

**ANALYSIS OF PHYSICAL FITNESS OF PHYSICAL EDUCATION
AND EDUCATION TRAINEES WITH DIFFERENT
LEVELS OF ADJUSTMENT**

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Abstract

The present study is to find out the physical fitness of teachers with different levels of adjustment. The present study was chosen as descriptive survey method. The population of the study comprised of secondary school teachers working in government, private aided and unaided institutions of Bangalore Division. The sample comprised of 200 physical education trainees and 200 general education trainees selected by stratified random sampling technique. The Dahiya and Singh Teaching Aptitude Test developed by Dr. Surender S. Dahiya and Dr. L.C. Singh was used to assess the adjustment level of teachers in the present study. The physical fitness variables such as Abdominal Strength measured by Sit-ups test in numbers; Agility measured by Shuttle Run test in second; Explosive strength of Legs measured by Standing Broad Jump in meters; Speed measured by 50 Yard Dash in second. and Explosive Strength of Arms measured by Softball Throw. F test (One-way ANOVA) was used to examine the significant differences in the Physical Fitness in relation to their Adjustment levels. The ANOVA result shows that adjustment was influenced on improving the physical fitness of teachers.

KEYWORDS : Physical Fitness, Adjustment, Teachers, General Education, Physical Education.

INTRODUCTION

Physical fitness is the ability to carry out daily tasks vigor and alertness, without undue fatigue, and with ample energy to engage in a leisure time pursuits and to meet the above average physical stresses encountered in emergency situations. Physical fitness is the basic foundation of most of the activities by an individual in his daily life. Adjustment means, the process of adapting or becoming used to a new situation. Maladjustment means Inability to react successfully and satisfactorily to the demands of one's environment. It implies that an individual's failure to meet social or cultural expectations. According to Shaffer, "Adjustment is the process by which living organism maintains a balance between its need and the circumstances that influence the satisfaction of these needs". Adjustment implies a satisfactory adaptation to the demands of day to day life and keeping a balance between need and capacity to realize needs.

Therefore, it is disturbing to find that many of today's teachers are dissatisfied with their jobs. A teacher, who is happy with his job, plays a pivotal role in the upliftment of society. Well-adjusted and satisfied teacher can contribute a lot to the wellbeing of his/her pupils. A dissatisfied teacher can become irritable and may create tensions which can have negative influence on the students' learning process and it consequently affects their academic growth. Hence the researcher intended to study the physical fitness of the physical education and general education trainees working with different levels of adjustment.

Objectives of the Study:

The objective of the present study is to study the physical fitness of teachers working with different levels of adjustment.

Statement of Hypotheses

Ho₁ There is no significant difference in the selected physical fitness of teachers working with different levels of adjustment

RESEARCH METHODOLOGY

Research Design: The present study was chosen as descriptive survey method.

Selection of Subjects:

Population: The population of the study comprised of physical education and general education trainees working in secondary schools of Bangalore division, Karnataka state.

Sample of the Study: The sample comprised 400 (200 physical education and 200 general education trainees teaching core subjects) secondary school teachers selected by stratified random sampling technique.

1.1 Selection of Variables: The following variables were considered for the study:

Sl. No	Physical fitness variables	Field Tests
1.	Abdominal Strength	Sit-ups
2.	Agility	Shuttle Run
3.	Explosive Strength of Legs	Standing Broad Jump
4.	Speed	50 Yard Dash
5.	Explosive Strength of Arms	Softball Throw

1.2 Description of Dahiya and Singh Teaching Aptitude Test :

1. To assess the Teaching Aptitude amongst the B.Ed. Trainees and the B.P.Ed. Trainees 'Dahiya and Singh Teaching Aptitude Test designed by Dr. Surender S. Dahiya and Dr. L.C. Singh is selected which elicits the individual's ability to acquire with training abilities for teaching work.

1.3 Statistical Techniques Used: F test (One-way ANOVA) was used to examine the significant differences between among groups. In all the cases

0.05 and 0.01 levels was fixed to test the stated hypothesis.

2. RESULTS AND DISCUSSION:

This section presents the nature of distribution of scores obtained on the dependent and independent variables employed in the study. The mean and standard deviation of selected background variables among teacher trainees of the total sample.

Table-2

Table showing Number (N), Mean and Standard Deviation of Selected Physical Fitness of B.Ed. Teacher Trainees.

