

Comparison of Motor Ability of Bachelor HPE Students in Makawanpur Multiple Campus and Ramshwaroop Ramsagar Multiple Campus

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Abstract

The primary purpose of this paper was to study the status of motor ability of girl students from Makawanpur Multiple Campus, Hetauda and Ramshwaroop Ramsagar Multiple Campus, Janakpur through 50 yard dash, shot put and standing broad jump test . The 30 girl students of Makawanpur Multiple Campus and 30 girl students of Ramshwaroop Ramsagar Multiple Campus were selected as participants for the research paper . The participants were selected from two campuses of 60 students through purposive sampling . Differences in motor ability were evident between the girl students of both campuses . The girl students from Makawanpur Multiple Campus, Hetauda demonstrated the better level of performance than the girl students from Ramshwaroop Ramsagar Multiple Campus, Janakpur in 50 yard dash, shot put and standing broad jump test . The study found mean score of girl students from Makawanpur Multiple Campus was better than Ramshwaroop Ramsagar Multiple Campus, Janakpur . It was found that in statistical calculation of z-test, there was a significant difference of motor ability between the girl students of the campuses.

Keywords : Athletics, games, motor ability, performance, sports, physical activities.*

Introduction

Nepal has no long history of physical education . It is difficult to say about the development of sports and physical education in Nepal because, there is insufficient necessary documents related to it . It is also difficult to say about the traditional sports of Nepal as it is influenced by border countries India and China . In Nepal, the sports have been developed as social recreation . The activities related with the earning of bread and self-defence were also developed as sports . The activities which were concerned with the certain caste or groups turned into traditional sports . International sports have entered our country through students, soldiers, tourists, teachers etc., who have been to foreign land for studies and training .

In the context of academic sector, in physical education and sports, there was only one college, which was established in 1956 A.D . as college of education, where physical education was taught as compulsory and formal subject . When the NESP 2028 B.S . enforced in Nepal, then they made a policy of uniform curriculum plan throughout the country associating physical education and sports (Baruwal, 2065) . According to the new curriculum 2049 B.S., health and physical education was made compulsory subject for class I to VIII and it is optional subject for class IX and X . Similarly in higher

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secondary course physical education was included as an optional subject . Since 2052 B.S . in one year B.Ed . and M.Ed . physical education has been included as specialization subject (Maharjan, 2055).

Physical education is an essential part of the general education . Physical education is the performance of physical activities and sports . Even today some teachers and guardians think the sports and activities are time passing activities . They think that it disturbs their basic education . On the other hand, psychologists have proved that physical education is very essential part of education (Stevens, et.al, 2014).

Now-a-days, it plays a great role in person's life and personality development . Today the curriculum of physical education is included as one of the necessary subjects . So, time has enforced us to think and reevaluate it according to the present context . So it is necessary for operative study and evaluation of the past and present activities . Motor ability is one of the most important factors in the field of physical activities which is helpful to develop capacity to perform different muscular activities . Motor ability is crucial capacity for physical activity and the combination of factors which are the basic requirement to all human movements . Motor ability is the representative of the fundamental or general abilities for various physical activities . Motor abilities can be described as relatively stable sets of inner genetic presuppositions needed to carry out locomotive activities . They include force, speed, endurance, co-ordination and flexibility . Motor abilities are manifested on the outside by sports skills . Motor ability is specifically related to the performance of a motor skill . It influences the level of performance success each person can achieve . Each person has a variety of motor abilities.

Barrow (1971) defines motor ability as "The present a acquired and innate ability to perform motor skills of a general or fundamental nature, exclusive of highly specialized sports and gymnastic techniques."

As Nikolic experience, we do not find similar motor ability of the students . It is different in place to place and person to person (Nikolic et.al, 2015).

In the context of Nepal, female ability status is weak because the female of Nepal is dominated by social norms and values . The females of the world are involving in physical exercise and training but in Nepal, few females are involved at sports and games . In our culture, females are not allowed to the physical activities . Also, in the traditional Nepali society, most of the parents do not allow their daughter to play and do physical activities . Various facilities and exercises are essential to achieve high motor ability . There is also difference in motor ability of female in Nepal from place to place due to their cultural, ethnical, racial and geographical difference . This research was intended to evaluate the motor ability of girl students from Makawanpur Multiple Campus, Hetauda and Ramshwaroop Ramsagar Multiple Campus, Janakpur . So, the main purpose of this study was to compare the status of motor ability between the girl students of two campuses.

Methods and Materials

As the nature of attempted objective the research design was adopted as quantitative approach . At first, the collected primary data was analyzed in statistical bases . Makawanpur Multiple Campus, Hetauda and Ramshwaroop Ramsagar Multiple Campus, Janakpur were the campuses of data sources . The participated students were of Bachelor level first year health and physical education students . The researcher selected the girl students through purposive sampling method of both campuses . The method

was followed because the adequate data was fulfilled by the participants which were selected purposively . Altogether 60 girl students were selected from both campuses . The 50 yard dash, shot put and standing broad jump test were used to compare motor ability . The students performance was measured and the scores were recorded with the help of concerned subject teachers of both campuses . The equipments such as stopwatch, measuring tape and line powder were used to conduct 50 yard dash, shot put and standing broad jump test . For the statistical analysis, the parameters such as mean, standard deviation, coefficient of variation, calculated z-value and tabulated z-value at 0.05 level were used.

