDURANCE OF EXPERIMENTAL GROUP AND CONTROL GROUP**




**CONCLUSION**

It was concluded that the experimental group produced significant improvement on endurance than the control group.

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