



Health related physical fitness and psychological well-being and current attitude and study habits

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Abstract

The main aim of the present study was to study the psychological wellbeing in relation with physical fitness and study habit (concentration) among the adult aged 18-25 years. In the present study researcher dealt with the data collected through the administration of appropriate tools. A psychological wellbeing questionnaire, concentration questionnaire was used to assess the psychological wellbeing and concentration. The study was conducted on sample of 100 student and youth falling in the age range of 18-25 year. The subject for the study was chosen on random basis from various educational institutes situated in the Raipur and Bilaspur district of Chhattisgarh state. Initially a total sample of 100 college male students would be considered of age 18-25 year out of 100 college students, 50 would be considered from Raipur and 50 from Bilaspur district. The final samples were consist of college student with high and low physical fitness. The collected data was analyzed by applying percentage distribution and ANOVA. The comparative analysis (ANOVA-post hoc - LSD) showed significantly ($p < 0.05$) differences in psychological wellbeing. The average wellbeing of high physical fitness group was statistically significantly ($p < 0.05$) higher as compared with that of the average and low physical fitness group. The least wellbeing is witnessed in low physical fitness group. Similarly, average physically fit group showed significantly ($p < 0.05$) lower wellbeing and higher wellbeing than low physically fit groups. In nutshell, it can be said that there might be relationship between physical fitness and psychological wellbeing of human subjects. As function of tribe the comparative analysis (ANOVA) showed significantly ($p < 0.05$) differences in fitness between the studied groups. The average fitness of tribal group was statistically significantly ($p < 0.05$) higher as compared with that of the average of non-tribal group. In nutshell, it can be said that the arm strength of the tribal individuals are stronger than non – tribal individuals. In concentration the result of the hyperactivity disorder showed that the more number of studied subjects showed normal (57%) and less number (43%) of subjects experiencing the hyperactivity disorder symptoms. Result clearly indicate significant ($p < 0.05$) difference in the concentration level among the groups. The lowest value is seen in low physical fitness group. The moderate physical fitness group showed highest concentration among the group which indicate significantly better concentration than that of other groups.

Keywords: physical fitness, psychological wellbeing, study habit (concentration)

Introduction

Physical fitness is the capability of the heart, blood vessels, lungs and muscles to function at optimal level. Optimal efficiency means the most favorable health needed for the enthusiastic and pleasurable participation in daily tasks and recreational activities efficiently. In other words, people who are physically fit look better feel better, and process the good health necessary for a happy and full life. Physical fitness can be classified into categories namely, 'health related physical fitness and motor skill related physical fitness. Health related physical fitness could be defined as a scientific body of positive effect or regular and vigorous exercise with the prevention of degenerative disease, such as coronary heart disease, obesity and various musculoskeletal disorders.

Regular physical activity is associated with a reduced risk of all-cause mortality among adolescents and youth. Physical activity is associated with benefits in the prevention and control of emotional distress and improvement of self-esteem. Emotional and psychological well-being have been considered, as an important benefit of physical activity (Calfex & Taylor 1994, Sothen et al. 1999 Mc Auley &

Rudolph, 1995) psychological well-being can be defined as individuals. Healthy state of mind, which can help in perceiving oneself positively. In the context of Bandura's, social cognitive theory behavioral social and cognitive factors are proposed to be related to physical activity behavior, and its effective concomitants. Behavioral, cognitive and social factor influence psychological well-being. Exercise reduce Anxiety. Social context also enhance psychological well-being for example good leadership style restores the psychological well-being.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (WHO).

The common belief is that sports enhance on individuals physical and mental health or his psychological well-being. The meaning of the term 'mental health' is ambiguous and may be used in different ways. The word 'mental' implies something more than the purely cerebral functioning of a person; it also stands for his emotional-affective states and the relationships he established with others. Similarly 'health' implies more than 'physical health' it connotes the individuals

intrapsychic balance, the fit of his psychic structure with the external environment, and his social functioning. In common usage 'mental health' often means psychological well-being and positive health (Schwartz & Schwartz 1968).

Materials and Methodology

The study was conducted on sample of 100 student and youth falling in the age range of 18-25 year. The subject for the study was chosen on random basis from various educational institutes situated in the Raipur and Bilaspur district of Chhattisgarh state.

Sample

Initially a total sample of 100 college male students would be considered of age 18-25 year out of 100 college students, 50 would be considered from Raipur and 50 from Bilaspur district. The final samples were consisting of college student with high and low physical fitness schematic presentation of the final sample is given below.

Table 1

Raipur		Bilaspur	
High Physical Fitness	Low Physical Fitness	High Physical Fitness	Low Physical Fitness
25	25	25	25

Design

The dependent variable for the study is the psychological well-being of college level male student. The independent variable of the study was health related physical fitness and study habit (Concentration) thus the design for the study would be 2X2 factorial design.

