



# One Day National Seminar

*Sponsored by ICSSR*

(01 February 2020, Saturday)

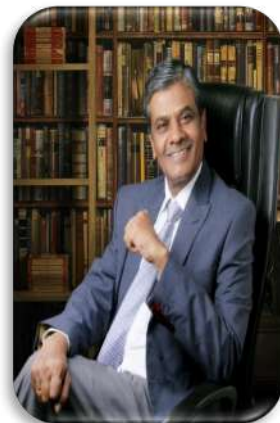


**“The Importance of Sports, Physical Education and  
Psychology for Personality Development at Present  
Scenario”**

**Organized by**

**Department of Psychology, Sports and Physical Education  
SHIVAJI COLLEGE, HINGOLI-431513 (MAHARASHTRA)**

**NAAC Accredited ‘B’ Grade**



*Our Inspiration*

(Hon'ble Shivajirao E. Pawar)  
Founder of SSPM, Hingoli

## Message

I congratulate the organizers of the One Day National Seminar topic on “**The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario**” on 01 February 2020. Organized by Department of Psychology, Sports and Physical Education *Sponsored by ICSSR New Delhi*. Shivaji College, Hingoli-431415 (Maharashtra) NAAC Accredited ‘B’ Grade. It is a very good academic event and I am sure the deliberations, the scholarly arguments and the interactions of the academicians and research scholars in the Seminar will bear fruit. I believe that the Seminar would provide a platform to the researchers to get innovative ideas for Making worthy contributions. I am highly appreciation the very idea of this seminar as it will give a big Academic treat to the faculty of Humanities and Social Sciences. I congratulate one and all involved with organization of this One Day National Seminar and wish the seminar a grand success. With the Best Wishes.

Thank You.

Hon. Shri. Shivajirao Eknathrao Pawar,  
Ex-Education Officer Z. P. Hingoli  
**Founder,**  
Shri Shivaji Shikshan Prasarak Mandal, Hingoli

## Principal's Desk.....

The college is affiliated to Swami Ramanand Teerth Marathwada University, Nanded. The affiliating university has been playing the vital role in the curriculum design and the enhancement of the affiliated colleges as per the UGC norms. This college was established in 1998 in Hingoli Dist. Hingoli. The college is run by Shri Shivaji Shikshan Prasarak Mandal, Hingoli, Dist. Hingoli. The college has been organizing various curricular, co-curricular and extra-curricular activities. I am immensely happy that the I congratulate the organizers of the One Day National Seminar topic on **“The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario” on 01 February 2020. Organized by Department of Psychology, Sports and Physical Education Sponsored by ICSSR New Delhi.** Shivaji College, Hingoli has borne the mantle of excellence, committed to ensure the students their own space to learn, grow and broaden their horizon of knowledge by including into diverse spheres of learning. In our endeavor to raise the standards of discourse, we continue to remain aware in order to meet with the changing needs of our stakeholders. I would like to thank for providing us with the platform for publication. The aim of this Seminar is to bring different ideologies under one roof and provide opportunities to exchange ideas face to face, to establish research relations and to find global partners for future collaborations. The theme and the sub-themes for this seminar are indicative of relevant research areas to give the prospective authors innovative prepositions about the ambit of discussion. I believe that this seminar will act a medium for all of us present here to ponder upon the topic of discuss, challenge us to strive towards it and improve at the same time. Our sponsors for having been very generous in contributing its share in the process of organizing this event. I wholeheartedly appreciate the sustained and the relentless efforts put in by the entire faculty in general and the Departments of Psychology, Sports and physical education, the non-teaching staff and the students of the institution in guiding this all important event to see the light of the day. I express my sincere gratitude to those who have directly or indirectly contributed to making this event a grand success. The deliberations and scholarly arguments in this conference, I wish, will

teach us with power, conviction and feeling. Once again I wish the seminar a grand success.

**Dr. B. G. Gaikwad,**  
**Principal**  
**Shivaji College, Hingoli Tq/Dist. Hingoli**

## **Editor Message**

It is the deep satisfaction that I write this foreword to the research journal of the One Day National Seminar topic on **“The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario” on 01 February 2020. Organized by Department of Psychology, Sports and Physical Education Sponsored by ICSSR New Delhi.** The seminar particularly encouraged the interaction of research students and developing academies with the more established academic community in an informal setting to present and to discuss new and current Work. First U.G.C. Care List Journal, Our Heritage, Delhi publishes 119 research papers for seminar organized by the Department of Psychology, Sports, and Physical Education at Shivaji College, Hingoli. I am thankful to the sender and publisher of the research papers. The main purpose of the seminar is to increase your personality development, each person should be beautiful from inside and outside, so that research papers will definitely give a boost to personality development that can make your personality effective.

Founder Chairman of our Sheri Shivaji Education Prasarak Mandals, Hingoli. Honorable former education officer Shree Shivajirao Pawar, a leading figure in the educational, social, literary, cultural, and political fields who always encourages us to innovate. College Principal Dr. Gaikwad B.G. and Vice Principal Dr. Kshirsagar B.S. They guided us from time to time as well as the organizing committee Prof. Dr. Nalge G.P., Prof Dr. Londhe S.C. and Prof. Jadhav B.S. They worked very hard for the success of seminars day and night. The teaching and non- teaching staff cooperated to make this seminar a success. Finally, as an editor, I would like to convey that by reading these research papers, you can develop your personality and create a model for the world. Dear friends I tried my level best to edit these research papers as per my knowledge. I believe that this Research journal will fulfill your expectations. If there is any drawback or any technical mistake in the editing I hope that your suggestions and good wishes will help me for my future works.



Thanking you.

**Dr. Sherkar S.T.**  
**Assistant Professor**  
Head, Dept. of Psychology  
Shivaji College, Hingoli.  
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## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

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### Yoga: And Physical Health

**Savita Dabhade**

Research Scholar, Dr. BAM University, Aurangabad

#### Abstract:

*Carrying on with a sound life intends to have favored with mental and physical wellbeing. In any case, sadly, current man living in this materialistic world is pursuing name, notoriety and cash. Expanded pressure and uneasiness, despondency are the highlights of present day life. In this race, he is losing his lone his physical wellbeing yet in addition is experiencing mental unsettling influences. There are not many individuals who are making the most of their physical and mental wellbeing. Numerous individuals are overwhelmed in stresses, tensions and dissatisfaction. Now and then accordingly they can end it all. Youth is turning out to be casualty of this cutting edge way of life. And this has become a grave worry for the creating nation like India. Expanding number of refugees is an aftereffect of individuals losing their mental wellbeing.*

**Key words:** *yoga, mental and physical illness, asanas, pranayam.*

#### Introduction:

Yoga is a customary technique for contemplation created by the holy people and sages of old India. They rehearsed Yoga as a viable strategy for controlling their brain and substantial wants and exercises also. The word 'Yoga' begins from Sanskrit. Yoga practices have a comprehensive impact and bring body, brain, cognizance and soul into balance. The antiquated holy people of India found the laws of the material and profound domains and increased an understanding into the association inside the Universe.

The present paper centers on the significance of Yoga in human life which functions as a mixture of life. Yoga isn't a religion; it is a method for living those points towards a sound personality that just lives in solid body. Man is a physical, mental and otherworldly being. To keep up balance among oneself and condition is important for each individual. These days more noteworthy enthusiastic just as physical needs are given need. This genuine motivation behind why individuals endure more pressure, uneasiness and likewise sleep deprivation which is chiefly because of inappropriate way of life and absence of physical and mental exercise. Because of hurtful symptoms of medications in the treatment of mental issue, the specialists look for non-pharmacological and non-intrusive treatment for these clutters. Hence, we need appropriate strategies and methods for the fulfillment of wellbeing



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and agreement throughout everyday life. Specialists propose that Yoga as a scholarly and mental exercise improves mental wellbeing. In this regard Yoga goes about as a mixture to one's wellbeing. The soundness of body is of fundamental significance throughout everyday life. As the Swiss-conceived doctor Paracelsus, effectively stated, "Wellbeing isn't all that matters, however without wellbeing everything is nothing." So, to safeguard and reestablish wellbeing is a test before humanity in this advanced world. There are physical activities named as Asanas, breath practices named Pranayam, and unwinding methods to achieve physical and mental wellbeing.

Numerous years prior, sages dissected nature and universe through reflection. They investigated the standards of the material and profound branch, the laws of nature, vitality that works in the outside just as otherworldly level. Yoga is reasonable for individuals everything being equal and requires no 'stunt' aptitude. Then again, Yoga gives the intensity of rehearsing Yoga to the physically powerless, unfit and sick individuals. Today Yoga gets overall acknowledgment and endorsement to be remembered for our every day life.

Nourishment assumes fundamental job in the upkeep of good wellbeing. What we eat impacts body and mind, our propensities and characteristics. Positive reasoning, control and direction, supplication just as modest and consideration drives the way to self-information and self-acknowledgment.

The examines demonstrated that Yoga advances a fair improvement of all physical, mental and otherworldly life. Yoga to live with more noteworthy mindfulness helps in consideration, center and fixation particularly for youngsters. As Yoga intends to join or to join together, it brings balance between life elements. Yoga manages our issues, stresses and regular demands. It empowers us to understand ourselves, the motivation behind life and builds up our association with God. Yoga drives a profound way to information and unceasing euphoria in the association of interminable self. It is that incomparable and vast standards. It is a beam of life that is general conscious that is wakeful.

Physical exercise alongside Yoga can improve human wellbeing. The best possible information on Yoga with mindfulness can make individuals to profit medical advantages of Yoga in our day by day life. Physical exercise reestablishes the adaptability of body. And Yoga makes co-appointment among brain and body. A man who is experiencing sorrow, exhaustion, uneasiness, stress can achieve help from all these mental condition throughout everyday life. Yoga end up being state of mind boosting drug for the individuals who surrendered before the issues of life. Yoga has capacity to boosts and encourages us to hold our mind action. It decreases pressure and lifts safe framework.

Logical research on Yoga asserted that Yoga helps in legitimate working of inward body organs too. Ordinary Yoga in day by day life can help for the best possible blood flow, glucose, circulatory strain, beat rate, and legitimate siphoning of heart and lungs and so forth.





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Man can get help from back-torment, joint pain, migraine and so forth. In the event that man is liberated from all these physical and mental sicknesses can have inspirational frame of mind towards life and the general public in which he lives. An existence without great wellbeing is a hopeless condition, and it mirrors its negative effect on family. Riches and material belonging without wellbeing can't assist us with enjoying upbeat life. In this way, great wellbeing is an important resource for every last one.

Social wellbeing is an ability to be cheerful inside one and to have the option to satisfy other. It implies a minding and cherishing demeanor towards other, correspondence ability, to know about the social duties as an individual, and work and penance for the reason for network and country. Physically and mentally solid individuals can look after harmony, lawfulness in public activity. Such individuals appreciate individual and public activity, best case scenario. They don't get casualties of crowd mentality. Numerous social ills are the result of lacking harmony among mental and physical wellbeing. Individual and social issues can be confronted with serenity. Yoga is a remedy of physical and mental illness.

Points of Yoga throughout everyday life: 1) builds up our physical wellbeing 2) mental health 3) social wellbeing 4) profound wellbeing 5) helps in self-acknowledgment and heavenly acknowledgment inside us.

These objectives are accomplished by adoration, empathy, compassion, sympathy and helping nature for every single living being, regard forever, security of nature and condition, a serene perspective, vegan diet, unadulterated musings, and positive way of life, physical, mental and profound practices, resistance for all countries, societies and religions. To improve this sort of social execution and conduct, yogic methods are advantageous for every single person. Constructive speculation individuals around us affect our mind as it builds up our character and character. These individuals discover confidence in them and become certain about their abilities.

As Yoga is a type of mind-body wellness, it includes a blend of strong movement and an inside coordinated careful spotlight on attention to self, breath and vitality. The recuperating framework through Yoga educating and practice, underlies the essential standards. Human body involves numerous organs. Illness of any of them influences the others and their working. So Yoga practice must be custom-made in like manner. It helps in self-enabling the people. Yoga likewise assumes a functioning job in the excursion towards wellbeing. The quality and positive perspective is urgent in the mending procedure.

A few exceptional yogic projects have been created from the essential activities: Yoga for back-torment, Yoga for joints, Yoga for seniors, Yoga for kids. Yoga is instructed in Yoga Center overall, for example, restoration focus, and wellness and game focus, wellbeing organizations, grown-up trainings focus and so forth.



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Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



Yoga is the foundation of otherworldliness, astuteness and the base all things considered. It surpasses strict limits and makes the route towards solidarity. To do valuable and useful work for network, to protect nature and condition and work for keep up harmony on the planet, Yoga intends to be dynamic in the best vibe and to work for the welfare of all humanity.

Wellbeing is the perspective and body in which one can rest soundly, digest nourishment quiet and liberated from any thoughtful ailment and uneasiness. In the event that we include Yoga in our everyday life, it helps in soothing mental and physical pressure, helps in lessening muscle strain and upgrade solid quality, strain just as aggravation, helps in building certainty, consideration and focus. It improves respiratory and cardiovascular capacity. It quiets our sensory system. It makes people to be idealistic towards life.

### Conclusion:

Yoga can play an effective role in reducing mental and body stress, anxiety, and depression. It gives tranquility of mind and creates a sense of well-being. It is considered a complementary to medicine in the treatment of mental illness. So, there should be awareness among the people about the benefits of Yoga practice in daily life. Medical professional should suggest yoga along with medical treatment. It is beneficial not only for affected people but for normal people also to live better relaxed and quality life.

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ISSN: 0474-9030 Vol-68, Special Issue-14

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### Comparative Survey in School Children of Majalgaon Tahasil Selected Postural Deformities in School

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#### Abstract

*The Purpose of the study was to do the comparative survey of selected postural deformities in school children of Majalgaon Tahasil. For this total N=300 students were selected with the mean age of (16+/-1.23) year from different schools of Majalgaon Tahasil. Further, the selected subjects were divided into two intervention group n=150 boys and n=150 girls. The selected postural deformities were upper limb .i.e. Kyphosis (KYH), lordosis (LDS), scoliosis (SLS) and lower limb i.e. knock knee (KNK), bow leg (BLG) and flat foot (FTF). Gird chart technique, subjective observation and paper ink were used to assess the postural deformities. Percentage was applied as statistical tool for the study. The results of the study revealed that percentage of boys suffering from selected postural deformities were (KYH=28.7%), (LDS=34.7%), (SLS=15.3%), (KNK=10%), (BLG=6.7%) and (FTF=4.7%). The results of the study revealed that percentage of girls suffering from selected postural deformities were (KYH=18%), (LDS=25.3%), (SLS=18%), (KNK=13.3%), (BLG=8.7%) and (FTF=16.7%). Whereas, the percentage of total N=300 students suffering from postural deformities were (KYH=23.33%), (LDS=30%), (SLS=16.66%), (KNK=11.6%), (BLG=7.66%) and (FTF=10.66%).*

**Keywords: - Kyphosis, Lordosis, Scoliosis, Knock Knee, Bow Leg, Flat Foot,**

#### Introduction

The postural refers to the position of the body, this mean the relationship between different parts of the body, analyzed in a given time frame and space (Fortin C, et al 2011). Quantitative postural evaluation



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is based on the feet and legs, the pelvis, the spine, the shoulders and the head (Kovač S, et al 2014). The body postural is defined by alignment and orientation of the segments of the body in a vertical position. If the muscles are strong enough to overcome the gravity of the earth, the body will remain vertical, (Ćirić A, et al 2015) but if the muscles are not strong enough, you can feel tired and the body dissolves (Kovač S, et al 2015). In this context, this work should be done. Focus on diagnosing these body segments. Complete posture and other parts of the body depend on the position of a part of the body. The minimum position of each part of the body is a prerequisite for proper posture. Every time activity changes, the position category also changes. A good posture is defined as a mixing mechanism to achieve customizable body behaviour. There are several theories to maintain the postural is existed, for example: Ankle and hip strategies (Negrini S, et al 2005).

Healthy positioning includes well-placed and stable feet and ankles, proper movement of the knees, hips and pelvis, as well as movement of the spine, shoulders and head (Kosinac Z, 2006). Posture deformation is considered to be anything that violates proper posture in any situation. Good posture help to improves social and economic efficiency because it is full of trust and can interact with the people appropriately.

### Methodology

The population of the study total (N=350) students, from which for the purpose of the study (300) students suffering from postural deformities on the subjective based were selected, further separated into two intervention group boys n=150 and girls n=150 with mean age of (16+/-1.23) year were selected as the subjects. The selected subjects were students of different Govt aided school in Majalgaon Taluka. The postural deformities for the study were upper body and lower body postural deformities .i.e. kyphosis (KYH), lordosis (LDS), scoliosis (SLS), knock knee (KNK), bow leg (BLG) and flat foot (FTF). Gird chart was used for the assessment of kyphosis (KYH), lordosis (LDS), Scoliosis (SLS). For assessment of knock knee (KNK), bow leg (BLG) scale and subjective method was applied. Flat foot (FTF) was measured with paper ink technique. The data obtained were analysis with percentage method done with SPSS version 20.

### Statistical Analysis & Results

The data collected on N=300 students (boys n=150, girls n=150) on selected postural deformities kyphosis KYH, lordosis LDS, Scoliosis SLS, knock knee KNK, bow leg BLG and flat foot FTF were analysis on percentage based and presented in table form.

**Table 1: Percentage Analysis of Selected Postural Deformities in Boys School Children of Majalgaon Tahasil**



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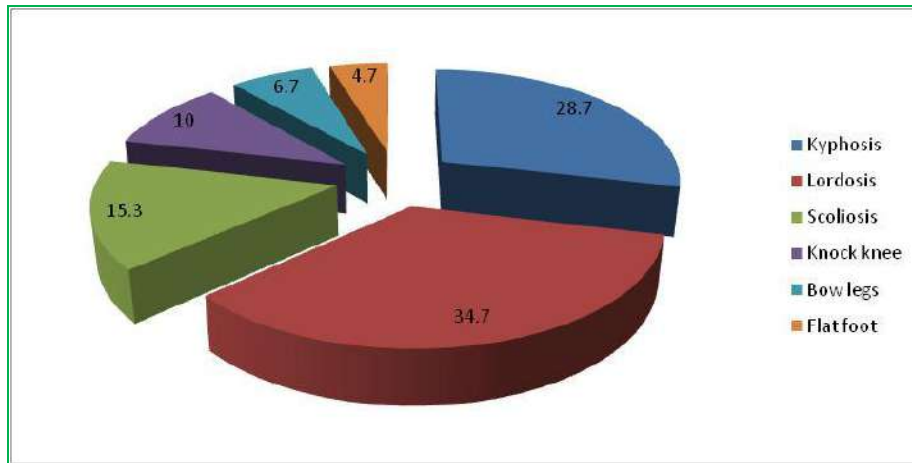
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S.no	Postural Deformities	Frequency (150)	Percentage
1.	Kyphosis	43	28.7%
2.	Lordosis	52	34.7%
3.	Scoliosis	23	15.3%
4.	Knock knee	15	10.0%
5.	Bow legs	10	6.7%
6.	Flat foot	7	4.7%



**Table 2: Percentage Analysis of Selected Postural Deformities in Girls School Children of Majalgaon Tahasil**

S.no	Postural Deformities	Frequency (150)	Percentage
1.	Kyphosis	27	18.0%
2.	Lordosis	38	25.3%
3.	Scoliosis	27	18.0%
4.	Knock knee	20	13.3%
5.	Bow legs	13	8.7%
6.	Flat foot	25	16.7%



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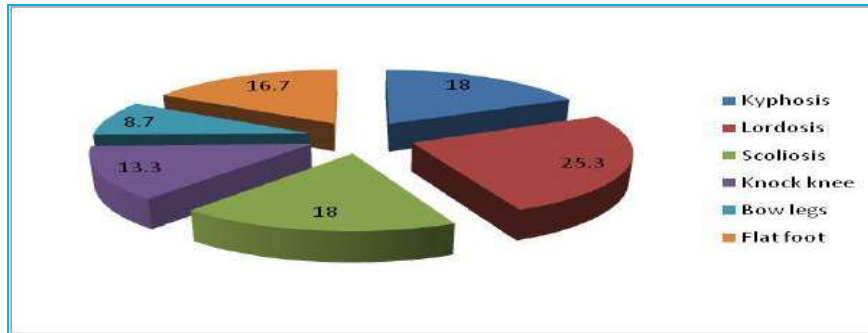
ISSN: 0474-9030 Vol-68, Special Issue-14

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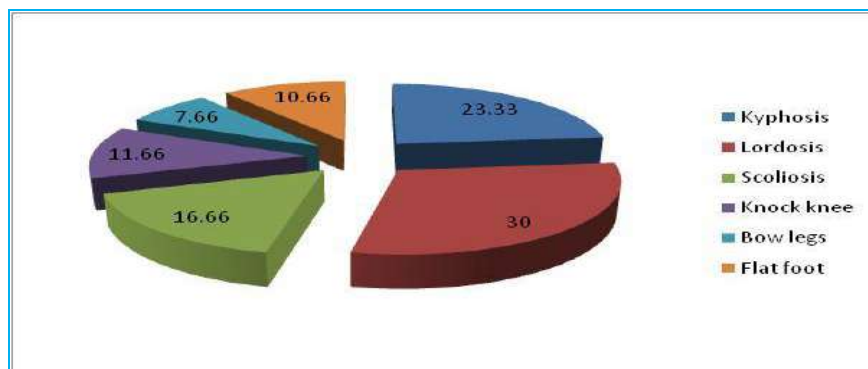
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**Table 3: Percentage Analysis of Selected Postural Deformities in boys & Girls School Children of Majalgaon Tahasil**

S.no	Postural Deformities	Frequency (300)	Percentage
1.	Kyphosis	70	23.33%
2.	Lordosis	90	30%
3.	Scoliosis	50	16.66%
4.	Knock knee	35	11.66%
5.	Bow legs	23	7.66%
6.	Flat foot	32	10.66%



## Discussion of finding

In present scenario postural deformities are considered as the one of the common problem easily observes in school going children. Several studies were conducted in different area regarding the postural deformities among the school children. Most of the studies revealed that children are suffering





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from postural deformities from very early age. This study was carried out with similar purpose to identify the school going children of Majalgaon Tahasil suffering from selected postural deformities like kyphosis (KYH), lordosis (LDS), scoliosis (SLS), knock knee (KNK) 11.66%, bow leg (BLG) and flat foot (FTF).

The results collected from actual 300 children suffering from postural deformities highlighted that, 23% were found to be in problem of (KYH), 30% school children suffering from (LDS), 16.6% had (SLS), 11.66% had (KNK), 7.6% (BLG) and (FTF) was 10.6%.

The percentage of boys on selected postural deformities revealed that, (KYH), 28.7% school children suffering from (LDS), 34.7% had (SLS), 15.3% had (KNK) 10%, (BLG) 6.7% and (FTF) was 4.7%.

The girl students suffering from postural deformities were (KYH), 18% school children suffering from (LDS), 25.3% had (SLS), 18% had (KNK) 13.3%, (BLG) 8.7% and (FTF) was 16.7%.

The results obtained from 300 school going subjects revealed that, most of the percentage of student were suffering from postural deformities like (KYH), (LDS), & (SLS) which are upper body postural deformities. This is due to decreased motor activity, prolonged sitting on the computer from early childhood, poor posture at school, too many backpacks, inadequate nutrition, increased traumatic lesions, congenital spinal abnormalities and spending few hours of exercise. Previously the Muscular fatigue occurs in the spine, due to this children take incorrect postural and repeated action of the movement lead toward the postural deformities in further stages (Stamenka Mitova, 2015). The similar results were found in the study of Róbert Rusnák, et al 2019; M. Srpoňová and Z. Hudáková 2013; J. Vajičková, 2005).

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Research and Practice Volume 2019, Article ID 4758386, 9 pages  
<https://doi.org/10.1155/2019/4758386>.



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### The Effect of Yoga on Academic and achievement stress of Jr. College students

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#### Abstract: -

Now a day every parent is cautions about his child's performance. Academic achievement is concerned with the quantity and quality of learning attained in a subject or group of subject after a long period of instruction. Previous research indicates that excessive stress and anxiety hampers student's performance. As well as research revealed that many yogic activities a helpful for improvement in academic performance and alertness has been reported in server yogic studies. For the present study the main objective of the study was to assess the effect yoga on academic and achievement stress of Jr. College student. The study conducted on 400 hundred adolescent students and assessed yoga effect on the basis of scores abstained through Bish stress Battery. Sample selected from Aurangabad City. (M.H) excremental group Experimental group and control were given pre test. A yoga module consisting of yoga asanas, pranayama, meditation programme was administered on experimental group for 10 weeks. The experimental and control group were post-tested for their performance on academic and achievement stress. The results show that the student who practiced yoga perfumed batter in academic and achievement matters

**Keywords: Yoga, Stress, Academic Achievements, Experimental group, control group.**

#### Interlocution:

The term 'Yoga' has been derived from the Sanskrit word 'Yuj' which means union? It can be explained as the union of mind and the body to achieve perfect harmony at the most



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profound level. It helps us to reach a higher level of consciousness, through a transformation of practiced by many. Continuous and comprehensive evaluation process of education has been implemented in Maharashtra before three years. The main aim of this process is to reduce the ability of degree of competence in school students. We know that academic achievement is an attained ability of degree of competence in school task, usually measured by standardized tests and expressed in grades or units based on norms derived from a wide sampling of students performance. Studies reveal that even low or moderate levels of stress can interfere with task performance (Steers RM. 1984, Mottowidido SJ, Packard JS, Manning MR, 1986). Cognitive reactions of stress in the inability of concentrate (Sailer HS, Schalacter J, Edwards MR., 1982)

In our Indian culture we have a great heritage of Yoga. Yoga is way is file, is characterized by balance, health, harmony, and bliss (Nagenrdra HR, Nagarathna R., 1977.) Meditation being part of yoga, which is the seventh limb of Ashtanga yoga – a state of alert rest as stated by Maharishi Mahesh yogi, who founded a new technique of mediation, popularly known as transcendental meditation based on ashtang Yoga of Rushi (sage) Patanjali. By practicing yoga, a person is supposed to reach a state of mental equanimity, where responses to are moderate in intensity (Telles S, Reddy SK, Nagenrdra HR., 2000). The science of yoga is a powerful stream of knowledge, which enables the practitioners to achieve radiant physical health, serene mind, continues spiritual uplift and creates the ability for for harmonious social living (Kumar kundan Yogacharya, 2005). Hatha yoga practies, like asans (i.e.postures), pranayam (i.e. certain interval attitudes) , and bandhans (i.e. neuromuscular locks) are mostly taught as physical practices. While various meditational techniques work as the mental level, all these practies are intended to develop a certain type of awareness within oneself, which in turn brings about a change in emotional and visceral functions and through them, a change in intellectual and somatic functions of the individual takes place (Bhole MV. 1977).

Six months of yogic practies (meditation, asanas, and pranayama) brings a feeling of well-being, a reduction in body weight, increased vital capacity, acceleration in endocrinal functions, and improvement in memory (singh RH, Udupa KN, 1977). Three montsh practies of Shavasana has demonstrated an improvement in 86 patients, who had problem of headache, insomnia, and nervousness (Udupa et al., 2005) revealed that yoga potential in influence the stress disorder and it helps the sufferer to achieve physical and metabolic stability. Sahasi et.al., 1989 has demonstrated the effectiveness of yogic techniques in the management of anxiety and reported increased attention/concentration. Krejci Mildada, 1994, has reported that Yoga through it



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techniques of meditation. Asanas, and pranayama yields a positive effect in the management of stress in adolescents. Telles S, Joseph C, Ventatesh S, Desiraju T. 1993, revealed that the processing of sensory information at the thalamic level is facilitated during the practice of pranayama and meditation. These two practices along with physical postures (asanas), cleansing practices, devotional sessions, and lectures on the theory and philosophy of yoga were focused to bring about an improvement in the steadiness of school students following 10 days of practice. This improvement was believed to be due to improved eye-hand coordination, attention, concentration and relaxation.

In one study, it is found that a 4-week program of yogasanas and meditation lowers the aggressive behavior of students. Another study has reported that meditation (a) reduced problems related to maladaptive behaviors, (b) increased emotional and physical health and psychological well-being, (c) reduced the frequency of through, (d) reduced substance abuse, and (e) generally improved the quality of life (Dua J., 1998). Transcendental meditation reduces stress and improves academic performance (Miskiman DE., Sechechter H., 1977; Alexander CN, 1979 Wallance RK, 1982; Nidich LI., 1989) Chanting "Om mentally causes increase alertness (Telles S, Nagarathana R, Nagendra HR., 1995) and the practice of yoga brings improvement in competitive performance (Sharma R., 2002). The research done by Mind/Body Institute, Harvard Medical School, and Bruce D' Hara and his team at the university of Kentucky in Lexington, U.S., revealed a positive influence of meditation on brain functioning and performance (Motluk A., 2005).

**Problem:** "An effect of Yoga on Academic and Achievement stress of Jr. college students in Aurangabad".

### Objective

To study the effect of Yoga on the Academic and Achievement stress of students

### Hypotheses

- 1) There will be positive effect of yoga on the academic stress of students?
- 2) There will be positive effect of yoga on the achievement stress of student?



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### Method

#### Participants

The study was conducted in various Jr. College of Aurangabad city district area of Maharashtra. Bisht Battery of Stress Scale (BBSS) was administered on 400 Jr. College students. These students divided in two groups as control and experimental group. The participants were all boys, with ages ranging from 16 to 18 years, BBSS was administered to Identify two stress levels of the students i.e., high stress and low stress. The test was developed for the measurement of 13 types of stress. Out of 13 scales, two scales, i.e. scale of academic stress and scale of achievement stress were selected. These scales were consisted of 52 and 80 items, respectively, which were 132 in total. Each item is of statement type (closed), to which students were to answer by ticking their option prescribed on the answer sheet. The students were assembled in a hall and made to sit in rows. Booklets containing statement items along with answer sheets were distributed to each student. Instructions were delivered by the investigator. Statements were written in Hindi. Meaning of difficult words was also explained. The students were told to finish their test within an hour. The scoring was done as prescribed in the manual. Their academic and achievement scores were exclusively used for the research purpose and were not disclosed to their educational institutions.

#### Tools

Bisht Battery of Stress Scale was used to identify different levels of stress among the students, i.e., high stress and low stress. This was done before the start of experiment. Yoga module was used as an intervention treatment for the experimental group for an hour daily in the morning for 10 weeks. Academic performance test was used as a pretest and posttest for the experimental as well as control groups to assess the effect of yoga module on the academic performance of the experimental group and to compare it with the control group, who never practiced yoga module.

#### Intervention



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A yoga module [yogasana + pranayama + meditation + prayer] was hared daily for an hour in the morning with the experimental group for 10 week. Same academic performance test was administered on the both groups as a posttest.

### Statistical analysis

To study an effect of yoga on academic and achievement stress of students, paired 't' test was employed on the gain scores of academic performance, wherein stress is a classificatory variable and is studied at two levels, i.e. students with high stress and students with low stress. Yoga module, taken as treatment variable, was given to the experimental group.

Table 1

### Academic Stress

Group	Situation	Mean	SD	T	Sig. Level
Experimental	Pretest	31.25	6.23	3.63	0.01
	Posttest	24.07	4.11		
Control	Pretest	30.69	7.14	1.46	NS
	Posttest	29.71	6.89		

\*\*p<0.01 NS = Non significant

Table 2

### Achievement stress

Group	Situation	Mean	SD	T	Sig. Level
Experimental	Pretest	27.21	5.63	3.12	0.01
	Posttest	21.03	4.22		
Control	Pretest	28.06	6.33	1.52	NS
	Posttest	27.56	5.98		

\*\*P<0.01 NS = Non significant

### Result

Table 1 show that the mean score of pretest of experimental group is 31.25 and SD 6.23 for academic stress and after intervention of yoga the posttest of experimental group is 24.07 and SD 4.11 for academic stress, obtained't' value 3.63, which is significant on 0.01 level. this value interprets that the secure of academic stress is reduced because of the yogic intervention. Simultaneously the mean score of pretest of control group is 30.69 and SD 7.14 for academic stress and without intervention of yoga the posttest of control group is 29.71 and SD 6.89 for academic stress, obtained't' value 1.46 which is not significant. In the above table the significant



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't' value 3.63 of experimental group is revealed the effect of yoga on two situations and we conclude that yoga is effective for the reduction of academic stress.

Table 2 Revealed that the mean score of pretest of experimental group is 27.21 and SD 5.63 for achievement stress and after intervention of yoga the posttest of experimental group is 21.03 and SD 4.22 for achievement obtained 't' value 3.12, which is significant on 0.01 level. Intervention. Simultaneously the mean score of pretest of control group is 28.06 and SD 6.33 for achievement stress and without intervention of yoga the posttest of control group is 27.56 and SD. 5.98 for achievement stress, obtained 't' value 1.52 which is not significant.

In the above table the significant 't' value 3.12 of experimental group is revealed the effect of yoga on two situations and we conclude that yoga is effective for the reduction of achievements stress

### Discussion

The findings of this study reveal that the students who experience yoga module performed better in overall academic and academic stress and achievement stress is lowered through the interventions of yoga. The results are in tune with the earlier studies, which found that meditation, practiced over long periods, produces definite changes in perception, attention of cognition (REahi A.) Other study showed that yoga techniques are helpful in management of anxiety and improvement in concentration (Shasi G. Mohan, D. Kecker C.) Other researchers found that Transcendental meditation improve academic performance and enhances problem solving ability. This result is in tune with the inverted U-shape model of stress and learning (Yerkes, Robert M. Dodson JD. Juline K.) which explains that at first, performance improves as stress increases presumable because the stress in arousing or energizing. Further the findings reveal the excessive stress effects overall academic performance negatively, and this result is in tune with the earlier studies, which conclude the excessive stress is harmful to academic performance and may lead to to dropping out. Moreover, when academic performance in individual subjects was analyzed, the performance was comparable in high stress and low stress groups, but having values very close to significant values. It may be concluded from the finding the study that with the invervention yoga, academic performance improves by optimizing the stress leels. So it is suggested that yoga module should become a regular feature in the Jr. College.





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### Conclusion

The Yoga had made positively impact on academic stress and achievement stress of the Jr. College students.

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### Exercise Effects on Mental Health

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#### Abstract

*Mental disorders are common, and they are a significant contributor to disability in the community. There is growing interest in the effectiveness of exercise interventions for improving mental and physical health in individuals with mental disorders. This paper reviews the evidence for the benefits of exercise for mental health problems and also shown that physical fitness apparently protects the memory centers of the brain. Regular physical exercise helps lower our risk for high blood pressure, high cholesterol, diabetes, and host of other problems. In this paper we are discuss the effect of physical fitness as a factor influenced by sport and other bodily activities on the mental health of non-patients.*

**Keywords: Physical Fitness, Mental Health, Sports, Exercise.**

#### Introduction

There is a substantial body of evidence that shows a positive relationship between physical activity and mental health and illness [6, 25, 26, 28, and 29]. People who are engaged in sports activities have a better feeling about their body image and physical health [4]. Cross-sectional studies show that regular physical activity is associated with better mental health and emotional well-being [11] and lower rates of mental disorders [12]. Physical fitness exercises help cure panic, reduce depression symptoms, increase emotional responses in depressed people [8-15], decrease anxiety [16,17], cure psychosomatic disorders, obsession and psychosis [18-20], increase life expectancy [13] and improve the quality of life [21]. Because of today's lifestyle and eating habits, relaxed work environment rich as well as poor people also are struggling with various vaious mental and physical disorders / sickness, like high blood pressure, diabetise, canser, hart desises,



hypertension, etc. For betterment and maintaining standard of life every human being has to maintain his/ her mental health sound. Physical Fitness and its components are related with mental health. Self-image and life satisfaction are truly responsible for good mental health. It helps to improve positive approach towards self and others. And it is been proved that physical activity helps an individual in maintaining his/ her mental state.<sup>[4]</sup>

Research has proved that Mental health is improved by regular low, medium level physical activity. People exercising for regular succession find improvement in their self actualisation, self image and their physical fitness<sup>[24-25]</sup>. In today's generation, lack of exercise has become very serious health issues associated with mental and Physical health. Through participation in sports and other physical activity self image can be improved<sup>[3,5]</sup> and personality becomes dynamic. Also self confidence, high social cooperation and coordination can be achieved. By exercising physical activity anxiety can be reduced. and increases emotional response of people suffering from anxiety. It helps in making an individual free from physical and mental fitness related disorders<sup>[7,8]</sup> Also it helps to improve Quality life span.

Therefore, the aim of this research is to study the effect of physical fitness as a factor influenced by sport and other bodily activities on the mental health of non-patients.

## **Effect of Exercise on Various Components of Mental Health :**

### **1. Emotions:**

As we start with regular exercise of any physical activity then it becomes our habit with regular exercising any kind of physical activity. It helps to achieve good living standard and good habits. Regular exercising fill our life with positive attitude and strengthens our emotional attitude.<sup>[1]</sup>

Physical exercise are related to continuous positive emotional state of an individual's mind . Research work carried out in this field proved that physical activity and mental health are closely associated with each other. 'META' describes that aerobic exercise provides boost to the mental and physical energy level. Which required to perform day today work.<sup>[3]</sup> In our daily routine sometime we come across intensive fatigue, partially or complete failure, anxiety, depression etc. Through exercising regular physical activity we can lower the intensity of such elements. Experimental test promotes positive effect of medium intensity level exercise in maintaining good mental health. <sup>[6]</sup>

### **2. Quality of life :**

Physical activity is closely associated with overall physical, mental, spiritual, health and our quality of life depend upon all these aspects. There are total 8 components on which quality of life is characterized. Vitality, Social work, mental health, emotional health pain, physical work, health limitations. Research has proved that physical activity is benefitted for the people suffering



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from mental disorder <sup>[9]</sup> High level physical activity helps adolescents to balance their mental health related state positively <sup>[27]</sup>

### 3. Self Image:

As per experts self assessment is the best index of an individual's mental health. It has been proved from 399 non clinical tests, positive impact of regular exercise can be seen as self image, self concept can be positively improved and level of anxiety (depression) can be reduced. Study shows that regular exercise is beneficial for self awareness and self image. Also to change negative self image in to positive. And also it has been proved that in less time clusture of aerobic exercise and resistance training method helps to improve self-image.<sup>[5]</sup>

It is been studied in supervisory training programme implemented/ executed for obese adolescents, they found their improvement in their self image and also approach of others towards them was positively improved.<sup>[22]</sup>

### 4. Sleep:

Research shows that out of adult population 30 percent people are suffering from sleep disorder. And also found that exercising physical fitness activity done in adequate presence of light it helps in sound sleep. Also in personal study it is been observed that through exercise quality and depth of sleep is improved<sup>[13]</sup>. Therefore people who are suffering from sleeping disorder by exercising any physical activity regularly they can improve their quality of sleep.

### 5. Stress and Tension :

Study shows that regular physical activity can minimize or control the anxiety level of stress or tension. To avoid / reduce mental or physical stress people generally found smoking or drinking but it won't help. And its bad reaction can be observed <sup>[2]</sup>. Exercise is the only healthy way of overcoming any sort of stress and anxiety. By exercising regular physical activity we will be able to maintain our health sound and can improve positive response to mental stress and control it.

### 6. Sadness:

Medical field has proved that mental challenge and stress are the two mild levels of mental disorders and through exercise one can overcome from it. Research shows that exercise is a perfect way of mental stress healing. Therefore physical activity is a n easier way to keep away sadness rather than smoking, Alcohol consumption, taking medical and or any psychiatric treatment. Also study shows that people who are actively doing Physical activity from last two or more years are physically and mentally fit <sup>[21]</sup>.



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## Importance of Physical Exercise to Maintain the Mental Fitness.

Various research being carried out regarding curing various serious physical or mental disorder, minimum three time per week 30 minutes workout is suggested by the medical Practitioners. 'DOSE' study suggests that 30 Minutes Exercise for 5 or more days in a week, it helps in lowering the desperation / mental stress [23]. Aerobic and anaerobic physical training beneficial for overall health.

