



INFLUENCE OF ANTHROPOMETRIC AND PHYSICAL FITNESS VARIABLES ON PHYSICAL GROWTH STUDY OF SPORTS CHILDREN'S

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Abstract

Growth and Maturation is a dynamic process of physical changes. The most visible sign of physical growth changes in a human body. The physical growth is differing in the same age, there is a common thing that is ethnic variation. The physical growth findings with height and weight Like other facets of development, physical growth is the product of intricate interactions between environmental and genetic variables. Endocrine glands are also in charge of the extensive bodily changes that occur during childhood and adolescence. For young people to develop their muscles and bones to the fullest extent possible and for regular growth and development to occur, physical activity is essential. Furthermore, there are strong implications on participation in sports from the psychological, social, and physical growth processes.

Keywords: *Anthropometric, physical fitness variables and Sports person.*

Introduction

Growth is the observable changes in size, physique, and body composition, as well as in other bodily systems. Physical performance is affected by growth processes, which are connected sports activity and sports training. The first year of life is when stature grows at its fastest rate, and it then gradually decreases until the start of the teenage growth spurt, which happens about age 12 for girls and 14 for boys. Growth rates rise during the spurt, peaking at around 12 years for girls and 14 years for boys. After that, they progressively fall and eventually stop when the growth reaches adult height.

Physical Activity for Children's

Physical activity is critical for a child's physical and mental development, particularly during the first five years of life. Parents and educators should start encouraging children to participate in physical activities at a young age so that they can develop healthy habits that will last a lifetime. This article will teach you about the critical importance of physical activity for children's development. We'll also give you some pointers on how to incorporate a good physical education program into your and your child's lives. of health and well-being As a result, all individuals interested in human growth should pay attention to it As a result, it is important for anyone interested in human development to pay attention to it.

Methodology

For the purpose of the study 160 boys and girls sports men and non-sports men (40 girls sportsmen, 40 non-sports men girls, 40 sportsmen boys, 40 non sportsmen boys). Sportsmen considered as the whom is participating taluk, district, nation, and international and also non sportsmen considered as the not predicated in any of sports activity and completion this as consisted as subject of the study. The age of



the subject was in the range of 12 girls and 14 boys years. in ordered to accomplish the purpose of the study to know the “physical growth study of sports children’s” was consist there are the 3 9 variables related to for each one variables fixed particular test and anthropometric variables (height, weight, sitting height, arm span, bi-acrominal, Bi-illica, knee diameter, Humorous diameter, sub-scapular skinfold, triceps skinfold, abdomen and medial calf,) to test physical growth different between sportsmen non sportsmen, the data was subjected to analysis of variance .

Result

Presented the table-1 Number, mean and standard deviation of anthropometric and physical variables. It may be observed the sportsmen are having the more physical growth more than the non sportsmen.

Table: 1 2 Mean and standard deviation of aggression score of 14 age group Girls sportsmen and non- sportsmen

	NO	Mean	SD
14age group girls sportsmen	40	43.88	31.69
14 age group girls non sportsmen	40	39.44	29.30

Presented in table No:1 is the summery of SPSS between 14 age group sportsmen Girls and non-sportsmen it may be observed that significance mean difference occurred between 14 age group sportsmen Girls and non-sportsmen. However the difference in mean score is showing that sports person having the more physical growth more than the non-sportsmen.

Figure 1: the Graph showing the Aggression of Boys Sportspersons and Girls Sportspersons.