Variables	Group	N	Mean	Standard Deviation
Abdominal Strength	Male	100	38.330	1.116
	Female	100	22.600	0.497
Agility	Male	100	15.902	0.135
	Female	100	18.866	0.160
Leg Explosive Strength	Male	100	2.095	0.019
	Female	100	1.826	0.020
Speed	Male	100	7.603	0.143
	Female	100	8.100	0.105
Arm Explosive Strength	Male	100	49.450	0.720
	Female	100	28.350	0.750
	Female	100	28.350	0.750

The table-2 shows the variable, group, number, mean and standard deviation of male and female teacher trainees in respect of Physical Fitness.

As seen in the above table, it is observed that the B.Ed. male teacher trainees' Abdominal Strength mean scores is 38.330 and standard deviation is 1.116, whereas the B.Ed. female teacher trainees' Abdominal Strength mean scores is 22.600 and standard deviation is 0.497. It can be seen from the

above Table, it is observed that the male teachers ($M=38.330$) have more Abdominal Strength than female teachers ($M=22.600$).

The B.Ed. male teacher trainees' Agility mean scores is 15.902 and standard deviation is 0.135, whereas the B.Ed. female teacher trainees' Agility mean scores is 18.866 and standard deviation is 0.160. It can be seen from the above Table, it is observed that the male teachers ($M=15.902$) have more Agility than female teachers ($M=18.866$).

The B.Ed. male teacher trainees' Leg Explosive Strength mean scores is 2.095 and standard deviation is 0.019, whereas the B.Ed. female teacher trainees' Leg Explosive Strength mean scores is 1.826 and standard deviation is 0.020. It can be seen from the above Table, it is observed that the male teachers ($M=2.095$) have more Leg Explosive Strength than female teachers ($M=1.826$).

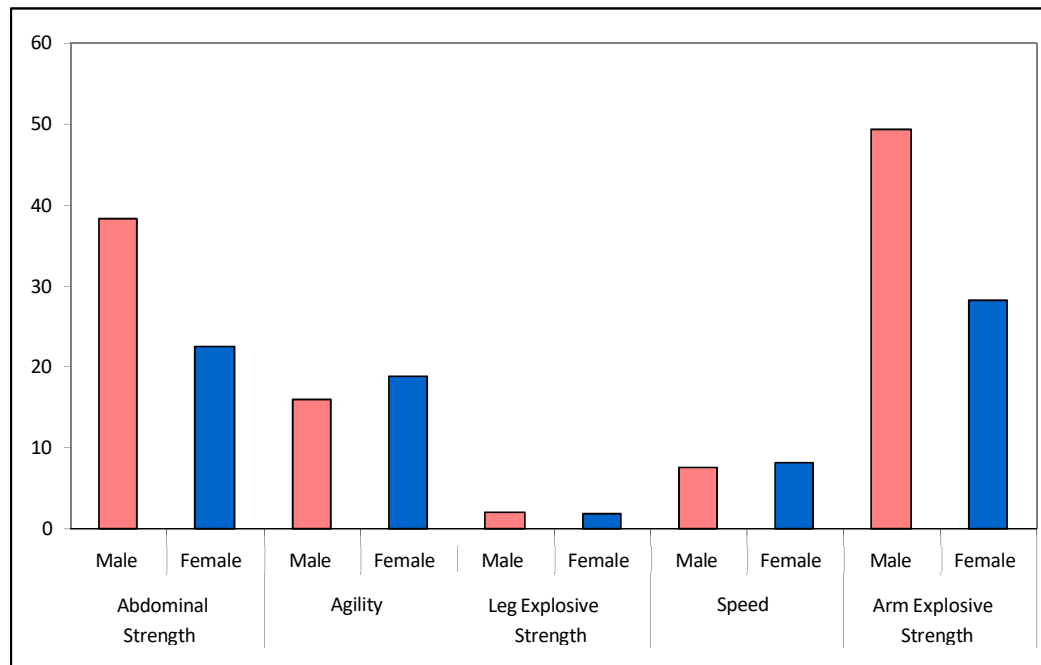
The B.Ed. male teacher trainees' Speed mean scores is 7.603 and standard deviation is 0.143, whereas the B.Ed. female teacher trainees' Speed mean scores is 8.100 and standard deviation is 0.105. It can be seen from the above Table, it is observed that the male teachers ($M=7.603$) have more Speed than female teachers ($M=8.100$).

The B.Ed. male teacher trainees' Arm Explosive Strength mean scores is 49.450 and standard deviation is 0.720, whereas the B.Ed. female teacher trainees' Arm Explosive Strength mean scores is 28.350 and standard deviation is 0.750. It can be seen from the above Table, it is observed that the male teachers ($M=49.450$) have more Arm Explosive Strength than female teachers ($M=28.350$).

The same is shown in graphical representation in Fig.2.

Table-2.

Graph showing Mean scores of selected Physical Fitness of B.Ed. male and female Teacher Trainees.