### Conclusion:

In this paper relation between physical activity and mental health is studied. It is also observed that Physiology and Psychology this two different subjects are closely related with each other. Also for curing mental health physical activity are being suggested. And high level physical fitness enables an individual to improve and or maintain his / her mental health and to pursue a good standard of living. Physical fitness can be enhanced by regular sporting and other physical moderate activities. Once physical fitness, as a factor influenced by sport, is improved, society's mental health can be expected to be attained. Since sport, as a tool in managing tension, can reduce the effects of tenseness, increase positive emotions and since it can enhance people's physical and mental health and, as a result, their happiness in life. As mental disorders increase the risk of chronic physical conditions, and tend to recur across the lifespan, exercise can be useful for both mental and physical health, and may maintain well-being and prevent recurrences of poor mental health

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### Preksha Meditation A Part of Yoga for Healthy Life Style

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#### Abstract

*Counteractive action of habit-forming infections needs to be amazing and organized and it need to incorporate making ready of social aptitudes, basic leadership skills, family mediation, and so on. Correspondingly, compelling treatment is often long run, deliberate and complicated. Physical exertion and Suryanamaskar will be useful segments of thoroughgoing aversion and treatment programs. Then again, aggressive professional athletics rather increment the amount of hazard parts of substance-related problems (wounds, push, doping, uneven strain, weariness, unequal approach of life, and then forth.) sensible involvement with the use of Suryanamaskar in substance subordinate patients and psychoneurotic players square measure documented. The upsides of Suryanamaskar incorporate the reconciliation of physical exertion and unreeling. Adjacent to the current, Suryanamaskar is not targeted, doesn't need pricey hardware and it tends to be used even in patients with serious medical problems. The act of Suryanamaskar can assist people with dominant the sentiments and interests and obstruction management increments and expels the annoying elements from psyche. Suryanamaskar helps to keep up nice eudaimonia and giving opposition, stamina, essentiality and energy to the body. Suryanamaskar is that the best remedial and preventive drug. The strength of our body and brain depends upon the soundness of the eudaimonia of our inner organs the center, lungs, abdomen connected framework, organs, nerves framework, solid framework and then forth. Suryanamaskar practices tenderly tone and form the body, enhance stance, ability and boost feeling of prosperity advancement to positive eudaimonia, to the professional in increasing their skills and enhance the private satisfaction.*

**Keywords: Suryanamaskar, Management, Sicknesses**



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### **Introduction:**

Modern society is facing ahazardous life- style which results in unending mental, physical, and emotional stresses. This happens due to desire for material wealth and other problems such as lack of concentration, forgetfulness, and absent-mindedness. It brings about a transition in the personality and fails to impart true inner peace. As a result, we continue to bear the wrath of a stressful mind in every sphere of our life. We compromise our happiness, progress, success, and even physical and ecological well-being. Under such a scenario, it is important for us to realize the need for transformation in our attitudes and bring about a change in our traditional mind set. It is also vital to possess and sustain an optimistic approach towards the problems of life and exhibit a pleasant countenance that can be accepted and admired by all. Although, most of us concerned for a calm and compassionate character, we hardly know the process to achieve it. Preksha Meditation which is a path of self-realization and eternal joy can restore our lives in a healthier way bringing harmony and an un-stressful life-style. Preksha meditation helps one in knowing one's own real self thus, offering connection to the soul at a profound level and achieving a state of super consciousness. This blissful meditation purifies emotions and consciousness. It's also nullifies negative vibes and seen as a technique for a change in attitude, behavioral modification and integrated development of personality.

### **Origin of Preksha Meditation:**

In 1970s Acharya Mahapragya of the Svetambar Terapanth sect formulated a type of meditation called Preksha meditation. The Preksha meditation technique is a rediscovery of the tireless efforts of Ganadhipati Tulsī and Acharya Shri Mahapragya, in 1975. This technique is a synthesis of traditional scriptures, modern science and experience. The meditation practices done by Lord Mahavira, carried on by Acharya Shri Mahapragya with a research study for 20 years, were presented in the form of Preksha Meditation.

### **Meaning of Preksha Meditation:**

The word "preksha" means "to perceive carefully and profoundly". In preksha, perception always means experience bereft of the duality of like and dislike, pleasure and pain. Impartiality and equanimity are synonymous with preksha. Preksha is impartial perception,



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where there is neither the emotion of attachment nor aversion, neither pleasure nor displeasure. Both these states of emotion are closely and carefully perceived but not experienced. And because both are perceived from close quarters, it is not difficult to reject both of them and assume a neutral position. Thus equanimity is essentially associated with *preksha*. Important disciplines in the system are - Synchrony of mental and physical actions or simply present mindedness or complete awareness of one's actions, disciplining the reacting attitude, friendliness, diet, silence, spiritual vigilance. *Preksha* meditation is the practice of purifying the emotions and conscious (*chitta*) and realizing the own self. It helps in leading a peaceful life and is a system of meditation for attitudinal change, behavioral modification and integrated development of personality.

**Technique of *Preksha* meditation:** *Preksha* meditation deals with every aspect of human being. It is divided in seven steps:

1. *Kayotsarga* (Deep relaxation with self-awareness)
2. *Antaryatra* (The journey within)
3. *Shwas Preksha* (Awareness of breath)
4. *Sharir Preksha* (Awareness of body)
5. *Chaitanaya Kendra Preksha* (Awareness of psychic centers)
6. *Leshya Dhyana* (Awareness of psychic colors)
7. *Anupreksha* (Contemplation)

For practicing *Preksha* meditation must select a quiet place without disturbance. Spare approximately fifteen minutes in the beginning. This time can be increased gradually to thirty minutes depending on experience and interest in meditation.

***Kayotsarga* (Deep relaxation with self-awareness):** This starts with keep body motionless. Next step is relaxing various organs of the body. Then move the awareness on different parts of the body starting from feet to head and by the process of auto-suggestion feel relaxation process on particular parts. Experience every part is relaxed including all muscles, nerves, blood vessels, various organs and systems of the body and feel the entire body relaxed. One has to keep mind alert and awake during relaxation process. Duration of this *Kayotsarga* is around ten minutes.



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**Antaryatra (The journey within):** After Kayotsarga this starts with maintaining the body in a constant and motionless state, draw attention on lower end of spine, known as a center of energy. Slowly move attention to upward direction along spinal cord and reach to the top of the head, where brain is located. This end is the center of wisdom. Stay there for few seconds and now move the attention downwards from head to the bottom of spine. Complete cycle from center of energy to center of wisdom and back activates the various hidden powers and facilitates free flow of vital life energy in upward direction. This process of meditation takes about five minutes.

**Shwas Preksha (Awareness of breath):** Breathing is a natural process. Adults normally have a breathing frequency of 12 to 20 breaths per minute. This stage starts with closed eyes take slow but deep breaths. Pay attention and feel its presence at the naval region. On breathing in, stomach expands and on breathing out, stomach contracts. Be aware of this expansion and contraction at the naval. Make it sure that not a single breath must go unnoticed. Regulate your inhaling and exhaling process such that it takes equal time. It should be synchronized. Now move attention to the tip of your nostrils. Create awareness of breathing process. Feel that the breathing in and breathing out. While breathing in, feel a sensation of cool air and while exhaling, feel warmth air at the tip of the nostrils. Keep a vigilant eye on movement of breaths. Also add mantra So 'ham with breathing process. While breathing in, chant 'So' and on breathing out chant, 'Ham'. Continue this awareness for some time. Slowly withdraw your attention from breathing and be aware of your surroundings. Slowly open the eyes. This session of Preksha meditation is over. This will take ten to fifteen minutes.

### Benefits of Preksha meditation:

#### Psychological Benefits:

Preksha meditation helps purification of emotions and consciousness. Its continuous practice brings several positive changes in personality. With Preksha one can overcome negative emotions and feelings including anger, hatred, jealousy, envy, greed, fear, violent behavior, nervousness and emotional disturbance. And at the same time there is enhancement of positivism in the attitude and behavior. It helps increasing will power, memory, self-confidence, decision making and understanding. By practicing Preksha there is improvement in psychosomatic diseases. It cleanses and relaxes mind.



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### **Physical benefits:**

At physical level Preksha meditation helps strengthening immunity, controlling blood pressure, improving functioning of nervous system, endocrine system and blood circulation system. With Prekshaonecan overcome various addictions and bad habits. It decreases heart, breath and metabolic rates. It lowers blood pressure, sugar levels, cholesterol levels and increases circulation, immunity, endocrine functioning. It reduces muscles tension; increases exercise tolerance, helps in pain management and recovery after illness. It brings relief for PMS symptoms, reduces headaches and migraines and Improves brain functioning

### **Emotional benefits:**

At emotional level Preksha meditation helps in reducing anxiety, phobias, fear and uncertainty. The emotions feel more stable and anchored. It improves focus, concentration levels, learning and productivity, increases will power and self-discipline. It brings changes and improves coping skills, improves interpersonal interactions and relationships. Further it brings a sense of happiness, rejuvenation and vitality, builds emotional maturity

### **Spiritual benefits:**

There are several spiritual benefits. Some of them areSelf-actualization, Increases self-acceptance, self-love and insight into the self, brings harmony between spirit, mind and body and greater sense of one-ness

### **Conclusion:**

The technique of Preksha Meditation is derived from the wisdom of ancient Indian philosophy. It is authentically based on current scientific principles. The main purpose of the Preksha Meditation is to purify the mental state. A human mind is constantly exposed to contaminating urges, emotions, and passions. Therefore, it is essential to remove these obstacles. Peace of mind appears with the disappearance of the impure thoughts. In addition, balanced mind, equanimity, and well-being are also experienced simultaneously. Uncontrolled emotions like anger, greed etc. are not only the hurdles in spiritual progress but also becomes the cause of disaster in social life. Preksha Meditation is not just for achieving physical, mental, and emotional well-being but a key to spiritual treasure trove. Today, eminent doctors, specialists,



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and general practitioners have agreed that mediation is a powerful complementary therapy. Meditation can help us in healing and sustenance of good health. It can cure and even protect us from several psychosomatic disorders that result from mental stress and tension.

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ISSN: 0474-9030 Vol-68, Special Issue-14

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### Surya Namaskar for health and its benefits

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Director of Physical Education

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#### Abstract:

The dynamic series known as surya namaskar ( Sun Salutation) is the best way to burn the calories and reduce weight.

Surya Namaskar is full yoga by itself It tones up the whole body and has a unique influence on endocrine, Circulatory, respiratory, digestive and nervous – system, helping to correct metabolic imbalances that cause and perpetuate obesity practiced daily It will help you in reducing weight but Will bring flexibility to your spine and joints. It will rejuvenate you and bring in beauty it is best done while the stomach is empty in recent times medical fraternity is attracted towards yoga.

Surya Namaskar is a part of yogic practice and is believed to be an all-round exercise.

**Key Words- Surya Namaskar, health, Asana**

#### Introduction:-

Surya Namaskar or sun salutation is an ancient technique of paying respects to the sun constituting of 12 different postures it a sort of expressing gratitude to the present source of all life on earth. It is essential to know the science behind this ancient technique. This will help you approach this powerful yoga practice with the right outlook – Ancient Indian sages have said different energies govern different parts of the body. For instance, the solar plexus that is located behind the navel is connected to the sun Regular practice of Surya Namaskar enhance the size of the solar plexus. This successively increases your creativity intuitive abilities decision – making confidence and leadership skills. Surya Namaskar is a series of asanas with strict breathing pattern. Its revitalizes each and every cell of the body gives physical strength flexibility and mental calmness Surya Namaskar includes a series of asanas which are pranamasana hasta



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utthanasan paduhastasan ashwasanchalanaasan. Ashtango Namaskar bhajangasan, and parvatasan, while doing each asana specific mantra should be chanted to worship the sun. By practicing these asanas the all abdominal organs gets toned stomach and intestine are stretched and compressed results in complete massage to the organs so that they work perfectly. You can do Surya Namaskar at any time of the day however it's best to try to it at sunrise. This is when the sunrays help revitalize the body and refresh the mind. There are benefits of doing Surya Namaskar at other times of the day for it you practice it in the afternoon it energizes your body instantly whereas when done to dusk it help you unwind

### Asana of Surya Namaskar: 12<sup>th</sup> steps of Surya Namaskar:

Surya Namaskar or sun salutation may be a traditional Indian yogic practice series of 12 physical postures. These postures encompass periodic forward and backward bending along with deep exhalation and inhalation respectively to the maximum possible extant.

1) **Pranamasana (Prayer pose)** – 1<sup>st</sup> and 12<sup>th</sup> pose pranamasana is the starting and twelfth pose for Surya Namaskar. In Sanskrit the word 'Pranam' means 'to pay respect: so this asana known as pranamasana.

**Method:** stand erect with folded hands close to the chest and palms are held together in the form of prayer pose – look straight ahead. Exhale the breath Normally.

**Benefits:** It creates a sense of relaxations, calmness and concentration in the mind at beginning the Surya Namaskar.

2) **Hasta uttanasna (Raised arms pose)** 2<sup>nd</sup> and 11<sup>th</sup> pose

Haste uttanasna is part of the Surya Namaskar series of asanas come at 2<sup>nd</sup> and 11<sup>th</sup> steps.

**Method:** Raise both of hands up above the crown from Pranamasana pose. Inhale the breath normally while raising your hands Bend the trunk and neck slightly backward.

**Benefits:** It improves digestive process. It strengthens and tones the abdominal and chest musculature. It supports respiratory system too.

3) **Padahastanasana (Hand to foot pose)** 3<sup>rd</sup> and 10<sup>th</sup> pose

Padahastanasana is part of the Surya Namaskar series of asanas come at 3<sup>rd</sup> and the 10<sup>th</sup> steps.

**Method:** Bend forward from Hasta uttanasana pose and try to touch the floor with your both hands. Exhales breathe normally while bending forward.

**Benefits:** Padahastanasana makes the body flexible and strengthen, helps to decrease excess abdominal fat & very beneficial for the gastrointestinal and nervous system.

4) **Ashwa sanchalanasana (The Equestrian pose)** 4<sup>th</sup> and 9<sup>th</sup> pose :





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Ashwa sanchalansana is part of the Surya Namaskar series of asanas come of 4<sup>th</sup> and the 9<sup>th</sup> steps.

**Method:** Stretch the left leg as far back as possible from Padahasthasana pose while inhaling breath normally. At the same time, send the right knee while docking straight ahead the hands should be kept straight with fingers touching the floor. Arch the back a little with head tilted back. The same steps should be repeated with left knee in the second round the Surya Namaskar.

**Benefits:** Ashwa sanchalanasna tones the abdominal organs, It gives flexibility to the body and balances central nervous system.

### 5) Parvatasana (The mountains pose) 5<sup>th</sup> and 8<sup>th</sup> pose.

Paravatasana is part of the Surya Namaskar series of asanas and come at 5<sup>th</sup> end the 8<sup>th</sup> step. In Sanskrit terminology, 'Parvata' means mountain and this pose looks like a mountain so it is known as parvatasana.

**Method:** While exhaling take the right pose and place it parallel to the left leg, raise the buttocks at the same time. Place the hands straight supporting the load of the body. The head should be placed between the hands

**Benefits:** Parvatasana strengthens the muscles of both and lower limbs, maintains the blood circulation to central systema nervosum and tones peripheral systema nervosum .

### 6) Ashtanga, Namaskar (Eight-limbed salutation) 6<sup>th</sup> pose

Ashtanga Namaskar is part of the Surya Namaskar series of asanas come at 6<sup>th</sup> step eight locations – the head, the chest, the two palms, the two knees, and the two toes.

**Method:** Lower the body to the ground from Parvatasana pose in such a way the head, the chest, the two palms, the two knees and the two toes suspended breath for a while. Try to lift other parts in air.

**Benefits:** It strengthens the muscles of the both upper and lower limbs and strengthens respiratory system.

### 7) Bhujangasana (The cobra poses) 7<sup>th</sup> pose]:- cobra poses in yoga. The meaning of 'Bhujanga in Sanskrit Means 'Snake and 'Asana' means 'Pose' In this asana person's head and trunk resembles a cobra with raised hood, hence the name Bhaujanganasana, it is a Major backward bending asanas used in Yoga It appears as the 7<sup>th</sup> pose in the surya Namaskar series of asanas.

**Method:** Method: While inhaling raises the body by using the hands from Ashtanga Namaskara Pose, Arch your Head backward. This position seems like the cobra which has raised its hood.



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**Benefits:** Bhujangasana strengthens the whole back musculature especially lower back; it improves the flexibility of the spine and surrounding muscles. Good for the gastrointestinal reproductive and urogenital system.

Of both upper and lower limbs, maintains the blood circulation to central nervous system and tones peripheral nervous system.

**Namaskar:** - the benefits of surya namaskar are manifold it helps in better functioning of the body and mental faculties. Here are a few benefits of surya Namaskar.

- 1) It helps to keep you disease free and healthy.
- 2) **Regular** practice promotes balance in the body
- 3) Improves blood circulation.
- 4) Strengthens the heart.
- 5) Tones the digestive tract.
- 6) Stimulates abdominal muscles, respiratory system. spinal nerves and other internal organs.
- 7) Tones the spine, neck, shoulder, arms, hands, wrist, back and leg muscles, thereby promoting overall flexibility
- 8) Psychologically it regulates the interconnectedness of body, breath and mind, thus making you calmer and boosting the energy levels with sharpened awareness.
- 9) Surya Namaskar is also immensely beneficial for losing weight, skincare and hair care.

### Conclusim:

Surya Namaskar is a common sequence of asanas its roots are hidden within the ancient tradition of Surya worshiping Hindu Population of the Indian subcontinent. Surya Namaskar comprehensively includes asana, Pranayama, Mantra and meditative awareness, Different evidence based study suggested that Surya Namaskar improves metabolic function, strength and humble muscle and skeletal system, tunes central nervous system. Supports urogenital system and boosts gastrointestinal system Surya Namaskar practice revitalizes body and keeps mind calm, attentive and stress-free.

Thus should be a need to incorporate Surya Namaskar practices in modern lifestyle for healthy mind and body.



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### Impact of Selected Motivational Programmes to Improve the Participation towards

#### Badminton

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N.E.S. Science College, Nanded

#### Abstract

*Badminton is played all over the world with very enthusiasm. But as far as Nanded city is concern students of Nanded are rarely participate in Badminton. Some colleges, District Sports Office, Municipal Corporation in Nanded possess 05 Sports Indoor Hall to Play Badminton and other Indoor Sports. In order to make the interest of students and people of Nanded city and motivate them to play badminton. In order to make the interest of students and people of Nanded city and motivate them to play Badminton above problem of the participation are selected. Study is carried out to participate more and more students in the Badminton and to make their participation at national level.*

**Keywords:** *Badminton, Motivation, Participation*

#### Introduction

On the basis of review of sports field, it is seen that the Physical Education Sports education is neglected area. Sports have real significance throughout whole educational process. The entire educationists have advocated it. According to them process of education is incomplete without physical and sports education. Theoretically everyone is agreeing this opinion but practically it is too neglected. There are so many causes behind that tragedy.

During last fifty years the sector is modified tremendously. Now days it is well built up on the basis of scientific knowledge but this scientific approach is not acquired by teachers. They are applying traditional, popular methods. By assimilating new research based methods, techniques, skills and training developed countries have placed themselves at excellent positions in all international sports events. Our root level teachers and coaches are so far from new trends. Therefore, the progress in this field is not up to the mark. Present status of the sports shows that the participation of young group is decreasing due to various socio-economic factors. The financial support for the development of play ground and sports material is becoming weaker and as a result sports environment is vanishing.



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### Need and Important

1. This study will help to generate sports interest among the students.
2. It will give guidelines to improve the participation rate in the sports activities.
3. This study will be useful for sports teachers, head masters and sports organizations. They can get direction for organization and implementation and assessment of sports activities.
4. This study specially focuses the Badminton. So, it has special significance for Badminton coaches, Trainers and trainees also.

### Objectives of Study

- To study of the present status of participation is Badminton among the school boys and girls.
- To develop selected programme for motivation is related to participation of school boys and girls in Badminton.
- To implement the programme on Secondary School boys and girls.
- To find out effect of selected programmes on participation of Badminton game among Secondary School students.
- To find out effect of motivation towards participation of Badminton game among Secondary School students.

### Methodology

In this section list of variables, population & sample size, tools of the study, procedure of data collection, statistical techniques have described.

- **Independent Variables:**
  - Interview and discussion with sport Heros.
  - Group activities
  - Showing sports movies and video games.
  - Parents meet.
- **Dependent Variables:**



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- Student's motivation towards Badminton.
- Students participation in Badminton are dependent variables for this

## Population

The population of the study is all students studying in secondary schools in Nanded district. All types of set up like aided, none aided, private and Z P schools are considered in the population.

## Sampling:

One secondary level school was selected by randomization through lottery method. The school was Indira Gandhi High school, Nanded from which 500 students were selected as sample.

## Tools and Data Collection • Questionnaire

Students' interest and motivation is assessed through questionnaire. The information gathered through questionnaire is used to develop motivational programme. It was standardized by using Thurston technique of scaling. The structure of questionnaire was as following:

### Structure of questionnaire:

Sr. No.	Factor	No. of Items	Weightage (max.)
1	Interest	10	50

## Conduction of the experiment:

The experiment is conducted with a well planned treatment on the subjects or group of subjects. The design, procedure, tools of data collection applied in the present study is discussed here.

## Experimental Design:

Single group design was used in this study. The students were selected purely on the basis of convenient sampling method. Then the initial test for all the students was taken by employing questionnaire developed in accordance with Thurston Technique.

Then the group was assigned to perform the activities included in selected programmes



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related to Badminton. After execution of these programmes a post test was employed and the results of pre and post tests were compared to investigate the effectiveness of the selected programmes. The variables involved in the study are as following:

Independent Variable: selected programme designed by researcher which include Interview and discussion with sport Heros, Group activities, Showing sports movies, video games, Parents meet etc. is claimed as independent variable.

Dependent Variables:

- Students' motivation towards Badminton.
- Students participation in Badminton are claimed to be dependent variables for this study.

### Population of the Study

The Population of the Study is all Students Studying in Secondary Schools in Nanded District. All types of Set up of schools are considered in the Population. The Secondary Schools in Nanded City are claimed to be Accessible Population of The Study.

### Sampling

The primary purpose of research it to discover principles that have universal application, but to study a whole population to arrive at generalization would be impracticable, if not impossible. Fortunately the process of sampling makes it possible to draw valid inferences or generalization on the basis of careful observation within a relatively small promotion of the population.

A sample is a small proportion of a population selected for observation and analysis. Sampling is fundamental of all statistical methodology of behavioral and social research. Sampling is the part strategy of research. It has acquired the status of technical job.

One secondary level school was selected by non probability technique. Convenient sampling method for sake of smooth and long term experimental work carried in this study. The school was Indira Gandhi High school, Nanded from which 500 students were selected as sample.

### Treatment Program:

The researcher selected various activities like special lectures, movies, interaction with sports' heros,





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parent meet etc. to construct selected programmes for experimentation. General nature of the programme and its' scheduled

### Procedure of Data Collection:

Researcher has collected data through two sources. For primary data collection researcher has employed a questionnaire consisting items related to participation and motivation. Previous records of school are also used as a secondary data source. The tasks involved in the procedure of data collection are described in the table given below.

### Statistical Analysis

The present paper is dedicated to the presentation of results along with the discussion of present study. The results and discussion have been presented in concise and comprehensive manner that is easy to comprehend starting with selected physical parameter.

The results concerning this are presented in the form of tables and also illustrated with the help of suitable figures. For the sake of convenience and methodical presentation of the results, following order has been adopted. Data analysis of the students' participation in Badminton from the previous record is presented in the tables Statistical Summary of Pre test of Motivation towards Badminton.

	Pre Test	Post Test
Mean	102.58	109.36
Standard Deviation	8.71	4.41
Total (N)	250	250

Statistical Summary of Pre test of Motivation towards Badminton





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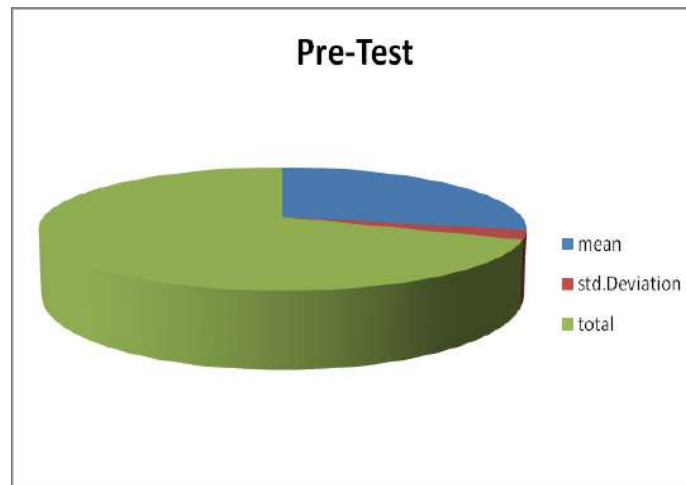
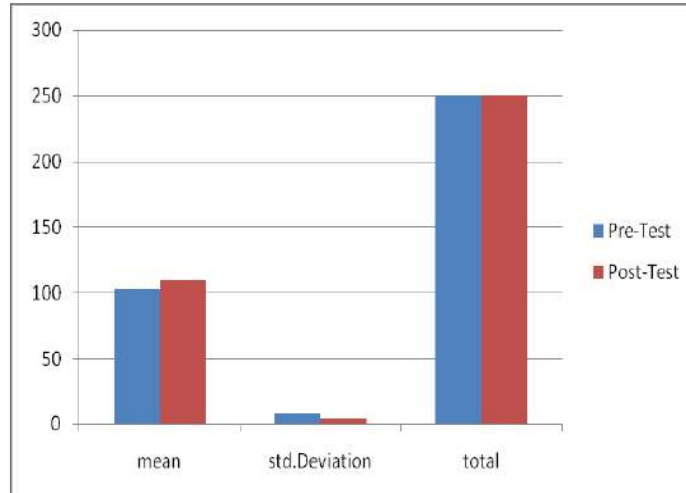
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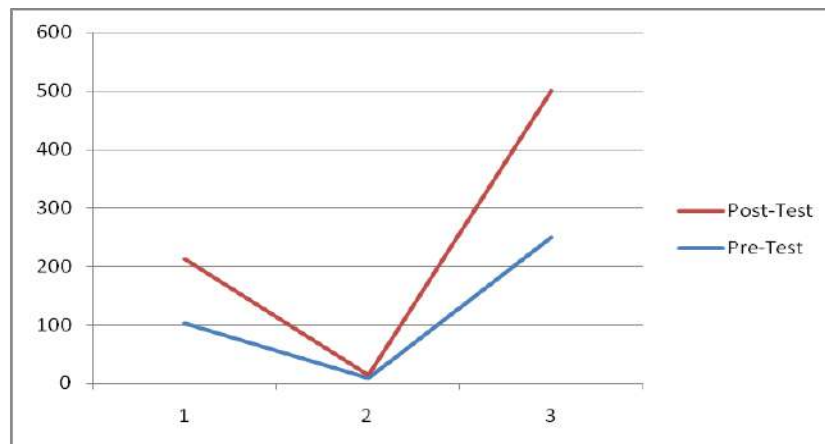
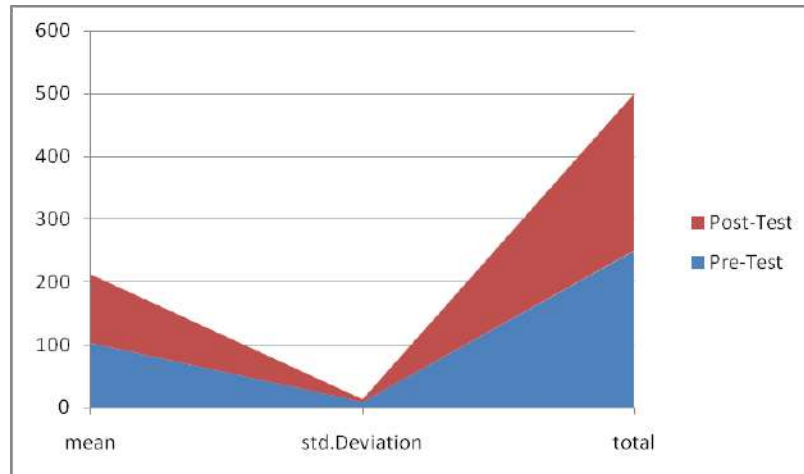
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As per shows that the mean scores and standard deviation of students motivation towards participation in Badminton while pre and post test. The mean score of pre test was 102.58 and Standard Deviation 8.71, The Mean score of post test was 109.36 and Standard Deviation 4.41, however the size of sample was 500.

In order to find out the significant difference amongst boys and girls in motivation towards participation in Badminton in pre and post test. The statistical details and result is shown in table no. 4.12.

**Table 2**

**Comparison of Scores of Motivation of participation towards Badminton between pre test and post test**



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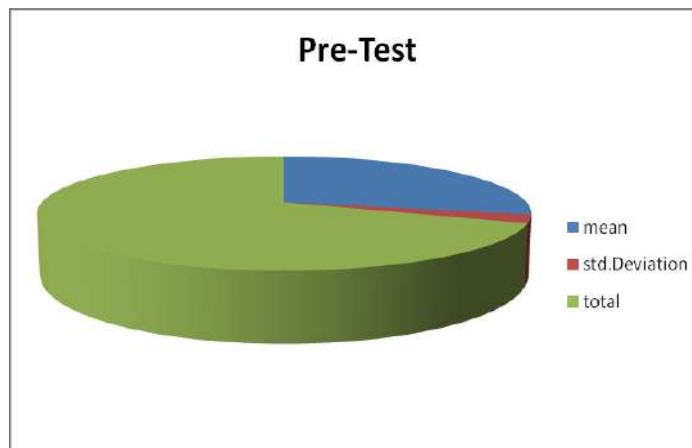
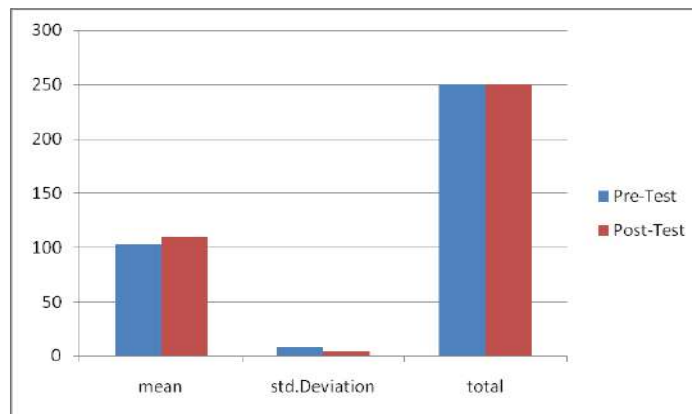
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	Total (N)	Mean	Standard Deviation	Df	t value
Pre Test	500	102.576	8.71	998	10.98
Post Test	500	109.36	4.41	998	10.98





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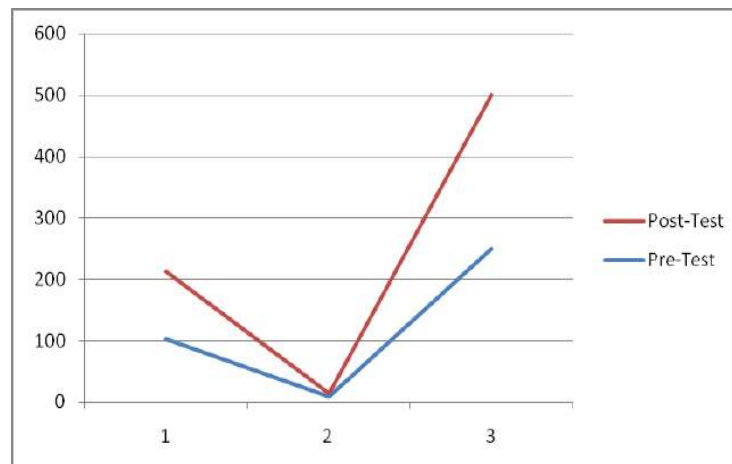
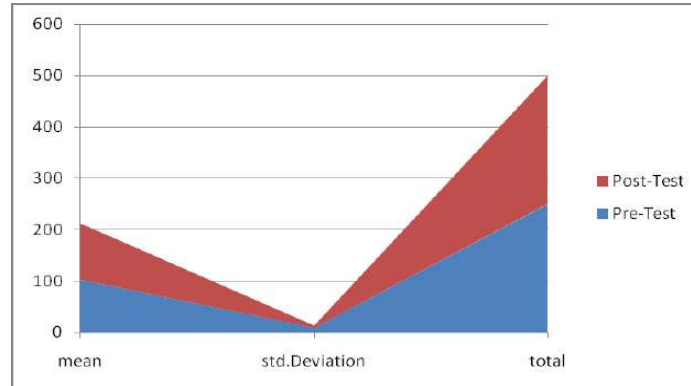
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The shows the mean score, Standard Deviation, Df value and t value of the score of pre and post-test. The size of sample is 500 in each group (pre and post) and Df value is 998 and obtained t value is 10.98 which shows significant difference between the above mentioned groups

### Recommendations and Suggestion:

Present study shown that the participation and motivation level of the scholars in Badminton are often raised thanks to input of programs. Thus, it's recommended to state government & other agencies to initiate such programs for Badminton and other games also.

- The focus of this study was towards the participation and motivation level but further studies are essential which keep their specialize in factors like Soci-Economic status of oldsters, scholastic achievements, locality, fitness etc.



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- The present study was subjected to high school students. It's essential to increase it for university students of various faculties.
- The sampling of the study was associated with populated area but it's essential to increase it towards the agricultural students.

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## **A study of anxiety, depression and stress among college students**

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### **Abstract**

*The purpose of the present study was to investigate of gender and Living of Area of the college students on anxiety, depression and stress. For the present study 100 samples was selected from Aurangabad district (MS). A sample being 100 arts college students selected in this study, in each 50 male students (25 urban and 25rural student) and 50 female students (25 urban and 25 rural students). Non-Probability Quota Sampling was used. The subject selected in this sample will be used in the age group of 18-21 years and Ratio 1:1. Where gender and Living of Area were considered as independent variables and anxiety, depression and stress as dependent variables. The scale was used for data collection Anxiety, depression and stress scale (adss) by Bhatnagar, Singh and Pandey (2011) was used to assess anxiety, depression and stress. Factorial design was used and data were analysis by Mean, SD and 'f' values. This study revealed 1) Female College Students high anxiety, depression and stress than Male College Students. 2) 3) Rural College Students high anxiety, depression and stress than Urban College Students.*

**Keywords- Anxiety, Depression, Stress, Gender, Living of Area.**

### **Introduction**

#### **Anxiety**

The word 'anxiety' has been derived from the Latin word 'Anxieties' which commonly means experience of varying blends of the uncertainty, agitation and dread. In everyday life, the term anxiety is used to describe uncomfortable and unpleasant feelings that an individual experiences. Anxiety reflects to the stage of emotion which is characterized primarily by feelings of tension, dread, worry, nervousness and apprehension. The physiological manifestations of anxiety generally include increased blood pressure, rapid heart rate



(palpitations or tachycardia), sweating, dryness of mouth, nausea, vertigo, irregularities in breathing, muscle tension, and muscular-skeletal disturbances such as restlessness, tremors, and feelings of weakness. Anxiety is generally considered to have mainly three components-behavioural, cognitive, and physiological components. Behavioural component would lead both voluntary and involuntary behaviours. The strictly behavioural component is activated with the aim of reacting to a situation and re-establishing optimum conditions of well-being. Here, can be two possibilities, either coping with the problem directly or simply avoiding the source of anxiety which is quite common.

## Depression

The term depression is used everyday language to describe a range of experiences from a slightly noticeable and temporary mood decrease to a profoundly impairing and even life threatening disorder. "A depression is a state of mind, or more specifically, a mental disorder, characterized by lowering of the individual's vitality, his mood, his desires, hopes, aspirations and of his self-esteem. It may range from no more than a mild feeling of tiredness and sadness to the most profound state of apathy with complete, psychotic disregard for reality. Depression is an emotional state marked by great sadness and apprehension, feeling of worthlessness and guilt, withdrawal from others, loss of sleep, appetite, and sexual desires, loss of interest and pleasure in usual activities.

## Stress

Stress is a word derived from the Latin word stringier meaning to draw tight and was used in seventeenth century to describe hard ship or affliction. Stress is a tension felt by someone: emotional, mental, or physical pressure caused by anxiety or overburden. It may due to such symptoms as increased blood pressure or depression. Parents' stress is complex state of mind involving behavioural, cognitive and effective component that manifest into a tense child-parent relationship. If the parent faces financial problems, family problems, employment problems, problems to cop up with social status, etc., it may leads to increase parental stress. To overcome many obstacles to facilitate achieving goals, a definite quantity of stress is advantageous to give the necessary inspiration and motivation.



## **Review of Literature**

Mokashi, Yadav and Khadi ,(2012) this study found that Boys were significantly having higher anxiety level than girls. Pramod (1996) concluded that boys manifest more future orientations than girls, therefore boys have more academic anxiety. Ojha (2005) revealed that 25% boys have extremely high anxiety whereas only 6.7% girls have high academic anxiety.

Vandana Sharma, (2014) this study found that Boys and girls showed significant difference on the variable of depression with preponderance of girls over boys. Upmanyu, V.V., Lal, R., Kaur, J., Dwivedi, A. K., & Sharma, S. (2010), Jaggi, G. (2008) this study indicated that boy and girl adolescents did not differ on depression. Kaur, R., Singh, A. K., &Javed, A. (2003) this study found that boys scoring higher than girls on depression. Tapas Karmakar and Santosh Kumar Behera, (2017) this study found the rural college students are comparatively more depressed than the urban college students.

Mathew (2006) examined that girls experienced significantly more academic stress than the boys. Vijaya and Karunakaran (2013). This study resulted that boys are much more stressful than girls. Pастey and Aminbhavi (2006), this study found that the adolescent the boys tend to have significantly higher stress than the girls. JYOTI AHUJA, NIDHI KAKKAR and PREETI DAHIYA, (2015) this study found that there is no significant difference in educational stress among rural and urban graduate students.

## **Statement of the Problem**

A study of anxiety, depression and stress among college Going students

## **OBJECTIVES**

- To examine the anxiety, depression and stress among Male and Female college Going students.
- To examine the anxiety, depression and stress among Urban and Rural college Going students.

## **HYPOTHESES**

- There is no significant difference between Male and Female college students with dimension on anxiety, depression and stress.





- There is no significant difference between Urban and Rural college students with dimension on anxiety, depression and stress.

## Methods

### Sample:

For the present study 100 samples was selected from Aurangabad district (MS). A sample being 100 arts college students selected in this study, in each 50 male students (25 urban and 25 rural student) and 50 female students (25 urban and 25 rural students). Non-Probability Quota Sampling was used. The subject selected in this sample will be used in the age group of 18-21 years and Ratio 1:1. Thus total sample includes as shown in the following table.

**Table No. - 01**

#### Gender

	Male	Female	Total
<b>Living of Area</b> <b>Urban</b>	25	25	50
<b>Rural</b>	25	25	50
<b>Total</b>	50	50	100

### Research design

2x2 factorial designs use for the present study.

**Table No. - 02**

#### A

	A1	A2
<b>B</b> <b>B1</b>	A1, B1	A2, B1
<b>B2</b>	A1, B2	A2, B2

A- Gender A1- Male Students A2- Female Students

B- Living of Area B1- Urban Students B2- Rural Students

### Variables under study

**Table No. - 03**



Variable	Type of variable	Sub. Variable	Name of variable
Gender	Independent Variables	02	1) Male Students 2) Female Students
Living of Area	Independent Variables	02	1) Urban Students 2) Rural Students
	Dependent variables		1) Anxiety 2) Depression 3) Stress

**Research Tools**

**Anxiety, Depression and Stress scale (ADSS-BSPSA)**

**Table No. - 04**

Aspect	Name of the Test	Author	Sub Factor	
Anxiety, Depression Stress	Anxiety, Depression and Stress scale (ADSS-BSPSA)	-PallaviBhatnagar -Megha Singh -Manoj Pandey -Sandhya -Amitabh	Anxiety, Depression Stress	<b>Total Item- 48</b> Anxiety - 19 Depression - 15 Stress - 14
				<b>Scoring-</b> Yes- 1 No- 0
				<b>Reliability</b> - 0.81 and 0.89.
				<b>Validity</b> - 0.86

**Procedures of Data Collection**

The following research methodology was used in the present study. The primary information was gathered by giving personal information from to each to each student. The students were called in a small group of 10 to 15 students. To fill the inventories subjects were given general instructions belongs to each scale. The students provided the Anxiety, Depression and Stress scale.