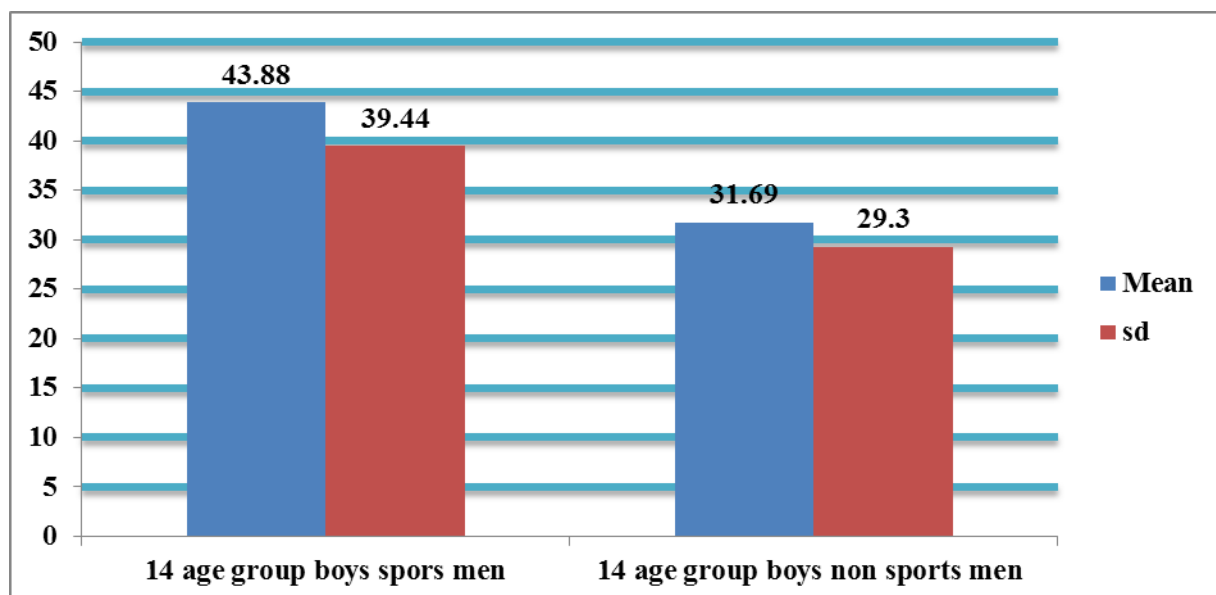


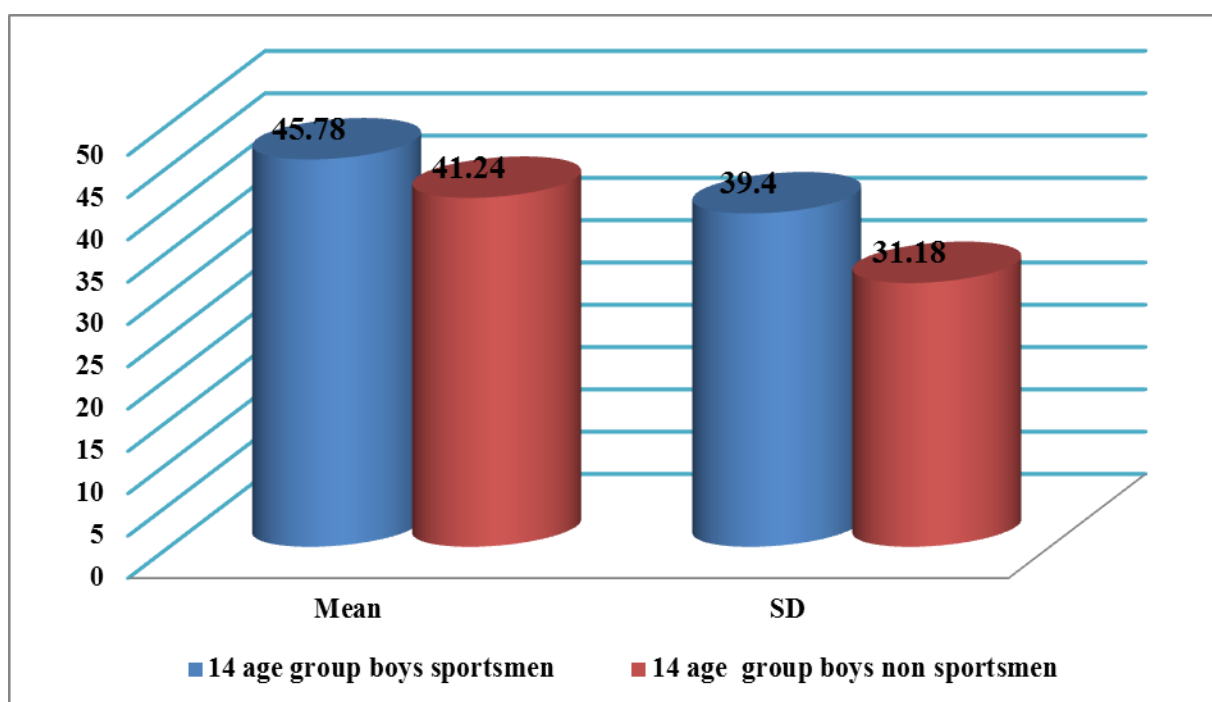


Table: 2 Mean and standard deviation of aggression score of 14 age group boys sportsmen and non- sportsmen

Group	No	Mean	SD
14 age group boys sportsmen	40	45.78	39.40
14 age group boys non sportsmen	40	41.24	31.18

Presented in table No:2 is the summary of SPSS between 14 age group sportsmen boy and non-sportsmen it may be observed that significance mean difference occurred between 14 age group sportsmen boy and non-sportsmen. However the difference in mean score is showing that sports person having the more physical growth more than the non-sportsmen.

Figure 2: the Graph showing the Aggression of Boys Sportspersons and Girls Sportspersons.



Conclusion

Engaging in organized and formal sports can promote physical activity, which is crucial for children's physical growth, and overall health. Sports participation and performance are influenced by physiological and physical processes. The developmental factors that affect children's and involvement in sports. The secret to coaching and teaching athletes effectively is to understand the physical growth and the results of sport involvement. This allows coaches to deal with the athletes more



productively. Children's progressive physical growth is influenced by the sports participant. It is possible to develop young athletes' sporting talent by keeping these concepts in mind.

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