



A comparative study of physical fitness of students in relation to their social adjustment

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Abstract

The study was conducted on twenty higher secondary school students studying in class 11th of District Moradabad in Uttar Pradesh. The purpose of the study was to find out the significant difference between Boys and Girls in relation to their Physical Fitness & Social Adjustment and find out the relationship between Physical Fitness and Social Adjustment. The sample of the study was drawn from 20 higher secondary school students in Moradabad District of Uttar Pradesh. The sample was comprised of 400 (200 Boys & 200 Girls) higher secondary school students. The study was based on descriptive survey. Random sampling Technique was used for data collection. Selected Physical Fitness components tests were used for Physical Fitness Measurement and for Social Adjustment measurement Dr. A.K.P. Sinha and Dr. R.P. Singh Adjustment Inventory was used. The data was analyzed by using appropriate statistical techniques such as Mean, S.D., t-test Critical Ratio and Correlation method.

The result of the study shows that there is a significant difference between boys & girls in relation to their Physical Fitness. The boys are superior than girls in Physical Fitness as they have a more mean value in Physical Fitness. The result of the study shows that there is no significant difference between boys and girls in relation to their Social Adjustment but the result of the study reveals that girls are better than boys in Social Adjustment. The result of the study also shows no significant relationship between Physical Fitness and Social Adjustment of higher secondary students.

Keywords: Physical fitness, social adjustment, higher secondary school

Introduction

The role of education is very much important in the society of human beings in its varied dimensions to the life. The education has different aspects to be carried with the educational schedule. The development and maintenance of various allied aspects to the education may prove very much important because they have their own purpose and identity to the concept of overall development of a child. Each education system and educationists refer to the overall development of child, which may be denoted as mental development (cognitive development), physical and physiological development (non-cognitive development) social development, intellectual development, spiritual and economical development etc.

Physical education provides awareness and learning attitude for the physical, mental, emotional, social and spiritual development of the human personality. It strengthens the social relationships and examines the impact of interactions between the individual, the family, the wider community and the environment on the health of population. It is education through physical.

These are conceptualised and taught through an integrated approach to ensure that students achieve a healthy, active lifestyle, including a sense of well-being. These are organized instruction in motor activities that contribute to the physical growth, health, and body image of the individual.

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.

Physical fitness refers to the organic capacity of the individual to perform the normal task of daily living without undue tiredness or fatigue having reserve of strength and

energy available to meet satisfactory any emergency demands suddenly placed upon him or her.

Social adjustment is an individual's capacity to effectively navigate and adapt to a society's values, norms, and expectations, allowing them to fulfill their needs and function harmoniously within their social environment. It involves coping with social demands, building relationships, and engaging in satisfying interactions to achieve a sense of integration and well-being within a community.

Need & Significance of the Study

The variables under the study have not been explored by any other researcher to the best of my knowledge with regard to higher secondary students. The findings of the study will help in predicting the behaviour of students. The findings of 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 social adjustment.

Adjustment is the process whereby an individual enters into harmonious or healthy relationship integration of Personality with his environment, physical, and social. Adjustment of the student with his environment is extremely essential for his overall development. It plays a main role in moulding their personality and character. Higher secondary school students face many type of new problems in the age. During this period, the students should be given certain education and training pertaining to have some adjustment. This would take the students to a long way in the path of their progress. So it is highly essential to deal with this topic 'physical fitness and social adjustment of higher secondary school students'.

Review of Related Literature

MOULEY 1964 writes "The survey of the literature is a crucial aspect of the planning of the study. It has various important purpose to serve. It reduce the possibility of unnecessary duplication of work and provide guidance for further research in the particular area." Thus the survey of related research is an essential aspect of a research project.

Alegaonkar (1989) Conducted a study on "A study of self-concept, emotional, social, educational adjustment and Physical fitness". The purpose of the study was to examine relationship between Self-concept, adjustment and physical fitness of sixty two boys in the age group of 12-14 years. The results suggested that self-concept was associated with some of physical fitness aspects. It was conducted that the self-concept and physical fitness were highly related and also adjustment was related significantly with self- concept and physical fitness.

Suthar (2015) studied on "Social Adjustment of College Students in Relation to Gender".