**Data Analysis**

The Mean and SD with graphical representation for Gender (Male and Female Students) and Living of Area (Urban and Rural College going Students) on Anxiety, Depression and Stress was analysed. A simple design was selected to adequate of statistical analysis of ANOVA in



order to examine the roll of main as well as subsequently on students Anxiety, Depression and Stress.

**Results and Discussion**

The analysis of data interpretation and discussion of the results are presented below

**Table No.05**

**Show the mean, SD and F value of Gender and Dependent Variables.**

Sr. No.	Factor	Gender	Mean	SD	N	DF	F	Sign
Table N0.05 (A)	Anxiety	Male Students	9.10	2.30	50	98	12.40	0.01
		Female Students	11.04	3.12	50			
Table N0.05 (B)	Depression	Male Students	6.49	2.18	50	98	6.90	0.01
		Female Students	8.90	3.80	50			
Table N0.05 (C)	Stress	Male Students	5.70	2.19	50	98	11.20	0.01
		Female Students	7.78	2.10	50			

Observation of the table 05 (A) indicated that Anxiety of The mean and SD value obtained by the Male College Students 9.10, SD 2.30, and Female College Students was 11.04, SD 3.12. It is observed that the calculated 'f' value (12.40) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that Female College Students High Anxiety than Male College Students.

Observation of the table 05 (B) indicated that Depression of The mean and SD value obtained by the Male College Students 6.49, SD 2.18, and Female College Students was 8.90, SD



3.10. It is observed that the calculated 'f' value (6.90) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that Female College Students High Depression than Male College Students.

Observation of the table 05 (B) indicated that Stress of The mean and SD value obtained by the Male College Students 5.70, SD 2.19, and Female College Students was 7.78, SD 2.10. It is observed that the calculated 'f' value (11.20) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that Female College Students High Stress than Male College Students.

**Table No.06**

**Show the mean, SD and F value of Living of Area and Dependent Variables.**

Sr. No.	Factor	Living of Area	Mean	SD	N	DF	F	Sign
Table N0.06(A)	Anxiety	Urban Students	10.50	1.90	50	98	9.78	0.01
		Rural Students	12.10	2.50	50			
Table N0.06 (B)	Depression	Urban Students	5.88	2.70	50	98	7.19	0.01
		Rural Students	8.14	1.99	50			
Table N0.06 (C)	Stress	Urban Students	6.50	1.67	50	98	10.12	0.01
		Rural Students	8.10	1.90	50			

Observation of the table 06 (A) indicated that Anxiety of The mean and SD value obtained by the Urban College Students 10.50, SD 1.90 and Rural College Students was 12.10, SD 2.50. It is observed that the calculated 'f' value (9.78) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that Rural College Students High Anxiety than Urban College Students.

Observation of the table 06 (B) indicated that Depression of The mean and SD value obtained by the Urban College Students 5.88, SD 2.70 and Rural College Students was 8.14, SD 1.99. It is observed that the calculated 'f' value (7.19) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that Rural College Students High Depression than Urban College Students. Observation of the table 06 (C) indicated that Stress of The mean and SD value obtained by the Urban College Students 6.50, SD 1.67 and Rural College Students was 8.10, SD 1.90. It is observed that the calculated 'f' value (10.12) is high than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that Rural College Students High Stress than Urban College Students.

**Delimitations of the Study**

- 1) The finding of the study is based on very sample.
- 2) The sample was restricted to Aurangabad Dist. in Maharashtra.



- 3) The study was restricted to only B.A. college students only.
- 4) The study was restricted students are only 18-21 years only.

### **Conclusions:**

- 1) Female College Students High Anxiety than Male College Students.
- 2) Female College Students High Depression than Male College Students.
- 3) Female College Students High Stress than Male College Students.
- 4) Rural College Students High Anxiety than Urban College Students.
- 5) Rural College Students High Depression than Urban College Students.
- 6) Rural College Students High Stress than Urban College Students.

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## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

**National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"**

*Sponsored by ICSSR*

*Held on (01 February 2020, Saturday)*

**Organized by:** Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



Verma, N., Jain, M., & Roy, P. (2014). Assessment of magnitude and grades of depression among adolescents in Raipur City, India. *International Research Journal of Medical Sciences*, 2(5), 10-13.

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## **Studies on Relationship between Education of the Parents and participation of children in games**

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### **Abstract**

*There are number of social factors which play an important role in the socio-economic conditions of the family such as education, occupation, social, property, sports participation, family income, community background, population of the family etc. Education affects the individual's performance. In the present study, the survey methodology has been used to collect the data for the research. The survey has been done in relation with the socio-economical status of the parents and its impact in the participation of their children in Kabaddi, Kho-kho, Volleyball and Basketball games in the intercollegiate tournaments.*

**Keywords-** Education, Parents, participation, children, games.

### **INTRODUCTION:**

During the modern times, sport has become a part and parcel of every human being. It is being influenced and does influence on all our social institutions including human beings, education, economics, politics, arts, law, mass communication and international diplomacy. As stated in the *Constitution of the World Health*

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, and political belief, economic or social condition. [WHO, 1946]

Sport is now recognized as having enormous potential as an informational and educational platform for health and development messages targeted to youth and adults alike. Sport is useful for health. Sport is beneficial for healthy body, healthy mind. Sport is unusually powerful in this regard. No other activity approaches the popularity sport enjoys, receives more intense media attention, or reaches more people on a global to local level.





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Sport appeals to people on an emotional and personal level in a largely positive way. Sport also possesses an unsurpassed ability to reach broad sectors of populations, including marginalized groups which are difficult to reach by other means.

### **SOCIO-ECONOMIC STATUS:**

Health is a multi-dimensional concept because it is shaped by biological, social, economic and cultural factors. Health is not merely the absence of disease but is influenced and shaped by the access to basic needs like food security; safe water supply, housing, sanitation and health services. Within this broader definition of health, individual health is intrinsically interrelated with social factors. Therefore while individual health is important it is necessary to delineate its linkages with the physical, social and economic environment in which people live.

Socioeconomic status of the parents of the players remains a topic of great interest to those who study players' development. Families having enough money can afford their children many game and sport facilities while poor families cannot afford such game of sport facilities, resources or experiences. This interest derives from a belief that high socio-economic status families afford their children an array of services, goods, parental actions, and social connections. These facilities potentially redound to the benefit of their children. From many low socio-economic status families, the parents of the players lack access to those same resources and experiences, thus putting them at risk for developmental problems.

Such low status families put their children at risk in the sport and game psychology of their children. The interest in socio-economic status as a global construct persists despite evidence that there is wide variability in what players experience within every socio-economic status level. Such interest in socio-economic status persists despite evidence that the link between socio-economic status and players' well-being varies as a function of geography, culture, and regency of immigration. This interest persists despite evidence that the relation between socio-economic status and players or children's well-being can be disrupted by catastrophes and internal strife. Such socio-economic status affects directly to the development of the individual's performance i.e. based on the higher or low status of the individuals.

In overview, the choice of how to measure socio-economic status remains open. This can be determined by the question being examined, part by practical considerations concerning the acquisition of data. This is determined partly by the population from whom



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the data are collected. Regarding this last issue, both theory and empirical findings indicate that socio-economic status indicators are likely to perform differently across cultural groups. These status indicators also affect to the social groups and social communities.

There are number of social factors which play an important role in the socio-economic conditions of the family such as education, occupation, social, property, sports participation, family income, community background, population of the family etc. Education affects the individual's performance. Occupation gives economic status. Good property and family income give the good support to the players for their successful performance in games and sports.

## **Materials and Methods**

The present investigation was carried out in Swami Ramanand Teerth Marathwada University (SRTMU), Nanded. The four districts of the Marathwada region of Maharashtra state which comes under the Jurisdiction of SRTM University including the districts Nanded, Hingoli, Parbhani and Latur which have been purposively selected.

The primary aim of this study was to investigate the educational status on the participation of boys and girls in the games like Kabbadi, Kho-kho, Volleyball and Basketball in the intercollegiate tournaments. The support for learning and participating in college and the various games is important, especially in the sense that children get motivated in learning and participating in the games and as such their performance improve. McCarthy (2000) agrees that impact of the parental socio-economical status in their children's participations in the games can positively affect educational outcomes and achievements in the games.

The survey methodology has been used for the detailed study of this research work. Qualitative research method has been used in this study to gather, record and analyze data. Data collecting strategies that are appropriate for a qualitative research are explained as well as research designs used. Case study design has been used to unpack the factors that influence the parental status of socio-economical factors in the participations of their children i. e. boys and girls and their achievements in the games.



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ISSN: 0474-9030 Vol-68, Special Issue-14

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Since the study is interpretive, the most appropriate research design needed to collect the data is the case study. The method of the research design is survey method for the collection of the sampling or sample collection for the research analysis.

### RESEARCH METHOD:

In the present study, the survey methodology has been used to collect the data for the research. The survey has been done in relation with the socio-economical status of the parents and its impact in the participation of their children in Kabaddi, Kho-kho, Volleyball and Basketball games in the intercollegiate tournaments.

The researcher has undertaken the present study with a view to find out the impact of parental socio-economical status on the participation of the boys and girls in Kabaddi, Kho-kho, Volleyball and Basketball in the intercollegiate tournaments. In this scientific inquiry, the next sequential step after the explanation of the terms, problems and formulation of hypothesis is the data collection which has been done by the researcher by using the questionnaire, survey methods.

In this study, the case study was a group of parents of the boys and girls of the various colleges and the age group of the boys and girls is near about 18 to 25 years. In this manner, the age limits of their parents are near about 45 to 55 years.

The researcher used the case study design to get in-depth information about the factors that influence parental involvement in the development of their children's literacy at senior phase. This design revealed certain aspects of parent's socio-economical status in their children's participation. The language issue seemed to be a problem.

### SAMPLING:

The study is limited to parents of the participating boys and girls of the colleges affiliated to SRTM University, Nanded and it is specially limited to the intercollegiate tournaments and the games like Kabaddi, Kho-kho, Volleyball and Basketball, the sampling has been taken from these boys. From these participating players in these games, 100 players from each game (Kabaddi, Kho-kho, Volleyball and Basketball) have been taken into consideration. It means that there are 25 players from each district (four districts Nanded, Parbhani, Latur, Hingoli) have been taken into consideration. The total sum of the players is



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400. the high and low socioeconomical status of he parents has been taken into consideration for the detailed study.

Multistage random sampling procedures have been applied for the selection of talukas, villages, college and the parents of the participating boys and girls in Kabaddi, Kho-kho, Volleyball and Basketball intercollegiate tournaments.

The data have been analyzed to assess the Mean, Correlation Method, Item-analysis Methods.

**Results and Discussion**

**Table 1**  
**Education of the Low Socio-economic Status of the Parents:**

**N = 400**

Sr. No	Age	Kabaddi				Kho-Kho				Volleyball				Basketball			
		Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls	
		F	P	F	P	F	P	F	P	F	P	F	P	F	P	F	P
1	Illiterate	8	16	7	14	6	12	7	14	8	16	6	12	8	16	8	16
2	Neo-Literate	6	12	8	16	7	14	7	14	7	14	7	14	6	12	9	18
3	Primary	9	18	10	20	8	16	10	20	8	16	9	18	9	18	7	14
4	Secondary	11	22	12	24	11	22	10	20	10	20	11	22	10	20	10	20
5	Higher Secondary	10	20	8	16	10	20	9	18	11	22	10	20	11	22	11	22
6	Graduate and above	6	12	5	10	8	16	7	14	6	12	7	14	6	12	5	10
	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

**Table2.**  
**Education of the High Socio-economic Status Parents :**

**N=400**

S r. N o	Education	Kabaddi				Kho-Kho				Volleyball				Basketball			
		Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls	
		F	P	F	P	F	P	F	P	F	P	F	P	F	P	F	P
1	Illiterate	6	12	5	10	8	16	7	14	6	12	7	14	6	12	5	10
2	Neo-literate	10	20	8	16	10	20	9	18	11	22	10	20	11	22	11	22
3	Primary	11	22	12	24	11	22	10	20	10	20	11	22	10	20	11	20



# OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

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4	Secondary	9	18	10	20	8	16	10	20	8	16	9	18	9	18	7	14
5	Higher Secondary	6	12	8	16	7	14	7	14	7	14	7	14	6	12	9	18
6	Graduate and above	8	16	7	14	6	12	7	14	8	16	6	12	8	16	8	16
	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

Education of the low socio-economic status parents have been presented in Table 1, It shows in respect of boys 16%, 12%, 18%, 22%, 20% and 12% and in respect of girls 14%, 16%, 20%, 24%, 16%, 10% belong to kabbadi to illiterate, neo-literate, primary, secondary, higher secondary and graduate and above level of educational categories, respectively. As per the above table, parents have secondary level education. Above table also shows parents education in respect of kho-kho these are 12%, 14%, 16%, 22%, 20%, 16% for boys and 14%, 14%, 20%, 20%, 18%, 14% for girls belong to illiterate, neo-literate, primary, secondary, higher secondary and graduate and above level of educational categories, respectively. It means that secondary level education is higher in respect of boys where as primary and secondary level education is equal in respect of girls. From the present investigation it is observed that 16%, 14%, 16%, 20%, 22%, 12% for boys and 12%, 14%, 18%, 22%, 20%, 14% for girls in Volleyball belongs to illiterate, neo-literate, primary, secondary, higher secondary and graduate and above level of educational categories, respectively.

It clearly shows the education level in respect of Volleyball is higher secondary for boys and secondary for girls i.e. 22%. When we compared the basketball game it showed that 16%, 12%, 18%, 20%, 22%, 12% boys and 16%, 18%, 14%, 20%, 22% and 10% girls in basketball belong to illiterate, neo-literate, primary, secondary, higher secondary and graduate and above level of educational categories, respectively. It shows that the education level in respect of Basketball is higher secondary both for boys and girls i.e. 22%. Present investigation corroborates with that of Rycheckys and Naul (), Mandigo et al (), Pate, et al., () who demonstrated a close relationship between the economic situation in the family, financial problems and participation of their children in various games.

Table 2 indicates the education of the high socio-economic status of parents. It reveals in respect of kabbadi boys that 12%, 20%, 22%, 18%, 12% and 16% and in respect of girls 10%, 16%, 24%, 20%, 16%, 14% belong to illiterate, neo-literate, primary,



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secondary, higher secondary and graduate and above level of educational categories, respectively. As per the above table, parents have primary level education.

The table, 2 also shows parents education in respect of kho-kho these are 16%, 20%, 22%, 16%, 14%, 12% for boys and 14%, 18%, 20%, 20%, 14%, 14% for girls belong to illiterate, neo-literate, primary, secondary, higher secondary and graduate and above level of educational categories, respectively. It means that primary level education is higher in respect both. However in respect of volleyball that 2%, 22%, 20%, 16%, 14%, 16% for boys and 14%, 20%, 22%, 18%, 14%, 12% for girls in Volleyball belongs to illiterate, neo-literate, primary, secondary, higher secondary and graduate and above level of educational categories, respectively. It clearly shows the education level in respect of Volleyball is primary and neo illiterate. Kohl, et al., () also reported that parental education is positively related to parent-teacher contact. The more educated the parent, the greater is their involvement in their childs education.

The same findings observed in the basketball game where it showed that 12%, 22%, 20%, 18%, 12%, 16% boys and 10%, 22% , 20%, 14%, 18% and 16% girls in basketball belong to illiterate, neo-literate, primary, secondary, higher secondary and graduate and above level of educational categories, respectively. It shows that the education level in respect of Basketball is neo illiterate both for boys and girls i.e. 22%. Desforges and Abouchaar (2003) also reported that differences between parents in their level of involvement are associated with social class, poverty, health and also with parental perception of their role and their levels of confidence in fulfilling it.

**Table, 3**  
**Family Education Background of the Parents:**

**N = 400**

S r. N o	Family Education Background	Kabaddi				Kho-Kho				Volleyball				Basketball			
		Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls	
		F	P	F	P	F	P	F	P	F	P	F	P	F	P	F	P
1	Low ; up to 2	2 4	48	2 0	40	2 2	44	2 4	48	2 6	52	2 4	48	2 0	40	2 2	44
2	Medium 3-4	1 6	32	1 4	28	1 8	36	1 8	36	2 2	44	1 6	32	1 8	36	2 0	40
3	High ; Above	1 0	20	1 6	32	1 0	20	0 8	16	1 0	20	1 0	20	1 2	24	0 8	16
	<b>Total</b>	<b>5</b>	<b>10</b>	<b>5</b>	<b>10</b>	<b>5</b>	<b>10</b>	<b>5</b>	<b>10</b>	<b>5</b>	<b>10</b>	<b>5</b>	<b>10</b>	<b>5</b>	<b>10</b>	<b>5</b>	<b>10</b>





# OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"



Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education

Shivaji College, Hingoli-431513 (Maharashtra)

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Table 3 reveals the family education background of the parents. It shows in respect of boys 48%, 32%, 20% and in respect of girls 40%, 28%, 32% belong to kabbadi to low : upto 2, medium : 3-4 and High: above, respectively. It is observed from the above the above table that family education background of the parents in respect of Kho-Kho 44%, 36%, 20% boys and in respect of girls 48%, 36%, 16% have low : upto 2, medium : 3-4 and High: above, respectively. From the present investigation it is observed that family education background of the parents in respect of Volleyball 52%, 44%, 20% boys and in respect of girls 48%, 32%, 20% are low : upto 2, medium : 3-4 and High: above, respectively.

When we look at the basketball game it showed that 40%, 36%, 24% boys and in respect of girls 44%, 40%, 16% have low : upto 2, medium : 3-4 and High: above, family education background of parents respectively. As per the above table, family education background of parents have low : upto 2 in respect of boys and girls for kabbadi, kho-kho, volleyball and basketball.

**Table 4**  
**Family Education Background**

N=400

Sr. No	Family education background	Kabaddi				Kho-Kho				Volleyball				Basketball			
		Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls	
		F	P	F	P	F	P	F	P	F	P	F	P	F	P	F	P
1	Low ; up to 2	10	20	16	32	10	20	24	48	10	20	10	20	12	24	22	44
2	Medium : 3-4	16	32	14	28	18	36	18	36	22	44	16	32	18	36	20	40
3	High ; above 5	24	48	20	40	22	44	8	16	26	52	24	48	20	40	8	16
	<b>Total</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>	<b>50</b>	<b>100</b>

Above Table 4.22 reveals the family education background of the parents. It shows in respect of boys 20%, 32%, 48% and in respect of girls 32%, 28%, 40% belong to kabbadi to low : upto 2, medium : 3-4 and High: above, respectively.



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It is observed that family education background of the parents in respect of Kho-Kho 20%, 36%, 44% boys and in respect of girls 48%, 36%, 16% have low : upto 2, medium : 3-4 and High: above, respectively. Whereas family education background of the parents in respect of Volleyball 20%, 44%, 52% boys and in respect of girls 20%, 32%, 48% are low : upto 2, medium : 3-4 and High: above were observed respectively. However regarding the basketball game it showed that 24%, 36%, 40% boys and in respect of girls 44%, 40%, 16% have low : upto 2, medium : 3-4 and High: above, family education background of parents respectively. As per the above table, family education background of parents have high : above 5 in respect of boys and girls for kabbadi, kho-kho, volleyball and basketball.

Table 5
Education to Children:

N = 400

Table with 18 columns: Sr. No, Education to Children, Kabaddi (Boys/Girls), Kho-Kho (Boys/Girls), Volleyball (Boys/Girls), Basketball (Boys/Girls). Rows include 'Sending Children to school', 'Sending Children to college', 'Sending Children to standard education institute', and 'Total'.

Above Table 4.10 represents the education to the children of low socio-economic status of the parents of the participating players, it is revealed in respect of kabbadi that 56%, 24%, 20% boys and 48%, 32%, and 20% girls allowed to go to school, college and standard education institute respectively. The same case is observed in respect of kho-kho that 52%, 36%, 12% boys and 60%, 24%, and 16% girls allowed to go to school, college and standard education institute respectively. However in respect of volleyball that 48%, 24%, 28% boys and 46%, 34%, and 20% girls allowed to go to school, college and standard education institute respectively. In respect of basketball that 50%, 30%, 20% boys and 54%, 34%, and





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12% girls allowed to go to school, college and standard education institute respectively. It is observed that most of parents didn't compromise regarding education to children.

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## **Mental health and Emotional Intelligence among Male and female college teachers**

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### **Abstract**

*Present study finds out the status of mental health and emotional intelligence among junior and senior college teachers. For this study the random sampling method was adopted in selecting the sample of the study. The study was carried out on a sample of 120 male and female college teachers. Senior college teacher include 60 male and 60 female and junior college teacher include 60 male and 60 female college teachers. 2x2 factorial research design is used for the study. Mental health inventory developed by Dr. Jadish and Dr. A.K. Srivastava and Emotional intelligence scale developed by Hyde, Pethe and Dhar are used in this study. There is significant difference of mental health between senior and junior college teacher. There is significant difference of mental health between male and female college teacher. There is no significant difference of emotional intelligence between senior and junior college teacher. There is significant difference of emotional intelligence between male and female college teachers.*

**Keyword : Mental health, Emotional Intelligence, Teacher,**

### **Introduction:**

Mental health is an integral part of our well-being, yet mental health issues have been woefully neglected in our country. Even worse is the fact that serious mental illnesses are not treated early and the treatment gap even for such disorders is very large. It is well known that people in disadvantaged situations have high levels of mental morbidity and poor access to treatment. Prisons and other custodial institutions are locations which see high levels of mental distress and



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morbidity. Mental distress may occur in otherwise normal individuals in response to the stress of imprisonment. They may occur in vulnerable individuals who have pre-existing illness that gets exacerbated in prisons, or develops anew in prisons as a result of stress or other factors.

Mental health describes as a state of physical, mental and social well-being; health is fractional by many interrelating reasons. Mental health is a most important factor of health and is an important source to advantage deal with the stresses and challenges of everyday life. Good mental health contributes to the quality of our lives as individuals, as communities, and as a society in general. Mental health is created in our interactions with the world around us, and is determined by our sense of control in dealing with our circumstances and by the support we have to help us cope.

As is described in American Heritage Dictionary (2006) mental health is a state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of everyday life. Atkinson (2006) also expressed that mental health is a term used to describe either a level of cognitive or emotional well-being or an absence of a mental health.

To some people the term 'Emotional Intelligence' is an oxymoron. As we know intelligence implies rational thinking, supposedly without any emotion.

The key to this compelling question touches many areas of research in Psychology and Management, the two fields which rely heavily on the various facets of EI in demystifying some key questions. Moreover, emotional intelligence is related to positive outcomes such as pro-social behaviors, parental warmth, and positive family and peer relations.

There are many potential personal, social, and societal benefits of incorporating a focus on emotional intelligence, which has been shown to be moldable, into higher education. Inclusion of classes on emotional intelligence in primary and secondary school curriculum is efficacious in raising emotional intelligence and reducing emotional and behavioural problems which can interfere with the learning process. Knowledge about us and others, as well as the ability to use this knowledge to solve problems, is a keystone to academic learning and success. Another personal benefit is that students high in self-knowledge are more likely to make wise career choices. Not surprisingly, high emotional intelligence in parents has been found to have a positive impact on the social and emotional development of their children.

## Objective:



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1. To compare mental health and emotional intelligence between senior and junior college teacher.
2. To compare mental health and emotional intelligence between male and female college teacher.

### Hypothesis:

1. There will be significant difference of mental health between senior and junior college teacher.
2. There will be significant difference of mental health between male and female college teacher.
3. There will be significant difference of emotional intelligence between senior and junior college teacher.
4. There will be significant difference of emotional intelligence between male and female college teachers.

### Sample:

The random sampling method was adopting in selecting the sample of the study. The study was carried out on a sample of 120 male and female college teachers. Senior college teacher include 60 male and 60 female and junior college teacher include 60 male and 60 female college teachers.

### Research design:

2×2 factorial design was used for research.

(B) Gender	(A) Players	
	A1- Male	A2 - Female
B1 Male	a1 b1	a2 b1
B2 Female	a1 b2	a2 b2

### Variables:



**Independent variable**

**Dependent Variable**

- 1. Teachers
- 2. Gender

- 1. Mental Health
- 2. Emotional Intelligence.

**Tools:**

**1) Mental Health Inventory:**

Present psychological test developed by Dr. Jadish and Dr. A.K. Srivastava. Total 56 items including 32 ‘false-keyed and 24 ‘true keyed have been selected to constituted the final format of the inventory. The reliability of this inventory is found by spilt half method using add even procedure the reliability coefficients was .73 found. It was fond to be .54. it is not worthy here that high score on the general health questionnaire indicates poor mental health besides the inventory was validated against ‘personal adjustment scale. The two inventory scores yield positive correlation of .57 reveling moderate validity.

In the present scale four alternative responses have been given to each statement i.e. always, often, rarely and never. 4 score to always, 3 score too often, 2 score to rarely and 1 score to never mark responses as to be assigned for true keyed (positive) statements were as 1,2,3 and 4 scores for always, often, rarely and never respectively in case of false keyed (negative) statements.

**2) Emotional Intelligence scale:**

The present scale was developed by Hyde, Pethe and Dhar (2001). It contains 34 items. Ten factors of intelligence are included in this scale. The instruction of this scale were “Here some statements are given and for every statement you have express your views by making tick (√) on any one cell of the five alternatives. There is no right or wrong answer. So please give your response on all the items.” The reliability coefficient of this test calculated split-half reliability coefficient method is found to be 0.88.



**Results and Discussion:**

**Table no 1**

**Summary of Two Way ANOVA for dependent variable Mental Health**

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Teacher	8300.03	1	8300.03	10.85	.001
Gender	23408.13	1	23408.13	30.62	.000
Teacher * Gender	644.03	1	644.03	0.84	N.S.
Error	88671.66	116	764.41		
Total	1848064.00	120			

For find out the significant differences of mental health among junior and senior college teacher calculating the F ratio. The result concluded that the F ratio of junior and senior college teacher on mental health  $F = 10.85$  which is significant at the level of 0.01 on dependent variable mental health. Hence there is significant difference found towards the mental health of junior and senior college teacher. Hypothesis No. 1 "There will be significant different between junior and senior college teacher on mental health" is accepted.

For find out the significant differences of mental health among male and female college teachers calculated the F ratio. The result concluded that the F ratio for mental health of junior and senior college teachers  $F = 30.62$  which is significant at 0.01 the level of significant. Hence there is significant difference found towards the mental health among male and female college teachers. According to f ratio Hypothesis No. 2 "There will be significant different between among male and female college teachers on mental health" is accepted.

Dependent variable mental health interaction effect for teachers and gender interaction f ratio for df 2 and 392 is found  $0.84 >$  which is no significant both the level. The F associated with the interaction of factors A and B is not significant.

**Table no 2**

**Summary of Two Way ANOVA for dependent variable Emotional Intelligence**



Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Teacher	821.63	1	821.63	2.38	N.S.
Gender	3898.80	1	3898.80	11.31	0.01
Teacher * Gender	326.70	1	326.70	0.94	N.S.
Error	39980.33	116	344.65		
Total	645978.00	120			

Table no. 2 shows that the significant differences of emotional intelligence among junior and senior college teacher calculating the F ratio. The result concluded that the F ratio of junior and senior college teacher on mental health  $F = 2.38$  which is no significant at the level of 0.05 on dependent variable emotional intelligence. Hence there is no significant difference found towards the emotional intelligence of junior and senior college teacher. Hypothesis No. 1 "There will be significant different between junior and senior college teacher on emotional intelligence" is rejected.

For find out the significant differences of emotional intelligence among male and female college teachers calculated the F ratio. The result concluded that the F ratio for emotional intelligence of junior and senior college teachers  $F = 11.31$  which is significant at 0.01 the level of significant. Hence there is significant difference found towards the emotional intelligence among male and female college teachers. According to f ratio Hypothesis No. 2 "There will be significant different between among male and female college teachers on emotional intelligence" is accepted.

Dependent variable emotional intelligence interaction effect for teachers and gender interaction f ratio for df 2 and 392 is found  $0.94 >$  which is no significant both the level. The F associated with the interaction of factors A and B is not significant.

### Conclusion:

There is significant difference of mental health between senior and junior college teacher. There is significant difference of mental health between male and female college teacher. There is no significant difference of emotional intelligence between senior and junior college teacher. There is significant difference of emotional intelligence between male and female college teachers.





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### Effect of Strength Training on Physical Ability of High School Students.

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#### Abstract-

*This study explores effect of strength training on physical ability of high school students. Strength training as a training method in sedentary students was chosen for this study because there is an apparent lack of research about the views, use and effect of strength training in high school students. A sample 80 high school students aged 12-18 years old from eight classes were simple randomly assigned to an experimental group (n=40) and control group (n=40) the experimental group students performed a development programme four days a week for six weeks. Students perceived physical fitness (international fitness scale and the contour drawing rating scale) were measured at the beginning and at the end of the development programme. Data were collected with the help of 50 yard dash test for speed, shuttle run for agility, 9 minutes run and walk for endurance, push ups for arm strength, standing broad jump for explosive strength. The result showed that the strength training programme significantly increased the student's physical ability. This knowledge could help teachers to design programmes that permit a effective development and maintenance of physical ability.*

#### Introduction –

Physical ability is one of the central terms in the curriculum and in the syllabus of physical education and health. Physical ability describes skills dealing with happiness to move, coordination, condition, strength mobility, understanding of one's own body, mental skills and motivation (Kalle Heikkinen 2017). Physical ability includes different aspects and it has many similarities with the term physical literacy. It can be developed many sports activities, training and connecting these to everyday life and well-being.

Strength training sometimes called resistance training, can be divided into different types of training method such as bodyweight training, free weights, elastic bands, medicine ball. strength training important to develop muscular endurance, strength and power. Strength training is



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recommended for children and adolescents but they must have the proper technique especially when they lift heavy weight. If children and adolescents are able to do sports, then they can do strength training as well (Faigenbaum and Wwstcott 2009). Tonknogi (2009) said that children seven- eight years old could being strength training and does not mention that younger children could not strength training can be started from a young age and is even recommended for growing children and adolescent. However they are not yet adults and caution should be taken when training younger children ( Faigenbaum and Westcott 2009). The purpose of this study was to investigate the effect of strength training on physical ability of high school students.

**Participants** - There were total 80 high school students participants from four class in each of the selected two schools. Two classes in each schools were randomly selected four the experimental and the control group. The experimental group consisted of forty (n=40) boys, and the control group consisted of forty (n=40) boys respectively.

**Variables** - Circuit training and medicine ball training was selected as a independent variable and physical ability (speed, agility, endurance, arm strength, explosive strength) were selected as dependent variables for the present study.

**Training-** The present study was conducted for six weeks four days a week. Once the experimental group was had assembled, they would undergo the warm-up and stretching exercise for about eight to ten minutes and followed by the training. Pre test data were collected before starting of training program and after six weeks post test data were collected and analysed for between differences using analysis of t-test.

**Testing-** the test were conducted in a 400 meter track in the school field as recommended by Baumgartner and Jackson (1991). In this study data was collected with help of 50 yard dash test for speed, shuttle run for agility, 9 minute run and walk for endurance, push ups and standing broad jump for arm strength and explosive strength.

## Table

### Mean Standard Deviation and T-Ratio for the Physical Ability of Experimental and Control Groups



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Physical Ability		Experimental group			control group		
		pre	post	t- ratio	pre	post	t-ratio
Speed	Mean	9.96	9.51	3.55	9.32	9.33	0.55
	SD	0.52	0.61		0.80	0.80	
Agility	Mean	11.70	11.47	2.25	11.48	11.47	0.10
	SD	0.44	0.47		0.43	0.44	
Endurance	Mean	664.1	738.1	3.74	84.96	85.00	0.02
	SD	90.00	86.67		84.96	85.00	
Arm strength	Mean	4.82	9.6	7.55	5.12	5.52	1.39
	SD	1.39	1.05		1.39	1.17	
Explosive Strength	Mean	1.11	1.19	5.48	1.42	1.43	0.21
	SD	0.07	0.06		0.21	0.21	

## Results and Discussion –

T-Test was utilized in the present study as the design employed was a cross-sectional experimental design with intact sampling method. The data indicated that the groups were approximately distributed. For the statistical analysis the level of confidence was set at 0.05 to ascertain the effect of the training between the experimental group and control group. T-test was computed using post test score and the dependent score and the pre test score as the covariate. The result of t-test in table indicates that there was significant main effect in speed  $t = 3.55, p > 0.05$ , agility  $t = 2.25, p > 0.05$ , endurance  $t = 3.74, p > 0.05$ , arm strength  $t = 7.55, p > 0.05$ , explosive strength  $t = 5.48, p > 0.05$ . Table indicates the pre and post test mean score. Standard deviation and t-test for selected physical ability components for the experimental group and control group respectively. The result showed that training in the experimental group was effective in enhancing the physical ability among the experimental group.



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The present study was aimed at investigating the effect of six weeks strength training programme on physical ability of high school students. The results indicate that there was a statistically significant difference towards speed, agility, endurance, arm strength, explosive strength between the groups post test were compared.

The significant difference in physical ability in the present study are in agreement with similar studies reported by Faigenbaum and Patrick Mediate (2007), James E.Mc. Farland (2007), Juan carlos colodo (2012). The significant result in the present study can be attributed to the training (exercise in warm up treatment and the cool down session).

### Conclusion-

The aim of the study was to investigate the effectiveness of strength training on physical ability of high school students. It indicated that strength training program had a positive effect towards physical ability components. Consequently such strength training program can be important for increase physical ability of high school students.

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## **Ergogenic Aids for Improving Sports Performance**

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*Research scholar*

*S.R.T.M.U.Nanded*

### **Abstract**

*Ergogenic aids define as any substance or treatment that either directly improves physiological variables associated with exercise performance or removes subjective restraints that may limit physiologic capacity ergogenic aids include are- 1) nutritional aids 2) pharmacological aids 3) physiological aids 4)psychological aids 5) mechanical or biomechanical aids. Athletes are increasingly tempted to use ergogenic substance that can contribute to adjusting strength, endurance recovery of exercise capacity or body composition this article highlights on ergogenic aids, types of ergogenic aids and importance of ergogenic aids and it also focused on positive and negative effect of ergogenic aids.*

### **Introduction:-**

Ergogenic is derived from Greek words ergon (work) and gennan (to produce) hence ergogenic refers to any strategy that enhances work capacity. Ergogenic aids is defined as any means of enhancing energy utilization, including energy production, control and efficiency. Individuals engaged in physical training have been using sports ergogenic in order to improve athletic performance in short ergogenic means having the ability to increase work. In the realm of athletics, ergogenic aids are pills, powders, drinks, bars, gels etc. That when consumed can enhance an athletics strength, endurance, recovery, body composition or energy levels, leading to improved performance and an advantage over the athlete's competition, ergogenic aids are used by both male and female to improve their performance and increase their chances of winning in competition.

### **Classification of Ergogenic Aids:-**

Ergogenic aids means enhancing energy production and utilization. ergogenic aids have been divided in five categories.

1. Nutritional Aids.
2. Pharmacological Aids.
3. Physiological Aids.



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4. Psychological Aids.
5. Mechanical or Biomechanical Aids.

**Nutritional Aids:-** In nutritional aids include carbohydrate, protein, pyruvate, lactate, fat, caffeine, vitamins, fluid, electrolytes, glycerol, sports drinks etc. Nutritional supplements aimed at increasing resistance to maintaining and improving general health and vitamin and mineral supplementation is widespread.

**Mechanical Aids:-** Mechanical ergogenic aids are designed to help athletes improve performance and gain an edge over the competition. Mechanical ergogenic aids include specially designed clothing, enhanced forms of sports equipment - Running shoes, nasal breathing strips, equipment innovations, artificial turf, etc.

**Pharmacological Aids:-** Pharmacological ergogenic aids can be described as drugs, both legal and illegal, that are used to enhance physical performance. Pharmacological aids are commonly used by athletes of various sports competitions in order to gain a more competitive edge. They should be used with caution as pharmacological aids can have harmful side-effects and can potentially be dangerous or life threatening when abused. Before taking a pharmacological aid, it is important to conduct research to find out the effectiveness of the drug, any possible side effects, and if the drug is legal.

**Physiological Aids:-** Natural substances like herbal tea and things like acupuncture are physiological ergogenic aids and can be used to aid performance. Most of these aids are safe and effective. Physiological aids are widely available and can be a good alternative to drug supplementation. Before you try any physiological aid, it is important to do sufficient research to find out the effectiveness of the products and any possible side effects. Some of these methods are illegal. Here is a look at some physiological methods: Legal- Oxygen, Sports Massage. Illegal- Blood Doping .

**Psychological Aids:-** Techniques that support the athlete's mental state are psychological ergogenic aids and can aid performance. Most of these aids are safe and effective. Psychological aid techniques are easy to learn and can be done anywhere. Before you try any psychological aid, it is important to do research to find out the effectiveness of these methods and to learn proper technique. Here is a look at some psychological methods hypnosis, cheering, imagery, music, yoga, relaxation





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### Effect of ergogenic aids:-

- 1) They may act as a supplementary fuel source for energy production.
- 2) They may affect the flux of fuels through the energy pathways.
- 3) They may delay or minimize the affects of end product accumulation, such as heat or lactic acid. 192 The Use of Nutritional Ergogenic Aids in Horses
- 4) They can affect the nervous system by affecting coordination, recruitment of muscle fibers or psychological effects.

**Conclusion:-** If you want to improve your sports performance, use products that have been proven safe. They are legal, healthy, and they work. To gain a more competitive edge, nothing works better than proper training, correct technique, and good coaching.

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### Physical Exercise and Health Benefits

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#### Abstract

*Wellness Is A Perfect Idea Of Both Outer Just As Inward Parts Of A Person's Wellness .Today Every Individual Wants To Have A Healthy However Because Of Quick Industrialization Development In Populace, Expanding Pace Of Vehicles, Consistent And Standard Use Manures, Synthetic Substances, Pesticides And So On. For Bettor Generation Of Horticultural Items .Mai Rehearses Applied For Acquiring More Benefits And So On Are Legitimately Impacting The Wellbeing.*

**Keywords:** *Physical Exercise, Healthy Benefits, Wellness*

#### Introduction

Then again due the developing utilization of uninvolved innovative practices in day by day is liable for significant levels of physical latency among all the age gatherings. Research result indentified that practically 60% populace are not dynamic enough to pick up the medical advantages.

Viewing TV. for a more drawn out length utilizing pc. Driving or boarding vehicle in any event, for short excursion utilizing lifts and lifts in shopping centers/markets/displace and occasions in multi put away private condos. These all adds to our in dynamic life. Appropriate unwinding and regular exercise

#### Balance diet

A considerable lot of us don't have a clue about that equalization diet is? We even don't have the opportunity to take diet at appropriate time because of scholastic/proficient burden. the



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individuals who considers taking equalization diet they don't get it as a result of decreased nutritious estimations of the nourishment stuff nutritious qualities getting diminished because of the utilization of synthetic substances composts pesticides ,because of utilization of hues for beautification of leafy foods likewise because of use of unsafe factices for age the in - developed products of the soil then again a large number of us are having poor dietary patterns for example taking cowman, powbhagi, noodles , burgers, pastry shop, things and so forth and all these whenever eaten for a more drawn out time do influences the wellbeing .

### Inspirational Attitude and Stable Mind

In the present way of life it is hard to accomplish inspirational frame of mind and stable personality .students faces this issues because of overabundance scholastic burden and parental exile level source people do have part of strains or some likeness thereof it's extremely hard to discover an individual without pressure, stresses, sadness, dissatisfaction and numerous such enthusiastic in dependability again this segments likewise " not seems to be in our control"

### Proper Relaxation

Restorative science says that appropriate rest to body is fundamental need. At any rate 5-8 hours of outright rest is exhorted by specialists and researchers because of the aforementioned reasons the psyche and body don't get enough rest for unwinding

### Normal Exercise

This is one among the fundamental prerequisite of wellness yet physical exercise will in general decay altogether with age based on explore it has been inferred that: hardly 40% people of the absolute populace are cognizant about exercise almost t/3" of the complete populace know about the huge of the exercises females are least keen on doing exercises. The greater part of the non-transmittable maladies like obesity, diabetes, hypertension, stroke, wretchedness, heart illnesses, respiratory issues may cause due to in dynamic life design. Specialists and researchers encourage undergoing physical exercises routinely for keeping up healthy body and healthy personality.



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### Issues in Women's Due To 4n Active Life

Proof says that ladies of present life design faces parcel of physiological and mental issues because of idle life a few issues looked by them are Spinal pain, disturb period cycle. Hard to imagine, frequent unsuccessful labor, pre-developed birth of youngster, anemic, depression and so forth.