Result and Discussion

The result and discussion of the research were described through the following table.

Table 1 : Comparison of 50 Yard Dash of two Campuses Students

Description	Makawanpur Multiple Campus	Ramshwaroop Ramsagar Multiple Campus
Mean	7.28 sec.	7.68 sec.
Standard deviation	0.37	0.51
Coefficient of variation	5.08	6.64
Calculated z-value	3.47	
Tabulated z-value at 0.05 level	1.96	
Conclusion	Significant	

From the above table, it was found that the mean score of Makawanpur Multiple Campus girl students was 7.28 second and the mean score of Ramshwaroop Ramsagar Multiple Campus girl students was 7.68 second on 50 yard dash . It means that Makawanpur Multiple Campus girl students can run faster than Ramshwaroop Ramsagar Multiple Campus girl students . But by comparing the means only, the significant difference cannot be determined . So, the researcher applied z-test to find significant difference between the means of the girl students . The calculated z-value was 3.47 and the tabulated z-value is 1.96 at 0.05 significance level . Hence, the calculated z-value was found higher than tabulated z-value at 0.05 level of significance . Thus, there is a significant difference between the Makawanpur Multiple Campus girl students and Ramshwaroop Ramsagar Multiple Campus girl students . It can be concluded that the speed performance of girl students of Makawanpur Multiple Campus was better than the girl students of Ramshwaroop Ramsagar Multiple Campus.

Table 2 : Comparison of Shot put throw of two campuses students

Description	Makawanpur Multiple Campus	Ramshwaroop Ramsagar Multiple Campus
Mean	4.84 m.	4.11 m.
Standard deviation	0.62	0.45
Coefficient of variation	12.80	10.94
Calculated z-value	5.61	
Tabulated z-value at 0.05 level	1.96	

Conclusion	Significant
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The table 2 shows that the mean score of Shot put were 4.84m . and 4.11m . of the Makawanpur Multiple Campus, Hetauda girl students and Ramshwaroop Ramsagar Multiple Campus, Janakpur girl students respectively . The coefficient variation of the Makawanpur Multiple Campus, Hetauda and Ramshwaroop Ramsagar Multiple Campus, Janakpur girl students on Short put were 12.80 and 10.94 respectively . It was found that the score of Makawanpur Multiple Campus students is dispersed than the score of Ramshwaroop Ramsagar Multiple Campus students . The calculated z-value was 5.61 and tabulated z-value is 1.96 at 0.05 level significance level . Here, the calculated z-value was found higher than tabulated z-value at 0.05 level of significance . So, it was concluded that there was significant difference between the means of Makawanpur Multiple Campus and Ramshwaroop Ramsagar Multiple Campus girl students.

Table 3 : Comparison on Standing Broad Jump of two campuses student.

Description	Makawanpur Multiple Campus	Ramshwaroop Ramsagar Multiple Campus
Mean	1.34 m.	1.30 m.
Standard deviation	0.12	0.11
Coefficient of variation	8.95	8.46
Calculated z-value	2.00	
Tabulated z-value at 0.05 level	1.96	
Conclusion	Significant	

The above table shows that the mean score of standing broad jump were 1.34m . and 1.30m . of Makawanpur Multiple Campus girl students and Ramshwaroop Ramsagar Multiple Campus girl students respectively . It was found that the Makawanpur Multiple Campus students can jump longer distance than Ramshwaroop Ramsagar Multiple Campus students . This means Makawanpur Multiple campus students leg muscle power is better than the Ramshwaroop Ramsagar multiple Campus students . The coefficient of variation of the Makawanpur Multiple Campus and Ramshwaroop Ramsagar Multiple Campus on standing broad jump were found 8.95 and 8.46 respectively . It means the dispersion of score of the Makawanpur Multiple Campus students is dispersed than the scores of Ramshwaroop Ramsagar Multiple Campus students . The calculated z-value was 2.0 and tabulated z-value is 1.96 at 0.05 significance level . Here, the calculated z-value was found higher than tabulated z-value at 0.05 level of significance . So, it was concluded that there is a significant difference between the means of Makawanpur Multiple Campus students and Ramshwaroop Ramsagar Multiple Campus students.

Conclusion

In this study, the events evaluated by the researcher were 50 yard dash, Shot put and Standing broad jump . After analyzing the finding of this research, it was concluded that in all events Makawanpur Multiple Campus, Hetauda girl students were better than Ramshwaroop Ramsagar Multiple Campus, Janakpur girl students . There were significant difference between Makawanpur Multiple Campus and Ramshwaroop Ramsagar Multiple Campus girl students in all events which researcher had evaluated .

For the better performance of girl students, campuses should provide adequate physical facilities and better environment . Teachers must be appointed related to the subject . Physical education teachers should be appointed in adequate number on the ratio of students . Likewise, girl students should be motivated to participate regularly in the sports and games . In addition, physical teachers should be responsible for their teaching activities . The campus administration should conduct different kinds of tournaments among the girl students.

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