Objective: 1. To assess male and female college students' social maturity; 2. to assess male and female college students' emotional adjustment; and 3. to assess male and female college students' social adjustment. Method: For data collecting, the survey approach was employed. R.C. Deva (1990) created the Social Adjustment Inventory, which was given to college students from Mehsana's numerous colleges. There was a total of 100 statements to answer. A high score indicated good Social Adjustment, whereas a low score indicated poor Social Adjustment. All of the directions in the inventory handbook were followed to the letter. Result: There was no statistically significant difference between male and female college students in terms of social maturity, emotional adjustment, or social adjustment.

Ghatak (2018) studied on "A Study on Social Adjustment of Adolescents".

Objectives: 1. To ordain whether there is a substantial gender difference in adolescent social adjustment, 2. To ordain whether there is a substantial difference in adolescent social adjustment based on their geographic location. Method: To gather data for the current inquiry, a survey method was used. The study comprised a total of 100 students from higher secondary school. The schools were chosen using a purposive sampling technique, whereas the pupils were chosen using a random sample technique. Dr. Ashutosh Kumar's The data for the study was acquired using a social adjustment scale, and the data was analysed using describe Integration of Personality and inferential statistical techniques. Results: There is a substantial difference in Adolescent Social Adjustment based on Gender, however adolescent Social Adjustment does not differ significantly depending on where they live (Urban and Rural).

Objectives

1. To study the physical fitness between boys and girls of higher secondary students.
2. To study the social adjustment between boys and girls of higher secondary students.
3. To know the relationship between physical fitness and social adjustment of higher secondary students.

Hypotheses

The following null hypotheses were applied for this study:

1. There will be no significant difference between boys and girls of higher secondary students in relation to their physical fitness.

2. There will be no significant difference between boys and girls of higher secondary students in relation to their social adjustment.
3. There will be no significant relationship between physical fitness and social adjustment of higher secondary students.

Delimitations

1. The study was delimited to higher secondary students in Moradabad District of Uttar Pradesh
2. The study was delimited to the sample of 400 (200 Boys & 200 Girls) higher secondary students.
3. The study was delimited to physical fitness and social adjustment variables.

Research Methodology

The sample of the study was drawn from 20 higher secondary school students in Moradabad District of Uttar Pradesh. The sample was comprised of 400 (200 Boys & 200 Girls) higher secondary school students. The study was based on descriptive survey. Random sampling technique was used for data collection. Selected Physical Fitness components tests were used for Physical Fitness Measurement and for Social Adjustment measurement Dr. A.K.P. Sinha and Dr. R.P. Singh Adjustment Inventory was used. The data was analyzed by using appropriate statistical techniques such as Mean, S.D., t-test Critical Ratio and Correlation method.

Analysis and Interpretation of data

Table 1: Physical Fitness between Boys and Girls

Variable	Group	N	Mean	S.D.	C.R./'t' Value	Level of Significance
Physical Fitness	Boys	200	71.88	7.48	17.93	Significant
	Girls	200	58.49	7.38		

Table 1 shows that the C.R./t-Value is found to be 17.93 which is significant at .05 level of significance.

The hypothesis stated that "There will be no significant difference between boys and girls of higher secondary students in relation to their physical fitness." is hereby rejected as the result of the study shows a significant difference between boys and girls in Physical Fitness.

Table 2: Social Adjustment between Boys and Girls

Variable	Group	N	Mean	S.D.	C.R./'t' Value	Level of Significance
Social Adjustment	Boys	200	12.76	2.01	1.33	Not Significant
	Girls	200	12.52	1.76		

Table 1 shows that the C.R./t-Value is found to be 1.33 which is not significant at .05 level of significance.

The hypothesis stated that "There will be no significant difference between boys and girls of higher secondary students in relation to their social adjustment" is hereby accepted as the result of the study shows no significant difference between boys and girls in Social Adjustment

Table 3: Relationship between Physical Fitness and Social Adjustment

Variables	N	Coefficient Correlation
Physical Fitness	400	.082
Social Adjustment	400	Not Significant

Table 3 shows that no significant relationship between Physical Fitness and Social Adjustment.

The hypothesis stated that "There will be no significant relationship between Physical Fitness and Social Adjustment of higher secondary students" is hereby accepted as the result of the study shows no significant relationship between Physical Fitness and Social Adjustment.

Results of the Study

The result of the study shows that there is a significant difference between boys & girls in relation to their Physical Fitness. The boys are superior than girls in Physical Fitness as they have a more mean value in Physical Fitness. The result of the study shows that there is no significant difference between boys and girls in relation to their Social Adjustment but the result of the study reveals that girls are better than boys in Social Adjustment.

The result of the study also shows no significant relationship between Physical Fitness and Social Adjustment of higher secondary students.

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