### Benefits of Regular Exercise

We have just come to know so far that excepts this segments of wellness every single other segment are nearly not in our control however this segments certainly in our control progressively over for normal exercise we don't have to go through cash this is 100% liberated from cost just premium is to be created within the self it is neither costly not it's requires a lot of room, benefits of exercise can be grouped into the accompanying.

#### A. Physical Benefits

Normal progression of exercises for a more extended length gives better notice and parity. Better appearance and brilliant looking. Sound character.

#### B. Physiological Benefits

Effective working of all the arrangement of body; proper development and advancement. Save again of procedure. Improves sexual capacities

#### C. Mental Benefits

Appropriate Mindfulness, Sound Personality, Increases Scholarly Capacity, Better Self Esteem, Relief From Contrary Feelings Life Stress, Disappointments And So Forth. Sentiment of Well-Being. Self Certainty and So On.



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### D. Wellbeing Related Benefits

1. Control Loads Subsequently Forestall Stoutness.
2. Solid Muscles Tendons Bones And So Forth For Example Consequently Keeps From Wounds. Builds Hunger and Better Absorption of Nourishment.
3. Keeps Up Circulatory Strain And Cholesterol Level.
4. Builds The Body Invulnerability Power.
5. Freshness Lively Emotions.
6. Sound Rest Mental Measures.
7. Goes About As Preventive Measures Against Different Non - Transmittable Ailments And So On.

### Conclusions

On the basics of the aforesaid steady it has been concluded that many factors are responsible for the wellness but the most significant are proper diet, positive attitude proper rest of body and regular exercise. Except the last components of wellness of all other components are very difficult to be make available or achieve as because they are not is our control.

but last component i.e. doing exercise regularly is in our control and is available free of cost one must understood the benefits of regular exercises and give four minutes of 24 hours to keep oneself healthy for long life and efficient work ability "if health is lost everything is lost."

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## **STUDY OF DEPRESSION AMONG COLLEGE STUDENTS**

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### **Abstract**

*Objective: The purpose of this study was to find out the mean difference between male and female college students on depression. Sample: The total sample consisted 100 college students were taken. Sample also included 50 professional college students and 50 nonprofessional college students. All sample selected by the simple random sampling method from Aurangabad city. The research tool for depression were used which made by Beck (1961). Method: For statistical analysis used 't' test to check the significance level of depression in male and female college students method is used. Conclusion: Results revealed that there is significant difference between male and female college students on depression. There is significant difference found between profession and nonprofessional college students on depression.*

**Keywords:** *Depression and College students.*

### **Introduction:**

The term depression is extremely broad, variably defining an affect, mood states, disorders, or syndromes-as well as disease states. A depressed affect usually occurs in response to a specific situation and is defined as a transient and non-substantive state of feeling depressed sad. Everyone occasionally feels blue or sad, but these feelings are usually fleeting and pass within a couple of days. When a woman has a depressive disorder, it interferes with daily life and normal functioning, and causes pain for both the woman with the disorder and those who care about her. Depression is a common but serious illness, and most that have it need treatment to get better. Depression affects both men and women, but more women than men are likely to be diagnosed with depression in any given year. Efforts to explain this difference are ongoing, as researchers explore certain factors (biological, social, etc.) that are unique to women. Many women with a depressive illness never seek treatment. But the vast majority, even those with the most severe depression, can get better with treatment.



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Scientists are examining many potential causes for and contributing factors to women's increased risk for depression. It is likely that genetic, biological, chemical, hormonal, environmental, psychological, and social factors all intersect to contribute to depression.

Various studies were done to assess the prevalence, psychosocial factors, cultural factors, comorbidity, and treatment and prevention aspects of depression among various age groups. After a thorough literature review there were no large scale studies done on working women population. Researchers have come to a conclusion that the most typical age of major depression is adolescence and young adulthood. Young women have enormous liability for depression onset when they are during 15 to 19 or by 25 years of their age. The two most important implications are, one that depression is most likely to affect young people, especially during their critical period of development that includes their career, child bearing and marriage and second implication is that early onset of depression may portend a worse course of illness which can be because of developmental disruption and also because earlier onset may reflect a more severe form of the disorder.

It is quite noteworthy that more women are reporting or are being treated for depressive disorder than men. Thus sex difference in depression is notable. The cross national collaborative group cited 2:1 ratio that indicates women's prevalence among those who suffer from unipolar depressive disorders. Hormonal effects, timing of puberty, gender difference in sex, esteem, cognition, differential exposure to stressors, coping and social expectations many such biological and psychological perspectives are considered but without any resolution.

It is found that young individual especially young women have an increased rate of depression. The reasons for this being increased stress in the form this being increased stress in the form of lightened expectations, social mobility diminishing supportive resources etc.

### **Objective of the Study:**

1. To find out the level of depression between male and female college students.
2. To find out the level of depression between professional and nonprofessional college students.

### **Hypothesis of the Study:**

1. There will be significant difference in depression among male and female college students.





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2. There will be significant difference in depression among professional and nonprofessional college students

### Method:

### Sample

According to the purpose of present study 100 college students selected from Aurangabad city. There were 50 male and 50 female college students are selected. Also 50 college students selected from professional degree college and 50 college students selected from nonprofessional degree college. Professional college students include who is admitted in Engineering, medical, law and business administration professional college. Nonprofessional college students included who one is admitted B.A., B.Sc., and B.Com. Courses and colleges. All sample selected by the simple random sampling method. Age group of the all subject between 18-22 years.

### Tools:

Present study following psychological test were used.

#### (A) Beck Depression Inventory (BDI)

The Beck depression Inventory developed by the Beck ward. It is comprised of twenty one items. Although the inventory was designed as a clinical instrument but in practice it is frequently used to dichotomize subjects in to depressed and non-depressed groups. This inventory has test-retest reliability coefficient ranging from 0.74 to 0.83 on different time intervals and positively correlated with Hamilton depression rating scale with a person r of 0.71

### Statistical interpretation:

All data collection done and all test scoring according to manual master chart are prepared. Purpose of data analysis SPSS 21 version is used. First step descriptive statistics mean and standard deviation are calculated. Then compare the two groups of means t test is used.

Table No. 1

Mean SD and t value for depression on gender

Variable		N	Mean	S.D.	t
Gender	Male	50	15.88	5.72	2.13*



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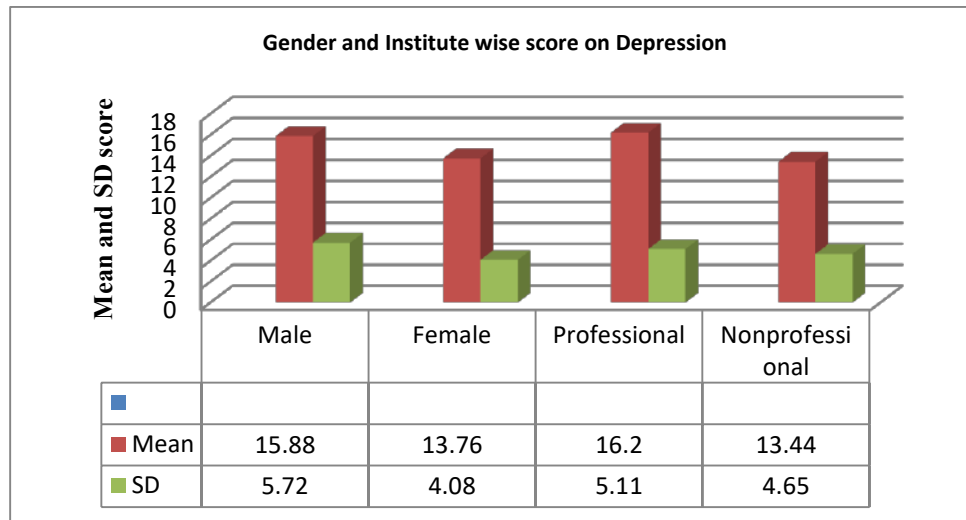
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	Female	50	13.76	4.08	
Institute	Professional	50	16.20	5.11	2.82**
	Nonprofessional	50	13.44	4.65	

Figure No. 1

Mean and SD for depression



Above table No. 1 and figure No. 1 shows that the mean differences of college students on independent variable gender and institute. In this study gender and institute these are two variable. In Gender included Male and female college students and Institute included professional and nonprofessional college students.

Gender is a first independent variable in this study. Male and female college students mean score on depression is respectively 15.88 and 13.76. Score of standard deviation of male and female college students is respectively 5.72 and 4.08. Male and female college students significant difference of mean score t value is a  $t = 2.13$  for  $df = 98$ . This t value is significant on the confidence level at 0.05. That's mean according to significant mean difference male and female college students differed from each other on depression. Male college student level of depression



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is high than the female college students. According to results hypothesis no. 1, "There will be significant difference of depression among male and female college students" is accepted.

Institute is a second independent variable in this study. Professional and nonprofessional college students mean score on depression is respectively 16.2 and 13.44. Score of standard deviation of professionals and nonprofessional college students is respectively 5.11 and 4.65. Professionals and nonprofessional college students significant difference of mean score t value is a  $t = 2.82$  for  $df = 98$ . This t value is significant on the confidence level at 0.01. That's mean according to significant mean difference of professional and nonprofessional college students differed from each other of depression. Professional college student level of depression is high than the nonprofessional college students. According to results hypothesis no. 2, "There will be significant difference of depression among professional and nonprofessional college students" is accepted. Some studies are related to presents research. Abdul Raffie & Tejaswini Padikkal (2016), Heyam F. Dalky & Assel Gharaibeh (2018) and Tapas Karmarkar & Santosh Kumar Behera (2017) studies are finding the gender differences of depression. Singh, R. & Joshi, H. (2008) studies are not found significant gender difference among college students.

### Conclusion:

There is no significant difference in depression among male and female college students. Male college student's level of depression is high then the female college students. There is no significant difference in depression among professional and nonprofessional college students. Professional college students level of depression is high than the nonprofessional college students.

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### A study of mental health among college students

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Aurangabad (M.S) India.

#### Abstract

The present study is design to study of mental health among individual and team players of college students. All sample included in this study 100 players of college students. Sample is selected from various colleges of Aurangabad cities. Sample selected by random sampling method. Sample included 50 individual game players (25 female and 25 male) and 50 team game players (25 female and 25 male) are selected. The two way analysis of variance was used for compare the independent variable players and gender. For this study mental health inventory developed by Dr. Jagdish and Dr. A K. Srivastava is use. There is significant difference of mental health among individual and team players of college students. Team players of college students are better level of the mental health than the individual players of college students. There is no significant difference of mental health among male and female players of college students. There is no significant interaction difference of independent variable players and gender on mental health of college students.

**Keyword: Mental health Players and College students.**

#### Introduction:

The importance of mental health, stress and quality of life the issues that arise when people struggle with it are being normalized by government initiatives and high profile campaigns. Mental health initiatives have been incorporated into educational curriculum and resources for school-aged children and youth. Governments and corporations are increasingly focused upon enhancing health and safety standards, of which mental health is an important component. Workplace initiatives are being encouraged and progressively more required. Post-secondary institutions are not immune from the spotlight. There is concern, however, that changing the



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academic culture will result in lowered standards for academic excellence. Research counters this apprehension. With advancing academic inquiry into the impact of mental health and wellness on successful academic pursuits, significant attention has turned to identifying the influence of the relentless and high intensity environments that graduate students function within.

The World Health Organization sees health as multidimensional and espouses a social model of health. It defines health as 'a positive concept emphasizing social and personal resources as well as physical capacities.' 'Mental health is the capacity of the individual, the group and the environment to interact with one another in ways that promote subjective well-being, the optimal development and use of mental abilities (cognitive, affective, and relational), the achievement of individual and collective goals consistent with justice and the attainment and preservation of conditions of fundamental equality.

Thus a person's mental health is a dynamic or ever changing state. It has several components and they interact with each other. Adequate feeling of security, self-evaluation, contact with reality, adequate bodily desires and the ability to gratify them, self-knowledge, extension of the sense of self, warm relationship with others, emotional security, unifying philosophy of life, ability to take responsibility for neighbors and fellow human beings, orientation towards growth and maximizing one's potential, ability to deal with and influence the environment in a capable, competent and creative manner, acceptance of oneself and others in totality, spontaneity, creativity and freshness of vision and a healthy sense of humor, healthy reactions, capacity to understand problems, ability to make decisions and have solution-oriented attitude, positive thinking, awareness and maximization of one's potentials, development of emotion, creativity, intellect and spirituality, ability to face problems and challenges without losing patience and to respond to them with full strength and draw lessons for future, ability to analyse one's extended self, ability to discriminate against right and wrong, good and bad are some of the indicators of good mental health.

### **Objectives:**

1. To investigate the status of mental health among individual and team players of college students.
2. To find out the gender difference of mental health among male and female players of college students.



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3. To find out the interaction effect of the players and gender of mental health among college students.

### Hypothesis:

1. There will be significant difference of mental health among individual and team players of college students.
2. There will be significant difference of mental health among male and female players of college students.
3. There will be significant interaction difference of independent variable players and gender on aggression of college students.

### Method:

#### Variable:

In the present study following variables treated as dependant and independent.

Dependent variables: 1) Mental health

Independent variables: 1) Players: in the study two group of players that are individual and team players. Individual Players: those who are play in various individual games like swimmer, athlete, badminton, Tennis, Team Players: Those who are play in team game like Cricket, Hockey, Kho-Kho, etc.

2) Gender: Male and Female

#### Sample:

All sample included in this study 100 players of college students. Sample is selected from various colleges of Aurangabad cities. Sample selected by random sampling method. Age range of the all sample between 18 to 21 years. Sample included 50 individual game players (25 female and 25 male) and 50 team game players (25 female and 25 male) are selected.

#### Design

2 X 2 balance factorial design is used.

Players: Individual and team game players

Gender: Male and female college students





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(B) Gender	(A) Players	
	A1- Male	A2 - Female
B1 Male	a1 b1	a2 b1
B2 Female	a1 b2	a2 b2

## Tools

The following psychological tools were used for data collection.

### 1. Mental health inventory:

This inventory developed by Dr. Jagdish and Dr. A.K. Srivastava. The preliminary format of the MHI was tried out administered on a sample of 200 subjects belonging to various socio culture, age, and sex and education groups. On the basis of significance out of 72 items, 56 items including 32 'false-keyed and 24 'true keyed have been selected to constituted the final format of the inventory. The reliability of the inventory was determined by spilt half method using add even procedure the reliability coefficients was .73 found. Construct validity of the inventory is determined by finding coefficients of correlation between scores on mental health inventory and general health questionnaire.

### Result and Discussion

For statistical analysis the descriptive and inferential statistics is use for this study. The descriptive statistics used for the Evaluation of central tendency Index such as (mean) and the size of the dispersion (standard deviation) and lastlytwoway ANOVA was used.

Table No. 1

Summary of ANOVA formental health among Individual and Team Players

Source	SS	df	Mean Square	F
Players	6544.81	1	6544.81	12.37**



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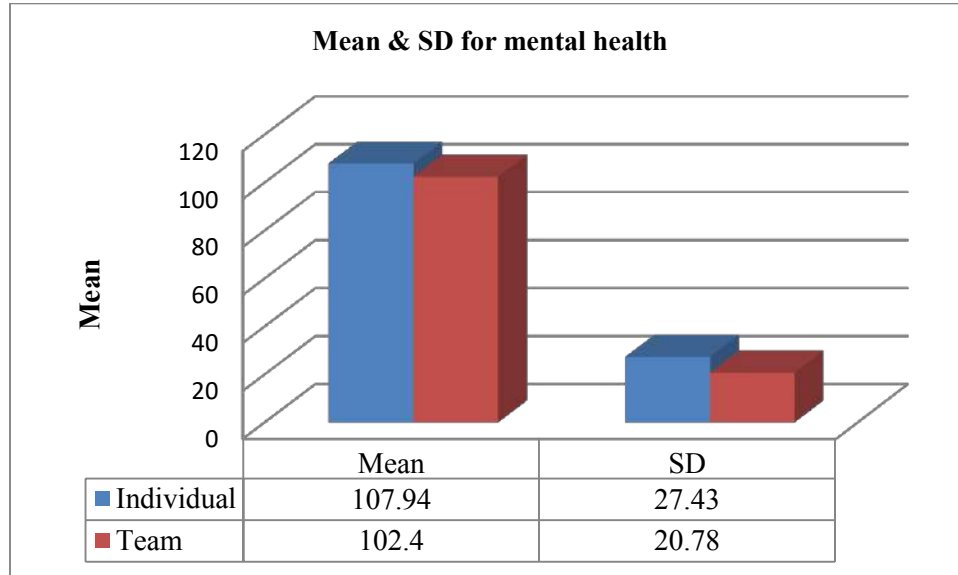


Gender	767.29	1	767.29	1.45
Players X Gender	723.61	1	723.61	1.37
Error	50796.40	196	529.13	
Total	1164905.00	200		

**Table No. 2**  
**Mean and SD for college students on Mental health**

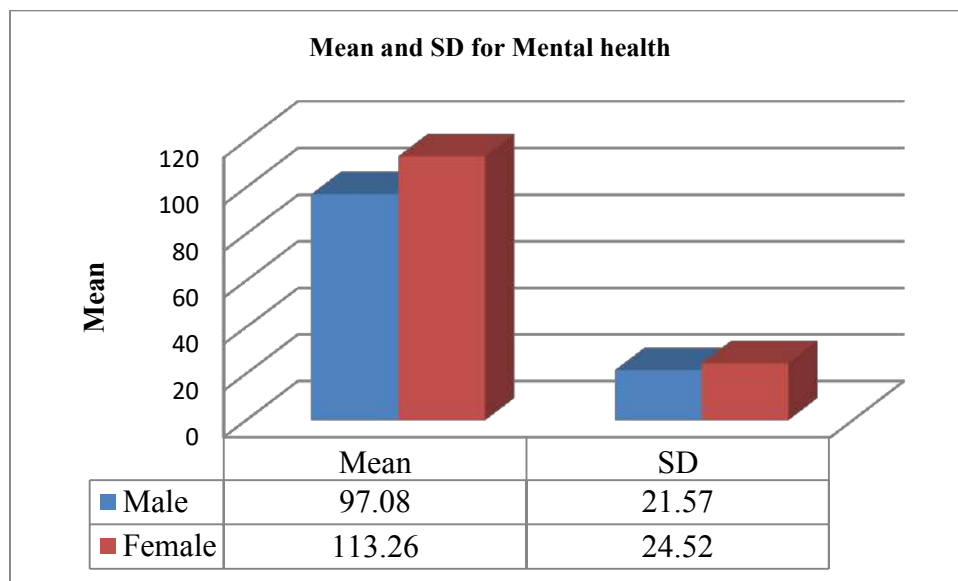
Gender	Players	Mean	Std. Deviation	N
Male	Individual	97.16	25.17	25
	Team	118.72	25.71	25
	Total	107.94	27.43	50
Female	Individual	97.00	17.78	25
	Team	107.80	22.47	25
	Total	102.40	20.78	50
Total	Individual	97.08	21.57	50
	Team	113.26	24.52	50
	Total	105.17	24.37	100

**Figure No. 1**  
**Mean and SD for mental health on players**



**Figure No. 2**

**Mean and SD for mental health on gender**





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The above table shows that the main affect of Players and gender on players of college students. First independent variable is a player of college students. In this study two type's players are included individual and team players of college students. Table no. 2 and figure No. 1 show that the mean differences of the individual and team players of college students on mental health. Mean value of individual and team players of college students is respectively 107.94 and 102.4 and standard deviation value is 27.43 and 20.78. The main effect of players on mental health of college student's f value is 12.37 for df 1 and 99. F value is a significant on the confidence level 0.01 and 0.05. That's mean individual and team players of college students differed on the mental health. Hypothesis No. 1, "There will be significant difference between individual and team players of college students on mental health", is accepted. According to f value and mean value individual and team players significantly differ from each other on mental health.

Second independent variable is a gender of college students. In this study two level of gender are included male and female players of college students. Table no. 2 and figure No. 2 show that the mean differences of the male and female players of college students on mental health. Mean value of male and female players of college students is respectively 97.08 and 113.26 and standard deviation value is 21.57 and 24.52. The main effect of gender on mental health of college student's f value is 1.45 for df 1 and 99. F value is a no significant on the confidence level 0.01 and 0.05. That's mean male and female players of college students not differed on the mental health. Hypothesis No. 2, "There will be significant difference between male and female players of college students on mental health", is rejected. According to f value and mean value male and female players not significantly differ from each other on mental health.

The result of the interaction effect of independent variables such as players and gender on mental health f value is 1.37 (df = 1 and 96) which is not significant both the level. Thus players and gender has no separate influence on mental health. Result indicated that the hypothesis no. 3 is "there will be significant interaction effect of independent variables on mental health", is rejected.

### Conclusion:



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There is significant difference of mental health among individual and team players of college students. Team players of college students are better level of the mental health than the individual players of college students. There is no significant difference of mental health among male and female players of college students. There is no significant interaction difference of independent variable players and gender on mental health of college students.

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## **Comparative Study of Dynamic Strength of Hand of wrestling & Boxing Players**

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### **Abstract**

*The purpose of the study was to compare the dynamic strength of hand of wrestlers & boxing players of All India Interuniversity level players. This study 23 male wrestling & boxing players and the age group of the subjects was ranged from 18 to 25 years. The data of dynamic strength of the subjects were obtained by using vertical Arm Pull Test.*

*Arm Pull Test which is multiply by subject's body weight. After the test of both groups for the further analysis of the received data. Statistical formula means, standard deviation, and the use of 'T' test for the comparison of two groups for the verification of hypothesis. The important study level is maintained 0.5 at 22 degree of freedom. The derived 'T' and the hypothesis is verified at the stage. This study showed that dynamic strength of hand is greater wrestlers than the boxing players.*

**Key words:** *Wrestlers, Boxers, Dynamic strength.*

### **Introduction:**

Dynamic strength factor has appeared in the literature almost as frequently as the preceding factor (Brogden, Burke, and Lubin, 1952; Cousins, 1955; Larson, 1940, 1941; McCloy, 1956; McCraw, 1949; Methemy, 1938; Seashore, 1942; Shapiro, 1947). Sometimes misleading. Dynamic strength seems to involve the strength of muscles in the limbs in moving or supporting the weight of the body repeatedly over a given period of time.

Thus far, most of the tests defining this factor involve arm muscles. There is some evidence; however, for a seprate dynamic strength factor is involving the trunk muscles. (Hempel and Fleishman, 1955; Phillips, 1949). One study found seprate factors for arm extensors and arm flexors (Brogden, Burke, and Lubin, 1952).



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## Methodology:

A total of 46 (23 wrestlers and 23 boxers of All India Interuniversity Level) male were randomly selected for this study. The age of the selected subjects were ranged between 18 to 25 years.

## Procedure:

In Arm Pull Test, the players are asked to sitting position on a bench 15 inches high from the floor and to grasp the rope as high as possible without lifting the buttocks from the bench. Then wraps the marking tape around the rope just above the upper hand of the player. The player is now asked to pull as hard as possible, so as to reaches high as possible, so as to reaches high as possible to grasp the rope. The piece of marking tape above the upper hand of the player. Each player is given three trials. The test measures the distance between the lower marking tape and the upper tape for each pull. The maximum distance out of the three pulls trials given to players.

This test differs from vertical Arm pull test (distance) only in its scoring which is multiplied by body weight. The scoring is done as given below.

Body weight (lbs)) x Distance of pull in inches

Wor =12

Results are expressed in foot-pounds instead of in inches.

## Statistical Analysis:

After the test of both groups for the further analysis of the received data statistical formula like mean, standard deviation and the use of 'T' test. The t test was used to determine the difference between the means of dynamic strength of wrestlers and boxers score. Further the level of significance was set at 0.05 levels. The received information of the players submitted in the following table and explained accordingly.

## Results:

Table 1

Indicating mean differences between Dynamic strength of wrestlers and boxers.

	Mean	S.D.	Cal. t
Wrestlers	841.84	5.91	43.21
Boxers	757.13	7.37	

\* Significant at 0.05 level of significance

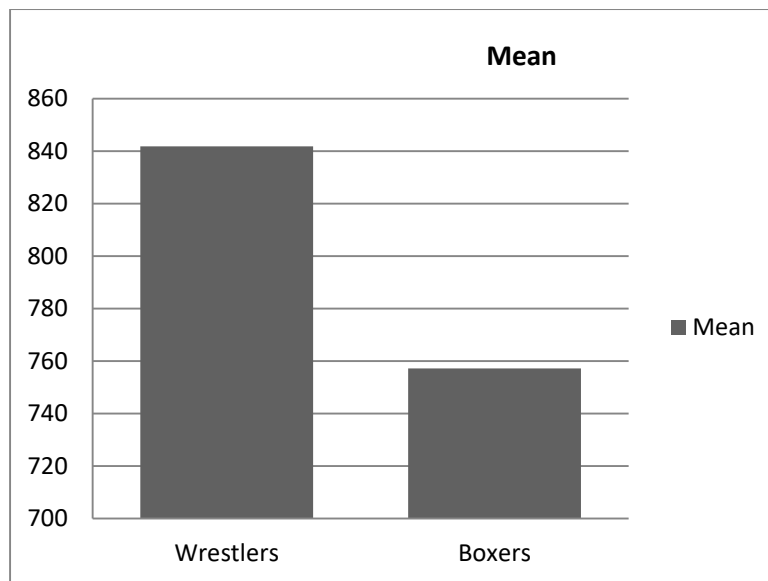
Tab t = 2.074





When we go through table 1, it is documented that calculated 't' is higher than the tabulated 't' which indicates that there is significant difference between wrestlers and boxers of dynamic strength at 0.05 levels of significance with 22 degree of freedom

**Figure - 1**  
**Showing Graphical representation of means difference between wrestlers**



**Discussion:**

The result of the study showed that there was a significant mean difference between the wrestlers and boxers. All India Interuniversity level wrestlers and boxers were found to have more dynamic strength.

**Conclusion:**

On the basis of obtained results it is concluded that there was a statistical significant difference between wrestlers and boxers dynamic strength.

**References:**



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### Effect of Gender and work nature on Life satisfaction

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#### Abstract

*Objective: The present study is investigating the difference of professional and nonprofessional adults on life satisfaction. Sample: The sample consisted of 100 subject selected through the random sampling method. The sample is consisting of total 100 subjects including two groups i.e. 50 professional and 50 nonprofessional adults. For the purpose of this study psychological tests Satisfaction with Life Scale (SWLS) is a measure of life satisfaction developed by Ed Diener and colleagues are used for this study. Research Design: Present study applied 2x2 factorial design find out the answer of objectives. There is two independent variables are included. Gender and work natures this two variables are two levels. For the Statistical analysis f test is employed. Results: The difference between two mean of male and female adults on life satisfaction is significant at the level of 0.01 ( $f' = 7.29$ ,  $df = 1$  and 96). Conclusion: There is significant difference of life satisfaction between male and female adults. There is no significant difference of life satisfaction between professional and non-professional adults. There is no significant interaction difference of gender and work nature on life satisfaction.*

**Keywords:** Life satisfaction work nature and Adults.

#### Introduction:

Life satisfaction is the way how an individual perceives his or her life and how it has been. Life satisfaction is measured through the different aspects which the individual has gained in the different spheres of life. It includes the cognitive acquisition, the social interaction, the interpersonal relationships, educational qualification, the experience, economic stability, the place of living etc. All these factors determine the satisfaction of an individual towards the life. Satisfaction can be both evanescent and stable through time. Life-satisfaction is the degree to which a person positively evaluates the overall quality. The word happiness is also used to refer to an objective good; especially by philosophers. Further, the term life-satisfaction has the advantage over the label of 'subjective well-being' is that life-satisfaction refers to an overall evaluation of life rather than to current feelings or to specific psychosomatic symptoms. The concept of life-satisfaction denotes an overall evaluation of life.



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The concept of life satisfaction is not limited to judgments which are considered to be correct by others, but in essence relies on the person's own judgments. The happiness, contentment which an individual gains will provide for good psychological health and intern keeps the individual away from any kind of mental problems. Hence the importance of life satisfaction needs to be studied. An individual who finds satisfaction in life is able to progress towards his desired goals. It provides an all-round capacity for an individual to enjoy his family, work, and other aspects of his life. Life satisfaction improves the self-confidence and makes him stronger from inside. Life satisfaction can be assessed through two approaches i.e. from the external approach which focuses upon the external behavior of an individual and looks at his success and competency. The second approach is from the individual's internal reference where he evaluates about his past and present life, his mental health and satisfaction towards life. Life satisfaction in childhood has recently become the focus of empirical work. Recent investigations have demonstrated the incremental importance of the life satisfaction in understanding children and adolescent's psychological well-being.

### Objective of the study:

1. To study the effect of gender on life satisfaction of professional and non-professional adults.
2. To study the effect of work nature on life satisfaction of professional and non-professional adults.

### Hypothesis of the Study:

1. There will be significant difference of life satisfaction between male and female adults.
2. There will be significant difference of life satisfaction between professional and non-professional adults.
3. There will be significant interaction difference of gender and work nature on life satisfaction.

### Methodology:

### Sample:



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Present study focus on the study of life satisfaction among professional and non-professional adults. For this study total 100 adults select as a sample. Sampling method used for this study is simple random sampling method. 50 professional and 50 non-professional adults are included. In 50 professional included 25 male professionals' adults and 25 female professionals' adults. In 50 nonprofessional included 25 male nonprofessional's adults and 25 female nonprofessional's adults. All subject collected from Nagpur city. Professional adults include who is working as a professional worked as anAdvocates, Bankers, Doctors, and work in other private organization. Nonprofessional's adults included who is working asself-employed, social workers, farmers.

### Research Design:

Every study follows research design for the problem solving. Present study applied 2x2 factorial designs for the find out the answer of objectives. There is two independent variables are included. Gender and work natures this two variables are two levels.

### Variable:

In this study included three variables. Gender and work of nature included as an independent variable and life satisfaction includes as a dependent variable. Work natures include as two levels first is a professional adults and nonprofessionals adults. Independent variable includes two types first is a male adults and second is a female adults.

### Tools used for the study:

The Satisfaction with Life Scale (SWLS) is a measure of life satisfaction developed by Ed Diener and colleagues. Satisfaction with Life Scale (SWLS) was designed to measure global cognitive judgments of one's life. SWLS consists of 5 items. Statements representing scores ranging from 1 indicating 'strong disagreement' to 7 indicating 'strong agreement' were provided. The higher the score is on this instrument, shows the higher the global life satisfaction is obtained. An example of a statement is, "In most ways my life is close to my ideal". The authors reported that, test-retest reliability of .82, internal consistency of .87 and moderate



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relationships of the SWLS with other measures of subjective well-being. Internal reliability estimates in this study in respect of Malaysian samples were .77.

## Statistical analysis and Discussion:

Present study find out effect of gender and work nature on life satisfaction of adults. After all data collection is done all test collect and prepare for scoring. Tabulation and master charts are prepared. Then descriptive statistics mean and sd are calculated. Then f test is used for the find out significant differences.

**Table No. 1**  
**Summary of ANOVA for life satisfaction.**

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.
Gender	132.25	1	132.25	7.17	0.01
Work nature	6.25	1	6.25	0.33	N.S
Gender * Work nature	32.49	1	32.49	1.76	N.S.
Error	1770.00	96	18.43		
Total	29199.00	100			

**Table No.2**  
**Mean and SD values for Life satisfaction**

Variable		Mean	SD	N
Gender	Male	17.66	4.47	50
	Female	15.36	4.10	50
Work nature	Professional	16.26	4.62	50



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	<b>Nonprofessionals</b>	16.76	4.25	50
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Effect of gender and work nature on life satisfaction among adults f test is used. First independent variable in this study is a gender. Table no. 1 shows that the summary of ANOVA for the life satisfaction. First independent variable in this study is a gender table no. 1 shows that the f values for the gender for df (1 and 96) is a 7.17 this value significant at the confidence level 0.01 and 0.05 level. That's mean male and female adults differed on each other for the life satisfaction. Table no. 2 shows that the mean and SD values for the male and female adults on the life satisfaction. Mean and standard deviation values for the male adults on life satisfaction is a respectively 17.66 and 4.47. Mean and standard deviation values for the female adults on life satisfaction is a respectively 15.36 and 4.10. According to mean and f value male adults level is high life satisfaction is high than the female adults. Hence hypothesis no. 1 "There will be significant difference of life satisfaction between male and female adults" is accepted.

Effect of work nature on life satisfaction among adults f test is used. Second independent variable in this study is a work nature. Table no. 1 shows that the summary of ANOVA for the life satisfaction. Second independent variable in this study is a work nature table no. 1 shows that the f values for the work nature for df (1 and 96) is a 0.33 this value not significant at the confidence level 0.01 and 0.05 level. That's professionals and nonprofessionals adults not differed on each other for the life satisfaction. Table no. 2 shows that the mean and SD values for the professionals and nonprofessionals adults on the life satisfaction. Mean and standard deviation values for the professionals adults on life satisfaction is a respectively 16.26 and 4.68. Mean and standard deviation values for the nonprofessionals adults on life satisfaction is a respectively 16.76 and 4.26. According to mean and f value there is no significant difference between professionals and nonprofessionals adults respect to life satisfaction. Hence hypothesis no. 2 "There will be significant difference of life satisfaction between professionals and nonprofessionals adults" is rejected.

A glance at above result table, where interaction effect of considered independent variable is shown, illustrates that interaction effect of gender and work nature of professional and nonprofessional's adults were found no significant on life satisfaction at both the level of confidence. Gender and work nature interaction f value for the dependent variable life satisfaction is 1.76 (df 1 and 96) not significant both the confidence level. Hence Hypothesis no.





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3, "There will be significant interaction difference of gender and work nature on life satisfaction" is rejected.

Some studies are related in this study. Humpert and Setphan (2014), Joshanlo M. and Jovanovic V. (2009), Mohsen Joshanloo (2018) this study find out gender, demographic and regional differences of life satisfaction among adults and children's.

Joshanlo M. and Jovanovic V. study shows that the direction of gender differences in life satisfaction was inconsistent across age and regional groups. Men scored higher than women only over the age of about 63, and in sub-Saharan Africa. Despite the less favorable objective conditions for women globally, women were found to be more satisfied with their lives than men across most of the groups we studied. Priyanka and Sunita Mishra study shows that there is significant difference among elderly males and elderly females in self-reported health satisfaction, family satisfaction, financial satisfaction and life satisfaction and no significant differences were found in personal satisfaction and social satisfaction. Mahmoud Shirazi & Matloob Ahmed Khan show that the same results about professionals and nonprofessionals adults.

### **Conclusion:**

There is significant difference of life satisfaction between male and female adults. There is no significant difference of life satisfaction between professional and non-professional adults. There is no significant interaction difference of gender and work nature on life satisfaction.

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## Physical Education and sports training

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### Abstract

Competition is the key in the field of physical education and sports previous records are being broken in the successive meet or competition. To achieve something in the high level competition one must undergo conditions and systematic plan of training right from child hood with the manipulation of physical and psychological factors. The performance level of sports person in various games and sports is considerably improving day by day. The last century and particularly the recent decades have witnessed a revolution in the field of sports for grooming young talent. The modern scientific way of sports training is different from that of early period. For higher performance the adaptive functions of the organism are indispensable for optimum development. In physical education the factors like balanced plan, systematicness, follows particular pattern, maintain disciplines, individualisticness, perfection are essentials. Through these factors physical education direct physical fitness and individual development. So these characters show interrelation of sports training and physical education. Characters of sports training are creating our good mind.

**Keywords:** Physical education, sports training and competition

### Introduction

#### History

Many persons have recently made their acquaintance with physical education and view it as a form of training brought into operation to create fighting qualities. Very early writings refer to certain movements which the Chinese performed as far back as 3000 years B.C., but it is with regard to the Greeks that more definite information is to hand. The Olympic Games (instituted 1453 B.C.) furnish ample details of the importance then placed upon bodily training. Connected with their religious festivals were also the Isthmian, Pythian, and Nemean Games. Hippocrates, Plato and Aristotle (400-300 B.C.) make frequent reference to "gymnastics", a type of exercise excited in the nude, so that people might view the beautiful proportions of the athletes and the actions of their muscles. In the Middle Ages Rabelais and Montaigne both strongly advocated



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that the training of the body should be included with the training of the mind. In 1774 Basedow (Germany) introduced physical exercise as part of the educational routine at an Institute at Dessau and Gunsmiths followed this with a book entitled Gymnastics for youth, in which he emphasized a definite physiological basis as essential for such training. Jahn gave gymnastics a further impetus in Germany and founded the turning system, which because so popular. Physical education was introduced into the German schools by the government in 1837. To Spies (B. Feb.3, 1810) a teacher of gymnastics in Switzerland is attributed a system of free exercises aiming at a uniform development of the body. While Germany was devoting so much attention to physical training, Peter Henri Ling founded what is known as the Swedish system. After meeting with many difficulties, he obtained Government recognition, and in 1814 opened the Central Institute, Stockholm. Italy, France and Switzerland have followed, more or less, along the German lines, although they do not adopt a foreign hall mark.

### Physical education and sports training

Gymnastics, physical culture, German system, Swedish system, kinesiology and innumerable other terms have been accountable for many crude ideas on physical education. Gymnastics, as applied to the primitive bodily training adopted by the Greeks, denoted the art of regulating the movements of the naked body, but its modern application refers to definite exercises, with and without apparatus, taken in the gymnasium. Under physical culture there has been much juggling, and many quasi experts have introduced certain forms of muscle training, together with weight lifting, which are unworthy of mention, except by way of strong condemnation. The controversy of systems has not helped matters and the two forces advocating the Swedish and German methods respectively would have been better engaged in uniting their efforts on a common ground, by promoting a scheme of training which would be adequate in the fullest and broadest sense for the British nation.

### Essential features

Physical education is the science of training all the physical organs to carry out their functions efficiently, with the aim and purpose of promoting health, the training of the muscles is of the utmost importance and by exercising them they increase in size and strength, there are two essential features

1. Unless the muscles are systematically developed, deformity rather than improvement is likely to result;



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2. It is impossible to treat the muscles as a separate part of the bodily machinery.

### Conclusion

The muscular system usually gives some indication of the physical state of the body. The word physical embraces the whole of the bodily organs, and when it is realized that one cannot be alienated from another, it will readily be understood that a genuine system of physical exercise must aim at the training of the whole and not merely one section of the body.

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## Time Management in Sports

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### Abstract

*Definition of Managements: "Managements is the art of getting things done through had with people in formally organized groups." Meaning of Managements; management is an individual or a group of individuals that accept responsibilities to run an organization. They plan, Organize, Direct and control all' the essential activities of the organization. Time managements in sports: The need for applied management skills has become increasingly important due to several features that are currently inherent within the industry. "These features have driven and continue to drive the need for sport graduates to be equipped with skills that allow them to be effective and efficient in the running of their services. Tips for Time Management in sports: Every day the management of my time is a challenge, and I nearly close every week and month; with things conclusion*

### Introduction:

Managing time between sport activities can be challenging for athletes and requires a thorough examination of Schedule, athletes dedicate their time to succeeding in sporting events while striving to maintain successful academic grades in school & College.

"When we travel out of town for an away game, we have to leave with time to reach the destination. Sometimes we have to leave on a Wednesday even if our game isn't until Friday. When traveling away for a game, sportsman always take his homework with his on the road. We tries to keep out academics in line so that we can play." I am a student first and an athletic second. "It takes a lot of dedication, we added. You have to know what to do and how you want to get it done. I spend the majority of my time in the library. Because it's our second home."

Athletes must schedule their classes around their sport schedule. and in many cases look through the syllabus of a class they plan to take, mark the days they might miss and run it past



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the teacher. Team members have a study hall when traveling and spend most free time doing homework in their hotel rooms.

### Definition:

Management is the art of getting things done through and with people in formally organized groups. "Or" To manage is to forecast and to plan, to organize, to command, to coordinate and to control.

### Meaning of Management:

Management is an individual or a group of individuals that accept responsibilities to run an organization. They plan, Organize, Direct and Control all the essential activities and coordinate (i.e. bring together) all the work for achieving the objectives of the organization.

### What is sport management:

Sport management is a field of education concerning business aspect of sport. Some examples of sport office system in professional sports college sports managers, recreational sport managers, sports marketing event management, facility management, sport economics, sport finance, and sports information. Many college and universities offers bachelors and masters degrees in sport management.