Comparison of mean scores of Physical Fitness variables of general and physical education trainees with different levels of adjustment.

3. FINDINGS OF THE STUDY:

The following are the major findings of the study:

1. There is no significant difference in the Muscular Strength & Endurance of Arms and Shoulder, Agility, Explosive power of legs Physical Education and General education trainees different levels of adjustment.
2. There is a significant difference in the Speed of Arms and Shoulder, Agility, Explosive Power of Physical Education and General education trainees different levels of adjustment. The well-adjusted teachers have better speed when compared with average adjusted and maladjusted teachers.
3. There is a significant difference in the cardiovascular Endurance of Physical

Education and General Education trainees different levels of adjustment. The well-adjusted teachers had more endurance when compared with average adjusted and maladjusted teachers.

4. This section presents the nature of distribution of scores obtained on the dependent and independent variables employed in the study. The mean and standard deviation of selected background variables among teacher trainees of the total sample.

5. Table showing Group, Number (N), Mean and Standard Deviation of Teaching Aptitude of B.P.Ed. and B.Ed. Teacher Trainees.

Variable	Group	N	Mean	Standard Deviation
Teacher Trainees	B.P.Ed.	200	32.400	4.822
	B.Ed.	200	32.660	7.482

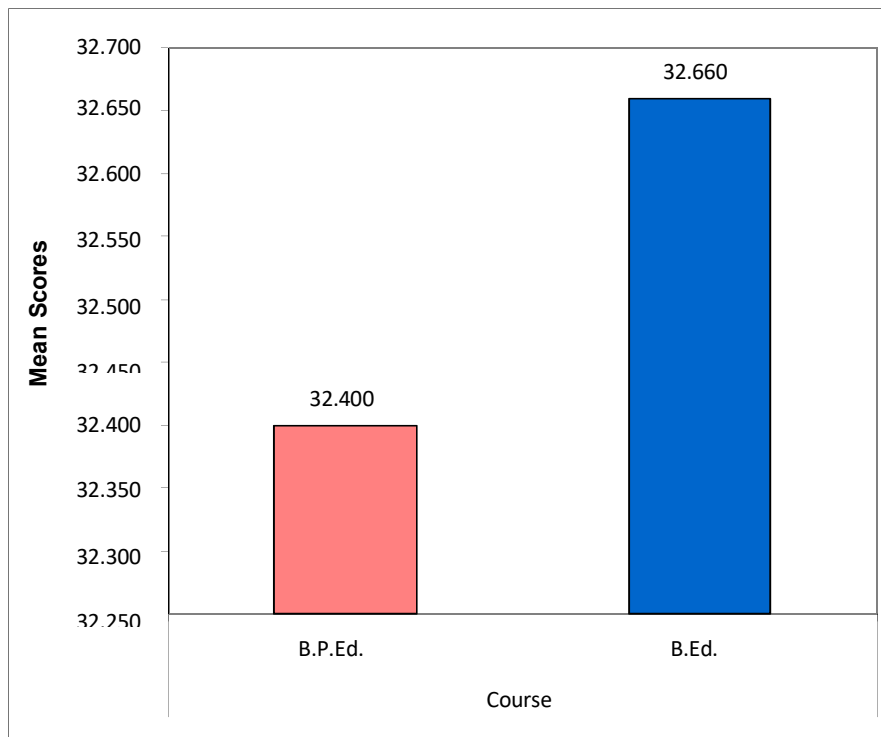
6. The table shows the variable, group, number, mean and standard deviation of B.Ed. and B.P.Ed. Teacher Trainees in respect of Teaching Aptitude.

7. As seen in the above table, it is observed that the B.P.Ed. teacher trainees' Teaching Aptitude mean scores is 32.400 and standard deviation is 4.822, whereas the B.Ed. teacher trainees' Teaching Aptitude mean scores is 32.660 and standard deviation is 7.482.

8. It can be seen from the above Table, it is observed that the B.Ed. teachers (M=32.660) have more Teaching Aptitude than B.P.Ed. teachers (M=32.400).

9. The same is shown in graphical representation in Fig.12.

10. Graph showing Mean scores of Teaching Aptitude of B.Ed. and B.P.Ed. Teacher Trainees.



4. CONCLUSION:

The result shows that there was significant difference in the muscular strength & endurance of trunk, speed and cardiovascular endurance among different levels of adjustment except muscular strength and endurance of shoulder, agility and explosive power. The study reveals that participation of physical activities and sports not only for physical education trainees but also for general education trainees effects on physical fitness and also improve their adjustment levels due to continues involvement in physical activities for better teaching profession.

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