



**Physical Fitness of Students in relation to their level of aspiration, achievement and adjustment**

---

**Dr. Priti Banerjee**

Research Scholar

Deptt. of Education

Malwanchal University

Indore (M.P.)

**Dr. Priyanka Bansal**

Research Supervisor

Deptt. of Education

Malwanchal University

Indore (M.P.)

---

**ABSTRACT**

Education means the modifications in behaviour. This statement peruse to various alterations and modifications which many be conducted with the help of education, environment and teaching or training. Education may only be achieved, when the various body systems engaged and involved in a co-ordinative and systematic form. The educational concept of all-round development of a human being refers to various dimensions in which the physical dimension plays an important role to provide the practical shape to education process.

**Key words :**

**INTRODUCTION**

Each child should be well equipped to release the full genetic potential through a well-designed educational programme. In this regard, various educational planners and educationists are of the view that a comprehensive education plan should be implemented. Therefore, the central idea of the child development in a manner which should aim at enabling the child to attained goal in reference to health, high degree of physical, fitness and all-round development by improving all of his physical, mental, social, emotional and spiritual faculties. However, till date it is observed that education is restricted manually to the mental faculty with little emphasis on the other aspects of human development.

Physical education, as it would be agreed to enable the students to achieve a state of physical, mental and Social well beings. Furthermore, it has been a well estimated fact that participation in sports improves one's health. Physical fitness and work efficiency serves as a means of beneficial recreation strengthens social harmony and discipline. The need of every citizen irrespective to sex and age should therefore is to develop general standards of physical health, which would help them for participation in sports and shine.

The modern changes in the philosophy of physical education and concept have created interest in sports, development of various techniques and tests in the field of sports.

Today the stress is being placed by coaches and physical educators on the measurement of various physical characteristics, personality traits, level of adjustment, interests, attitudes, physiological factors effecting sports performances and differences in many such other factors related to sports participation.

Presently coaches and physical educators have become more conscious and concerned about the psychological and sociological aspects of sports rather than merely physiological fitness and skill in the various activities. They realized that physiological and sociological characteristics of the participants contribute more towards their success than mere physical fitness. They further need to know more about principles of motor learning, patterns of growth and development, the role of emotional phenomena, motivation for the peak performance, interpersonal relationship and character traits of the athletes.

In this way adjustment and socialization through sports and physical education activities have almost been thought to be major objectives of physical education. It is also clear from the literature that factors like family, school, somato typing, peer groups, participation in different activities (group and individual) exert great influence towards developing the adjustment and shaping of individual personalities of the sportsmen.

At the time course requirements were being dropped, there was a concurrent toward a recreation emphasis in the program of physical education activities or what were called "Lifetime sports". This trend has continued as more students still choose electives, such as tennis and bowling, instead of the traditional fitness and competitive sports oriented activities.

Most of the theories and available views in the research literature, reflects that whatever may be an individual's motive, need, derive or an end of the sportsman, one must aspires for success, highest performance, maximum achievement, recognition and self-satisfaction, Thereby, it is noted that within every individual, there must exists at one time or another, the desire to reach upward, to surpass others, to become stronger, better and more courageous for maximum performance and recognition during the sports competitions.

In continuation of the concept that the Government of India also emphasised on importance of physical education and sports in the National Policy for Education, 1986, in which they stated that, "Sports and physical education are an integral part of the learning process" and will be included in the evaluation of performance. A nation-wide infrastructure for physical education, sports and games will be built into the educational edifice,"

In National Education Policy - 1986, further reserved the detailed theme, regarding physical educational and sport for proper placing in the educational program for various levels of education. Keeping in view, the importance of physical education &

sports alongwith physical fitness, the policy explained it as, "Sports and physical education are an integral part of the learning process and will be included in the evaluation of performance. A nation wide infrastructure for physical education, sports and games will be built into the education edifice." The infrastructure will consist of play fields, equipment, coaches and teachers of physical education as part of the school improvement program. Available open spaces in urban areas will be reserved for playgrounds, if necessary by legislation. Efforts will be made to establish sports institutions and hostel where specialised attention will be given to sports activities and sports- related studies along with normal education. Appropriate encouragement will be given to those talented in sports and games. Due stress will be laid on indigenous traditional games.

As the efforts has been made by Government of India and various states Government in respect to physical fitness programme under physical education and sports promotion campaign, because the educationists and planners are also of this opinion that somebody contains sound mind. So, various programmes may be initiated to maintain the concept. The effect of physical fitness on fitness of mind may be positively revealed after going through comments and opinions of various educationists. The physical education and fitness programmes are also for various purposes for overall development of a child and also to protect from boredom during the educational tenure. The participation in physical fitness program may probably contribute for their academic excellence.

Regarding India, majority of the people are not health conscious, however, it is the foremost as well as prime duty of every individual to maintain himself in the best state of health. So, in order to boost the spirit of health awareness among students, a systematic, prudent and deliberate effort has been made to know the what, the when, the where and how or the whys of the health and physical education.

Physical fitness is really very significant for leading a happy and well balanced life. Physical fitness is necessary for reducing risk of heart and lungs diseases physically fit individuals tend to have lower resting blood pressure Every one wants to maintain one's Physical fitness because owing to Physical fitness, one can perform the routine work easily. That's why it is said that Physical fitness adds years to one's life. Many people remain under impression that Physical fitness is necessary only for sports. persons because they participate in vigorous activities of sports and games. They are not aware that Physical fitness is necessary for a common man too. Although Physical fitness varies according to task to be performed, yet a certain level of Physical fitness is necessary common man too. Physical fitness is important in the daily activities of walking, running, lifting, and carrying Physical fitness also improves posture and personal appearance. Physical fitness changes our life style or way of life. If we want to lead a healthy life, it is necessary to have Physical fitness. Medical doctor indicate that Physical fitness maintains muscular tissue, decreases the risk of injury and reduced lower back pain. They also instruct that muscular problem usually arises due to Lack of Physical fitness. Through Physical fitness we may remain active. Research studies in

the field of Physical fitness indicate that the children, who established Physical fitness in early life, are likely to remain active in future.