This Certain profession is slowly increasing in popularity, yet is predicted to not be able to fill positions. due to the explosion in supply. Entry level persons with a degree in sports management can expect an hourly wage due to the higher level of interest and fewer available jobs.

### Time Management in sport:

The sport industry has grown significantly in the last decade. The expansion of the health and fitness sector, the increasing professionalization of National Governing Bodies and growing investment in the public sector by both local authorities and commercial organizations have led to an increase in employment opportunities within this industry. Alongside this, the work of the Institute of Sport Management, The Institute of Sport and Recreation Management, The Fitness Industry Association and Sport England, have led to an increase in expectations of the level of qualification and training of those employed within the industry. As a consequence of these





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efforts, and a perception that sport is a 'fun' Industry to work in, the numbers of students studying towards sportsmanagement qualifications has risen significantly and veer 1000 higher education courses currently have sport in the title. Institutions offering such courses have a responsibility ensure that their graduates have appropriate exposure to the disciplines required to manage sport and, leisure organizations successfully. Not only are the usual management skills required, but also candidates for jobs will need to demonstrate skills in the areas of performance management, service design, management of customer expectations and communication with stakeholders. Perhaps more importantly, graduates must be able to apply these skills directly to the sport industry and demonstrate an understanding of the vagaries and complexities of the industry. The need for appliedmanagement skills has become increasingly important due to several features that are currently inherent within the sport industry These features have driven and continue to drive the need for sport graduates to be equipped with skills that allow them to be effective and efficient in the running of their services.

### Tips for Time Management in Sports:

Every day the management of my time is a challenge, and I nearly close every week and month, with things I didn't accomplish. Somebody once said that it is not about managing time, but it is all about managing yourself. What is your focus on, how long can you stay focused and now do you block all external distractions?

To work in sports (Whether you're a profession or a volunteer) requires time, and we all know that there is the whole rest of your life to be dealt with. whatever you do, whether you are a stay at home parent, whether you're an entrepreneur or are employed, you will occasionally find that there are times when you can't seem to find time for both; working for your sports organization and at your job. We Know though that there are many people who manage to do both quite well. How do they do it? Time management in sports begins right from the moment you decide to take a responsibility within a sports organization. Here are my 5 Tips for Time management in sports.

#### 1. Look in the mirror:

First of all, it is not advisable to take any activity or assume a position if don't have at least a few hours each week that you can spare. The opportunity mayby looking great, but if you go ahead and sign up when you are already stretched for time, you will disappoint not only the



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team that is counting on you but yourself as well. Can you really comply with these takes? Do you have the capacity? Do you add value to the organization or is the other way around?

So let's assume that you are a few hours a week and you have decided to be part of sports organization. How do you accomplish time management is sports?

### 2. Be clear and leave no doubt

You should be very on your tasks and responsibilities. I even advise your to have them on paper, so that there will be no confusion about how many hours you need to dedicate to you new challenge.

### 3. Schedule

Some people schedule their duties either very early the morning or late in the evening. At these times, there are fewer distractions and things are usually moving slowly. Wake up earlier if you have to, or sleep a bit later, but you will notice that the few hours that you dedicate constantly at these will help you get your work done.

You should also plan days in the week. If you have the Sunday for your family, then stick to that. You could to the other hand plan some specific parts during the week for your sport organization. Schedules are sometimes hard to stick to but if you do, you will find that you accomplish a whole lot in your day. The reason why most schedules are hard to keep is distraction form phone calls, emails, Facebook, twitter and other thing that can be done at other times. If you from part of a team, and everybody takes responsibility for their own task, you should be fine with scheduling some time during the week.

### 4. Prioritize

Prioritize will help you succeed. What absolutely needs to be done and by what time? Are all the things you plan do priority tasks? What will they help you accomplish? They say that 80% of result come from only 20% of your efforts, so think about this as you go through your do list. It also helps to know that in an 8 hour workday, research shows that the best of us is productive for only about 4 hours the rest of the time is used up doing things that are not very productive.

### 5. Delegate



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It may not be easy to delegate when you are working in sports. There either no one to delegate to, or it is your specific task to get it done. But if you have the chance, by all means delegate. You can from your own team or committee, and cooperate with others for the good cause.

Time management in sports is a critical success factor and it requires that you have the discipline to plan your days and accomplish required result. Be aware though that you shouldn't turn into a programmed robot, which follows daily schedules. The most important factor is that you need to have fun. Fun will motivate you to event put in more time, and you will even be able to positively influence your colleagues.

### **Conclusions :**

From the above discussion it could be concluded that the management is necessary for running a business. It is also essential running business, educational sports filed management is must for all activities and therefore, it is all pervasive, Management follows established principles, such as division of work discipline, unity of command etc. these principles help to prevent and solve the problems in the organization.

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## **Stress Management for Healthy Life**

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### **Abstract:**

*Stress, in everyday terms, is a feeling that people have when they are overloaded and struggling to cope with demands stress is a normal response to dealing with charges and challenges in daily life. In the short term, stress can help you perform better under pressure, but constant stress can create problems. So it is important to know the causes of stress and also know the management of stress. It helps everyone and also useful for stress less, happy and healthy life.*

### **Introduction:**

Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive such as when it helps you avoid danger or meet a deadline stress, in every day terms, is a feeling that people have when they are overloaded and struggling to cope with demands. These demands can be related to finances, work, relationships, and other situations, but anything that poses a real or perceived challenge or threat to a person's well being can cause stress.

- Physical Symptoms of stress include
  - 40 W energy
  - Headaches
  - Upset stomach, including diarrhea, constipation and nausea.
  - Aches, Pains and tense muscles
  - Chest pain and rapid heartbeat
  - Insomnia
  - Frequent colds and infections
  - Loss of sexual desire and ability
- **Causes of Stress :-**

The Physical effects of prolonged stress are numerous, including a greater susceptibility to illness, a lack of energy. Problems with sleep headaches, poor judgement, weight gain, depression, anxiety and a host of other ills.

The three main causes of stress today are



- Money
- Work
- Poor health

#### Stress Management

16 simple ways to relieve stress and naivety

1. Exercise: - Exercise is one of the most important things you can do to combat stress. Regular exercise can help Lower stress and anxiety by releasing endorphins and improving your sleep and self image.
2. Consider Supplements: - Several supplements promote stress and anxiety reduction certain supplements can reduce stress and anxiety, including ashwagandha, Omega-3 fatty acids, green tea and lemon balm.
3. Light a Candle: - Using essential oils or burning a scented candle may help reduce your feelings of stress and anxiety.  
Aromatherapy can help lower anxiety and stress. Light a candle or use essential oils to benefit from calming scents.
4. Reduce your caffeine intake: - Caffeine is a stimulant found in a coffee, tea, chocolate and energy drinks. High doses can increase anxiety. High quantities of caffeine can increase stress and anxiety. However, people's sensitivity to caffeine can vary greatly.
5. Write it down: - One way to handle stress is to write things down keeping a journal can help relieve stress and anxiety, especially if you focus on the positive.
6. Chew Gum: - For a super easy and quick stress reliever try chewing a stick of gum. According to several studies, chewing gum may help you relax. It may also promise wellbeing and reduce stress.
7. Spend Time with Friends and Family: - Social support from friends and family can help you get through stressful times. Having strong social ties may help you get through stressful times and lower your risk of anxiety.
8. Laugh: - It's hard to feel anxious when you are laughing. It's good for your health, and there are a few ways it may help relieve stress.
  - Relieving your stress response.
  - Relieving tension by relaxing your muscles. Find the humor in everyday life, spend time with funny friends or watch a comedy show to help relieve stress.
9. Learn to say no. : - Not all stressors are within your control, but some are.  
Take control over the parts of your life that you can change and are causing you stress. One way to do this may be to say no more often.  
Try not to take on more than you can handle. Saying no is one way to comfort your stresses.
10. Learn to avoid Procrastination: - Another way to take control of your stress is to stay on top of your priorities and stop procrastinating.



Prioritize what needs to get done and make time for it. Staying on top of your to do list can help ward off procrastination related stress.

11. Take a yoga class: - Yoga has become a popular method of stress relief and exercise among all age groups. Yoga is widely used for stress reduction it may help lower stress hormone levels and blood pressures.
12. Practice Mindfulness: - Mindfulness describes practices that anchor you to the present moment. It can help combat the anxiety inducing effects of negative thinking mindfulness practices can help lower symptoms of anxiety and depression.
13. Cuddle: - Cuddling, kissing, hugging and sex can all help relieve stress. Positive touch from cuddling, hugging, kissing, and sex may help lower stress by releasing oxytocin and lowering blood pressure.
14. Listen to soothing Music: - Listening to music can have a very relaxing effect on the body.  
Listening to music you like can be a good way to relieve stress.
15. Deep Breathing  
Mental stress activates your sympathetic nervous system. Signaling your body to go into "fight or flight" mode.  
Deep breathing activates the relaxation response. Multiple methods can help you learn how to breathe deeply.
16. Spend Time with your pet: - Having a pet may help reduce stress and improve your mood.  
Spending time with your pet is a relaxing, enjoyable way to reduce stress.

**Conclusion: -**

Stress has an advantages and disadvantages. If people will handle stress effectively this can provide a lot of advantages to people. But if people will not handle stress effectively this may lead a lot problem in modern life. So people need to learn how too effectively to managing the stress.

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## Technology and the Olympic Games

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### Abstract

*Changes or introductions of technology or equipment can affect how a sport is played or influence its performances. This article conducted a systematic review of peer-reviewed literature to identify any case studies of controversial events surrounding the implementation or use of sports technology. 56 articles were identified that highlighted 31 different case studies found over a three decade time period. Thematic analysis revealed six distinctive themes when reviewing the articles. Whilst the sport of golf had the highest number of case studies, it was found that a significant level of attention had been recorded in the cases of Oscar Pistorius use of prosthetic legs in athletics and the use of full length swimsuits in swimming. The trend surrounding the number of articles was shown to be initially intermittent but saw a peak period from 2008 to 2010. However, the frequency of such articles since this peak has been more consistent. It is proposed that long periods of time without intervention or resolution by a governing body often increases the peer-reviewed attention paid to such cases in examples such as those identified in this systematic review.*

**Keywords:** Sport, Technology, Photography and Film, Timing.

### Introduction

Though skiing is one of the most entertaining events in the Winter Olympics, it is also one of the most dangerous. Skiers risk head, neck, and back trauma every time they hit the slopes at high speeds. In order to reduce the risk of head trauma, the United States Skiing team started wearing the MIPS helmet. The Multi-Directional Impact Protection helmet aims to minimize spine and neck injuries by reducing the amount of rotational movement in an impact. Even further measures are being taken to ensure the athletes safety. Vests with built in airbags have been developed to protect athletes in the event of a severe accident. The vest have built in sensors that detect when the user is losing his or her balance and deploy airbags. These types of technologies have proven to save lives.



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While safety is naturally important for athletes, training is essential if they want to remain in peak condition. The use of technology in training has assisted athletes to reach further than originally thought possible. This Olympics has showcased some of the latest developments in sports training. The Dutch speed skating team has implemented the use of SmartSuits to help refine the skaters technique and correct any mistakes. The suits are embedded with sensors that send real time information to the staff. The staff and trainers can then send information back to the skaters if they need to adjust or correct anything. Technology is developing so quickly; it is amazing how versatile and useful it can be in our lives. The technologies being used today by some of the top athletes are so advanced that it is hard to believe they actually exist. Over the more than 100 years since the first modern Olympic Games, there has been a dramatic increase in the use of technology around the world, and there are many examples of its use associated with the Olympic Games.

### ***Photography and Film***

In the early days of the development of film, this new technology was already being utilized in the analysis of Olympic athletes. At the 1900 Olympic Games in Paris, Etienne Jules Marey used a new technique called chronophotography to analyze the movement of athletes (see [more](#)). Marey was a pioneer in chronophotography, a photographic technique which captures movement over several frames, which can be subsequently arranged like an animation, enabling analysis of the athletes' movements.

The telecast of the Games around the world has played an important part of the globalization of the event. The first Games to be televised were the Berlin Olympics in 1936. The telecast of events was shown on large screens around Berlin. The first Olympic Games to be telecast into homes were the 1948 London Game which transmitted the telecast within the British Isles. The first Olympic Games to be covered by television worldwide was the Rome Olympics in 1960. Tokyo 1964 were the first Games to be televised internationally without the need for tapes to be flown overseas. The Olympic Games were telecast to the United States using Syncom 3, the first geostationary communication satellite, and from there to Europe using Relay 1.



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### Timing Systems

From the first modern Olympic Games in 1896, stopwatches were used to determine the winners' times. In 1912, an electronic automatic timing system was introduced for the athletics track events. The device was invented by Swedish engineer Ragnar Carlstedt. The timer began by the firing of the starter's pistol, and stopped manually by a timing official allocated for each runner. The system also included a photo of the winner as they crossed the finish line. The timing technology used at the Olympics continued to develop. The early stopwatches only timed to 0.2 of a second. In the 1920's, chronographs were first used to measure to the hundredth of a second.

The next step in timekeeping in 1932 with the "Kirby camera", designed by Omega, which simultaneously photographed the finish line and imprinted the time on each frame. The 1948 Olympics saw the introduction of another innovation with the continuous slit camera, which is the basis of all athletics timing systems used today. Four years later the time was connected to the slit camera giving a resolution of 1/100 s, though it was not until 1972 that official times were recorded to the 100th of a second. In London 2012: London, the Quantum Timer was introduced, able to measure accuracy to one millionth of a second.

In 1964, the competitors' times were first shown live on television, and in 1976 electronic scoreboards used for display of real-time scores. GPS was used for the first time in rowing competitions in 2008, allowing viewers to see the progress as the race progressed. Other sports also had significant changes in timing systems. In the pool, contact plates were first used to time the swimming events in 1968. Other sports required infrared beams to determine finishing times.

### Scoring Systems

There have been some innovations recently for the sport of taekwondo, utilizing technology to get a fairer scoring system and more spectator engagement. In 2012, there were sensors placed in the vests which were activated by magnetic socks to record successful hits. In 2016, there will also be sensors in the headgear. The signals are transmitted by wireless. For the first time the athletes will be able to request a video replay during the contest, for whenever there is a doubt on the mat.



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### **Gaining an Advantage**

Technology has been at the forefront of advances in sporting performance, with improvements in areas such as equipment design, uniforms, footwear, running surfaces and stadiums. Any enhancements must still be within the rules of the sport. In track and field, athletes are obviously not allowed to have additional mechanical assistance. An interesting example is disabled athletes wearing prosthetics. Disabled athletes attempting to compete alongside their able-bodied counterparts are required to prove it does not give them an advantage. In 2012, South African sprinter and amputee Oscar Pistorius was the first athlete to compete at the Olympic wearing high tech blades. Leading up to his participation, there were questions about whether they gave him an unfair advantage. He was required to undergo numerous investigations, and was eventually allowed to compete, though in the future athletes wearing more advanced blades may not.

While performance-enhancing drugs have been used for a long period at the Olympic Games, it was only in the 1960s that the danger was highlighted and a concerted effort was made to stop doping. The first Olympic athlete to test positive for the use of a performance-enhancing drug was in 1968, in this case alcohol. As the technology and testing techniques improved, the number of athletes discovered to be doping increased as well. Drug testing methods have had to continually advance to keep pace with the development of more ways to cheat.

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## **Effect of Exercise on Quality Life**

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### **Abstract**

*Exercise is the result of well coordinate function of various organs of the body. These changes I of temporary nature if the exercise is continued for a short time. However, if the exercise is continued regular over a long span of time then some changes of a lasting nature take place in the organs constituting various systems of our body. In order to understand the short term and long term effects of exercise on various system of our body. In order to understand the short term and long term effects of exercise on various system of our body, it is important to understand the structure and function of various system of our body.*

**Keywords:** Exercise, our body,

### **Introduction:**

**Skeletal system:** As the result of exercise, bones have to be moved to various positions. These movements are made possible due to the provision of joints in the body. Therefore, during exercise the results have bear a lot of stress, which puts a lot strain on its ligaments that exert a binding force and cartilages, which are the padding in between the bones.

### **Effect of regular exercise on skeletal system:**

Our bones become healthy and stronger and can tolerate greater strain. In the growing stage of our life, our bones become slightly longer and their shape may also undergo a change. Helps in maintaining the flexibility of ligaments and cartilages which helps in maintaining proper functioning of the joints.

### **Muscular System:**

As has been explained earlier, the energy for muscular contraction is obtained from the high energy nutrients in the blood. These nutrients, as a result of some complex chemical reactions inside the muscle fiber, release energy during exercise for muscular contraction and some of the heat also raises the temperature of the body. As a result of exercise, the blood supply to the muscles also increases in order to meet the additional demand of the high energy nutrients.

### **Effects of regular exercise on muscular system:**

The muscles become strong due to the gain in strength of the individual muscle fibres. The muscle fibers shorten in length and increase in thickness. Because of this, the body



appears muscular. Muscular become more elastic and can perform work with greater speed. As a result of gain in strength, the muscles can give better protection to same organs of our body.

### **Circulatory System:**

The circulatory or transport system of blood consists of heart that acts as a force pump for distributing blood to various parts a) Cells b) Plasmas., because of increased demand of oxygen and nutrients of the production of energy for muscular contractions in exercise, blood for muscular contractions in exercise, blood supply to the exercising part has to be increased.

### **Effect of regular exercise on circulatory system:**

The regular exercise has a very healthy effect on our heart. As the load of exercise falls directly on the heart, its muscles become strong with the result that it can pump more blood into circulation on very contraction of its ventricles. The stroke volume increases. As a result of regular exercise, the increase in heart rate during exercise is much less as compared to a person who does not exercise regularly. Due to this, a trained person can reach a higher achievement.

### **Respiratory system:**

Because of the increased demand of oxygen for the continuance of muscular activity during exercise, the rate of breathing increases. There is also an increase in depth of breathing to facilitate the intake of more air. The rate of exchange of gases in the air sacs increases and because of the higher temperature of the waste carbon dioxide, the expired air becomes hotter.

### **Effect of regular exercise on respiratory system:**

As a result of the effect of regular exercise, tidal volume increases. This is due to the gain in strength of muscles attached with the ribs that help in respiration. The vital capacity increases. This may not happen in the case of adults but is true in the case of growing children.

### **Digestion System:**

Process of digestion and assimilation is allowed down during exercise because blood from the stomach and the intestinal region is diverted to the exercising muscles during strenuous exercises, because of the increase in need of more blood in that region, after food intake, when we are not exercising, blood flow around the small intestines increasing in order to help in the absorption of food.

### **Effect of regular exercise on digestive system:**





There is a general improvement in digestion. This is reflected in improvement in general health and overall appearance. Appetite also increases. The quality of blood improvement because of increase in nutrients in its cell. This is due to better availability and better assimilation of these in the digestive process. These nutrients serve as stores of extra energy in an individual. Regular exercise prevents the accumulation of decomposing food deposits in intestines that leads to gas formation. Proper health of the digestion track prevents constipation.

### **Nervous system:**

As a result of exercise the activities of muscles involved in that activity are increased. This increase is only possible due to an increased activity of the brain because voluntary muscles depend on the motor impulses of the brain.

### **Effect of regular exercise on nervous system:**

As a result of regular exercise, better neuromuscular coordination is established in muscles. This coordination eliminates unwanted movements in an activity and makes the performance skilful or graceful. Due to regular training, the maximum effort for an activity can be increased, because our nervous system taps the reserve areas. This way one can give better performance. Fatigue related to synapse is delayed.

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ISSN: 0474-9030 Vol-68, Special Issue-14

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# Effect of Pessimistic and Optimistic Attitude on Personality Traits Team Game Players

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## Abstract

The present study was conducted on 180 respondents belonging to marathwada region, (MS, India). The respondents were selected using incidental cum-purposive sampling technique. The purpose was to examine the effect of pessimistic and optimistic attitude on personality traits of Team Game Players. Multi Assessment Personality Series (MAPS) inventory were used to measure personality traits of the respondents. Besides a PDS was used to get other necessary information about the players. The obtained data were treated using t-ratio. Hypotheses of the study are Optimistic Team Game Players were significantly high personality traits than the pessimistic Team Game Players. Results: Optimistic Team Game Players were significantly high personality traits than the pessimistic Team Game Players.

## Introduction:

Personality is the characteristic and distinctive properties of behavior are that shape a person's physical and social environment (Atkinson 1999). It is one of the most comprehensive concepts in psychology. Any characteristic property that belongs to and describes a person helps us get acquainted with and understand that particular person. In this respect, personality is a term that includes an individual's interests, attitudes, and abilities, speaking style, outer appearance and his/her style of adopting into the environment (Burger, 1993).

Accounting for personality through five dimensions began in the 1960s, and it accelerated in the 1980s and 1990s. Towards the end of the 1980s, personality



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psychologists agreed upon the five strong factors of the Five-Factor Model that was able to provide a meaningful and practical taxonomy in order to reorganize the complicated findings in the literature on personality (Taggar 1999). A large portion of the research studies agree that most of the personality approaches that focus on common properties of personality might be included in the five factors. They called this five dimension approach as Big Five (Friedman & Schustack, 1999).

The Five-factor Personality Model is a hierarchical organization of personal properties, and it has five sub-dimensions. Five factors' names are extroversion, neuroticism, agreeableness, conscientiousness and openness to experience (McCrae & John, 1992). The five-factor personality model emerged as a result of an extensive analysis of various personality tests, scales and the adjectives that are used to describe personality. Extroverts are defined as positive, social, energetic, joyful, and they are interested in others, whereas introverts are reserved and aloof people who like to be alone.

Agreeable people are friendly, cooperative, reliable and warm. They are individuals who are humble, supportive, flexible, and they establish emotional bonds with others (McCrae & John, 1992). Highly agreeable people are defined as reliable, easy-going, frank, altruistic and modest individuals.

Responsibility as a personality trait signifies a personality dimension that involves such properties as obedience, orderliness, self-discipline and being achievement-oriented. People with a strong sense of responsibility are disciplined and careful, and they possess a strong sense of achievement, while those with a weak sense of responsibility are considered to be careless, messy and lazy people (Costa & McCrae, 1992).

We think that this dimension is linked with such properties as having powerful imagination, being knowledgeable, having curiosity for learning; being original, straightforward, quick-witted and having the sensitivity of an artist (Barrick & Mount, 1991). The individuals who have the quality of openness to experience are considered to be imaginative, adventurous, original, creative, curious, while it is thought that those individuals who are slightly open to experience resist change, and they are closed and conservative people.

### Methodology:



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### Objective and aim of the study:

The main objective and aim of the present study are to see the effect of pessimistic and optimistic attitude on personality traits of Team Game Players.

### Hypothesis:

Optimistic Team Game Players were significantly high personality traits than the pessimistic Team Game Players.

### Sample:

For the present study 180 Sample were selected from Maharashtra State, India. The effective sample consisted of 180 subjects, 90 subjects were Optimistic Team Game Players and 90 subjects were pessimistic Team Game Players. The age range of subjects was 18-25years Ratio were 1:1, as well as ratio of male and female were 1:1.

### Tools:

Personal data information sheet was used for collecting necessary information about the players.

### Multi Assessment Personality Series (MAPS) (1996):

That scale standardized by Psy Com agency, varanashi, Uttarpradesh. It consists of 147 sentences and each item provide three alternatives the subjects had to select one of the three alternatives and this test used Split-Half and Test-Retest Reliability Coefficients & Factorial Validity.

### Procedures of data collection:

The study was conducted in two phases. In the first phase, optimistic and pessimistic scale was give on the 180 Team Game Players. The data were obtained and median value on optimistic and pessimistic scale was calculated. Students at and above median value were treated as having optimistic Team Game Players and below median value were treated as having pessimistic Team Game Players. From among 180 subjects, 90 subjects having optimistic Team Game Players and 90 subjects having pessimistic



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Team Game Players were selected. The selected subjects were subjected to Multi Assessment Personality Series (MAPS) test in the second phase. The obtained data analyzed using t-test.

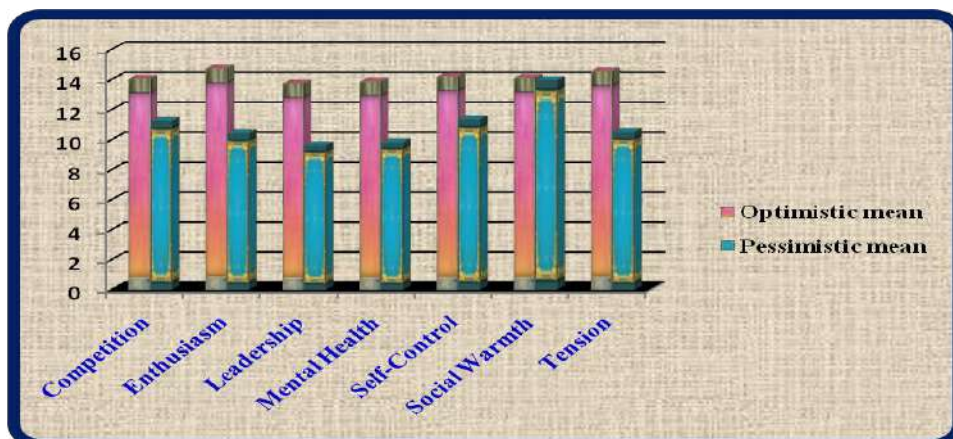
## Variables:

**Independent variable:** 1) Attitude a) Optimistic b) Pessimistic

**Dependant variable:** 1) Personality traits

## Results and Discussion:

Dimension of Personality	Optimistic (N=90)		Pessimistic (N=90)		t- ratio	df	p
	Mean	SD	Mean	SD			
Competition	14.03	2.43	11.21	2.19	8.18**	178	< .01
Enthusiasm	14.72	4.13	10.40	3.41	7.65**	178	< .01
Leadership	13.70	3.78	9.60	3.01	8.05**	178	< .01
Mental Health	13.83	3.10	9.81	2.73	9.23**	178	< .01
Self-Control	14.18	3.57	11.33	3.03	5.77**	178	< .01
Social Warmth	14.09	2.69	13.93	3.10	0.37	178	NS
Tension	14.53	4.63	10.49	2.23	7.69**	178	< .01





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The results related to the hypothesis have been recorded. Mean of Competitionscore of the optimistic Team Game Playersare14.03 and pessimistic Team Game PlayersMean are 11.21 The difference between the two mean is highly significant ('t'= 8.18 df =178, P < 0.01) .Mean of enthusiasm score of the optimistic Team Game Playersare 14.72 and pessimistic Team Game PlayersMean are 10.40 The difference between the two mean is highly significant ('t'= 7.65 df =178, P < 0.01) .Mean of leadership score of the optimistic Team Game Playersare 13.70 and pessimistic Team Game PlayersMean are 9.60 The difference between the two mean is highly significant ('t'= 8.05 df =178, P < 0.01) .Mean of nental health score of the optimistic Team Game Playersare 13.83 and pessimistic Team Game PlayersMean are 9.81 The difference between the two mean is highly significant ('t'= 9.23 df =178, P < 0.01) .Mean of self-control score of the optimistic Team Game Playersare 14.18 and pessimistic Team Game PlayersMean are 11.33 The difference between the two mean is highly significant ('t'= 5.77 df =178, P < 0.01) .Mean of social warmth score of the optimistic Team Game Playersare 14.09 and pessimistic Team Game PlayersMean are 13.93 The difference between the two mean is not significant ('t'= 0.37 df =178, P = NS) .Mean of tension score of the optimistic Team Game Playersare 14.53 and pessimistic Team Game PlayersMean are 10.49 The difference between the two mean is highly significant ('t'= 7.46 df =178, P < 0.01) .

### Results:

Optimistic Team Game Players were significantly high personality traits than the pessimistic Team Game Players.

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### The Impact of the Psycho-Social Factors on Adjustment

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#### Abstract:

*This study was conducted to examine the effect of psycho-social factors on the adjustment of Jr. College student students of Hingoli Tahsil. The sample of 400 11<sup>th</sup> class students was selected from private 10+2 schools located in the located in rural and urban areas of Tahsil. Tool for collecting the data included Adjustment Inventory and SES. The data were analyzed using descriptive and inferential statistics. The findings of the study revealed that there is significant difference in adjustment of students across SES (High and Low), locale (rural and urban). The findings of the study may be used in devising skill training programme to develop a harmony between need and circumstances of the individual.*

**Keywords:** - SES, Area of Residence, Jr. college Students and Adjustment.

#### Introduction:-

Education is a complex and comprehensive process of bringing out the psychological and behavioral change in an individual. It plays a transformative role as it fosters, in some sense, change, and adaptation and helps individuals in developing a harmoniously adjustable personality. Every situation of life demands that the person concerned should be able to perform effectively in accordance with some guiding principles and should be able to strike a balance among various forces. Psychologically, the adjustment helps the organism to cope with the demands and pressures of the outside world as well as the needs, desires and conflicts experiences from within. Thus, the adjustment helps for self-initiated growth and development along intellectual, emotional, social, physical, and vocational dimensions.

It refers to the harmonious relationship between the person and the environment. It is the relationship that comes among the organisms, the environment, and also personality. A well-





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adjusted personality is well prepared to play the roles which are expected of the status assigned to him within the given environment.

### Adjustment as Process

Adjustment as a process is of major importance for psychologists, and any others. To analyze the process we should study the development of an individual longitudinally from his birth onwards. The child, at the time of his birth, is absolutely dependent on others for the satisfaction of his needs, but gradually with age, he learns to control his needs. This adjustment largely depends on his interaction with the external environment in which he lives. When the children have born, the world for him is a big buzzing, blooming confusion. He cannot differentiate among the various objects of his environment but as he matures he comes to learn to articulate the details of his environment through the process of sensation, perception, and conception.

### Characteristics of Adjustment Mechanism

The adjustment mechanism is almost used by all people. They are ideas that are inferred from the behavior of the individuals. All mechanisms are used to protect or enhance the person's self-esteem against dangers. They increase satisfaction and help in the process of adjustment if used within the limit. The danger is always within the person. He fears his own motives. The fear and danger are manifested in the adjustment mechanisms. The overall effect of the adjustment mechanism is to cripple the individual's functioning and development through falsifying some aspects of his impulses so that he is deprived of accurate self-knowledge as a basis for action.

Adjustment is the behavioral process by which humans and other animals maintain equilibrium among their various needs or between their needs and the obstacles of their environments. A sequence of adjustments begins when a need is felt and ends when it is satisfied. Hungry people, when they eat, reduce the stimulating condition that impelled them to activity, and they are thereby adjusted to this particular need.

In general, the adjustment process involves four parts:

- (1) A need or motive in the form of a strong persistent stimulus,
- (2) The thwarting or non-fulfillment of this need,
- (3) Different activities or search behaviors, including problem-solving.
- (4) Some responses that remove or diminish the initial motivation and complete the adjustment.



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Social and cultural adjustment is similar to physiological adjustments. People strive to be comfortable in their surroundings and to have their psychological needs (such as love or affirmation) met through the social networks they inhabit. When needs arise, especially in new or changed surroundings, they impel interpersonal activity meant to satisfy those needs. Therefore, people can become acquainted with and comfort their environment and expect that their needs will be met through their social networks in the future.

In some previous studies, Kaur (2012) investigated the problems of adjustment in relation to achievement, SES and locality. He found that girls have more adjustment power than boys. But locality does not influence adjustment power. Sangeeta and Chirag (2012) found that female college students have more adjustment problems in comparison to male college students. Gul and Ganai (2015) found that female graduate students have more problems related to their overall adjustment than male students. Enochs and Roland (2006) studied 511 male and female university students in the first year, where he studied the nature of the environment, gender and the relation with a level adjustment of social in the university, the result indicates out that males are more adjusted than females.

### Problem: -

To study the impact of the psycho-social factors on Adjustment among adolescents.

### Objectives of the study: -

1. To see the effect of socio-economic status on adjustment of adolescents and to study the difference between high and low socio-economic status on adjustment.
2. To see the effect of area of residence on adjustment of adolescents and to examine whether the rural and urban area adolescents differ from each other significantly or not.

### Hypotheses:

1. The adolescents living in urban area would exhibit more adjustment than the adolescents living in rural area.
2. The adolescents coming from high socio-economic status would experience more adjustment than adolescents coming from low socio-economic status.

### Sample: -



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The present investigation was confined to the Junior college going students of XI from the population of the Hingoli city, Maharashtra State of India. Initially 600 adolescents were taken for this study from the population finally 400 adolescents was selected for this study. The stratified randomize sample taken into consideration for the study consisted of 400 junior college going students of XI, in which 200 students were from equally classified on high and low socio-economic status. Again were classified equally on urban and rural. The efforts were made to have the sample as representative as possible in terms of area of residence and gender.

## Variables and research design: -

2x2 factorial design was used for this investigation.

Area of Residence (B)	Socio-Economic Status(A)	
	High SES (A1)	Low SES(A2)
Rural (B1)	B1A1	B1A2
Urban (B2)	B2A1	B2A2

1. Independent variables: - Socio-economic status, and area of residence
2. Dependent variables: - Adjustment

## Tools used for data collection:-

**1. Adjustment Inventory:** Indian adaptation of bells adjustment inventory was used for measuring adjustment in various field. The Indian adaptation of Bells adjustment inventory was developed by Lalita Sharma. The inventory consists of 80 items, which all are designed to measure adjustment in one or the other area. Each item is provided with two alternatives 'YES' & 'NO'. The inventory is useful in measuring adjustment in four areas namely emotional, social, family, & health. The author has given the reliability coefficient of .73, validity is not given.

**2. Socio-economic status scale:** - Socio-economic status scale developed by Dr. Janbandhu .This is a short scale consisted of 14 questions only. The questions demand only factual information about the social, economic and educational background of the individual. The reliability: The reliability coefficient was 0.86, validity was 0.79.

## Statistical analysis and Interpretation: -



The sample available for statistical analysis consisted of 400 adolescents. For the each subject, initially data of each group were separately scrutinized by employing descriptive statistics. The statistical analysis was mainly consisted of descriptive statistics i.e. mean & S.D. and two ways ANOVA on adjustment, SES and area of residence with the help of SPSS.

**Table no.1 Showing Mean & S.D. Values for high and low socio-economic status of adolescents Adjustment.**

Socio-Economic Status	N	Mean	SD
High	200	24.56	6.53
Low	200	22.27	6.19

In above table show the mean & S.D. value for high and low socio-economic status of adolescents on adjustment. Mean score of (24.56) adolescents coming from high socio-economic status is greater than mean scores (22.27) of adolescents coming from low socio-economic status on adjustment.

**Table no.2 Two way ANOVA for SES X Adjustment**

Source	Sum of Squares	Df	Mean Square	F	Sig.
SES	524.41	1	524.41	13.91	0.01
Error	14780.44	392	37.71		
Total	235846.00	400	-----		

Table indicating F Value for high and low socio-economic status of adolescents on adjustment. F value (13.91, (1, 392)  $P < 0.01$ ) shows significant differences between adolescents coming from high socio-economic status and adolescents coming from low socio-economic status on adjustment. As per Bells inventory higher indicate low adjustment level. Therefore, it can be conclude that the adolescents coming from low socio-economic status experience higher adjustment than adolescents coming from high socio-economic status.

These results might be due to the fact dimension of socio-economic status i.e. high SES adolescents who experience higher facilities and acceptance from family, peers and society however; adolescents having low SES experience social isolation. Therefore they could not cope with every situation because their most of the time spend to achieve basic needs. Findings of the



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study show significant relation between Adjustment (Emotional, Social, Educational and General) and Academic Attainment of Students and Parent-Involvement.

**Table no.3 Showing Mean & S.D. Values for Urban and rural of adolescents on adjustment.**

Area of Residence	N	Mean	SD
Rural	200	23.17	6.20
Urban	200	23.65	7.71

Tables describe the mean & S.D. values for urban and rural area of adolescents on adjustment. Mean score of adolescents living in urban area (23.17) is partially smaller than mean score of adolescents living in rural area (23.65). On the basis of present investigation it can be conclude that the level of nurturance in home environment can determine adjustment of students.

**Table no.4 Two way ANOVA for Area of Residence X Adjustment**

Source	Sum of Squares	Df	Mean Square	F	Sig.
Area of Residence	23.04	1	23.04	0.61	NS
Error	14780.44	392	37.71		
Total	235846.00	400	-----		

Table reveals F Value for urban and rural area of adolescents on adjustment. Analysis of variance (F = 0.61, (1, 392) P > 0.05) does not indicate significant difference between adolescents living in urban area and adolescents living in rural area on adjustment. Thus, adolescents living in urban area tend to be exhibit similar kind of adjustment with adolescents living in rural area. Rurality was not significantly related to school adjustment, but rather, the characteristics of individuals living within those communities were. Results also indicated that participation in school and nonschool activities, strength of rural schools, can play a positive role in school adjustment. Given the significant relationships of income and parental education to all of the school-related variables, a key long-term strategy may lie in improving the economic climate of



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rural areas Kundu, E., Baljit Singh (2010) examine relationship and differences of Adjustment, Goal orientation and Attitude of physical activities among rural and urban college going girls of Haryana. Standardized and validity proved tests were used for collection of data. Statistical analysis was done by applying t-test and matrix of correlation ship to find out the results of the study. Analysis of findings and results of the study conclude that significant differences were found on adjustment level, goal orientation and attitude towards physical activities among all sports and all non sports college going girls of Haryana. Analysis of results further revealed that non-significant differences were found on adjustment level, goal orientation and attitude towards physical activities among all rural v/s all urban girls; rural sports v/s urban sports girls and rural non sports v/s urban non sports college going girls of Haryana. However, rural girls shows better results on home, health and urban girls of these groups shows better results on emotional and social adjustments in comparisons. Further results of study conclude that significant relationships were found in correlations of adjustment, goal orientation and attitude towards physical activities with in groups of study. Results of study also confirm that environment factors, facilities and socio-economic status provided to college girls affect the psychological makeup and development of interest towards physical activities.

### Conclusion:-

- 1) The adolescents coming from low socio-economic status experience higher adjustment than adolescents coming from high socio-economic status.
- 2) Adolescents living in urban area tend to be exhibit similar kind of adjustment with adolescents living in rural area.

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## **Physical Education & Sport Psychology**

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### **Abstract:**

*The history of physical education is very old; physical education has emerged with origins of humankind. At that time, humans were wandering in the woods. He received physical education from the physical activity he performed. In ancient times. Man's physical activity was his basic need A man in the wild used to roam around for his own to fill his stomach. He had to go for behind the beasts to fill his stomach from time to time there were jumps to cross the courtyard. Hunting for running animals would require throwing stones or some objects and these types of sports originated from the movement of humans to throwing and flying. In ancient times, humans had to work harder, so the man was strong. As society began to stabilize. Human life began to artificial man made artificial bodily movements to escape the machinations that made human life more artificial and this led to the emergence of physical education.*

**Keyword:** *Physical Education, Sport Psychology*

### **Ancient times physical education:**

In ancient times some countries performed physical education Greece was the first country in the European continent. Ancient Greece has received a physical meeting of physical education, which is why ancient Greece is called the golden field of physical education. Today's Olympic Games begin in Greece in the year 776 BC, which is why Greece is known as mother of physical education. Education and physical education are life long processes that make human life Education and physical education are tow sides of the same coin physical education should be provided along with education for the overall development of the student. Physical education promotes physical. Social and spiritual education physical education leads to good personality. A healthy body resides in a healthy mind. Physical education enhances a person's performance as well as develops co-operative player attitude, confidence, discipline etc. Physical education improves mental health. Physical education develops personality. The development of personality means the development of personal qualities, development of social qualities, development of intellectual qualities and emotional development too.



The individual qualities develop the qualities of player, attitude courage, brotherhood honesty etc. Decision making develops in intellectual development. Spiritual development of emotions comes from physical education. Fear love anger joy depression. Sadness comes to. Anger gets a face red, you run to kill another, breathing speed increases. Sports competition teaches emotional control. Physical education allows the use of leisure time. The present era is the age of mechanics, with the machine performing daily tasks? There is entertainment time left for playing time. Physical education and recreation are closely related. Entertainment is an important tool for relieving mental and physical fatigue. Sports are used in entertainment. The entertainment comes from the skills used in the game physical education improves mental health. Regular exercise and age appropriate exercise to avoid irritation things that can happen if some one's health deteriorates.

Physical education is the education provided by the body. Physical education leads to social mental and physical development of the individual. Health education involves health and mental heat. Growth of all

### **Sport Psychology:**

Psychology Studies the behavior of a player or sports person in the field of sports. Psychology does the study of psychic & emotional behavior. Psychology studies how a player's behavior changes in different conditions. The personality of the player is the result of players' interaction with other person in the society. This is where the personality of the player comes from. The player faces many problems and adversities.

