

A Critical Study of Mental Health, Physical Education and Assertiveness of High School Students of Chandwad Tehsil

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Abstract

Physical education plays important role in school education. Physical and psychological aspects of children are considerable according to their development. In the present study, researcher has tried to examine the effect of physical education on children's mental health, their personality trait like assertiveness etc according to their participation in sport trend, but as a game teacher, researcher, want to confirm these findings, he chose this activities and aloof from them with their gender. Various past researches indicates this type of subject. For this purpose he used 2X2 factorial design. Six hundred school students are selected randomly from secondary schools of Chandwad Taluka, Nashik district. Results revealed that physical education has impact on mental health and assertiveness of students. As well as it is found that there is a positive relationship between physical education training and mental health and physical education training and assertiveness of the students. Gender difference has been found in mental health but not in assertiveness.

This is a survey type research and fulfills all the requirements of survey research. By using the 2x2 factorial design and ANOVA was used for analysis of data. In this, mean scores of two groups were compared. ANOVA (Analysis of Variance) and LSD (Least Significant Difference) statistical techniques were used for data analysis.

Introduction

Games and exercise are useful for our health. Sound mind and sound body is a result of games and playing. Sport has many aspects. Psychological aspect of the player is very important for good performance and it is a matter of research study. Health, may be physical or mental, is the essential for every student. The population for this study consisted of all the secondary school students from the Chandwad tehsil in the present study researcher try to achieve four goals of research in management: Description, prediction, understanding, and creating change. Researcher used survey research method to develop detailed descriptions of behavior, often in natural settings. Survey research method allow researcher to describe people's attitudes and opinions. Researcher will able to make predictions about behavior and mental processes when he or she discovers measures and observations of secondary students. Description and prediction are essential to the scientific study of behavior; researcher also seeks for understanding the "why" of behavior. We achieve scientific understanding when we identify the causes of a phenomenon.

Key of the study: It may guide to policy makers to take necessary steps in the direction of sport and player's development and identify the benefits of Physical Education and effect of exercise on the mental health and assertiveness of secondary school students.

Aim & Objectives of the study:

- To studying physical education aspect of the secondary school students.
- To find out various aspects of the mental health of secondary school students.
- To be identify the benefits of physical education and exercise.
- To find out assertiveness aspect of secondary school students.
- To analyze the effect of exercise on the mental health and assertiveness of secondary school students.

Research Sample & Design:

For the present research, following type of research design i.e. 2X2 is carried out.

		Type of student		Total
		Players	Non-players	
Gender	Boys	150	150	300
	Girls	150	150	300
Total		300	300	600

Mental health inventory:

To assess the level of positive mental health in secondary school student, Mental Health Inventory developed by Jadish and Srivastava has been used. In the present inventory there are 56 items including 32 ‘false keyed’ and 24 ‘true-keyed’. The present inventory assesses six dimensions of positive mental health. They are.

- 1) Positive self evaluation
- 2) Perception of reality
- 3) Integration of personality
- 4) Autonomy
- 5) Group oriented attitude
- 6) Environmental mastery

Assertiveness inventory:

For assessing assertive behavior of secondary students, researcher used Tasneem Naqvi’s assertiveness inventory. This test has widely used test and it has sound reliability and sound validity. This test has two parts, part one includes 35 statements and part two covers six areas of assertive behavior.

Interpretation

Scores	Interpretation
110-135	Practically Assertive
91-109	Usually Assertive
60-90	Average Assertive
34-59	Non-Assertive
7-33	Entirely Non-assertive

Procedure of data collection:

The participants were approached in the secondary schools of Chandwad area. They were told that this was a research to find out the effect of physical education on mental health assertiveness. During the meeting the confidentiality was assured that their

responses would be used for research purposes only. The Mental Health Inventory and Assertiveness inventory were circulated to them and asked to fill the information regarding their age, gender, class, etc. properly. It took about 45 minutes to complete both the inventories. They were told to ask if they had any doubt regarding the items.

Data analysis:

For the present study, there were 600 randomly selected samples used for data collection. 300 players and 300 non-players are considered for test administration. In 300 players, 150 are boys and 150 girls as well as in 300 non-players 150 are boys and 150 are girls. All the students selected from various secondary schools of Chandwad tehsil area. The technique of statistical analysis, analysis of variance (ANOVA) in order to examine the roll of main variables and to study their main as well as interaction effects. Subsequently, another statistical technique termed as the least significant difference (post-hoc) test was apply to find out the significance between two means in specific pairs of sub-groups formed by different levels of mains variables. To check the relation and association between physical education mental health and assertiveness, correlation method was used.

Results and Discussion

A Critical Study of Mental Health, Physical Education and Assertiveness of Secondary Students of Chandwad Tehsil'. With reference to, this title incorporated the main concepts such as, mental health, its dimensions, physical education, training and assertiveness of secondary school students of Chandwad tehsil. Researcher has been delineated a concept of secondary school student and also included back ground and significance of the research.

The researcher included various studies on physical education, mental health and assertiveness of students. All the studies are associated with present day situation. Some studies are not completely but partly related to the present hypothetical variables, which are included in the study.

The samples means subjects were drawn from the schools of Chandwad tehsil, Nashik district. These schools and samples were randomly selected. The age range of the sample was 10 to 15 years. Here, researcher used 2x2 factorial research designs. In this section the researcher has mentioned the objectives, hypotheses, variables, operational definitions, design of the study, standardized tools for the purpose of data collection, all these methodological concepts tried to explain very clearly which are helpful for explain the design of research.

This is a survey type research. Hence, researcher has employed and fulfills all the requirements of survey research. By using the 2x2 factorial design and ANOVA was used for analysis of data. In this chapter mean scores of two groups were compared. ANOVA (Analysis of Variance) and LSD (Least Significant Difference) statistical techniques were used for data analysis.

Conclusions:

Findings are substantial and relevant on the line of hypotheses. These salient results are mentioned here in brief.

- The effect of physical training has been found in type of student. I.e. Students who involved in physical education activities are show better mental health characteristics than those who are not involved in physical activities’.
- Gender difference has found in terms of mental health. Boys student of secondary education have better mental health than girl students’.
- According to assertiveness trait of personality, it is found that students who involved in physical education activities are more assertive than those who are not involved in physical activities.
- Assertiveness trait is equally works in boys and girls. No gender difference is found in terms of assertiveness.
- Significant relationship is found between physical training and mental health of the students. There is a positive relationship between physical education and mental health.
- As well as assertiveness is associated with physical education training. There is a positive relationship between physical education and assertiveness.

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