Finally, it can be concluded that physical education not only helps in physical development but it also helps in mental, social and emotional development of an individual through various programmes of physical education.

## **OBJECTIVE OF THE STUDY**

- To explore the level of physical fitness among intermediate male students of Meerut District in U. P.
- To explore the level of aspiration between high and low fitness groups.
- To explore the academic achievement of high and low fitness groups.
- To explore the level of adjustment between high and low fitness groups.
- To know the correlation coefficient between physical fitness and level of aspiration.
- To know the correlation coefficient between physical fitness academic achievement.
- To know the correlation coefficient between physical fitness and adjustment.
- To know the correlation coefficient between level of aspiration and academic achievement.
- To know the correlation coefficient between level of aspiration and adjustment.
- To know the correlation coefficient between academic achievement and adjustment.

## **DELIMITATIONS**

- The study was delimited to the students residing in District Meerut.
- The study was also delimited to the selected Physical fitness variables like Cardiovascular endurance, Explosive strength of legs, speed and Flexibility.
- The study was further delimited to the motor fitness test like 12 min run and walk, Standing broad jump, 50 yard dash and Sit and reach test.

## **LIMITATIONS**

- The study was limited to the students behaviour and their motivation level to answer the questionnaire as it may effect the results of the study.
- The study was limited to the daily routine and home environment of the students which may also effects the results of this study.

## **HYPOTHESES**

For the purpose of this study the research scholar as per his experience, hypothesized that;

- There will be no significant difference between high and low fitness groups in relation to their level of aspiration.
- There will be no significant difference between high and low fitness groups in relation to their academic achievement.

- There will be no significant difference between high and low fitness groups in relation to their (a) Emotional (b) Social and (c) Educational areas of adjustment.
- There will be insignificant correlation between physical fitness and level of aspiration.
- There will be insignificant correlation between physical fitness and academic achievement.
- There will be insignificant correlation between physical fitness and adjustment.

## SIGNIFICANCE OF THE STUDY

The variables under the study have not been explored by any other research scholar to the best of my knowledge with regard to intermediate college students in Meerut of U. P. The study will therefore signify following accounts;

- The findings of the proposed study will help in predicting the behaviour of students.
- The findings of proposed study may be utilized by physical education teachers, coaches and administrators during their professional training.
- The study will motivate the students to enhance the physical fitness and academic achievement.
- The result of the study may also highlight for the increase of physical education and sports activities in college curriculum.

## REFERENCES

Abraham P. Sperling, (1942) : “The Relationship Between personality Adjustment and Achievements in Phy. Edu. Activities” The Research Quarterly, Vol. 13, No. 3, P. 351 .

Aggarwal. J.C. “Education policy in India-(2007): Retrospect And prospect” First Edition, Shipra Publications, Delhi, P. 37.

Alderman, R.B (2010): “Psychological behaviour in sports.” Philadelphia: W.R. Saunders Company.”

Besett, Linda Sue. (1928): “Cardiovascular Fitness Exercise and Achievement in Mathematics and Reading” Dissertation Abstracts International. Vo. 48:08.P 2015A.

Clarke, H. Harrison and Clarke David, H.(1961): “Social Status and Mental Health of ics.” Res. Quart, 32: 326-36.

Gurpte, Poonam. “A Study of Academic Achievement In Relation To Adjustment and Academic Motivation.” M.Ed. Dissertation Submitted To the University of Delhi. Pp. 05-06.

Hyatt, William Stephen, (1983):” An Analysis of the Academic Success of Student Athletes in Selected Junior Colleges in Texas”. Dissertation Abstracts International, Vol.: 43:07, P. 2274 A.

Kumar, Kamna and Gogia, M. (2011): A study of sex difference as related to level of aspiration among high and low income groups. U.G.C. National Seminar on ‘Strategies for the Development of Deprived Sections of Indian Society’ held at M.K.P. College, Dehradun.

Mehra, Gur Pyari (1985): A study of creativity in relation to need of security and level of aspiration. Ph. D. Thesis, Garhwal University.

Shaffer, L. F. and Shoben, E. J. (1956): “The Psychology of Adjustment (2<sup>nd</sup>.ed) Boston: Houghton Mifflin.

Sharma, T.R. (1984): Academic Achievement Motivation Test (AAMT), Agra : National Psychological Corporation.

Sharma, V.P. and Gupta, A (2010): Educational Aspiration Scale Forms V and P. Agra : National Psychological Corporation.

Sheldon. W.H.: Hearth Emile M. and Mc Dermott, Eugene: Varieties of Delinquent Youth (New York: Harper and Brothers Publishers, 1949). Pp 26-27.

Waying E. Sinning, Lee N. Cunningham, Annette P. Racaniello and Janet L. Schools -(2007): “Body Composition and somatotype of Male and Female Nordic Skiers.” The Res. Quart. Vol. 48, No. 4, PP. 741-750.

Wells Richard H. and J. Steven Picou.(2005): “Interscholastic Athletes and Socialization for Educational Achievement”. Journal of Sport Behaviour : Pp 119-128.