### **Importance of Sports Psychology:**

- 1) Understand the developmental stages of the player.
- 2) Understands how physical mental and commotional development takes place.
- 3) Understands how to study other motivations for teaching.
- 4) It can be guided by taking into consideration the likes or dislikes of the players.
- 5) Problems arising due to gender differences and discrimination are solved by the study of Psychology.
- 6) Efforts are made to remember the skills taught to the player most days.

### **Summary:**

Physical education leads to social and moral development cooperative team attitude develops these social qualities of leadership. A healthy body has a healthy mind. A healthy body is essential for good use of life.



## **Intelligence and Sports: it's Interrelationship**

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### **Abstract**

*The study reflected the interrelationship between Intelligence and Sports through various literature review method. Intelligence is a noticeable factor in any learning and hence the physical education teacher should understand the concept of intelligence and its impact on performance. Reviews from literature give us the basic idea about intelligence and sports: its relationship. Researcher used Raven's SPM and Otis test for measuring IQ. And many of them also used academic performance as indicator of intelligence. Very few found the inter relationship between intelligence and Physical Performance. But there were many signs which indicated that there may be positive relationship between achievers in sports and their intelligence. Researcher suggests to study more on this area which one of the important factors in sports achievement.*

Key words: - Intelligence, Sports

### **Introduction**

Sports and physical activity have been considered as an integral part of human life since its origin. It is commonly accepted that sports and games fulfil the requirements of human activities. A revolutionary achievement of electronic media has made it all the more important not only in the lives of participants but also among the millions of spectators, viewers and listeners. A sport is now popularly conceived as both socially and personally helpful activity. In modern time, the spirit of extreme competition has changed the entire scenario in sports. Direct assistance from various sports sciences such as sports physiology, sports medicine, biomechanics and sports psychology have raised the sports performance to a great height. In the modern world, scientific approach in sports training and coaching is very vital for high performance (Singh, 1983).

### **Intelligence**

Sport is a psycho-social activity. It has both psychological and social dimensions besides physical, physiological and technical aspects. Man's interest in sports is found among all the society of the world. Most of the nation's share a common interest in sport competition,



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especially during Olympic Games, where people from all nations focus their attention on the drama of competition. But the quality of participation of the athletes and sportsmen is determined by their psychological factors. In this modern era of competition, psychological preparation of a team is as important as teaching different skills of a game on the scientific lines.

The uses of psychological principles were also important for the performance in sports and therefore, it is given greater consideration in present days. There are certain accepted psychological principles which have to be applied during training, so that players are able to show their best performance. Coaches, physical educationists and sport scientists have always expressed a great need to know more about those psychological principles which are helpful in improving the motor skill of players.

During severe competition, a sportsman undergoes many important behavioural changes. Today physical education scientists and coaches need not to be expert in the matters of skill training only but also should act as engineers who understand the mechanism of human behaviour in and outside the play field, under extremely intense situations.

Suinn (Suinn, 1976) Jean ClavateKilly, a three-time winner of Olympic gold medals, reported that his only preparation for one race was to ski (the course) mentally. Suinn uses several techniques of sports psychology to enhance performance. Of course, the methods were tailored to meet the need of each athlete. Seven gold medallist in swimming event of 1976 Olympic Games winner Mark Spitz said that at this level of physical skill, the difference between winning and losing is 99% psychological.

Now coaches and physical educators have become more aware and worried about the psychological and sociological aspects of sports rather than merely physiological fitness and skill in the various activities. They realized that psychological and sociological characteristics of the participants contribute more towards their success than mere physical fitness. They further need to know more about principles of motor learning, patterns of growth and development, the role of emotional phenomena, motivation for the peak performance, interpersonal relationship and character traits of the athletes.

Krojil(Krojil, 1964) emphasized saying that the players do not play with their bodies alone but they use various mental processes side by side. Hall (Hall, 1908) reiterated that physical education is not an end in itself but it is for the sake of mental and moral culture. It is to make the intellect feeling and will more vigorous, sane, supple and resourceful.

Kane (Kane, 1972) defined that "an individual's physical (athletic) abilities are related to his personality structure." The environment in which physical abilities are displayed (e.g. in games and sports) constitutes an ideal setting for the development of desirable personality characteristics such as confidence, sociability, self-reliance, co-cooperativeness and general personal adjustment.



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It is believed that biological capabilities of athlete have reached to the saturation point. Therefore, future record will be broken with psychological approach of the competition. In modern competitive sports, psychological factors of an individual or a team have become as much important as teaching different skills of a game on scientific lines. Today, the battle is fought and won with psychological strategies and not with only guns and sophisticated weapons. Same is the case with modern competitive sports for winning a game or a race.

Many factors like personality, motivation, physical characteristics and motor abilities as well as environmental situations are regarded as having an interacting influence on an individual's selection of the achievement in various physical activities. Although variables and their effects on activity participation has been the subject of a number of studies, the role of intelligence has, to a great extent, been overlooked.

Speculation arises as to whether intelligence is related to activity participation, and if so, to what extent. If one adheres to the organismic point of view, proposed by Cattell (Cattell, 1971) and supported by some research evidences, then one probably finds strength in the theory of the inter-relatedness of factors pertaining to physical growth, motor performance, social adjustment and intelligence. On the other hand, much evidence is offered to demonstrate the independence of such factors.

The role of physical activity in the lines of individuals and groups within the formal intelligence range, within gifted children and within retarded children has evaluated in terms of the extent of their physical activity as well as their relative success in such activity. More intelligent students seem to have greater activity interests than individuals with lower intelligence. The psychological elements concerned with intellectual behaviour and emotional development are important aspects of physical education. These elements are more difficult to identify, appreciate and apply in the field because they are mostly covert in their origin, though they take external manifestations. Hence, the physical educationist should know the nature and relationship between the psychological elements and physical education aspects like intelligence, motivation, practice, method of learning, guidance, knowledge of results, transfer of training, etc. so that the roles and responsibilities are characterized, through appropriate action, to the expected goals. Some of the important, psychological elements and forces which influence the performance in physical education are motivation, individual differences in potentialities, intelligence, and maturation and so on. Psychological elements seem to be the underlying covert factors which directly and indirectly influence the performance and achievement of the students and either assist or hamper their performance.

**Intelligence is a noticeable factor in any learning and hence the physical education teacher should understand the concept of intelligence and its impact on performance.** It is better for him to assess the intelligence level of his students and present them significant physical tasks.





The physical educator should understand that a student who is academically weak need not be deprived in sports because performance depends on other factors like interest, motivation, type of coaching, etc. He should also not entertain the idea that participation in sports and games necessarily interferes with educational studies. The physical educator should help the students get rid of this wrong concept and support them to improve simultaneously both in academics and physical activities. Physical education, thus, has important psychological elements to be considered by the physical education teacher to bring about better physical performance by his students. Factors like personality, self-awareness, confidence attitudes, and perception influences the behaviour of a player. Physical education provides opportunities for sensory experiences which were of significant importance to intellectual growth.

According to Guilford (Guilford, 1967) one of the varieties of intelligence measured by psychometric tests is kinaesthetic perception and according to Piaget (Piaget, 1972) sensory motor activities are a form of practical intelligence. These indicate the importance of physical activity towards the growth of overall intelligence and to overall intellectual functioning.

Pestalozzi, Froebel, Montessori and the Macmillan sisters were able to see the importance of physical activity in intellectual functioning and produce forms of education that took cognizance of it. Intellectual participation in activities encourage creative and analytical thinking, minimizes professional assistance from the physical educator. Opportunities to make sound judgments and decisions, based on evidences and variables involved, require unassisted intelligence and logical thinking by the students. Thus, **intellectually supported program and its effects are indisputably essential for the improvement of effective sportsmanship.**

It is a matter of regret, however, that in spite of its role in sports, the factor of intelligence has not yet received due significance in the field of education and training in sports and physical activities.

Case studies of athletes in various European countries indicate that **those with more academic background and with higher score on Intelligent Quotient tests, as would be expected, are better equipped to engage in self-assessments of the psychological and physiological data collected about themselves than their less educated teammates.** Those less gifted intellectually, seem also to have a more difficult time engaging in self-administered relaxation and activation training prior to competition. After competition, understanding reasons for success or failure seems similarly more difficult for those athletes with lower I.Q. scores.

It is, of course, apparent that the intellectual group such as athlete has of himself and of appropriate training strategies should, to a large degree, influence his success in maintaining and improving his condition within the unknown environment earlier to and during high level



competition. Cratley (Cratley, 1972) suggested that it is a common observation that runners and swimmers possess a sense of time or pace that enables them to swim or run more "intelligent races". Whether such a quality is primarily perceptual or intellectual is debatable.

**According to Best, (Best, 2009) intelligence is the ratio of mental age to chronological age multiplied by 100** to eliminate decimals. The persistent notion that there are some kinds of thought processes and intellectual strategies important in athletics has continued to plague those interested in cognitive aspects of sport. Several researchers in the mid 1980s have begun to shed some light on these important relationships (Bumett, 1987)

The field of intelligence is slowly spreading its tentacles into other fields where human interaction with the environment is more. A sport is another such field where intelligence is required to a greater level.

### **Intelligence test**

The study of human behaviour and intelligence in context to games and sports raised many an eye brow for, most people think that physical activity has nothing to do with the thinking process in a man. This view is wrong because research on human psychology has upheld that - cognitive, affective and motor process are so interlinked that talking about one is irrelevant without talking about the another.

To many people, the word "intelligence" refers to an individual's ability to perform cognitive task, whereas, some psychologists argue that intelligence refers to an amalgamation of a number of relatively separate abilities. Intelligence tests measures achievement as well as ability. This means that the two people can earn the same score of different reason; one because of high ability and low achievement and other the vice-versa. Booz (G.O. Booz, 1957) told that intelligence is a term which is so commonly used and yet rather difficult to define in a precise and generally accepted form.

From many intelligencetestes, **Standard Progressive Matrices (SPM)** (John C. Raven) intelligence test for general intelligence is used in Sports. Intelligence score (quotient) indicated by the Standard Progressive Matrices (SPM) intelligence test for general intelligence. (**Reliability**  $r = .90$ , **Validity**  $r = .70$ ) The Standard Progressive Matrices (SPM) is a group or individually administered test that nonverbally assesses intelligence in children and adults through abstract reasoning tasks. It is sometimes called Raven's, although the SPM is only one of three tests that together comprise Raven's Progressive Matrices. Appropriate for ages 8-65, the SPM consists of 60 problems (five sets of 12), all of which involve completing a pattern or figure with a part missing by choosing the correct missing piece from among six alternatives. Patterns are arranged in order of increasing difficulty.

The test is untimed but generally takes 15-45 minutes and results in a raw score which is then converted to a percentile ranking. The test can be given to hearing- and speech-impaired





children, as well as non-English speakers. The Standard Progressive Matrices is usually used as part of a battery of diagnostic tests, often with the Mill Hill Vocabulary Scales. The SPM is part of a series of three tests (Raven's Progressive Matrices) for persons of varying ages and/or abilities, all consisting of the same kind of nonverbal reasoning problems. The SPM is considered an "average" level test for the general population.

### **Discussion**

Reviews from literature give us the basic idea about intelligence and sports: its relationship. Intelligence is a noticeable factor in any learning and hence the physical education teacher should understand the concept of intelligence and its impact on performance. These indicate the importance of physical activity towards the growth of overall intelligence and to overall intellectual functioning. Intellectually supported program and its effects are indisputably essential for the improvement of effective sportsmanship. Those with more academic background and with higher score on Intelligent Quotient tests, as would be expected, are better equipped to engage in self-assessments of the psychological and physiological data collected about themselves than their less educated teammates. Researcher used Raven's SPM and Otis test for measuring IQ. And many of them also used academic performance as indicator of intelligence. Very few found the inter relationship between intelligence and Physical Performance. But there were many signs which indicated that there may be positive relationship between achievers in sports and their intelligence. So researcher suggests to study more on this area which one of the important factor in sports achievement.

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ISSN: 0474-9030 Vol-68, Special Issue-14

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## **The impact of the Socio–Economic status on Locus of control.**

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### **Abstract:-**

Researchers focus on to find out the effect socio-economic status and of area of residence on locus of control of adolescents and search whether the rural urban area adolescents differ from each other significantly or not. The basic assumption of study, the adolescents from high SES having more internal locus of control and adolescents from urban area are exhibit the more internal of LOC. For testing of the hypotheses, researchers were chosen the 400 adolescents on the basis of high and low SES from urban and rural areas. Internal-External Locus of control considered on Rotter's locus of control scale and SES scale by Dr. Janbandhu. The data was analyzed on the norms of 2x2 factorial designs, results shows that formulated hypotheses were accepted on significance level of 0.05. More details heightened in full length of paper.

**Keyword: - Locus of control, Adolescents, SES and Area of residence.**

### **Introduction:-**

Social class refers to the hierarchical distinctions between individuals or groups in societies or cultures. Social class influences socioeconomic status because of how people are treated depending on the class they come from, which may be determined by various factors. Socioeconomic status strongly influences the varying student perspectives on the value and attainability of higher education. The probability of students attending schools of higher education is more likely in students from higher socio-economic backgrounds. Education can increase opportunities for income and job security. One's level of education can also be an indicator of socioeconomic status. Socioeconomic status is based on income, but too often is connected to race as well. Individuals with lower incomes and less education (usually women and members of racial/ethnic groups) ave higher death rates than better educated, wealthier



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people, and the differences between these groups are increasing. Socioeconomic status (SES) is an economic and sociological combined total measure of a person's work experience and of an individual's or family's economic and social position in relation to others, based on income, education, and occupation. When analyzing a family's SES, the household income, earners' education, and occupation are examined, as well as combined income, versus with an individual, when their own attributes are assessed. Socioeconomic status is usually broken into three categories, high SES, middle SES, and low SES to explain the three areas a family or a private may fall under. When placing a family or individual into one among these categories any or all of the three variables (income, education, and occupation) are often assessed.

### Locus of Control

Within psychology, Locus of Control is taken into account to be a crucial aspect of personality. The concept was developed originally Julian Rotter within the 1950s (Rotter, 1966). Locus of Control refers to a person's perception about the underlying main causes of events in his/her life. Or, more simply: does one believe that your destiny is controlled by yourself or by external forces (such as fate, god, or powerful others)? the complete name Rotter gave the construct was Locus of Control of Reinforcement. In giving it this name, Rotter was bridging behavioral and psychology. Rotter's view was that behaviour was largely guided by "reinforcements" (rewards and punishments) which through contingencies like rewards and punishments, individuals come to carry beliefs about what causes their actions. These beliefs, in turn, guide what sorts of attitudes and behaviors people adopt. This understanding of Locus of Control is consistent, for instance, with Philip Zimbardo: A locus of control orientation may be a belief about whether the outcomes of our actions are contingent what we do (internal control orientation) or on events outside our personal control (external control orientation)." (Zimbardo, 1985, p. 275) Sometimes Locus of Control is seen as a stable, underlying personality construct, but this might be misleading, since the idea and research indicates that that locus of control is essentially learned. There's evidence that, a minimum of to some extent, LOC may be a response to circumstances. Some psychological and academic interventions are found to supply shifts towards internal locus of control (e.g., outdoor education programs; Hans, 2000; Hattie, Marsh, Neill & Richards, 1997). If a toddler with an indoor locus of control does badly on a test, she is probably going responsible either her own lack of ability or preparation for the test. By comparison, a toddler with an external locus of control will tend to elucidate a coffee grade by saying that the test was too hard or that the teacher graded unfairly. The concept of locus of control was developed by



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psychologist Julian Rotter, who devised the Internal-External Locus of Control Scale (I-E) to assess this dimension of personality. Studies have found that this test may be a valid predictor of behavior typically related to locus of control. Links are found between locus of control and behavior patterns during a number of various areas. Adults and youngsters with an indoor locus of control are inclined to require responsibility for his or her actions, aren't easily influenced by the opinions of others, and have a tendency to try to to better at tasks once they can work on their own pace. By comparison, people with an external locus of control tend responsible outside circumstances for his or her mistakes and credit their successes to luck instead of to their own efforts. They readily influenced by the opinions of others and are more likely to concentrate to the status of the opinion-holder, while people with an indoor locus of control pay more attention to the content of the opinion no matter who holds it. Some researchers have claimed that "internals" tend to be more intelligent and more success-oriented than "externals." within the elementary grades, children with an indoor locus of control are found to earn higher grades, although there are conflicting reports about whether there's a relationship between college grades and locus of control. There's also a relationship between a child's locus of control and his or her ability to delay gratification (to forgo an instantaneous pleasure or desire so as to be rewarded with a more substantial one later). In middle childhood, children with an indoor locus of control are relatively successful within the delay of gratification, while children with an external locus of control are likely to form less of an attempt to exert self-control within the present because they doubt their ability to influence events within the future.

### Statement of the problem:-

To study the impact of the Socio – Economic status on Locus of control among adolescents.

### Objectives of the study:-

- To search the effect of socio economic status on locus of control of adolescents and search the difference between high and low socio economic status on locus of control.
- To see the effect of area of residence on locus of control of adolescents and search whether the rural urban area adolescents differ from each other significantly or not.

### Hypotheses:



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1. The adolescents coming from high socio economic status would experience more internal locus of control than the adolescents coming from low socio economic status.
2. The adolescents living in urban area would exhibit more internal locus of control than the adolescents living in rural area.

### Sample: -

Local of the present investigation was confined to the Junior college going students of XI from the population of the Badnapur city, Maharashtra State of India. Initially 600 adolescents were taken for this study from the population finally 400 adolescents was selected for this study. The stratified randomize sample taken into consideration for the study consisted of 400 junior college going students of XI, in which 200 students were from equally classified on high and low socio economic status. Again were classified equally on urban and rural. The efforts were made to have the sample as representative as possible in terms of area of residence and gender.

### Variables and research design: -

**2x2** factorial design was used for this investigation.

Area of Residence (B)	socio economic status(A)	
	High SES (A1)	Low SES(A2)
Rural (B1)	B1A1	B1A2
Urban (B2)	B2A1	B2A2

1. Independent variables: - Socio economic status, and area of residence
2. Dependent variables: - Locus of control.

### Operational definitions of variables: -

**Internal-External Locus of control:** Internal-External Locus of control considered on Rotter's locus of control scale.

**SES:** -Socio economic status was determined with the help of SES scale by Dr. Janbandhu.

**Tools used for data collection:-** Following psychological test were used for data collection.

### Locus of control scale:





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Rotter's locus of control scale will be used to measure the internal and external locus of control. There are 29 statements. Reliability: - Internal consistency; the internal consistency coefficient of reliability was determined by odd even procedure (N=50) using spearman-brown prophecy formula. The reliability coefficient thus calculated was found to be 0.55. Temporal stability: Test-retest [n=50] method for the reliability coefficient of temporal stability after a gap of two weeks was found to be 0.76. Validity: The validity of the scale was found by calculating the coefficient of correlation (n=50) between the score of subjects on this scale on ramapal's (1983) scale the coefficient of correlation thus calculated came to be 0.76

### Socio economic status scale: -

Socio economic status scale developed by Dr. Janbandhu was used this scale was constructed by Janbandhu. This is a short scale consisted of 14 questions only. The questions demand only factual information about the social, economic and educational background of the individual. Reliability: Reliability coefficient was 0.86, validity was 0.79.

### Data Interpretation and Results: -

The sample available for statistical analysis consisted of 400 adolescents. For the each subject, initially data of every group were separately scrutinized by employing descriptive statistics. The statistical analysis was mainly consisted of descriptive statistics i.e. mean & S.D. and two ways ANOVA on family climate, SES and area of residence with the help of SPSS.

**Table no.1**  
**Showing Mean & S.D. Values for high and low socio economic status of adolescents on locus of control.**

Socio-Economic Status	N	Mean	SD
High	200	10.56	4.34
Low	200	11.60	4.70

Above table the mean and SD values for high and low socio economic status of adolescents on locus of control. It can be observed from above table that the mean score of (10.56) adolescents coming from high socio economic status is comparatively smaller than mean scores (11.60) of adolescents coming from low socio economic status on locus of control.





**Table No- 2**  
**Two way ANOVA for SES X LOC**

Source	Sum of Squares	df	Mean Square	F	Sig.
SES	107.12	1	107.12	6.86	0.01
Error	6119.42	392	15.61		
Total	57691.00	400	-----		

F value (6.86, (1, 392)  $P < 0.01$ ) shows significant differences between adolescents coming from high socio economic status and adolescents coming from low socio economic status on locus of control. Therefore, socio economic status made the influence on adolescent’s locus of control thus, the adolescents coming from high socio economic status experience internal locus of control than the adolescents coming from low socio economic status. Thus the results support to the hypothesis stating that “The adolescents coming from high socio economic status would experience more internal locus of control than the adolescents coming from low socio economic status”.

Plausible explanation might be due to the fact that dimension of home environment i.e. socio economic status. Socio economic status refers to the society’s positive directions, those students experience it can do work more efficient and experience internal locus of control than those students do experience so.

The results were in concordance with Bansal, S., Thind S. K. & Jaswal, S. (2006) those investigate the differences between quality of home environment, locus of control, achievement motivation, among high achiever adolescents the found that permissiveness were significantly and positively correlated with all the levels of achievement motivation among ‘high achievers’. Scott et al., (1991) permissiveness may be enhancing achievement motivation among high achievers but have been found to be negatively associated with interpersonal skills. Becker and Epstein (1982) reported that the parent’s involvement in their children’s educational achievement and experiences, by home instruction, volunteering in the classroom or participation’s in school governance, has been linked to the standard of children’s learning and motivation in class.

**Table No- 3**



**Showing Mean & S.D. Values for Urban and rural of adolescents on locus of control.**

Area of Residence	N	Mean	SD
Rural	200	10.530	4.55
Urban	200	11.625	4.66

The mean and S.D. values for urban and rural area of adolescents on academic achievement. It can be observed from above table mean score of adolescents living in rural area (11.62) is comparatively larger than mean score of (10.53) adolescents living in urban area. Thus the results are indicating that locus of control of adolescents can affect through area of living.

**Table No- 4**

**Two way ANOVA for Area of Residence X LOC**

Source	Sum of Squares	df	Mean Square	F	Sig.
Area of Residence	119.90	1	119.90	7.68	0.01
Error	6119.42	392	15.61		
Total	57691.00	400	-----		

Analysis of variance reveals by table 4.14 for urban and rural area of adolescents on academic achievement. F value (7.68, (1, 392) P < 0.01) shows significant difference between adolescents living in urban area and adolescents living in rural area on locus of control. Therefore adolescents living in urban area tend to be exhibit more locus of control than adolescents living in rural area. These results possibly can be due to the fact that Characteristics of culture, education, and peers group and co-workers experience by adolescents living in urban area would different than adolescents living in rural area. Therefore these results might be occurred.

**Conclusion: -**

As per statistical analysis and results, following conclusions are drawn.

1. The adolescents coming from high socio economic status is experience more internal locus of control than the adolescents coming from low socio economic status.



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ISSN: 0474-9030 Vol-68, Special Issue-14

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2. The adolescents living in urban area are exhibit more internal locus of control than the adolescents living in rural area.

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## **Role of Mass Media in Physical Education and Sports**

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### **Abstract**

*The relationship between Media and Sports is in commercial terms the most symbiotic relationship in the post industrial electronic age. But it is the overbearing influence of the commercial element that has tended to overshadow all elements of this relationship.*

*However when analyzing the impact of media on sport, especially in a country like India we will need to analyze the phenomenon on different dimensions variety of media, depth of coverage, breadth of coverage, quality of coverage, ability of media to influence sports policy etc. This*

*paper tries to look at these issues and more without losing sight of the commercial into locking between media and sport. The focus of the paper will be the specifically the media in India and where necessary will draw upon comparisons with foreign media and journalists which Indian audiences are exposed to eg. Channel 9, BBC, Sky Sports, Peter Rocbuck D D Sports etc.*

**Keywords:** *Media, Physical education and sports.*

### **Present media and sports scenario**

One of most obvious and significant change in the media landscape in terms of sports coverage has been the explosive growth of electronic media. In more than one way, the electronic media that had led sports from being pure sport to an all in one entertainment package. From the change in clothing to the technology used for replays and of late. The use of glamorous amateurs, as commentators and analysts, usual electronic media and the commercial sports resembling a soap opera phenomenon have been pretty much in lockstep. In India specifically, this sport as entertainment package has followed sometimes a tasteless and crass trajectory in the interest of pandering to the lowest common denominator.

### **Visual media**

The most profound consequences of the proliferation of electronic visual media in sport has been the way in which successful sportsmen at the international level are no longer under the thumbs of sports administrator for their pecuniary betterment. What live TV has meant is that it is no longer the few thousands in the stadium who get to see a game as is played. Potentially millions of people all over the world who have a cable connection or of late an internet connection. That in turn has meant advertising revenues directly funding the stars making use of them for commercial endorsements. Everything is a commercial commodity the gear, clothing and the whole personality of the sports star. While the coffers of the sports associations are also enriched which is why they are so covered by the ambitious fortune seekers, the sportsman no longer has to depend on the pittance offered by the governing bodies for their living. It is no longer the gate receipts the constitute the highest



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revenue earning component for a game; rather it is the infinitely more lucrative world of commercial endorsements that determine the financial success of a sporting event.

### Audio visual media

The non commercial side, the advent of audiovisual media has also meant innovation sport at various levels. In an attempt to make the sport friendlier to media audiences and thereby corporate sponsorships, various innovations have been put in place from packers to world series the latest 20-20 extravaganzas. While in the Indian context, cricket has by far been the biggest beneficiary; other sports too have had their share of the pie.

Coming to the relationship between the type of media and the nature of coverage the electronic media has tended to focus more on the current. Its focus is more on game that day and at best that series, while the print media has tended to have a more expansive window in terms of coverage and analysis. Part of it is purely determined by the nature of the media and its audience the TV is supposed to be beaming instantly, whereas in print media, the coverage is consolidated and has a time lag which allows more exhaustive analysis and helps the analyst connect import elements in the past that determine current performance and results. But international sports channels like ESPN have done a pretty good job in tuning their programming to a have a more holistic view of sport, rather than focusing just on the game at hand. For instance, ESPN ran a series, a few years back, which tried to handpick the 100 best cricketers in the history of the game. Now that is the sort of analysis and reporting you would expect to see in a cricket magazine. In this respect, international TV channels with a history of sports reporting and coverage have done a much better job than the domestic sports for whom sports is usually a lucrative filler. This also is intertwined with another important element, which we will address next which will be the quality of coverage.

In the Indian context, while there have been some ultra commercial elements that have tended to distort sports coverage in the electronic media, in general there has been an improvement in the quality of analysis and coverage that has been on offer. Some domestic entertainment channels have been a significant exception to this trend, but some of the better international channels have had some of the best to offer expert commentary, post and pre game analysis, sports roundups, sports history, statistical insights etc. the quality of compeering and commenting has also significantly gone up with the roping in of some of the games grandmasters who also have a girt of the gab. Channelgs cricket programming in the mid eighties when they were covering the Worldseries and WCC, was a trendsetter and for the Indian audience used to the drab and at times dull Doordashsan coverage, Richie Benaud and Co. were a treat. Specially, the Australian and English raconteurs have been the best because of their ability to connect the past with the present and officer interesting backdrops of sporting history which usually makes following sport much a thrilling experience for the connoisseur.

### Print media

In the print media, the quality gap between international and domestic coverage was insignificant. The likes non spectator games like Chess and athletics have had some very mediocre coverage. This issue in turn is very closely interlinked with the breadth



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of coverage which we will address next. The Indian media has been in general obsessed with Cricket, Hockey and Tennis to the almost total exclusion of other sports. While the others manage to get their moment under the sun during special events like the Olympics or when a P.V. Sindhu does well, in general the breadth of coverage has been less than satisfactory. And this holds true for print as well as electronic media. This could also be very closely interlinked with the quality of journalists available to do reporting on these games and sports. It could well be a catch 22 situation, because good quality reporting leads to an improvement in the general interest in the game, which in turn could lead to more talented individuals joining the reporting fraternity. But in an era of short term commercial returns, such thinking will only be wishful.

Another inter related phenomenon is the way Indian media tends to treat domestic competitions compared to international ones. Particularly the visual media has been very paltry in its coverage of domestic sports events. This could very well be a manifestation of the lack of big money in domestic sports, but this is a lopsided situation that needs to be corrected. The print media has tended to be a far better on this count. The print media usually covers local sporting events right up to municipal and district level competitions.

### Summary

All the factors having been examined, there are a few things that need to be said in conclusion. While the commercial viability of sport has become hugely dependent on media, high quality reporting and coverage is a very critical element in sustaining spectator interest in sports. Specifically in the Indian context, there still is a long way to go, in achieving the depth and breadth of coverage that a sports lover would ideally like to have. It is observed that all the games and sports do not get equal coverage by the media in print or on television channels like cricket or tennis. As such they do not become as popular for youngsters to take up those games, which get less coverage. They too deserve everyone's attention and encouragement. Having said that sometimes, it is also a question of individual institutions. For instance, The Hindu group has done a remarkably better job of covering sports, both in terms of quality and quantity compared to any of its peers. So while there definitely is excellence, what sportsmen, coaches and sports lovers would look forward to is a broad basing of this pool of excellence.

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## **Examining the Effects of Yogic Exercise on Cardiovascular Endurance among Kabaddi Players**

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### **Abstract**

The primary objective of the study is to find out the Effects of yogic exercise on cardiovascular endurance among Kabaddi Players. The 30 male kabaddi players participated in the study and their age ranged between 21-30 years from Latur District, Training was given to the experimental group only. Exclusion criteria were the presence of chronic medical conditions such as asthma, injuries, heart disease or any other condition that would put the subjects at risk when performing the Health tests. The data was collected by age, height, weight, and cardiovascular endurance of all subjects were measured in physical education department laboratory and Field. Cardiovascular endurance was assessed using Harvard step test and 12-minute run & walk test. The result reveals a statistically significant effect of cardiovascular endurance through Harvard step test ( $t=10.31 < .05$ ). However the result reveals a statistically significant effect of cardiovascular endurance through 12 min. Run & walk test. ( $t=2.55, p < .05$ ) was found among kabaddi Players. The results of present study showed that cardiovascular endurance fitness performance was better of kabaddi Players. The result revealed a statistically Significant ( $P < 0.05$ ) improvement in Cardiovascular endurance.

**Keywords:** *Yoga, Exercise, Cardiovascular Endurance,*

### **Introduction**

Yogic practice could have included stretching and rotation exercise. The most important benefit of yoga is physical and mental therapy. Indians have given great importance to „yoga“ and „physical exercises“ not only to prevent or cure the physical ailments/diseases but to keep fit also. There are many disciplines of yoga that emphasize different aspects of the mind, body and spirit. However, in the West, mainstream Yoga focuses largely on the physical practice, primarily Hatha Yoga. Hatha is a widespread style that incorporates a series of poses (called Asanas) that emphasize stretching, breathing (called Pranayama), relaxation and meditation techniques to help build strength, increase flexibility, Concentration, balance and improve co-ordination. Yoga, with origins in ancient India has several subtypes, and incorporates physical postures (asanas), controlled breathing (pranayama), deep relaxation, and meditation. Regular practice of yoga enhances fitness and coordination to brain and muscular activities. Cardiovascular Endurance is the ability of the heart to provide oxygen to muscles during physical activity for a prolonged period of time.





Cardiovascular endurance is the most important aspect of fitness. The cardiovascular endurance involves moderate contraction of large muscle group for long periods of time during which maximum adjustments of circulatory respiratory system are necessary as in continuous running, swimming, climbing, hiking, aerobics bicycling and the like.(Clarke and Clarke, 1987).Cardiovascular endurance various elements involved include the heart lungs, major blood vessels, the capillary system and the oxygen-nutrient carrying capacity of blood. The measurements of individual elements may be done by testing heart rate, stroke volume of the heart, systolic and diastolic blood pressure, oxygen utilization during resting, exercise and recovery, and their numerous combinations.(DavinderKensal 1996)

### **Objectives of the Study:**

The objective was to measure the effects of selected exercises on Cardio-Vascular or Cardio-Respiratory Endurance among Kabaddi and Wrestling Players.

### **Research Hypotheses**

There would be significant the effects of selected exercises on Cardio-Vascular or Cardio-Respiratory Endurance among Kabaddi and Wrestling Players.

### **Definitions and Explanation of important technical terms:**

**Specific Yogic Exercise:** This is a well systematic structured selected Specific Yogic Exercise programme given to the subjects.

**Cardio-Respiratory Endurance:** "Aerobic fitness offers many health benefits and is often seen as the most important element of fitness. Cardiovascular endurance is the ability of the heart, the blood vessels, and the respiratory system to deliver oxygen efficiently over an extended period of time.

### **Methodology:**

#### **Target population**

Only one group was targeted experimental group, there was no control group. The 30 male kabaddi players their age ranged between 21-30 years from Latur District participated in Inter collegiate tournament. Training was given to the experimental group only.

Demographic Information: The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses.

### **Research Design:**



The research design refers to "the researcher's overall plan for testing the research hypotheses" (Polit et al, 2001, p.167). This study involves a cross sectional, comparative pre and post test of students in an experimental research. Since only experimental group was taken by the investigator and there was no control group so this study was conducted in a quasi-square experimental design.

**Test Administration:**For the present study Cardiovascular endurance was assessed using Harvard step test and 12 minute run & walk test was utilized for data collection.

**Yogic exercises the yogic training consists of the following selected yogic exercises**

S. N.	Asana	Position ASANA
1	Standing	Suriyanamaskar, Tadasana, Trikonasana, Utkatansana, UtthitaParsvakonasana, Cakrasana
2	Sitting	YogaMudra, Paschimottanasana, ArdhaMatsyendrasana
3	Kneeling	Vajrasana, Padmasan
4	Prone	Bhujangasana, Shalabhasana, Dhanurasana
5	Supine	Naukasana, Sarvangasana, Halasana, Savasana

**Training Programme:**

The yogic exercises are also demonstrated correctly and asked them to do the same. Training Schedule Week ASANA Position Repetition Sets Rest between asanas Frequency per week 06 Week Standing 1 (15 Min.) 30 Sec. 5 Day/ Week Sitting 1 (15 Min.) 30 Sec. Kneeling 1 (15 Min.) 30 Sec. Prone 1 (15 Min.) 30 Sec. Supine 1 (15 Min.) 30 Sec. **Intensity of training** –64/70-94% of maximum heart rate (HRmax).

**Collection of data:** Data was collected from Pre and Post Test was taken thirty Male kabaddi players as an experimental group of participation of inter collegiate Tournaments for Latur District only training was given to the experimental group.

**Statistical Analysis:**In this study, the Statistical Package for the Social Sciences (SPSS) version 16 was used to analyse the data. To examine the significant effect of physical exercises on Sport Competitive Anxiety of Male athletes Students, the t-test was used. The Level of Significant was setup at 0.05 level of confidence.

**Data Analysis**



Statistical Analysis: For data analysis responses were expressed as mean, standard deviation and t-test was performed for pre and post-test. The level of significant set up at 0.5 levels.

**Results**

The data have been systematically analysed in the form of Mean Scores, Standard Deviations and t-ratios. Findings are given below.

**Table -1.**

**Shows the statistical information of Cardio-Vascular or Cardio-Respiratory Endurance through Harvard Step Test in the form of Mean Scores and Standard Deviations and t-ratio of Pre and Post-Test for Experimental Group.**

Test	Variable	Number	Mean	S.D.	T-ratio
Harvard Step Test	Pre Test	30	86.09	7.54	10.31*
	Post Test	30	74.69	3.59	

**\*Significant at 0.05 level**

Table- shows the Mean Scores & Standard Deviations of Harvard step test with respect to Cardio – Vascular Endurance or Cardio – Respiratory Endurance of pre and post-test of Experimental group, they have obtain the mean values are 86.89 &74.69 respectively and Standard Deviations are 7.54 &3.59 respectively the result reveals statistically significant effect of Harvard step test ( $t=10.31 < .05$ ) Which means that there was significant effects of yogic exercise training on to improve cardio-vascular Endurance among kabaddi players.

**Table2.**

**Shows the statistical information of Cardio-Vascular or Cardio-Respiratory Endurance through 12 minute Run & Walk Test in the form of Mean Scores, Standard Deviations and of Pre and Post-Test for Experimental Group.**

Variable		Numbers	Means	S.D.s	T-ratio
<b>12 minute Run &amp; Walk Test Endurance</b>	Pre Test	30	1582.15	256.33	2.55
	Post Test	30	1753.95	264.99	

Table-shows the Mean Scores & Standard Deviations of 12 Minute Run & Walk Test with respect to Cardio – Vascular Endurance or Cardio – Respiratory Endurance of pre and post-test of Experimental group, they have obtain the mean values are 1582.15 &1753.95 respectively and Standard Deviations are 256.33 &264.99 respectively the result reveals statistically significant effect of 12 Minute Run & Walk Test( $t=2.55 < .05$ ) Which means that



there was significant effects of yogic exercise training on to improve cardio-vascular Endurance among kabaddi players.

## Conclusion

Results of this study are consistent with previous research that has significant effects of 6 week yogic exercise training on to improve cardio-vascular Endurance among kabaddi players. These results may assist the Educational policy makers, Universities and other State and Centre educational bodies to include must be a compulsory subject for college students of Maharashtra in their curriculum to improve cardiovascular endurance and other health related fitness components to keep away various diseases and enjoy a quality of life.

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### Impact of Personality Types on Job Satisfaction

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#### Abstract:-

*There are number of factors effect on job satisfaction, some variables relates to environmental bases and such as psychological domain. The basic aim of present study to find out the impact of personality types on job satisfaction. There are 400 industrial workers was selected and job satisfaction and Type A-B personality scale was used for data collection and it was analyzed by inferential statistics. Results were shown some hypothesis was accepted and some were rejected.*

**Keyword: - Personality type, Industrial worker and job satisfaction.**

The term "Personality" has many definitions psychologists themselves differ in their views, A few say that there is no such thing as personality and some even consider personality less a human characteristic than a field study (Mischel, 1976) on the other hand Eysenck (1970) defined personality as the more or less stable and enduring organization of a person's character, temperament, intellect and physique which determines his. unique adjustment to his environment "According to Allport (1961) roughly summarized as" the formula a individual has evolved to assure his survival and mastery within the frame work of his existence" more Recently Mischel (1976) viewed as personality consisted of "the distinctive patterns of behavior that characterize each individual's adaptation to the situations of his or her life" Another definition of personality by Alderman (1974) who defined personality as" integration or merging of all the parts of one's psychological life - the way one thinks, feels acts and behavior" Alderman's definition suggests that personality is twofold one side thinks and feels, the other acts and behavior in Fact, on single definition of personality is acceptable to all psychologists, Personality has been studied in a



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number of different ways, some psychologists have developed broad theories to Explain the origin and make-up of personality and other have focused only on one or two issues such as the influence of heredity or environment on personality.

According to the personality traits, attitudes and ways of life, individuals can be categorized into their personality type- Type A or Type B. Recently In the 1950s, **Meyer Friedman** and **RH Rosenman** were researching the possible causes of coronary disease. A study conducted in the 1950s connected two personality types to heart disease risks. Cardiologists Meyer Friedman and R. H. Rosenman conducted a study and came up with a theory that best illustrates two opposing personality types – the typically highly-strung Type A and the laidback Type B. The types define two sets of behavioral and emotional tendencies, which could raise or lower a person's chance of acquiring coronary heart disease or other health related issues. Can your probability of acquiring a heart disease be really determined by how domineering or lackadaisical you are? Let's examine these two personality types more thoroughly. In short, Friedman & Rosenman (both cardiologists) developed their theory based on an observation of the patients with heart conditions in their waiting room. Unlike most patients, who wait patiently, some people seemed unable to sit in their seats for long and wore out the chairs. They tended to sit on the edge of the seat and leaped up frequently. What was unusual was that the chairs were worn down on the front edges of the seats and armrests instead of on the back areas, which would have been more typical. They were as tense as racehorses at the gate. The two doctors labeled this behavior Type A personality. They subsequently conducted research to show that people with type A personality run a higher risk of heart disease and high blood pressure than type Bs. Although originally called 'Type A personality' by Friedman & Rosenman it has now been conceptualized as a set of behavioral responses collectively known as Type A Behavior Pattern.

