A STUDY OF PHYSICAL FITNESS, MENTAL HEALTH OF TEACHER TRAINER

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ABSTRACT

The purpose of this study was to study Physical Fitness and Mental Health of Teacher Trainer. The participants were obtained from two of B.Ed. college Teacher Trainer (n = 300) were the subjects of this study. The subjects were selected on the basis of stratified random sampling technique. The names of all the B.Ed. Colleges in Pune University were listed region-wise as strata. It was concluded that Health related Physical Fitness is significantly associated with one's Mental Health.

Keywords: Physical fitness, Mental health and Teacher Trainer.

INTRODUCTION:

Due to scientific invention and explosion of knowledge in every sphere of human society, the life has become more sedentary and is habituated to be in the state of more comfort. The intensity of struggling for basic human needs (cloth, food & Shelter) has comparatively declined than our last generations. Along with the comfortable life and sedentary lifestyles, the grace in physical movement and tenacity for more physical activity has become questionable (Casperon et al., 1986; Stephens et al., 1985). As per the Darwin's principle of use i.e., "less use less strengthens of the organ and systems of human being," the human today has become a depot of various psychosomatic ailments associated with declined state of physical fitness and immunity too. This, in fact, results into a low-fit society not only representing a poor state of physical health by exhibiting poor muscular as well as organic development, but also indicating a declined state of mental health. Although the factors viz., stress, social support, life events, education and childhood traumas are the positive as well as negative indicators of mental health, its status is relatively poor among youth and it, in fact, improves with age. However, there is no independent relation between mental health and income adequacy. Similarly one’s ability of
adjustment is negatively associated with the level of insecurity (Kavitha, 1993), it has positive association with total self esteem, physical health, daily functioning, social interaction and overall quality of life. Stephens et al., (1999) have revealed that along with some potential demographic and psychosocial determinants one’s sound physical condition is positively associated with mental health. As the physical fitness is positively associated with one's mental health and well being (Morgan & Goldstone, 1987), recent trend of extremely comfortable as well as sedentary lifestyle is bound to affect the coordinated functioning of body and mind. As a result a person looses his psycho-physical homeostasis and persistent state of such an imbalance resulting to decline one's physical and mental health.

Many investigators (Stephens et al.,1985; Stephens & Craig, 1990) support that level of leisure physical activity is positively associated with general well-being and mood and negatively associated with depression and anxiety. Such result in turn reveals the existence of positive relationship between exercise and mental health. United States of America, therefore, chalked out a programme of "National Health Awareness 2000" and recommended the profession of physical education to take over the challenge. Various investigators (American College of Sports Medicine, 1988; Malina, 1987; Sallis & McKenzie, 1991) also suggest improving the health and fitness of the low-fit individuals in our society so as to facilitate one’s level of mental health. However, considering the complex and complicated nature of Indian socio-cultural setting and as the lifestyle of various socio-culture groups of Indian society is different, the level of 'socio-economic and psychosocial factors' in relation to Physical Fitness and Mental Health has become an interesting area of research. Literature reveals that lot of works has been done on different dimensions of mental health, however, no report regarding the association of 'health related physical fitness and mental health' is available so far. Moreover, no attempt has been made to predict one's level of mental health based on the performance on physical fitness. The topic undertaken for investigation in this piece of research, therefore, seems to be justified.

STATISTICAL TECHNIQUES:

(Mean), (Standard Deviation) (Two tailed test) and (ANOVA)
METHODOLOGY:

Three hundred (n=300) B.Ed. college, age ranged from 22 to 35 years, were the subjects of this study. The subjects were selected on the basis of stratified random sampling technique. The names of all the B.Ed. Colleges in Pune city were listed region-wise as strata and then 10 Colleges were selected randomly. College by applying Fisher’s Random Sampling technique without considering caste, creed and color.

Tools-

Since all the subjects, participated in this study, were well-versed with Marathi language, a standard ‘Mental Health Scale’ (Marathi version) as developed by Agashe (1988) has been administered to measure the status of subjects’ Mental Health. Although this questionnaire is reliable and valid for the subjects of this study, the researcher instantly determined its reliability (r=0.76, p<0.01) which is statistically significant.

Table No. 1 Statistical Analysis of Physical Fitness & Mental Health

<table>
<thead>
<tr>
<th>Variable</th>
<th>M</th>
<th>Mdn.</th>
<th>S. D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>S.UPS</td>
<td>25.29</td>
<td>25.00</td>
<td>9.70</td>
</tr>
<tr>
<td>P.UPS</td>
<td>25.42</td>
<td>23.00</td>
<td>12.80</td>
</tr>
<tr>
<td>C.V.E.</td>
<td>1765.99</td>
<td>1684.50</td>
<td>516.85</td>
</tr>
<tr>
<td>FLX.</td>
<td>39.43</td>
<td>40.00</td>
<td>11.26</td>
</tr>
<tr>
<td>B.M.I.</td>
<td>20.04</td>
<td>19.83</td>
<td>3.05</td>
</tr>
<tr>
<td>AGE</td>
<td>22.66</td>
<td>24.00</td>
<td>2.41</td>
</tr>
<tr>
<td>M.H.</td>
<td>22.82</td>
<td>23.00</td>
<td>4.46</td>
</tr>
</tbody>
</table>
Table No. 2 Co-relation of variable Physical Fitness & Mental Health

<table>
<thead>
<tr>
<th>Variable</th>
<th>Mental Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>-0.133**</td>
</tr>
<tr>
<td>C.V.E.</td>
<td>-0.115*</td>
</tr>
</tbody>
</table>

N = 300

* Correlation is significant at the 0.05 level (2-tailed)
** Correlation is significant at the 0.01 level (2-tailed)

FINDINGS:

Results on Relationship between Variables

1) Negative Correlation between Height and Mental Health was positive and statistically high (r = -0.133) (P>0.01)

2) Negative Correlation between Cardiovascular endurance and Mental Health was evidently seen Coefficient(r= -0.115) (P>0.05)

CONCLUSION:

There is negative Correlation between Health related Physical Fitness and Mental Health is significantly associated with one's.

Reference:


Journals & Thesis