

A STUDY OF PSYCHOLOGICAL IMPACT ON PHYSICAL HEALTH AND FITNESS AMONG ADOLESCENTS

GHANSHAYAM THAKUR¹ & DINESH KUMAR LAHARI²

¹Assistant Professor, Department of Psychology, Govt. Kaktiya P.G. College Jagdalpur, Bastar (C.G.), India

²Assistant Professor, Department of Psychology, Govt. Kaktiya P.G. College Jagdalpur, Bastar (C.G.), India

ABSTRACT

The research paper work aims at the studying psychological impact on physical health and fitness among the adolescents. In this research paper we have used, 2x2 factorial design. Youth problem inventory will be used consisted of physical health and fitness, self and self identified, economics and material facilities, friends and marriage, family, social, educational, vocational, cost, morality and religion dimensions developed by Badami (1970) these dimensions were depended variables. Gender (male- female - 2) locales (rural -urban- 2) two level were independent variables. Rural adolescents showed no significantly difference on psychological impact of physical health and fitness as compared to urban adolescent.

KEYWORDS: Physical Health and Fitness, College Student, Adolescents, 2x2 Factorial Design, Youth Problem

INTRODUCTION

The term adolescence is derived from the Latin word “adolescere” meaning to grow, to mature. It is considered as a period of transition from childhood to adulthood. They are children with good heights yet are not adults mentally. It is characterized by rapid physical growth, significant physical, emotional, psychological and spiritual changes. Adolescents constitute 22.8% of population of India as on 1st march 2000. They are not only in large numbers but are the citizens and workers of tomorrow. The problems of adolescents are multi- dimensional in nature and require holistic approach. A large number of adolescents in India are illiterate, malnourished, get married early, working in vulnerable situations, and are sexually active. They are exposed to tobacco or alcohol abuse.

Literature Review

According to (Pathak, Yegeshwar, 2014), the main purpose of their research was a study of mental health and social adjustment among college student boys and girls was calculated and result were revealed. There is no significant difference in social adjustment of college student boys and girls, the significant co- relation between mental health and social adjustment reveals highly positive correlation.

Studies to (Gosh, D., 2014) suggests mental health includes emotional, mental, and social well-being. Positive mental health improves the quality of life, educational achievement; relationship and psychological resilience. The present study attempts to determine the mental health of the tribal and non tribal college students of Tripura. Further it aims to investigate the effect of gender upon mental health. It also aims to compare the mental health of tribal hostillian and non hostillians. Results further reveal that, the college students from both the community possess poor mental health. The results of the Study can be used retrospectively for ensuring psychological intervention to improve the mental health of the

college students.

Kenari, M.A. (2014) studied The World Health Organization defined mental health state of complete physical, mental and social called (WHO, 2007). Some psychologists believe that the ability and flexibility to adapt and judge the environment denied fair and reasonable in the face of mental health and psychological criteria. (Knechtle, 2004) studied the treatment of mental illness as well as social and family life and enable compatibility of environmental. **It should be noted that those with no mental disorder but its necessarily mentally healthy, people account, oppose that those who have no mental disease but are not considered being healthy (Pereira, 2007).**

OBJECTIVE OF THE STUDY

To study the psychological effect of physical Health and fitness on rural and urban adolescent

HYPOTHESES OF THE STUDY

Rural and urban adolescent shows no significant difference in physical fitness

SCOPE

The sample will be randomly selected incidentally from different govt. college and private colleges of Raipur district available, their age ranges from 19 yrs to 24 years and education ranges from under graduate to post graduate from arts, science and commerce faculties.

RESEARCH DESIGN

Sample -

The sample selected will be purposive; it will be selected incidentally from different govt. colleges and private colleges of rural and urban area. 150 boys and 150 girls are chosen on the basis of their availability their age ranges from 19 yrs to 24 years and education ranges from under graduate to post graduate from arts, science, commerce, and Computer faculties.