### **Job Satisfaction:-**

Conceptions of job satisfaction until very recently have been largely psychological and individualistic in orientation. Empirical studies have been confined to local situations or special populations with interpretive purposes reflecting the values of employed individuals or of their managers. However, if job satisfaction measures are to be useful in monitoring the quality of employment on a societal scale, it will be necessary to enlarge the perspective, to invoke some





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societal and political values, and to begin to treat job satisfaction in the context of a larger array of associated variables.

Job satisfaction is a multi-dimensional concept in the sense that it is affected by a number of variables, intrinsic and extrinsic to the individual. So that Many Industrial psychologist and researchers defined the job satisfaction in various dimensions.

Job satisfaction is defined by Arnold and Feldman (1986:86) "...as the amount of overall positive affect (or feelings) that individuals have toward their jobs".

Robbins (2001) defines job satisfaction as one's general attitude towards work. He states further, that an individual with high job satisfaction has a positive attitude to the job and a dissatisfied individual has a negative attitude about the job.

Specter (1996) contends that job satisfaction is not only how people feel about their jobs overall, but also how they feel about the various facets of the job. He says there are two approaches in the study of job satisfaction: the global approach and the facet approach. The global approach considers job satisfaction as a single, overall feeling toward the job, whilst the facet approach focuses on different factors of job satisfaction such as pay and the work environment.

### Statement of Research Problem:-

To study impact of personality types on job satisfaction of industrial workers.

### Objectives of present study: -

The following broad and main objectives are formulated for this study:-

1. To study the effect of Type of Industry on Job Satisfaction of Industrial Workers.
2. To study the effect of Personality Types on Job Satisfaction of Industrial Workers.

### Hypotheses of present study:

Following main hypotheses are framed for the present proposed research work.

- 1: Type-A personality would have positive effect on job satisfaction of industrial workers.
- 2: Type-B personality would have positive effect on job satisfaction of industrial workers.
- 3: The effect of personality type-A on job satisfaction would be different for public and private sector industrial workers.





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4: The effect of personality type-B on job satisfaction would be different for public and private sector industrial workers.

## Methodology:-

### A) Selection of Sample: -

In this research 400 company workers were selected for this study and all responded were from industries in Raigadh district. Local of the present investigation was confined to the public and private sector industries from Raigadh District, Maharashtra State of India. Initially 1000 subjects were taken for this study from the population finally 400 subjects was selected for this study through randomize sampling, in which 200 were from public sector industries and another 200 from private sector industries, both group from public and private sector industries were equally classify in high organizational climate and low organizational climate, again workers from public sector industries (high and low organizational climate) and workers from private sector industries (high and low organizational climate) were equally classify in personality type A & B, The experience of the workers was ranged from 5 to 15 years as well as they having equal salary package. The efforts were made to have the sample as representative as possible in terms of gender, education & skills. All the subjects were similar kind of socio-economic status.

Table no. 3.1:- The distribution of the effective sample

	Type of Industries		Total
	Public Sector Industries	Private Sector Industries	
Personality Type A	100	100	200
Personality Type B	100	100	200
Total	200	200	N 400



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### Operational definition of sample:-

#### A) Type A Personality Pattern: -

A temperament characterized by excessive ambition, aggression, competitiveness, drive, impatience, need for control, focus on quantity over quality and unrealistic sense of urgency. It is commonly associated with risk of coronary disease and other stress-related ailments. Present study, Type A personality pattern is measured by ABPP scale

#### B) Type B Personality Pattern:-

Type B individuals are calm and have an easy-going attitude. They are fun-loving and are relatively less competitive. They are also better at relaxing without feeling guilty and they work without getting anxious or agitated. Type B's are the opposite of type A's. Type A personality pattern is measured by ABPP scale.

#### C) Public Sector Industries:-

For this investigation public sector was considered as the part of an economy that is controlled by the state/government.

#### D) Private Sector Industries:-

The private sector was considered as part of the national economy that is not under direct state/government control.

#### b) Tools Used for Data Collection: -

#### Following psychological test used data collection:-

#### Type A/B behavioral pattern scale: -

To classify the personality types the ABPP scale, constructed by Upinder Dhar and Manisha Jain (2001) Ankur Psychological Agency Lucknow. It contains 36 items. The odd-even reliability of both the forms of the scale was determined by calculating reliability coefficient, corrected for full length for a sample of 200 subjects. The reliability coefficient of form A was found to be .54 and coincidentally for form B also it was found to be .54. The reliability index was calculated to



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find out the validity from the coefficient of reliability and it was found to be .73 for both the forms separately. The reliability index is considered to be a measure of validity {Garret, 1966}.

### 2. Job Satisfaction Scale: -

To assess the level of job satisfaction scale was used, constructed by Dr. Amar Singh & Dr. T.R. Sharma (1999) National Psychological Corporation, Kacheri Ghat, Agra. It contains 30 items. The scale was personally administered to each of the 320 professionals consisting of an equal number of engineers, doctors, advocates and college teachers selected as per stratified random technique from all over the state of Panjab. The rural and urban areas were given due representation. The scale in its totality or in parts depending upon the requirements can be administered to any category of professionals. It is comprehensive and omnibus in nature. The test-retest reliability works out to be 0.978 with N=52 and a gap of 25 days. The scale compares favorably with Muthayya's job satisfaction questionnaire giving a validity coefficient of .743. Moreover the satisfaction measures obtained from this scale have a close resemblance to the ratings given to the employees on a 3-point scale: fully satisfied, average satisfied, dissatisfied by the employers. The coefficient of correlation was .812 (N=52).

### c) Procedure of Test administration for data collection: -

After determining sampling technique, researcher were classify subjects into group i.e. public and private sector industries which were equally classify in high organizational climate and low organizational climate, again workers from public sector industries and workers from private sector industries were equally classify in personality type A & B. Finally 400 workers select for this study and explained them the purpose of data collection, thus the job satisfaction scale was administered on 400 workers and recorded the scores on this test with the help of individual interview technique.

The managers of the various industries will be contacted and the purpose of the study will explained. After seeking a permission to administer the psychological scales on their employees, the data and time of data collection session will be determine. At the time of data collection process 10 to 15 employees will be gathered and rapport will be established with them. After it, they will be instructed to respond to the psychological scales one by one with short rest. In details, First of all at the time of data collection every subject was asked to fill up information form, which included the full name, gender, birth date, age, education, socio-economic status,



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occupation. When subjects were completed this work, the researcher, too confirmed that the students had filled all the items of the subject's information form.

### d) Variables under the study:-

- **Independent variables:** - Type of Industry i.e. public sector & private sector, Personality is independent variables in this study.
- **Dependent variable:** - Job Satisfaction of Industrial Workers is dependent variables in this study.

### Research design:-

Basically co-relational research & factorial research design was used for investigation of research purpose.

### Statistical techniques for data analysis:-

The Sample of the present data was divided in to three main groups and its sub-group was three, in way all samples divided in six groups: Public Sector employees, Privet Sector employees, A Personality Type employees and B Personality Type employees. The data were carefully scrutinized separately for six main groups as well as for the entire sample by employing descriptive statistics, Means, and Standard Deviations are reported for job satisfaction. The above statistics carried out for students as well as for the entire sample.

### Type-A personality would have positive effect on job satisfaction of industrial workers.

The Beta value for Type-A is -0.053 and associated t value is 1.13 which is not significant and we conclude that there is no effect of type-A personality on job satisfaction and we can reject our first hypothesis 'Type-A personality would have positive effect on job satisfaction of industrial workers'. Here we concluded that type-A personality pattern is negatively affected on job satisfaction and type-A personalities having poor job satisfaction.

### Type-B personality would have positive effect on job satisfaction of industrial workers.

The Beta value for Type-B is 0.198 and associated t value is 4.25 which is significant on 0.01 level and we conclude that there is on effect of type-B personality on job satisfaction and we can accept our second hypothesis 'Type-B personality would have positive effect on job satisfaction of industrial workers'. Hence its concluded that Type-B personality is positively



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effect on job satisfaction of industrial workers. its means that Type-B personalities having better job satisfaction as compare to type-A personalities, with reference to above mentioned hypothesis no. 1 is rejected which is stated that, 'Type-A personality would have positive effect on job satisfaction of industrial workers'.

Some previous studies line with above results and discussed on related issues of job satisfaction, Muhammad Ijaz, Azhar Khan (2015) was discovered the relationship between personality traits and job satisfaction; and to explore the demographic differences on job satisfaction. For the present work; data were collected from 90 employees of the seven branches of Askari bank limited, Peshawar, Khyber Pakhtunkhwa, Pakistan. Among personality traits, Extraversion and openness to experience have significant positive correlation with job satisfaction, while Neuroticism has strongly negative correlation. However no significant correlation of Agreeableness and Conscientiousness were found. Moreover, older employees are happier and satisfied than (comparatively) young employees. Similarly married employees have high job satisfaction level than unmarried employees. The longer tenure of employees have high score on job satisfaction scale. Finally, salary has been found strongly correlated with job satisfaction. Higher salaried employees are happier and more satisfied than low salaried employees.

It is obvious, that there is association between personality traits and job satisfaction. However this process is under the developing stage and needs more research work to fully understand its relationships with job satisfaction. BIG-FIVE (Digman, 1990) worked upon it and associated its relationship with job satisfaction. Here the researcher will too highlight the personality traits and its impacts on job satisfaction. Among other personality traits, neuroticism, extraversion, agreeableness, and conscientiousness have a regular relationships with job satisfaction (Judge, Heller, & Mount, 2002). On these personality traits; study conducted by Furnham and Zacherl (1986), in order to find out what sort of relationship exists between personality traits and job satisfaction. They concluded their study; using multi-dimensional scale, that psychoticism and neuroticism were negatively correlated with job satisfaction. While extraversion were positively correlated with job satisfaction. Furthermore, according to the study; those employees who got high score in neuroticism tended to be minimal satisfied with the amount of work, colleagues and their remuneration. Whereas, those employees who got high score on psychoticism trait had less satisfied with their supervisors, the nature of their duties and colleagues as compared to low psychoticism scores. On the other side those employees who got high score on extraversion trait, were satisfied, happy and beneficial for the organization.



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On the same problem; similarly Brief, Butcher and Roberson, concluded from their study that neuroticism had strongest negative correlation with job satisfaction. According to Judge et al (2002), concluded from a meta-analysis of 163 independent samples, that understanding personalities of employees are very much important to know about job satisfaction. Furthermore, Judge found that personality traits like emotional stability, conscientiousness and extraversion, had correlations of  $r.29$ ,  $r.26$  and  $r.17$  respectively. A meta-analysis thoroughly examined by Barrick and Mount (2000); consisted of five major groups. Group one consisted of police, Group 2 consisted of professionals, Group 3 consisted of managers, Group 4 consisted of sales personnel and Group five consisted of skilled/semiskilled personnel. Against these groups three criteria of job performance i.e. job aptitude and personality, training aptitude and expertise, and personal records. In this meta analysis; personality terms and classifications of Digman's were used. The classifications are extraversion, emotional stability, agreeableness, conscientiousness and openness to experience. This meta-analysis study conducted only for the purpose of understanding the interrelationships of different facets of personality dimensions. Furthermore the different facets of personality were explained in terms of correlation with the selected professional groups and standards. That's why this study is unique and differs from the prior studies. From their extensive work they arrived to the conclusion that for all professional groups and standard types, conscientiousness was the most consistent as well as reliable forecaster that contribute effectiveness. The same result was found by Frei & McDaniel in another meta-analysis. Here the same personality trait 'conscientiousness' was the major predictor for job satisfaction and desirable performance; ranked by supervisors (Frei & McDaniel, 1998). Similarly, personality trait 'extraversion' was the most valid and consistent facet that was highly correlated with two professions namely manager and sales. Judge, Heller & Mount (2002) have suggested that personality may account for much of the variations in job satisfaction amongst employees, as some personality traits have been found to be strongly associated with satisfaction, whilst others are strongly associated with dissatisfaction. Understanding an individual's personality type can be extremely useful for workplace situations, to learn how a person might perform, establish how they might interact with others, and predict whether they would succeed in a managerial or leadership role. The interaction between personality and the workplace has been investigated from a number of perspectives. Individual differences in emotion regulation have been looked at with regard to work-related outcomes. Judge & Ilies (2002) looked at the relationship between personality and performance motivation, using the Five Factor Model of personality. These researchers found that 3 of the Big Five traits, namely neuroticism,





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extraversion, and conscientiousness, generalized across studies. Their meta-analysis suggests that the Big Five traits are an important source of performance motivation. Neurotic individuals have a negative tendency, and therefore with respect to their jobs, their negative nature would result in diminished levels of job satisfaction. Neurotic individuals tend to socially withdraw in response to dissatisfying job conditions, allowing situations to get worse. They have a tendency to dwell on negative experiences in the workplace. Judge (2009) suggested that low emotional stability is negatively related to job satisfaction because it is a strong predictor of job stress. Tesdimir, Asghar & Saeed (2012) looked at the variables, personality type and job satisfaction, amongst 450 sales persons employed in Turkish pharmaceutical companies. This particular study used demographic variables including age and gender as moderators. Using the Five Factor Model, these researchers found that extraversion was positively correlated with job satisfaction ( $r = .56$ ); agreeableness was positively correlated with job satisfaction ( $r = .65$ ); conscientiousness was significantly positively correlated with job satisfaction ( $r = .71$ ), and openness was positively correlated with job satisfaction ( $r = .59$ ). Neuroticism was found to be negatively correlated with job satisfaction ( $r = -.47$ ). There was no significant correlation between gender and job satisfaction ( $r = .05$ ), or between age and job satisfaction ( $r = .06$ ). Naz, Rehman & Saqib (2013) looked at the relationship between job satisfaction and personality traits amongst bank employees of five major banks in Pakistan. Using an alternative trait model of personality known as the Ten-Item Personality Inventory (Rentfrow et al., 2003), TIPI measures the Big Five personality dimensions. This study found that neuroticism had a significant negative correlation with job satisfaction ( $-.65$ ), whilst extraversion (.82), conscientiousness (.65), agreeableness (.46) and openness to experience (.51), each had a positive correlation with job satisfaction. Sampath Kappagoda (2012) indicated that neuroticism had significant negative association with job satisfaction. Insignificant relationship was reported between openness to experience and job satisfaction. It is concluded that five factor model of personality had a strong influence on non-academic employees' job satisfaction. This study was help to get a better understanding of non-academic employees' personality and its relationship to their job satisfaction. This understanding can also better inform administrators to comprehend the importance of dispositional factor in determining job satisfaction.

**The effect of personality type-A on job satisfaction would be different for public and private sector industrial workers.**

The obtained Zobs value is 0, which is not outside the specified bounds (-1.96 and + 1.96), therefore we can conclude that there is a no statistically significant difference in the





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strength of the correlation between type-A personality and job satisfaction for industrial workers of public and private sector. Therefore, our fourth hypothesis, 'The effect of personality type-A on job satisfaction would be different for public and private sector industrial workers' is rejected. Hence it concluded that, there is no significantly effect of Type-A personality pattern on job satisfaction in public and private sector workers. In present study, statistically observation is public and private workers does not differ in their personality type. It may be above results seemed.

### **The effect of personality type-B on job satisfaction would be different for public and private sector industrial workers.**

The obtained Zobs value is 1.5, which is not outside the specified bounds (-1.96 and + 1.96), therefore we can conclude that there is a no statistically significant difference in the strength of the correlation between personality type-B and job satisfaction for industrial workers of public and private sector. Therefore, our fifth hypothesis, 'The effect of personality type-B on job satisfaction would be different for public and private sector industrial workers' is rejected.

### **Conclusion of study:-**

- 1: Type-A personality pattern is not associated with job satisfaction of industrial workers and there is no effect of personality type-A pattern on job satisfaction.
- 2: Type-B personality is positively related to job satisfaction and it has greater impact on job satisfaction of industrial workers.
- 3: The effect of personality type-A is not differently works on job satisfaction of public and private sector industrial workers.
- 4: The effect of personality type-B is not differently works on job satisfaction of public and private sector industrial workers.

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## **Role of Akhadas to the Promotion of Physical Fitness of University Wrestlers of Maharashtra**

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### **Abstract**

*To State although there are many akhadas in Maharashtra state the contribution of these akhadas is known. These akhadas have been established during the ruling period of Chatrapati Shahu Maharaj. But nobody has tried to study the roll & contribution of these akhadas in making state, National and International level champions. The researcher of this study to find out the contribution of these akhadas as well as the methods or strategies implemented in these akhadas for development of skills and physical fitness. Statement of the problem of my research is "Role of Akhadas to the Promotion of Physical Fitness of University Wrestlers of Maharashtra." Objectives of the Study, to investigate and evaluate the historical background of akhadas in Maharashtra State, find out one of the best akhadas in Maharashtra State. Delimitation is this is historical research and has been confined to Maharashtra State only. Significance of the Study, This study will revive the original history of akhadas and provide its actual Historical and experimental base. This study will help in finding out the skills and fitness regimen which are tried in different akhadas. Methodology and Data collection, since it is a historical and experimental research the process of data collection is different. In face the data for this research will depend on two types of sources. Primary sources and secondary sources used for this study. They are recommended undertaking systematic training in wrestling for culture of wrestling in Maharashtra Kolhapur, Sholapur, Pune etc. district is very strong and therefore the Youth are the benefit of one's health and fitness. Akhadas must prepare the admission register for the wrestlers and must generate the standard facilities for hostel, modern gym, special diet, etc. Akhadas must maintain the record of the winning wrestlers in various competitions and to provide better training, there must be a provision for hiring top class coaches or trainers.*

**Key Words – Akahada, Talim, Physical Fitness, University, Wrestlers, Maharashtra**



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### Introduction

Sports- being a cultural phenomenon, there is constant need to acquire higher standards of performance demand of optimum physical fitness. Likewise, wrestling the oldest sport also demands an optimum physical fitness, as it has become a popular competitive sport among the worldwide nations.

Fighting is man's birth instinct, which is known as today wrestling. Its development can be traced back to primitive human being. When man had no weapons, he had to learn hand-to-hand fight to struggle against enemy to live. As time went on and certain tools of defense were developed, Wrestling becomes less important as a means of survival. However, the event is continued in sport competitions as an art to satisfy men's natural urge to engage a fellow men in combat. This change of emphasis probably established wrestling as an activity in competitive sport.

Today in fact winning laurels at international sports arena has become a prestige issue and every national tries to produce top class sportsmen for international competitions. For this, they conduct research systematically to identify factors that help in achieving levels of skills and fitness to attain top performance. The same importance in research seems to be insignificant in wrestling.

### History:

The ancient South Asian form of wrestling is called malla-yuddha. Practiced at least since the 5<sup>th</sup> century BC and described in the 13<sup>th</sup> century treatise MallaPurana, it was the precursor of modern pehlwani. In the 16<sup>th</sup> century India was conquered by the Central Asian Mughals, who were of Mongol descent and officially patronized Persian culture. They brought the influence of Persian and Mongolian wrestling to the local malla-yuddha, thereby creating modern pehlwani.

In the recent past India had great wrestlers of the class of the Great Gama(of British India and after portion Pakistan) and GobarGoho. India reached its peak of glory in the IV Asian Games (later on called Jakarta Games) in 1962 when all the seven wrestlers were placed on the medal list and in between them they won 12 again when all the 8 wrestlers sent to the Commonwealth Games held at Kingston, Jamaica had the distinction of getting medals for the country. During the 60's, India was ranked among the first eight or 4 nine wrestling nations of the world and hosted the world wrestling championships in New Delhi in 1967.



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Pehlwans who compete in wrestling nowadays are also known to cross train in the grappling aspects of judo and jujutsu. Legendary wrestlers from the bygone era like Karl Gotch have made tours to India to learn the art of pehlwani and further hone their skills. Karl Gotch was even gifted a pair of "mudgal" (exercise equipment used by the Indian wrestlers). The conditioning exercises of pehlwani have been incorporated into many of the conditioning aspects of both catch wrestling and shoot wrestling, along with their derivative systems. These systems also borrow several throws, submissions and takedowns from pehlwani.

In Indian wrestling vyayam or physical training is meant to build strength and develop muscle bulk and flexibility. Exercises that employ the wrestler's own bodyweight include the Surya Namaskara, shirshasan, and the hand, which are also found in hatha yoga, as well as the bethak. Sawari (from Persian savari, meaning "the passenger") is the practice of using another person's bodyweight to add resistance to such exercises.

Exercise regimens may also employ the following weight training devices.

1. The nal is a hollow stone cylinder with a handle inside.
2. The gar nal (neck weight) is a circular stone ring worn around the neck to add resistance to hands and bethaks.
3. The gada is a club or mace associated with Hanuman. An exercise gada is a heavy round stone attached to the end of a meter-long bamboo stick. Pahalwani trophies take the form of gadas made of silver and gold.

Exercise regimens may also include dhakulis which involve twisting rotations, rope climbing log pulling and running. Massage is regarded an integral part of an Indian wrestler's exercise regimen. Even though wrestling is one of the oldest sports. The availability of appropriate researches on wrestling is significantly less in sports literature than other competitive sports.

Kolhapur district of Maharashtra is well known for wrestling akhadas but the proper literature about its existence and performance of the wrestlers who are playing in these akhadas is not available. Hence the researcher of this study has planned to survey these akhadas and see the contribution of these wrestler at state as well as national levels.

### Statement of the Problem:



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Although there are many akhadas in Maharashtra state the contribution of these akhadas is known. These akhadas have been established during the ruling period of ChatrapatiShahuMaharaj. But nobody has tried to study the roll & contribution of these akhadas in making state, National and International level champions. There are lots of wrestlers who many have played in different levels of championships in state but the records are not available. The researcher of this study will try to find out the contribution of these akhadas as well as the methods or strategies implemented in these akhadas for development of skills and physical fitness. Statement of the problem of my research is " Role of Akhadas to the Promotion of Physical Fitness of University Wrestlers of Maharashtra."

### Objectives of the Study:

1. To investigate and evaluate the historical background of akhadas in Maharashtra State.
2. To find out one of the best akhadas in Maharashtra State.

### Hypotheses:

On the basis of literature available so far it was hypothesized that:

1. H<sub>1</sub>O : The training program would be contribute to improve
  - a. Agility endurance, stamina and(quickness) flexibility of the wrestler players.
2. H<sub>2</sub>O : The training program would not contribute to improve skill abilities of the wrestlers.
3. H<sub>3</sub>O : The contribution of akhadas for to improve the performance is significantly more.

### Delimitation:

This is historical research and has been confined to Maharashtra State only.

### Significance of the Study:

- 1.This study will revive the original history of akhadas and provide its actual Historical and experimental base.
- 2.Today in fact winning laurels at state and national sports arena become a prestige issue and every akhadas tries to produce top class sportsman for state and national international competitions. For this they conduct research systematically to identity factors that help in achieving levels of skills and fitness to attain top performance. This study will help in finding out the skills and fitness regimen which are tried in different akhadas.





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### Operational Definition of terms used:

1. "Akhada means wrestling place; lists a gymnasium"
2. "Akhada means this place is also used for exercise and practice of wrestling"

### Wrestling:

Contest in which two opponents grapple and try to throw each other to ground.

1. Hard struggle.
2. Have wrestling match.

### Wrestling:

"Wrestling means the two wrestler bouts take place in pit filled with soft earth or soil"

### Limitation:

- This is a research work has been confined to Maharashtra State university wrestlers.
- The present research work is in connection with the wrestling akhadas.
- In this research work it is proposed to study the role of akhadas to the promotion of physical fitness of university players.

### Methodology:

Data collection:

Since it is a historical and experimental research the process of data collection is different. In face the data for this research will depend on two types of sources.

#### 1.Primary sources:

An attempt will be made by the investigator to locate all possible sources concerning Akhada form Maharashtra i.e. Kolhapur, Sholapur, Pune, Aurangabad, Nasik ect. District. The investigator will visit all the akhadas present in the Maharashtra and will take interview of the in charge of Akhadas. For this a customized opinionative will be prepared and this will be applied to each Akhada .

#### 2.Secondary Sources :





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The secondary sources will be records of JhilhaRashtriyaTalmSangh, District sports office files, transcripts, few books periodicals etc. The interview with office bearers of wrestling akhadas in Maharashtra and of other associated people will be secondary sources for this study.

### **Recommendation:**

1. They are recommended undertaking systematic training in wrestling for culture of wrestling in Maharashtra Kolhapur, Sholapur, Pune etc. district is very strong and therefore the Youth are the benefit of one's healthy and fitness.
2. Akhadas must prepare the admission register for the wrestlers and must generate the standard facilities for hostel, modern gym, special diet, etc.
3. Akhadas must maintain the record of the winning wrestlers in various competitions and to provide better training, there must be a provision for hiring top class coaches or trainers.

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## **A study of Mental Health among Aided and Unaided School Teachers**

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### **Abstract:**

*The mental health of every person in the world has become unbalanced. Mental health needs to be balanced in order to provide a satisfying life for humans. From morning to night until good sleep, many mental traumas occur on us. They include many factors like stress, anxiety, fear, frustration, anger, unrealistic expectations, jealousy, negative thoughts, and mental politics. Expectations of physical illness seem to increase with mental illness. Mental illnesses seem to be aggravating more than physical illness, but we seem to ignore them completely. Financial reasons are one of the many main causes of mental health imbalances. The present study was conducted on 60 aided and unaided school teachers from Hingoli in Maharashtra which were selected randomly. All the teachers ranged between 25 to 32 years. In the present investigation, Employees Mental Health Inventory Prepared by Dr. Jagdish was used for the data collection. Mental Health measure of central tendency (Mean) standard deviation (SD) and two ways ANOVA was used for finding out the scores for Mental Health of aided and unaided school teachers. It was found out that there was statistically significant difference between Mental Health of aided and unaided school teachers. Also it was found out that there was statistically significant difference between the male and female of Mental Health.*

***Keywords: Aided and Unaided, Teacher and Mental Health***

### **Introduction:**

The mental health of every person in the world has become unbalanced. Mental health needs to be balanced in order to provide a satisfying life for humans. From morning to night until good sleep, many mental traumas occur on us. They include many factors like stress, anxiety, fear, frustration, anger, unrealistic expectations, jealousy, negative thoughts, and mental politics. Expectations of physical illness seem to increase with mental illness. Mental illnesses



seem to be aggravating more than physical illness, but we seem to ignore them completely. Financial reasons are one of the many main causes of mental health imbalances. The far-reaching impact of the financial component has on mental health. Considering the financial factors, I wanted to study the mental health of teachers in unaided schools. This research was created by the fact that an unaided schoolteacher went to the front of the person for a long time, but he did not have any attention, he did not have his fault but he was constantly thinking. Financial factors affect our lifestyle. Money is not always easy to live, but there is more. Generally speaking, there is a difference in the lifestyle of subsidized school teachers and unaided school teachers. Aided and unaided schools. Teachers and mental health.

**Aided and unaided:** we need to first start to understand the difference between aided and unaided school. Generally speaking, schools that provide government facilities are called subsidized, and those schools that do not provide government facilities are called non-subsidized schools. The subsidized school has a government base such as aided schools, such as basic facilities, educational activities, teacher salaries, job security, educational materials, and building rent from the government. An unaided school has no funds from the government, which means no financial support at all. Such a school is called an unaided school because there is no rent of the school building, the government does not pay the teacher's salary, the infrastructure is not available, there is no material subsidy and there is no guarantee of employment.

**Teachers:** - It is the teacher who runs many generations, and if he is not mentally stable, he cannot provide good knowledge to the students. Many factors affect the lives of teachers, such as financial, social, subsidized and non-subsidized schools. Teachers who work in subsidized schools are well-paid, receive annual wage increases, are generally honored, their lives are well maintained, but the life style of teachers working in unaided schools is quite the opposite. The main purpose of the research is to ensure that the life of the teachers who are unable to make decisions, despite their ability to think positively or to make positive decisions or to create a teacher who gives direction to urban life by making the right decisions, is afraid of making decisions.



According to Dr. Subhash Sherkar, the sculptor of student life is a teacher or professor, who destroys the darkness of ignorance in student life, enlightens the learner, sets the direction of student life by realizing the real circumstances and abilities, and motivates positively towards achieving a specific goal. The student is the future pillar of the country, who embraces intuitive knowledge, attaches to enlightenment real life, and who guides his life in his conscience, honestly and politely.

**Mental Health:** Mental health is an important part of health. Just like soil is essential for growing flowers from the soil, mental health is important for the empowerment of human health psychologists recognize that good health and the ability to cope with illness are affected by psychological factors such as thoughts, emotions, and the ability to manage stress. In the view, the mind and body are clearly linked, and are not two distinct systems (Sternberg, 2000) if the mind healthy, then the body remains healthy. According to this saying, healthy health creates happiness in a person's life and makes human life meaningful and active. Prior to the second half of the twentieth century, mental health was thought to be no longer a mental illness, but now mental health cannot be distinguished from mental illness. Mental health is also a potential. That is, balancing one's desires and aspirations and motivating them to solve problems and problems that arise in their daily life. "The Preamble of the World Health Organization's defined health as a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity" (Monopolis et.al,1997). Bhatia (1982) considered mental health as the ability to balance feelings, Desires, ambitions in ideals in one's daily living. Anand (1989) has defined mental health as the behavioral characteristics of personality. According to him a mentally healthy person should be understood as a dynamic and conscientious individual who is found to be reasonably rational in the choice of means for the realization of his pious ends. Mental health a state of good adjustment with a subjective state of well-being, zest for living, and the feeling that one is exercising his talents and abilities. Overall, the concept and definition of mental health above shows that a person cannot lead a good life without mental health. If the mental health of the teachers deteriorates, then there is a need to focus on the mental health of the unaided teachers, so that the education of the students can be harmed.

### **Objective of the Study:-**

- 01) To measure the level of Mental Health of the teachers.
- 02) To undertake a comparative study between male and female teachers regarding the Mental Health.



- 03) To undertake a comparative study between aided and unaided teachers regarding the Mental Health.
- 04) Improving and creating the awareness about mental health in teachers.
- 05) Increasing, confidence of unaided school teachers.
- 06) Motivating you to make decisions by self- introspection.

**Methodology:-**

**Hypotheses:**

- There is significant difference in the mental health of aided and unaided schools teachers.
- There is significant difference in the mental health of Male and Female schools teachers.

**Sample:** - The sample of present investigation consisted of 60 teachers from Hingoli city in Maharashtra which were selected randomly. In the total 60 students 30 teachers were aided (Males and females) and 30 teachers were from unaided (males and females)

**Tools:** - In the present investigation, Employees Mental Health Inventory Prepared by Dr. Jagdish was used for the data collection provided. And given the following instruction of aided and unaided schools teachers. Here are some statements related to your health. In each statement, two possible option are Yes and No .whichever of these options apply to you or which you feel in relation to the statement, mark the correct symbol in the field below the same option. None of the statements are true or false. Finally feel free to respond.

**Sample Design**

<b>A1 Aided School Teachers</b>	<b>A2 Unaided School Teachers</b>
---------------------------------	-----------------------------------



Male	Female	Male	Female
15	15	15	15
30		30	
Total -60			

**Research design:**

2×2 factorial design used for research the present investigation

**(A) Schools**

**(B) Gender**

	Aided A1	Unaided A2
B1 Male	A1B1	A2B1
B2 Female	A1B2	A2B2

**Statistical Analysis and Discussion:**

Analysis of the mental health of aided and unaided school teachers

**Table No. 1**  
**Summary of two ways ANOVA for Mental health on School teachers**

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
School Teachers	98.81	1	98.81	8.92	0.01
Gender	120.41	1	120.41	10.87	0.01
School Teachers * Gender	33.75	1	33.75	3.04	N.S.



Error	619.86	56	11.06		
Total	18315.00	60			
Corrected Total	872.85	59			

In the present investigation find out significant difference of mental health among aided and unaided school teachers, calculating the 'F' ratio. The result concluded that the F' ratio of aided and unaided school teachers on mental health  $F = 8.92$  which is significant at the level of 0.01 on dependent variable mental health. Hence there is significant difference found towards the mental health of aided and unaided teachers. Hypothesis No. 1 There is significant difference in the mental health of aided and unaided schools teachers is accepted.

And also in this research, find out the significant difference of mental health among male and female school teachers calculated the F ratio. The result concluded that the F ratio for mental health of aided and unaided school teachers  $F = 10.87$  which is significant at 0.01 the level of significant. Hence there is significant difference found towards the mental health among male and female schools teachers. According to f ratio Hypothesis No. 2 There is significant difference in the mental health of Male and Female schools teachers is accepted.

**Conclusions**

The present study was aimed to find out and compare the mental health among aided and unaided school teachers. This study has led to the following conclusions. There is significant difference in the mental health of aided and unaided schools teachers. There is significant difference in the mental health of Male and Female schools teachers.

**Recommendations:**

- Government should never put unaided policies in the education sector.
- Organizers should consider the financial situation of teachers and pay them.
- It is wrong for teachers not to teach their students, as teachers do not pay salary.
- Organizers should not mentally harassment of teachers regarding the salary.
- Government and directors should not run unaided schools considering the future of students.

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## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

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### The creativity of school going student's relation to their socio-economic status

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#### Abstract:-

The main aim of study to investigate gender differences for in creativity relation between different Socio-economic statuses. There 150 school going students were selected by randomization, as 1:1 boys and girls in badnapur tahshil place. The investigator was personally met to each participant and administered the tool. The psychological data was collected by with the help of A New Test of Creative by Dr. Roma Pal (1986). As per basic purpose of study researcher employed the descriptive statistics i.e. mean S.D.S and T-test for data analyses. The findings and results reveal that there is significantly gender differences in creativity, girls having more creative than boys and beside there is positive correlation between creativity and SES. It can be concluded that there is significant differences and positive correlation between IVs and DVs. Further details and discussion highlighted in full-length of paper.

**Keywords: Creativity, SES and Gender.**

#### Introduction:-

Education is an old as human race. It is never ending process of inner growth and development. It is very imported for the progress of individual and society. It is through education that man develops his thinking and reasoning, problem solving and creativity, intelligence and aptitude, positive statements and skills, good values and attitudes. It is through education that he's transformed into human society, moral and supernatural being. Man learns something every day in every moment. Every minute he's creating, developing, inventing or discovering something new with the assistance of education. The power of making something is that the power given by education. Some of us are highly creative and implementing education than some others. In this way education and creativity assisting and developing one another.



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Guilford (1971, p. 582) "Creativity sometimes refers to creativity potential, sometimes to creative production and sometimes to creative productivity."

Guilford (1966) has acknowledged that, "Creativity is that the key to education in its fullest sense and to the answer of mankind's most serious problems."

Stanger and Karwoski (1973, p. 314) "Creativity implies the assembly of a completely or partially novel identity."

During this way creativity is that the capacity or a possible by which an individual produces something new and which has some novel identity.

"Creativity is thinking and responding process that involves connecting with our previous experience, responding to stimuli (objects, symbols, ideas, people, and situations) and usually to a minimum of one unique combination." Parnes (1963:5)

"A nation's progress, greatness depends not only on its material achievements but also upon its great thinkers, artists and students that are considered creative genius. And actually, historical records provide evidence that cultures have collapsed due to failure to utilize, intelligent and imagination methods for solving their problem." Torrance (1962)

Socio- Economic status is another aspect of a selected personality of a private living during a specific society. According to Good (1959, p. 581) "Socio-Economic Status is that the indication of both the social and economic achievement of a private or group." consistent with Kappuswamy (1959, p. 1-10) "The three variables that contribute to the socioeconomic status in populated area are education occupation and income." consistent with Kalia and Sahu (2012, p. 2) "The term socio-economic status includes the knowledge about education, occupation and income which determines the socio-economic status of the oldsters of adolescents as measured by socio-economic status." Socio-Economic Status would therefore be ranking of a private by the society he lives in, in terms of his material belongings and cultural possessions alongside the degree of respect, power and influence he/she wields. In India socio-economic status is directly propositional to the economic status of the family, which isn't correctly told to avoid the payment of tax.

### **Creativity and Sex Differences**



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Many investigations conducted in India and abroad have revealed inconsistent results on sex differences within the test much creativity. Torrance (1963) while investigating on sex differences in creativity of the scholars from class to fourth grade has found that boys become increasingly superior on most of the measures of creative thinking, up to third grade. By fourth grade boys begin to lose their battle against conformity to behavioral norms showing a pointy measured decrement in most of those abilities (originality and flexibility). Torrance and Alotti (1969) found that girls were better than boys on the measure of creativity. Richmond (1971) has concluded that females scored above males. Flaherty (1992) investigated on the consequences of a multimodal programme on self concept and cognitive and affective creativity on students in third grade and located that the women in the experimental group made significant gains over the boys. In another study conducted by Boling and Boling (1993) found that first born males and later born females demonstrated the best creativity.

Creativity is the innate power of the student. Also Socio-Economic Status of family plays a crucial role within the development of a toddler. A good socio-economic status of the family features a great pertaining to the child's development. Differences in financial capacity create difference within the quite opportunities provided for the child's development. The present study entitled a study of creativity of scholars in associated with their socio-economic status is meant to seek out the impact of socio-economic status on creativity. Various studies associated with socio-economic status depicted that Socio-Economic Status influences various aspects of growth and development. Moreover within the changing scenario it's also very significant to understand the socio economic status and creativity level of the scholars, where there are numerous fluctuations in the economy of a family, state and country.

### Statement of the problem:

To compare the creativity of school going students relation to their socio-economic status.

### Objectives:-

1. To study the creativity level of school students.
2. To find out the socio-economic status of senior secondary school students.
3. To find out the difference between boys and girls in relation to creativity.

### Hypotheses:-



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1. There are no significant relationship between creativity and socio-economic status.
2. There is no significant difference between boys and girls in regards to creativity.

## Method and procedure:-

The sample for the present study comprises of 150 students selected randomly from Badnapur Dist. Jalna. The investigator is use random sampling to select the schools and to select students for the study. The sample is balanced among boys and girls. The sample is divided into 75 boys and 75 girls of senior secondary school students. Sampling was used to convenient from each govt. and Pvt. School the students the students were selected randomly and voluntarily.

## Tools:-

A New Test of Creative developed by Dr. Roma Pal (1986) used for data collection. There three parts of this test, which are measure to fluency, Flexibility and Originality domain of creativity. Reliability of test is 0.93 and validity is 0.37.

## Statistical techniques:

As per line of hypotheses researchers has used descriptive statistics for data analysis .Mean, S.D.S. and t-test were calculated to analyses the data. Following results and finding were calculated:-

**Table 1:**  
**Shows the Socio-Economic Status of School Students**

Mean of SES	SD	Level
59.23	3.92	Higher Middle

From table 1, it is indicated that Mean scores of School Student 59.23 which falls in the qualitative norms of higher middle class. So, most of School Students are belong to Middle Class



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Families. Out of 150 respondents only one School Student belongs to Higher Socio-Economic Status. Similarly a single School student belongs to Lower Socio-Economic Status.

**Table 2:**

**Show the mean and 't' score of creativity**

Group	N	Mean	SD	't'	Sig
Boys	75	52.39	8.23	4.19	0.01
Girls	75	58.41	4.65		

Table indicated that the mean scores of Creativity in boys and girls are 42.24 and 48.32 respectively. The t-ratio is found to be 3.27; whereas t-critical at 0.05 level of confidence, is 1.98. The calculated t-ratio is significant at 0.05 levels. So, there exists a significant difference in Creativity between Boys and Girls in Senior Secondary School students. In today's scenario Boys and Girls are getting equal opportunities in all the fields, whether it is education or games or other co-curricular activities. Academic achievement of girls may be one of reasons behind their higher scores on Creativity. From the last years girls are higher in academic achievement than boys.

**Table 3:**

**Showing the relationship between Creativity and Socio-Economic Status of Senior Secondary School Students**

Variable	Method	Mean	'r'
Creativity	Product movement correlation	56.02	0.22 Sig on 0.05
Socio-Economic Status		59.23	

As per above result, there exist a positive correlation ( $r=0.227$ ) between Creativity and Socio-Economic Status of Senior Secondary School Students. The obtained r- value 0.227 is significant at 0.05 levels of confidence. So, there exist significant relationship between Creativity and Socio-Economic Status of School Students.



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The results of the present study are disagreement with the findings of Torrance (1963), Razik (1967), Raina (1969), Torrance and Aliotti (1969), Richmond (1971), Singh (1982), Tegano and Moran (1989), Lau and Li (1996), who found the existence of significant sex differences between boys and girls in the test scores of creative thinking ability on which boys scored significantly higher scores than girls.