Tabulation, analysis, interpretation of data

The main aim of the present study was to study the psychological wellbeing in relation with physical fitness and study habit (concentration) among the adult aged 18-25 years in Raipur and Bilaspur, Chhattisgarh, India.

In the present study researcher dealt with the data collected through the administration of appropriate tools. A psychological wellbeing questionnaire, concentration questionnaire was used to assess the psychological wellbeing and concentration.

Table 1: Showing the characteristics of psychological wellbeing as function of physical fitness

Group	Mean	S.D	S.E
Low Physical Fitness	12.27	2.97	0.21
Average Physical Fitness	13.26	3.10	0.15
High Physical Fitness	13.88	3.07	0.22
Total	13.17	3.11	0.11

Table 2: Showing the characteristics of psychological wellbeing as function of tribe

Group	Mean	S.D	S.E
Non - Tribal	13.21	3.14	0.15
Tribal	13.12	3.08	0.15
Total	13.16	3.11	0.11

Result of the current study habit (concentration)

On the Base of the statistical analysis the finding and interpretation and finding on current study habits (concentration) are as follows:

Result of the pie chart showed that the largest part of (85%) the players have found mild concentration. In contrast, very few (4%) of the subjects showed good concentration. The 11% players were found very bad level of concentration (figure 1).

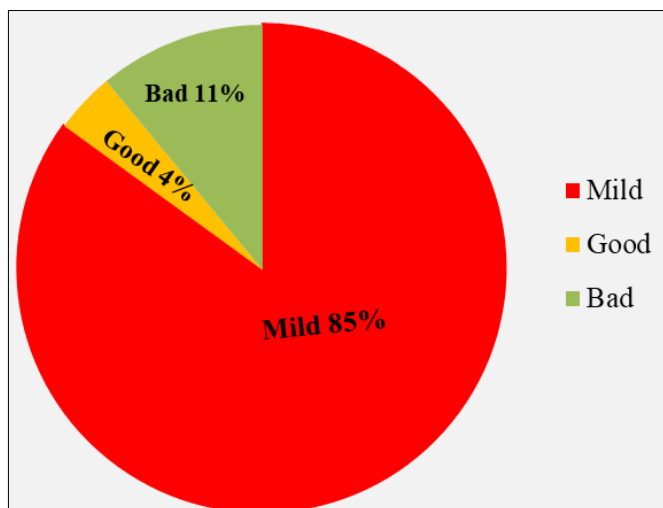


Fig 1: Showing the prevalence of concentration and study habit distribution among the subjects

Distribution of hyper activity disorder

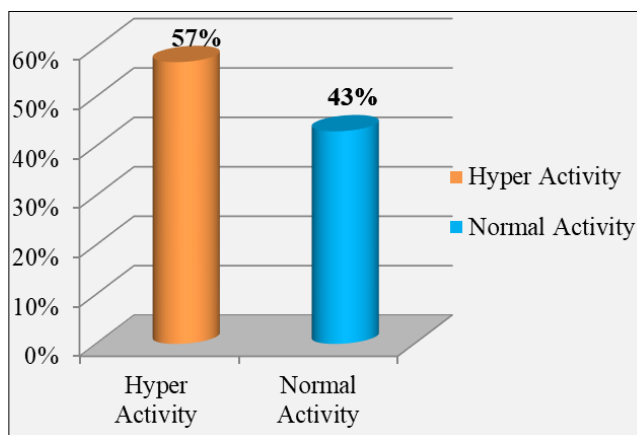


Fig 2: Showing the distribution of hyperactivity disorder among the subjects

Result of the hyperactivity disorder showed that the more number of studied subjects showed normal (57%) and less number (43%) of subjects experiencing the hyperactivity disorder symptoms.

Results

The comparative analysis (ANOVA-post hoc - LSD) showed significantly ($p = 0.05$) differences in psychological wellbeing. The average wellbeing of high physical fitness

group was statistically significantly ($p = 0.05$) higher as compared with that of the average and low physical fitness group. The least wellbeing is witnessed in low physical fitness group. Similarly, average physically fit group showed significantly ($p=0.05$) lower wellbeing and higher wellbeing than low physically fit groups. In nutshell, it can be said that there might be relationship between physical fitness and psychological wellbeing of human subjects.

As function of tribe the comparative analysis (ANOVA) showed significantly ($p=0.05$) differences in fitness between the studied groups. The average fitness of tribal group was statistically significantly ($p=0.05$) higher as compared with that of the average of non-tribal group. In nutshell, it can be said that the arm strength of the tribal individuals are stronger than non – tribal individuals.

In concentration the result of the hyperactivity disorder showed that the more number of studied subjects showed normal (57%) and less number (43%) of subjects experiencing the hyperactivity disorder symptoms. Result clearly indicate significant ($p=0.05$) difference in the concentration level among the groups. The lowest value is seen in low physical fitness group. The moderate physical fitness group showed highest concentration among the group which indicate significantly better concentration than that of other groups.

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