

**Volume 3, Issue 8(2), August 2014**  
**INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY**  
**EDUCATIONAL RESEARCH**

**Published by**

Sucharitha Publications

Visakhapatnam – 530 017

Andhra Pradesh – India

Email: victorphilosophy@gmail.com

Website: www.ijmer.in



## COMPARATIVE ANALYSIS OF MUSCULOSKELETAL FITNESS OF INDIAN AND SRI LANKAN SCHOOL GIRLS

**Dr.(Mrs) Bhavani Ahilan**  
Sr.Lecturer  
Sports Science Unit  
University of Jaffna  
Thirunelvely,Jaffna,Sri Lanka

### Introduction

Musculoskeletal fitness refers to muscular strength, muscular endurance and flexibility. Musculoskeletal fitness is an important factor inability to carry out everyday tasks and enjoyable life. The earlier in life an individual becomes physically active the greater the increase in positive health benefits; however, becoming physically active at any age will benefit overall health. Improved musculoskeletal fitness is associated with an enhanced health status.

If strength, endurance and flexibility are not maintained, musculoskeletal fitness is then compromised which can significantly impact physical health and well-being. Many health benefits are associated with musculoskeletal fitness, such as reduced coronary risk factors, increased bone mineral density (reduced risk of osteoporosis), increased flexibility, improved glucose tolerance, and greater success in completion of activities of daily living (ADL).

Muscular strength is positively associated with independence and overall quality of life, and negatively associated with morbidity and potentially premature mortality. Muscular endurance is positively related to overall quality of life. Elevated muscular endurance may reduce the incidence of falling and its associated injuries. Muscular power is predictive of functional capacity, resultant disability, and potentially premature mortality. Flexibility is positively associated with



mobility and independence. Women and the aged may be susceptible to musculoskeletal impairments leading to reduced health status and thus may represent primary target groups for intervention programs. (Warburton, 2001).

### AIM OF THE STUDY

The purpose of the study was to compare the musculoskeletal fitness between Indian and Sri Lankan school female Students.

### METHODOLOGY

**Sampling Technique:** - The sampling procedure used in this study is large distribution of random population. **Selection of Subjects:** - To achieve these purpose 500 Indian female students 500 Sri Lankan female students were selected randomly from Tamil Nadu, India and Sri Lanka respectively. The age of the subjects ranged for school female students between is 14-17 years. **Selection of variable:** - Muscular strength- Bent Knee Sit ups (Johnson,1988), Muscular endurance – Push ups /Modified Push ups (Johnson,1988) and Flexibility – sit and reach. (Barrow & McGee,1989). **Statistical technique:-** The collected data were compared by Independent “t” ratio and level of significant was fixed at 0.05

The mean, standard deviation and ‘t’ value of muscular strength , muscular endurance and flexibility for Indian and Sri Lankan school female students were presented in Table I.