

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

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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