

## **A Relative Study of Speed Component among Gurukul Students in Medak District of Telangana State**

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### **Abstract:**

The purpose of the study was to find out relative study of speed among Gurukul Students of Medak District in Telangana State. The Gurukula school system in the Medak District of Telangana aims to provide holistic education, including a focus on physical fitness. However, there is a need for a comprehensive understanding of the health-related physical fitness levels among Gurukula school students. The Sample for the study consists of 100 Boys of the Gurukula schools between the age group of 12 to 15 Years i.e. 12 Years (25 Students) , 13 Years (25 Students) , 14 Years (25 Students) , 15 Years (25 Students) . To Compare the Health related fitness component speed i.e. 60 M Dash among all age groups. There is relative difference in Speed as per the advancing age among Gurukula students. Key words: Speed, Physical fitness, health related fitness etc.

### **Introduction:**

Physical fitness plays a pivotal role in the overall well-being of school students, influencing their health, academic performance, and lifelong habits. The Gurukula school system in the Medak District of Telangana aims to provide holistic education, including a focus on physical fitness. However, there is a need for a comprehensive understanding of the health-related physical fitness levels among Gurukula school students, encompassing components such as speed, agility, endurance, explosive strength, flexibility, muscular strength, medicine ball throw performance, and Body Mass Index (BMI).

The existing literature on physical fitness often focuses on general trends, and there is a gap in research specific to Gurukula schools in the Medak District. Understanding the current status of health-related physical fitness among Gurukula school students is crucial for designing targeted interventions, informing physical education curriculum development, and promoting overall well-being within this unique educational context.

**Purpose of the study:**

The purpose of the study was to find out relative study of speed among Gurukul Students of Medak District in Telangana State. The Gurukula school system in the Medak District of Telangana aims to provide holistic education, including a focus on physical fitness.

**Methodology:**

The Sample for the study consists of 100 Boys of the Gurukala schools between the age group of 12 to 15 Years i.e. 12 Years (25 Students) , 13 Years (25 Students) , 14 Years (25 Students) , 15 Years (25 Students) .

**Results and Discussion:**

Table Showing the Mean Values, SD, Std. Error, df, 'f' value and Sig. (2-tailed) of Speed levels among Gurukula school students of different age groups in the Medak District in relation to Health-Related Physical Fitness i.e Speed in 60 M Dash.

Sl.No.	Age Groups	N	Mean	SD	Std. Error	df.	'f' value	Sig.(2-tailed)
1.	12years	25	8.9994	0.59924	0.08475	196	29.105	0.000
2.	13years	25	8.9350	0.59577	0.08425			
3.	14years	25	9.2996	0.54028	0.07641			
4.	15years	25	9.8696	0.49400	0.06986			

**Analysis of Mean Speed Levels by Age Group:**

**Age Group 12 (Mean:8.9994):**

- Students in the 12-year age group exhibit a mean speed level of approximately 8.9994.
- This group serves as the reference for comparison with other age groups.

**Age Group 13 (Mean:8.9350):**

- Students in the 13-year age group have a mean speed level of 8.9350.
- Compared to Age Group 12 the mean is slightly lower.

**Age Group 14 (Mean:9.2996):**

- For students aged 14, the mean speed level is 9.2996.
- Compare to age group of 13 the mean is slightly lower

**Age Group 15 (Mean:9.8696):**

- Students in the 15-year age group demonstrate the highest mean speed level, with a value of 9.8696.
- This suggests a further increase in mean speed compared to the other age groups.

### **Conclusion:**

It can be concluded that there is a significant difference between the health related fitness component i.e. speed in 60 M Dash among different age groups.

### **Recommendations:**

Based on analysis of collected data, the investigators would like to recommend the research work to extend further more as mentioned below.

1. Similar research work should be done on similar set of sports to validate the results. Use a variety of training to develop physical strength, focusing on the development of other motivations through all methods that have to do with each quality to be created.
2. Further research, as well as the published findings, will contribute to the health related fitness among students. The study also helps the physical educationists and coaches understanding the knowledge and performance of the fitness levels among the students.

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