Table 01: Sample Size of Rural and Urban Adolescent

Locale	Male	Female	Total
Rural	75	75	150
Urban	75	75	150
Total	150	150	300

Design

In the present research, design 2x2 factorial designs will be used. It will be going to study **(Physical health and fitness)**, of dependent variable. Gender (males, females -2) and locale (urban, rural- 2) two levels will be independent variables.

VARIABLE

Depended variable - Physical health and fitness

Independent variable - Gender (males, females), Locale (urban, rural)

TOOLS

Youth problem inventory will be used consisted of **Physical health and fitness**, self and self identified, economics and material facilities, friends and marriage, family, social, educational, vocational, cost, morality and religion of dimensions developed by Badami (1970) .

STATISTICAL TECHNIQUE

RESULTS –

Table 02: Mean Score on Physical health and Fitness Rural and Urban Adolescent (N= 75, Per Cell)

Locale	Male	Female
Rural	3.45	3.32
Urban	3.83	3.93
Total	3.64	3.63

Mean score by indicated rural Adolescent male was (M= 3.45) and female was (M=3.32), Urban Adolescent male was (M= 3.83) female (3.93) shown no significant difference.

Adolescence

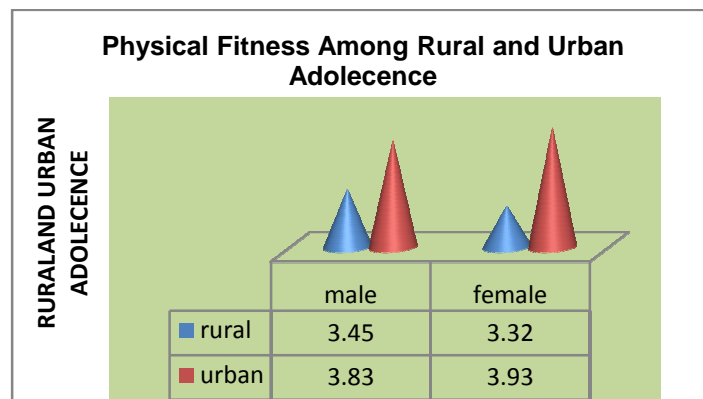


Figure 01: Graphical presentation on Physical Health and Fitness among Rural and Urban

Table 03: Analysis of variance on Physical fitness among Rural and Urban Adolescent

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
locale	18.253	1	18.253	2.985	NS
gender	.013	1	.013	.002	NS
locale * gender	1.080	1	1.080	.177	NS
Error	1810.320	296	6.116		
Total	1829.667	299			

Analysis of variance on physical fitness among rural and urban adolescent shows insignificant results on the basic of locale and gender insignificant results on the basic of physical fitness among rural and urban adolescent. Interaction effect was insignificant physical fitness difference among rural and urban college student.

CONCLUSIONS AND FUTURE WORK

Rural and urban college student found no difference between the physical fitness. Today, along with all the youth are aware of their health due to the Positive difference found in the study. Physical fitness among gender wise showed no difference among male and female college students. Today generation is conscious of the changing life styles. Young generations are also aware of life style and social changing which bring physical condition problems.

The future work proposed the psychological effects are improving to among physical health and fitness, mental health, spiritual think on rural and urban adolescent.

REFERENCES

1. Pathak ,Y.(2014). Mental health and social adjustment among college student. International journal of public mental health and neuroscience, 1(1), 11-14
2. Ghose, D. (2014). Mental health of the college students with respect to gender, community and domicile. International journal of social science & interdisciplinary Research, 3(12), 3 (12). 108-110
3. Pereira, A. C. et al. (2007). An in Vivo Correlate of Exercise-Induced Neurogenesis in the Adult Dentate Gyrus. Proceedings of the National Academy of Sciences of the United States Knechtle, B. (2004). Influence of Physical Activity on Mental Well-Being and Psychiatric Disorders. Schweiz Rundsch Med Prax, 93, 1403-1411. of America, 104, 5638-5643.