

Role of Physical and Mental Fitness in Learner's Life

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Abstract

A person who is fit is capable of living life to its fullest extent. Physical and mental fitness play very important roles in our lives and people who are both, physically and mentally fit are less prone to medical conditions as well. People who are physically fit are also healthier, are able to maintain their most optimum weight, and are also not prone to cardiac and other health problems. In order to maintain a relaxed state of mind, a person should be physically active. A person who is fit both physically and mentally is strong enough to face the ups and downs of life, and is not affected by drastic changes if they take place. There are five main components that help to integrate the physical fitness in a person **Flexibility, Muscular Strength, Muscular Endurance, Cardiovascular Fitness, Body Composition** so we can say that physical fitness not only increase the caliber of our mind but also provide a healthy body that can perform variable functions.

KEYWORDS: Physical, Cardiac, Fitness, healthier

INTRODUCTION:-

brain is responsible for both mental processes and physical actions of the human body, brain health is important across the life span. In adults, brain health, representing absence of disease and optimal structure and function, is measured in terms of quality of life and effective functioning in activities of daily living. In children, brain health can be measured in terms of successful development of attention, on-task behavior, memory, and academic performance in an educational setting. This chapter reviews the findings of recent research regarding the contribution of engagement in physical activity and the attainment of a health-enhancing level of physical fitness to cognitive and brain health in children. The practice of physical exercise is extremely beneficial to health. It has several health-related benefits for children and adolescents . Growing literature has exposed a significant relationship between academic performance and physical activity . There has been much interest in studies on the potential benefits of physical activity for the development of cognitive abilities over the last several years, strongly recommending physical activity as an effective instrument for building psychological well-being Physical activity is now believed to be an established treatment against depression for adults . Additionally, properly managed physical activities are important for processing information, particularly in adults. As a result, the idea that a high level of physical activity is effective for increasing thoughtfulness, meditation, and, as a consequence, academic performance is attractive to the learners.

OBJECTIVES:-

- (1) To explore the relationship between health and learning;
- (2) to support them in advocating and promoting mental fitness as a component of healthy aging;
- (3) To identify the components of a program in mental fitness for seniors.

METHOD AND PROCEDURE:-

Random sampling technique was employed. A total sample consisted of 155 students selected from four different school of district Ropar were taken for the investigation. The sample consisted of boys and girls, rural and urban doing class Xth.

Measures

- Test of general Intelligence by Dr. K.S. Mishra and Dr. S.K.Pal (2007).
- A self made diagnostic test.

RESULTS AND DISCUSSION:-

Table 1 showing values of correlations

Correlation Variable	Subject	Correlation value	Degree of freedom
R(a,b)	N=155	-0.563	153
R(c,d)	N=91	-0.627	89
R(e,f)	N=64	-0.448	62

Table 1 clearly indicates that the value of product moment coefficient of correlation between physical and mental health for the total sample was found to be the order of 'r'_(a,b) = -0.563 (df=153, N=155) depicting that there is significant and correlation between the physical and mental health. The coefficient of correlation value for Boys and Girls revealed significant and negative of the order of r_(c,d) = -0.627 (df=89, N=91) and r_(e,f) = -0.448 (df=62, N=64) indicating negative and significant correlation between the variables taken. The magnitude of coefficient correlation in case of boys is higher than those of girls. It indicates that boys commit more physically and mentally fit than those of girls. Thus the first hypotheses stating that there will be no significant relationship between physical and mental health in learners life of X class students stands rejected.

Table 2 Showing t- value beteen boys and girls on the basis of their Mental Health

Sr.No.	Type	Mean	S.D.	t-value	Interpretation
1.	Boys	34.09	8.82	0.09	Non-Significant
2.	Girls	34.39	6.67	0.09	Non-significant

The table 2 clearly indicates that boys and girls do not differ significantly in their physical and mental health of learner as the values of the t-test applied are found to be ($t=0.09$) non-significance. Thus, the hypothesis stating that Boys and Girls law students do not differ on the basis of their physical and mental health stands verified and hence accepted.

CONCLUSION:-

On the basis of analysis of data the conclusion of the study as : boyh boys and girls have committed highest percentage of the physical health and lowest in the area of mental health. almost equal percentage of the boys and girls have been committed in this area. Boys and girls are physically and mentally fit.

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