However, the findings may be logically reasoned in that girls in our society have been encouraged to confirm, whereas boys are expected to be active and dominant risk takers (Block1983). Furthermore, Davis and Rimm (1989) acknowledge that most boys are provided with toys such as trucks, Logos and models that enhance their visual-spatial abilities. While Lever (1976) notes that the games of girls are often highly structured requiring turn-taking and rules.

### Conclusion: -

As per result, following conclusions are formulated.

1. Girls Students are more creative than boy's student.
2. There is positive relationship between Creativity and Socio-Economic Status of School Students.

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## **Psychological Problem of Comparative Study Between Low And High Achievement Female Athletes.**

**Amol Shamrao Datar**

Research Student

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### **Abstract**

*The primary study of the study is to determine the Psychological problem and mental health of low and high achievements female student athletes. 100 low achievements and 100 high achievements female athletes who are studying in graduate and post graduate level from Marathwada region of Maharashtra Mental health was measured by the using General Health Questionnaire (GHQ -12). The General Health Questionnaire (GHQ) is a measure of current mental health and since its development by Goldberg in the 1970s it has been extensively used in different settings and different cultures. The 12-item GHQ-12 comprises six positive ' and six 'negative' items. Positive items included Have you recently felt capable of making decisions about things? while negative items included 'Have you recently felt constantly under strain? 'Items were classified in this way according to wording, with positively worded items having responses Better than usual', 'Same as usual', 'Less than usual' and 'Much less than usual'. Responses to negatively worded items are Not at all', 'No more than usual', 'Rather more than usual' and 'Much more than usual'. Questions 1, 3, 4, 7, 8 and 12 as positively worded items. The remainder is negatively worded. Responses will be coded using an un weighted four-point Likert scale (0, 1, 2, 3). Positively worded items will later rescore so that a high score will indicative of endorsement of these items (e.g. 'better than usual'). Higher scores on negative items indicate greater distress and or difficulty. The data was collected during the KridaMahotsava 2015 which was held in swami Ramanand Teerth Marathwada University Nanded for high Achievements female athletes those who are participating KridaMahotsava 2015 and for low achievements female athletes' investigator personally contacted the players at the venue of inter collegiate tournaments. Mean, standard deviation, correlation, percentage and t-test. The level of significance was keep at 0.05 level of confidence to test the hypothesis. Mean Score (S.Ds.) age of low achievements female athletes was 21.29 (2.44) years, mean their training mean score (S.Ds.) was 3.02 (1.12) days, their training duration mean score (S.Ds.) was 2.08 (0.87) hours, and competition mean score (S.Ds.) was 06.54 (2.30) in one year. Whereas Mean Score (S.Ds.) age of high achievements female athletes was 22.70 (2.47) years, mean their training mean score (S.Ds.) was 3.54 (1.23) days, their training duration mean score (S.Ds.) was 2.10 (0.97) hours, and competition mean score (S.Ds.) was 14.33 (2.01) in one year. A correlation test was taken to find out the relationship between Academic stressors and of low achievement female Athletes, Academic stressors was correlated negatively with Health, as indicated by the negative Pearson correlation between Sum of stress (Academic Stressors) and Positive and negative mental health. Positive mental health was correlated negatively with sum of Academic*



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*stressors, frustration, Changes and Self-imposed. However, the correlations were insignificant for Conflict and pressure. Alternatively, Negative Mental Health negatively correlates with all the Academic stressors, Frustration, Conflict, Changes and self-imposed*

### Introduction

Stress is one of the serious Psychological problems that negative impact of sports performance, its effects could be reflected in student social, academically, and mental health. Linn and Zeppa (1984) found that stress can lead to academic decline, poor relationships with peers and family members and overall dissatisfaction with life. Stress was found to be a part of students' life and could give impact on how students cope with the demands of academic life. Students reported experiencing academic stress at predictable times each semester with the greatest sources of academic stress resulting from taking and studying for exams, grade competition, and the large amount of content to master in a small amount of time (Rawson, Bloomer, & Kendall, 1999). Stress, is the psychological problems that are prevalent among students. According to Porter (1990), up to 60% of university students left university without finishing their degrees; the majority of these students leave within the first two years due to inability

### Statement of the Problem

In the light of the above, the investigator becomes interested in determining the psychological problem of low and high achievement female athletes. The problem was stated

### Objectives of the study

The primary study of the study is to determine the Psychological problem of low and high achievements female student athletes

### Delimitations of the Study

- 1 Study was conducted on 100 low achievements and 100 high achievements female athletes who are studying in graduate and post graduate level from marathwada region
- 2 The aged ranged of female athletes were 19-30.

### Limitation of the study



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- Since the both players belonged to different age level, hence the prior experience of the both players may be considered as a limitation to the study.
- Since the both game players belonged to different training background this may be also considered as the limitation of the study.
- **Academic stress**

The stress which is due to academic achievement or academic activities known as academic stress.

### Mean Scores And Standard Deviation Of Selected Components Of Low And High Achievement Female Athletes.

Components	Low Achievements		high achievement	
	Mean	Standard Deviation	Mean	Standard Deviation
Age (Year)	21.29	2.44	22.70	2.47
Training days (Week)	3.02	1.12	3.54	1.23
Training duration (Hours)	2.08	.87	2.10	.97
Competition in one year	6.54	2.30	14.33	2.01

Shows the Mean scores and Standard Deviations of the low and high achievement female athletes. Mean Score (S.Ds.) age of low achievements female athletes was 21.29 (2.44) years, mean their training mean score (S.Ds.) was 3.02 (1.12) days, their training duration mean score (S.Ds.) was 2.08 (0.87) hours, and competition mean score (S.Ds.) was 06.54 (2.30) in one year. Whereas Mean Score (S.Ds.) age of high achievements female athletes was 22.70 (2.47) years, mean their training mean score (S.Ds.) was 3.54 (1.23) days, their training duration mean score (S.Ds.) was 2.10 (0.97) hours, and competition mean score (S.Ds.) was 14.33 (2.01) in one year.

### Rate of Overall Level of Low and high achievement Female Athletes

Sr. No.	Overall level of stress	Female Athletes	
		Low Achievements	High Achievement
1.	Mild	52.00%	54.00 %
2.	Moderate	32.00%	28.00%



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Sr. No.	Overall level of stress	Female Athletes	
		Low Achievements	High Achievement
3.	Severe	16.00%	18.00%

Shows the rate of overall level of stress between Low and high achievement Female Athletes. The result reveals that 52.00% low achievement female athletes reported mild stress, 32.00% low achievement female athlete's moderate stress and 16.00 % low achievement female athletes reported severe level stress before health related physical fitness programme. Whereas 54.00% high achievement female athletes mild stress, 28.00% high achievement female athletes reported moderate stress and 14.33% high achievement female athletes reported severe level of stress.

**Mean scores, standard deviations of Low and High Achievements female athletes along with t-ratio of academic stressors with respect to frustration**

Frustration	Female athletes	Numbers	Mean	SD	T-test
	Low Achievement	100	15.67	4.04	.12 NS
	High Achievement	100	15.60	4.05	

NS= Not significant

Shows that mean scores, standard deviations of Low and High Achievements female athletes along with t-ratio of academic stressors with respect to frustration

With regards to academic stressors of frustration between Low and High Achievements female athletes, they have obtained the mean values of 15.67 and 15.60 respectively and SD values of 5.04 and 5.04 respectively which are given in the Table -7 reveals that there was insignificant difference of academic stressors of frustration between Low and High Achievements female athletes was found.

### Summary

In Indian society female faces several problems as compare than male. Depression, stress, and anxiety are psychological problems in Athletes. Participation in female athletics can be stressful. Athletic participation itself can become an additional



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stressor that traditional female players do not experience. Athletes experience unique stressors related to their athletic status such as extensive time demands; a loss of the 'star status' that many had experienced as high school athletes; injuries; the possibility of being benched/red-shirted their freshman year and conflicts with their coaches, among other factors. Athletes experience unique stressors related to their athletic status such as extensive time demands; a loss of the 'star status' that many had experienced as high school athletes; injuries; the possibility of being benched/red-shirted their freshman year and conflicts with their coaches, among other factors

### Result

1. Positive mental health was correlated negatively with sum of Academic stressors frustration, Changes, and Self-imposed of low achievement female athletes.
2. Alternatively, Negative Mental Health negatively correlates with all the Academic stressors, Frustration Conflict, Changes and self-imposed low achievement female athletes.
3. Reaction to stressors was correlated negatively with Health, as indicated by the negative Pearson correlation between Sums of reaction to Stressors with Positive mental health low achievement female athletes.
- 4.

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## A Study modernization among Hindu and Muslims Students

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### Abstract:

Present study is under taken to compare the modernization among Hindu and Muslim students. Independent variables of the study are Religion & Gender and dependent variable is Modernization. The sample consists of 40 graduate students. (20 Muslim, 20 Hindu). 2X2 Factors Design is used for this research. For this research we have used the modernization scale (MS) test written by Raghavendra S.Singh, amar Nath Tripathi & Ramjee Lal. As well as we have use f test mean's ANOVA manual etc. It's discovered that huge contrast and modernization between Hindu and Muslim students likewise arrived are Hindu students more moderate than Muslim students. Just as it's discovered that male students are more moderate than female students.

**Keywords: Modernization, Hindu Students, Muslims Students.**

### Introduction:

Social change is a widespread element of very society. A more critical take a gander at the citizenry uncover normality, dependability and ingenuity in their qualities, convictions, frame of mind and their practices, it likewise exhibits changes in part of social life. "Society whether saw basically or practically, regardless of whether taken as huge number of socio – culture and financial powers, whether saw as a network of psycho - social interactional procedure, is continually going through unique procedures of change"(Rathe 1973).

Subsequently dependability and change are supplements and signs of each general public. India being creating nation is going through a time of social change in which current viewpoint is progressively supplanting the conventional lifestyle.



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Depicting the idea of this social change, Rath (1973) states: "Whatever might be socio - social factor of social culture, on the mental plane, it includes an extraordinary clash between the old and new conventions and advancement, the matured and youth, the preservationist and radicalism.

From the perspective of the individual, advancement is the frame of mind to modify from one's internal infers a logical and normal world view and teach universalistic common qualities. It is a separation from conventional method of life which is a not any more customizable to the evolving condition. The objectives of better quality of life, opportunity, security, social equity are a greater amount of the acknowledged objectives of innovation."

In contact to innovation, after (1966) views conventionalism as approval of current practices by reference to prehistoric prescriptive standards. It is obvious that innovation suggests adaptability of frame of mind while conventionalism infers unbending nature of disposition

A few scales have been created to asses people understanding on innovation conventionalism, measurement. Be that as it may, no scale has been grown so far to survey to mentality towards advancement among youth of eastern U.P. The present endeavor has been made to grow such a scale.

### **Modernization**

Social change in a multidimensional procedure. It includes attitudinal change in such circles of conviction and conduct as socio-religious, educational, political, conservative, and so forth. It was concluded that the scale will be restricted to estimation of social demeanor. From this explanation following sub zones were chosen.

#### 1) Social-religious



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- 2) Marriage
- 3) Position of women
- 4) Education

Since innovation conventional measurement includes numerous dubious issues, countless things must be remembered for the primer draft. A portion of these things were chosen from the current scales while others were encircled by the creators. Both positive and negative things were incorporated to maintain a strategic distance from the activity of a specific reaction set. Every one of these things were first given to a gathering of five brain sciences and the face legitimacy just as propriety of the things challenge and structure was determined.

### **Review of literature:**

R. Shivastava (2009). Impact of parental occupation on mentality towards modernization, Indian brain research survey. Vol. 72, year 2009, Page 117-122. Present research papers inspect the effect of parental occupation on frame of mind towards modernization of juvenile young ladies. Extensive modernization stock of Prof. S.P. Abluwallia and Dr. A.K.Kalia was administrated on an example of 1000 students of pre-adult young ladies of Lucknow city results demonstrated an astounding distinction on complete disposition.

Mamta, M.P. Gupta and Pradeep Singh Dehal(2009). Condition mindfulness and modernization amongst optional students, psycholingua 2009, 39(2): 178-181. The understudy was intended to contemplate the earth mindfulness and modernization amongst optional school going students. An example of 200 students of tenth class from three government and three tuition based school of Solan locale of Himachal Pradesh. Condition mindfulness capacity test and modernization instrument was utilized. 't' test was applied for examination of information.



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The outcome uncover that view about attention to both the gatherings is the equivalent for the earth yet the mean score of tuition based school students have high then the administration school students towards modernization.

S.P. Goyal and M. Gupta (2009), Effects of modernization on hostility level, Asian diary of brain science and education vol.42, No. young people. The example contained 50 young men and 50 young ladies in the age gathering of 18-multiyear concentrating in the school level in Agra. The outcome shows that there is a positive connection between frames of mind towards critical. It has additionally been discovered that the male and female collection students don't contrast in their frame of mind towards modernization and animosity level. Territory shrewd there is a noteworthy contrast in the mentality towards modernization of young ladies and young men. Young ladies have been sure and huge frame of mind in the territory of P.C. relations nations and territorial marriage young men have demonstrated inspirational frame of mind towards modernization than young ladies.

Rashmi Shrivastva (2006), the impact of the religion and cast on the advancement frame of mind. Indian Journal of Psychometric and Education (IJPE) 2006, 37 (3):168-172. The present examination was inspect the effect of religion and cast on advancement frame of mind exhaustive modernization stock of S.P. Abdulwalia and A.K. Kalia was controlled on test of 1000 students of class-II in Lucknow city. The outcome demonstrated surprising contrasts on marriage frame of mind for Christian Group. Muslim gathering was discovered more unfortunate than that of Hindu and Sikh gathering on political frame of mind critical distinction was found on religion disposition for general & backward class ST/SC Group were affectionate more unfortunate than that of general and in reverse class on religion and complete innovation mentality.



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Miridula Bhaduria(2003) investigation was looks at the effect of education upon modernization among women. The example of 300 women between the age bunch 20-25 years was chosen from Kanpur city utilizing random examining technique Dr.S.P. Ahuwalia and Dr. A.K. Kalia's far reaching Modernization stock had been utilized for assortment of significant information. This examination was seen as generally modernized, tolerably taught women bunch is discovered more modernized than less instructed women bunch and has an inspirational frame of mind on modernization process among women.Kamla Chopra(1988)- motion pictures and Modernization in India, *psycholingua*, 198818(2), 107-116. The present examination was intended to consider the impact of motion pictures and forming youth's frame of mind towards socio-religious issues, marriage. Position of women and education, while arranging the investigation it was affected by social-financial status of the family.

In this way, an impact was made to examine the impact of films when financial status was held consistent. The example for the investigation comprised of 530 college students concentrating in Lucknow co. and schools.

### **Statement of the Problem:**

To study the modernization among Hindu and Muslim students

### **Aim of the Study:**

Present study is under taken to compare the modernization among Hindu and Muslim students.

### **Objective of the Study:**

1) To find out whether significant difference on modernization among Hindu and Muslim.



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- 2) To find whether religion influence by modernization.
- 3) To find whether gender influence by modernization.

## Hypothesis:

The following hypothesis has been formulated

- 1) There will be significant difference on modernization between Hindu & Muslim students.
- 2) Hindu students will have more modernization than Muslim students.

## Methodology:

### Independent Variable:

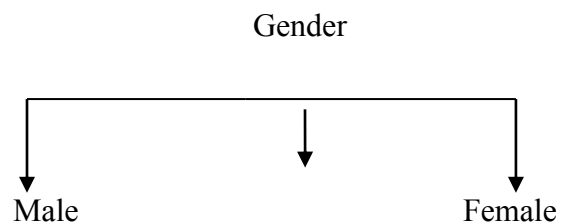
- 1) A=Religion (A<sub>1</sub>=Hindu/A<sub>2</sub> Muslim)
- 2) B=Gender (B<sub>1</sub>=Boys/B<sub>2</sub> Girls)

### Dependent Variable:

- 1) Modernization

### Sample:

The sample consists of 40 graduate students. (20 Muslim, 20 Hindu).The sample of study is shown below:





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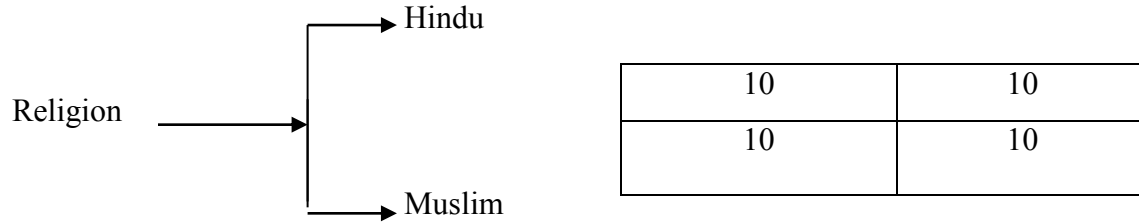
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The subject selected in this sample is in the age group of 20 -25 years who are graduated of different faculties.

## Design of Study

2X2 factorial design

A

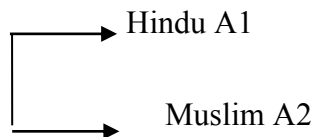
A1

A2

A <sub>1</sub> , B <sub>1</sub>	A <sub>2</sub> , B <sub>2</sub>
A <sub>2</sub> , B <sub>2</sub>	A <sub>2</sub> , B <sub>2</sub>

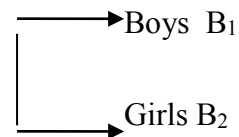
A =

Religion



B =

Gender



2X2 Factors Design is used for this research.

**Tools:**





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For this research we have used the modernization scale (MS) test written by Raghavendra S.Singh, amar Nath Tripathi & Ramjee Lal. As well as we have use f test mean's ANOVA manual etc.

It is a self administering inventory. It can be administered individually or in group. The fester is required in personal information as required in soak form. Formal instructions fester for are printed on the first page.

After the instruction are over, the fester is asked to register has responded to the various items of the inventory.

Since the test measures attitude of modernity in four sub- areas, two types of scores can be obtained:

- a) Area wise modernization score.
- b) Total score indicating overall modernization.
- c) Each sub-area contains both types of items positive and negative.

The table is given a summary of sub areas and serial number of the two type of statements. The score to be awarded for different response categories according to the type of statement are given in the following table.

### Statistical Techniques:

Descriptive statistic is used mean F test is we that is ANOVA, two way ANOVA

### Summary of table:



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S.V.	S.S.	Df	Ms	f	0.05	0.01
A	1243.225	1	1243.225	2.34	4.08	7.31
B	1476.225	1	1476.225	2.78		
ABSS	2741.475	1	2741.475	5.16		
Witss	19117.3	36	531.036			

## Discussion:

From this exploration I have come realized that there are huge distinction on modernization among Hindu and Muslim students and it genuine that Hindu students more present day than Muslim students. Their reasoning, conduct, language, way of life unique in relation to one another muslim religion understudy additionally present day yet not more than Hindu religion students.

There are some fitting things are influenced in their psychological status like family , guardians, family foundation, urban, rustic, education, condition and just as religion. This as well as religion. This as well as different sub things influences it like political, social and conservative of the individual.

Here and there circumstance and condition makes man moderate some of the time his expectation, point, desire and vocation become present day individual.

Social change is all inclusive element nation, is going through a time of social change in which present day post is progressively supplanting the conventional lifestyle. Portraying the idea of this social change. Rath (1973) composes:

Whatever might be the socio-culture factor of social change, on the mental plane, It includes an incredible clash between the old and new, the customs and the innovation the matured and the adolescent, the protection and radicalism.

In agreement to innovation, Apter (1966) views conventionalism as approval of current practices by reference to prehistoric prescriptive standards. It is evident that innovation suggests adaptability to demeanor while conventionalism infers unbending nature of frame of mind.



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From the summary of ANOVA table I got F esteem and its noteworthy. I found that Hindu religion students are more current than Muslim students.

All things considered modernization is a significant procedure of each general public each nation's modernization changes the condition or circumstance and circumstance change individuals conduct.

From ANOVA I got F esteem is noteworthy and mean of the Hindu religion understudy is 284.3 and Muslim students is 262 which is not exactly Hindu students.

It's discovered that Hindu students have more moderate mentality than Muslim students. Just as I got male students have more moderate than female students since mean of male students are 285.3 and mean of females is 261.

### Conclusion:

It's discovered that huge contrast and modernization between Hindu and Muslim students likewise arrived are Hindu students more moderate than Muslim students. Just as it's discovered that male students are more moderate than female students.

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### Surya Namaskar for Good Health

**Prof. Govind Bansidharrao Wakankar**

*Sports Director*

*Late Ramesh Warpudkar (ACS) College Sonpeth Dist. Parbhani*

#### Abstract:

*Surya Namaskar is an ancient and sacred yogic techniques of India for expressing gratitude to the God Sun. Surya Namaskar is a set of 12Asanas, it is done preferably in the early morning while facing the risingsun. There are numerous health benefits of Surya Namaskar for different system of the body especially cardiovascular, gastrointestinal, nervous system, respiratory and endocrinal. The heart liver, intestine, stomach, chest, throat, legs and backbone are main benefited organs. By practicing Surya namaskar each and every cell of body get revitalize and regenerated, therefore it is highly recommended by all yoga experts for healthy routine life and body. Thus a regular practice of Surya Namaskar is highly recommended to keep and fit the body and mind healthy. Though the Surya Namaskar steps are very scientific and practical science ancient time but still it needs advance modern scientific justification that spread globally, keeping these things into the mind.*

**Keywords:** *Surya Namesake, yogic techniques, Asana, benefits for health*

#### Introduction:

Suryanamaskar is an ancient method yogic method to worship Sun. in Sanskrit literature surya means sun, and the word namaskara means salutation. Therefore this practice is known as the "Suryanamaskar" 'salutation to the sun'. This specific Postural and breathing protocols was developed in Indian continent thousands of years ago by a great sage Patanjali and their disciples, They advised all human beings to practice these yogic methods in front of the sun in their daily life for good health, illumination, mental and physical stability.

Surya namaskara is a series of asanas with strict breathing pattern. Its revitalizes each and every cell of the body, gives physical strength, flexibility, and mental calmness. Surya namaskara includes a series of asanas which are pranamasana, hasta uthanasana, padahastana, ashwasanchalanasana, ashtanganamasakr, bhujangasana, and parvatasana. While doing each asana specific mantra should be chanted to worship the sun.

While doing suryanamaskara, the lungs exhale and inhale in specific periodic manner results improved contractility of respiratory tree and increased vital capacity leading to the more stable, revitalized oxygenated lungs and whole body too. It balances the whole endocrinal system by direct massaging of glands and by increase blood flow. The practitioner can feel extra



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supercharge of energy in his body after doing it regularly. Surya namaskara gives peace to mind and reduces emotional stress. In this way, the practice of suryanamaskara can also give us many subtle benefits beyond the physical.

There are very few scientific studies on the effects of Suryanamaskar on physiological and psychological parameters. The aim of this present review to analyze steps of suryanamaskar and to establish its effect of on body based on body based on previous studies.

## 2. Asana (Postures) of Surya Namaskar

Surya Namaskar or sun salutation is a traditional Indian yogic practice series of 12 physical postures. These postures encompass periodic forward and backward bending along with deep exhalation and inhalation respectively to the maximum possible extent. The 12 different asanas of Surya Namaskar and their Bija mantra are following:

### 2.1 Pranamasana (Prayer Pose):-

Pranamasana or the Prayer Pose is the starting and twelfth pose for Surya Namaskara. In Sanskrit the word 'Pranam' means to pay respect. So this asana known as Pranamasana.

Method: Stand erect with folded hands close to the chest and palms are held together in the form of prayer pose. Look straight ahead, Exhale the breath normally.

Benefits: It creates a sense of relaxation calmness and concentration in the mind at beginning the Surya Namaskara.

### 2.2 Hasta Uttanasana (Raised Arms pose):-

Hasta Uttanasana or the raised arms pose is part of the Surya Namaskar series of asanas come at 2<sup>nd</sup> and 11<sup>th</sup> steps.

Method: Raise both the hands up above the crown from Pranamasana pose. Inhale the breath normally while raising your hands. Bend the trunk and neck slightly backward.

Benefits: It improves digestive process; it strengthens and tones the abdominal and chest musculature. It supports respiratory system too.

### 2.3 Padahasthasana (Hand to Foot Pose):-

Padahasthasana or the Hand to pose is part of the Surya Namaskara series of asanas come at 3<sup>rd</sup> and the 10<sup>th</sup> steps.

Method: Bend forward from Hasta Uttanasanapose and try to touch the floor with your both hands. Exhales breathe normally while bending forward.



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**Benefits:** Padahasthasana makes the body flexible and strengthen, helps to decrease excess abdominal fat and very beneficial for the gastrointestinal and nervous system.

### 2.4 AshwaSanchalanasana (The Equeirian Pose) -

Ashwasanchalanasana or the Equeirian pose is part of the suryaNamaskara series of asanas come at 4<sup>th</sup> and 9<sup>th</sup> steps.

Method: Stretch the left legas far back as possible from padahasthasana pose while inhaling the breath normally.at the same time ,bent the right knee. While looking straight ahead the hands should be kept straight with fingers touching the floor .Arch the back a little with head tilted back. The same steps should be repeated with left knee in the second round of suryanamaskara.

Benefits: Ashwasanchalanasana tones the abdominal organs,it gives flexibility to the body and balances central nervous system.

### 2.5 Paravatasana(Mountain Pose)

Parvatasana or the mountain pose is part of the suryaNamaskara series of asanas and come at 5<sup>th</sup> and the 8<sup>th</sup> step. In Sanskrit terminology, 'Parvata' means mounatain and this pose looks like a mountain so it is known as parvatasana.

Method: While exhaling, take the right leg backward from AshwaSanchalanasana pose and place it parallel to the left leg , raise the buttocks at the same time. Place the hands straight supporting the weight of the body. The head should be placed between the hands.

Benefits: Parvatanastrengthens the muscles of both upper and lower limbs, maintains the blood circulation to central nervous system and tones peripheral nervous system.

### 2.6 AshtagaNamaskara (Eight – Limbed salutation)

AshtangaNamaskara or the eight – limbed salutation is part of the Surya Namaskara series of asanas come at 6<sup>th</sup> Step. In this pose ,Thebody touches the ground in eight locations the head ,the chest the two palms, the two knees,and the two toes. In Sanskrit grammar , “ ashta ”means eight and “ anga” means part. Hence this asana is known as AshtangaNamaskara.



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ISSN: 0474-9030 Vol-68, Special Issue-14

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Method : Lower the body to the ground from Parvatasana pose in such a way that it touches the floor at eight locations – the head , the chest , the two palma , the two knees and the two toes, Suspended the breath for a while .Try to loft other parts in air.

Benefits: It strengthens the muscles of the both upper and lower limbs and strengthens respiratory system.

### 2.7 Bhujangasana(the Cobra Pose) –

Bhujangasana is also famous as a cobra pose in yoga. the meaning of 'Bhujanga' in Sanskrit means cobra snake and 'Asana' means 'Pose'.In this asana person's head and trunk resembles a cobra with raised hood , hence the name Bhujangasana .It is a major backward bending asanas used in yoga .It appears as 7<sup>th</sup>pose in the Surya Namaskara series asanas.

Method: While inhaling raise the body by using the hands from ashtangaNamaskarapose.Arch your head backward. This Position looks like the cobra which has raised its hood.

Benefits: Bhujagasana Strengthens the whole back musculature lower back, It improves the flexibility of the spine and surrounding muscles, good for the gastrointestinal, reproductive and urogenital system.

### 4 General benefits of Surya Namaskara

The practice of suryanamaskara as a whole gives a great number of benefits which are following:

1. Suryanamaskar, or Sun salutations, ideally done facing the early morning sun, helps our body to soak in its benefits- sun rays are a rich source of vitamin D and helps to strengthen our bones and also helps to clear our vision.
2. This asana,apart from improving one's posture, also gives a proper workout to the body and so helps in losing unwanted body flab.
3. Regular practice of this asana can also help you lose the excess body fat.
4. It loosens up the joints in the body and tones the muscles and the endocrine system
5. Surya Namaskara balances the respiratory,circulatory, reproductive and the endocrine system.
6. The postures in suryanamaskar stretch our muscular system and make our body very flexible.
7. The Moves and Postures of the asana help allour internal organs function better the various poses regulates our blood flow ,benefits the respiratory, circulatory, circulatory, reproductive and the endocrine system and makes it more efficient.





8. It helps combat insomnia as it relaxes the body ,calms the mind ,removes lethargy and makes our mind alert
9. It helps regulate menstrual cycles and makes childbirth easier.
10. Surya namaskara activates the Pingalanadi (Surya nadi) which enhances the energy level in the body.

## 5. Physiological effect of Surya Namaskar on body

### 5.1 Effect on musculoskeletal system

Regular training of Surya Namaskar required four times more energy than daily requirement, Thus it is a very good fat burner. It training improves the flexibility of body muscles especially leg, back, and chest and buttock muscles. It is found that by practicing Surya Namaskar regularly can significantly increase Hand grip, strength and endurance.

### 5.2 Effect on respiratory system

Surya namaskar training significantly increases maximum inspiratory pressure and maximum expiratory pressure .This suggests that its training improves the strength of both expiratory and inspiratory muscles. It also improves the strength of the intercostal muscles ultimately leads to Increase vital capacity and contractility of lungs. It is also found that by regular Surya Namaskar training there is significant change noted in forced vital capacity ( fvc), forced expiratory vital volume in 1st second ( feci ),peak expiratory flow rate ( PEFR ) and Vital capacity

### 5.3 Effect on cardiovascular system

It reported that yoga practice incorporating Surya Namaskar in daily routine life can improve cardiorespiratory efficiency and fitness .An increase in systolic blood pressure ,peak expiratory flow rate, forced vital capacity , and reduction respiratory rate,heart and diastolic blood pressure also reported in practitioner [ 29- 31 ]. There are a number of reports which show that Surya Namaskar practices lead to relative vagal dominance reduced sympathetic tone,and improved cardiovascular function .[32 – 35]

### 5.4 Effect on endocrinal system



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Regular practicing SuryaNamaskar modulates endocrinal system of the body especially,pancreas,thyroid adrenals and pituitary glands. The overall effect is very beneficial for Metabolic Syndrome, Obesity, Diabetes Mellitus, Hypothyroidism and menstrual disorders.

### 5.5 Effect on nervous system

Surya Namskar tunes the central, Peripheral and autonomic Nervous System. This effect is a boon for patients with lower backaches, diabetes mellitus, and different neuronal weaknesses.

5.6 Effect on gastrointestinal system  
Regular Surya namaskar practice improves digestion, combat constipation and different gastrological problems.

### 5.7 Effect on mind

Many studies have shown that Surya Namaskar exerts positive effects on both the physiological and psychological variables. Its different postural, breathing and chanting pattern produces clam, relax, more stable and stress free mind.

### 5.8 Effect on different biochemical parameters

Surya Namaskar significantly decreases in fasting blood sugar, postprandial blood sugar and Glycosylated hemoglobin HbA1c level in diabetic patients. The Autonomic nervous system generally involved in diabetic patients but by practicing Surya Namaskar, a positive impact also noted on autonomic function of the body. Its regular practices of significantly decreases the oxidative stress of the body which plays a key role in insulin resistance and complication in diabetes patients. It also improves the lipid profile in diabetic patients which plays a supportive role in its complications. This results in the reduction of weight, BMI and waist-hip ratio.

## 6. Conclusion

Surya Namaskar is a common sequence of asanas. Its roots are hidden within the ancient tradition of Surya worshiping Hindu population of the Indian subcontinent. Surya Namaskara comprehensively includes asana, pranayama, mantra and meditative awareness. Different



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evidence-bases study suggested that Surya namaskar improves metabolic function, strengthen and flexible musculoskeletal system, balances endocrinal system, tunes central nervous system, supports urogenital system and boosts gastrointestinal system. Surya Namaskar practice revitalizes body and keeps mind clam, attentive and stress-free. Most of the physiological and psychological effect of Surya Namaskar still unexplored on the scientific ground but thousand years old tradition of these yogic practices explains its immense therapeutic potential. Thus, it should be a need to incorporate Surya Namaskar practices in modern lifestyle for healthy mind and body.

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## **Nutrition for Sportsperson**

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### **Abstract**

*For every physical activity the body requires energy. This requirement varies according to the duration and severity of physical activity. Individual daily energy requirements also vary with age, sex, phase of training type of event of sports, climate etc. the athlete personal energy requirement may, therefore, be anywhere in the range from around zero calories to around 6000 calories. In sports it is generally accepted that carefully planned nutrition like carefully planned training has a decisive influence on athletic performance carefully planned nutrition might to thought of as the right balance between the energy and nutrition content of the athlete's and the energy and nutrient demands of his life style. It is most commonly considered in strength sports. Example, weight lifting and bodybuilding and endurance sport example, cycling, running and triathlon. It deals with nutrients such as vitamins, minerals, supplements and organic substances such as carbohydrates, proteins and sugars in serious athletes of all sports who want to make use of nutrition for their benefit. An athlete's dietary regimen plays a vital part in accomplishing his/her goals because it allows the athlete to reach his/her maximum performance. The goals of sports nutrition try to answer the questions such as what types of foods and fluids should be consumed? What to eat and drink and when throughout the day?*

**Key words:** *Nutrition, diet, nutrition supplements, post exercise anaerobic and aerobic exercises and sportsperson.*

### **Historical concept of sports nutrition**

The basic concept of well nourished sportsperson is more opt to reach full potential physically, mentally, skillfully and intellectually. From the time when the ancient Greek and Romans started the Olympic Games, the athletes had their own special regimen for great performance. It is now realized that the right diet combined with skillful training and coaching can significantly improved sports performance. Research shows that the coupling of exercise and proper diet is what products a healthy, lifestyle that can maintain the exercise and proper diet is what produces a healthy lifestyle that can maintain the prevention management of chronic diseases such as noninsulin independent diabetes, hypotension, coronary heart disease, osteoporosis, obesity, mental health, colon cancers, stroke and back injury. Other physical activities, thus the importance of proper nutrition is of great interest to athletes and exercises for optimal performance and long term benefits. In addition to diet, socio-economic, psychological,



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cultural in combination with physical inputs such as motivation, type and duration of training decides the sports performance at various levels of competition nutrients and supplements when exercising, by learning the way the body utilizes these minerals and how these practices complements future diet and exercise of the individual."

### Goals of sports nutrition

Sports nutrition has many goals to enhance performance

1. It improves performances by improving body composition, which increases speed, quickness, mobility and strength.
2. It will help the speed of recovery, which will in turn create more capacity for practicing and competition as the body is becoming more fit and adjusted to the response produce by body to the healthy nutrition and workout.
3. It will allow one to increase energy for both practice and competition, which will definitely help one's performance.
4. To continue the long durated physical training and be able to stand healthy for good performance a balance schedule of nutrition plan is necessary.
5. It will improve your overall health as proper health is essential to all aspects of life.

### Nutrition supplements

Most of the sportsperson treat nutrient supplements as extra ordinary magic ingredients for improving the extra ordinary performance with knowing the side effects of these supplements. Earlier body builders commonly used these ingredients but later popularly consumed by all sports person. Example of such supplements are anabolic steroids harmonic tester one. The effect of such ingredients are quick but short improvement in the persons having last durated effect such as high blood pressure and negative gender bias. Blood doping, another illegal ergogenic. Dietary protein began to be consumed for muscle building results were found in resistance and strength training athletes. Protein is an essential requirements for the regular maintenance of the body muscles. For repeated performance and recovery of excellent physical and sports activities, it's necessary for every athletes to have well balance protein quantity before and after workout in gaining muscle, strength, flexibility and power. However, excess amount results into adverse effects such as overweight and sluggishness and gastrointestinal side effects induce diarrhea, bloating, and water loss" High energy supplements have shown to increase the performance of physical activity.

### Anaerobic exercise

In aerobic exercise, oxygen is needed to supply energy and this oxidation helps neutralizes free radicals. After aerobic exercise, it is necessary to refill the glycogen stores in the skeletal muscles and liver. Before doing anything else, drink something for recovery. Liquids nutritious drinks such as water, milk, juices, bourn vita are most effective recovery beverages in relation to their ideal combination of carbohydrate and protein that files and replenishes muscles the best.

### Aerobic exercise

Metabolism is slow in aerobic exercise so that the body can work through endurance exercise such as long distance running or swimming because these activities require constant use of oxygen to supply energy. Fats lipids, carbohydrates sugars, proteins and other



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substrates are different substances the body can utilize to make sufficient energy. In addition, physiologically women and men sportspersons differ significantly inters of their lipids, fats, carbohydrates and amino acids utilization.

### Important nutrition tips for sportsperson

1. There is a need to consume fats and in fact 20–25% of your energy should come from fats. If the fat intake would be less than that, it won't be able to make any contribution in boosting sports performance level.
2. To maintain blood sugar level and increasing the performance, athletes have to eat balance food before and after exercises.
3. When an athlete performs his/her sporting activity, lot of fluid loose takes place, which causes dehydration. Dehydration can eventually cause heat stroke. So, it is vital to drink adequate water during and after sports performance.
4. It is advisable for sports persons to eat a balanced diet consisting of plenty of proteins, vitamins and minerals.
5. It is vital to plan out pre exercising or sports meal that works best towards charging our energy Limit the quantity of salt and simple sugar.
6. Don't change diet plan before going in for sports competition.
7. Fasting is not recommended for sportspersons, as it is likely to hamper their performance level.
8. If feel some kind of an uncomforted or pain in abdomen or intestine, then must have had a high fiber or high fat content food in your pre exercise physical exercise nutrition, necessary not to be repeated again.

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## **Study of Pre-Participation Characteristics of Intercollegiate Volleyball Players**

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### **Abstract**

*In order to achieve higher performance, the athletes need to possess better physical as well as psychological abilities. At competitive level all athletes have similar physical abilities but psychological factors decide the winners. The objective of this study was to find out pre-participation characteristics of Intercollegiate Volleyball Players. For the current study Female Volleyball Players playing Intercollegiate Competition under Pune City Sports Zone were selected. A total of 31 volleyball players were tested and their pre-participation psychological characteristics were known. To identify the pre-participation psychological characteristics (Sense of confusion, Changes in breathing, Less Strength/Drain, Clammy hands, Butterflies in stomach, Shivering, Cotton mouth, Distraction, Restless, Anxious, Short tempered, Reserved, Passive, Ambitious, Physiological changes, Feeling of Urination, Palpitation and Uneasiness) the researcher initially identified the psychological characteristics and then the players were asked about the occurrences of the characteristics in pre-competition. From the observations done during the competition it is identified that the subjects show*

**Keywords:** *Anxiety, Characteristics, Volleyball Players*

### **Introduction**

Anxiety is a sub-set of arousal, and is characterized by uncertainty, discomfort, apprehension, and a fear of the unknown. Anxiety is experienced by most sportsmen, but some are much more prone to becoming anxious than others. Because this potential for anxiety is considered an aspect of personality, it will not disappear overnight. This is not to say that those who are high in trait anxiety are constantly in a nervous, tense condition, just that they experience the symptoms of anxiety more readily and often more intensely than those who are low in trait anxiety. State anxiety can be linked to identifiable life events such as a job or college interview, the kick-off before an important football game, or a long week of important and stressful final examinations at university. Most research suggests that athletes who are predisposed to feel anxious (high trait anxiety) are not necessarily precluded from becoming champions, although clearly they do have a greater need to develop ways to avoid the negative effects of anxiety during performance. Research has also shown that more





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experienced athletes generally have less anxiety about competition. There are two plausible explanations for this—either sportspeople learn to cope effectively with the stresses of competition, or highly anxious athletes drop out of sport because competition is too unpleasant for them. Perhaps older and experienced athletes are less anxious because of greater maturity and self-knowledge. One must find a way to meet the challenge of competition anxiety. All of us are familiar with situations that create state anxiety. As for trait anxiety, it's persistent and enduring, or the 'real you', and is thus less affected by everyday life events. Trait anxious people are essentially that way all the time. Another useful framework with which to view anxiety is the cognitive–somatic dichotomy. Cognitive anxiety is more mental, and is produced by the thought processes in our brain and characterized by worry and apprehension; whereas somatic anxiety is experienced more through bodily responses such as shortness of breath, muscular discomfort, or, as in the case of athletes, the jitters or 'butterflies' before an important game.

There are essentially two major ways to measure arousal and anxiety. One method is through instrumentation that measures various physiological functions indicating arousal, such as heart rate or electrical activity within the brain. It's then possible to make some inferences about anxiety based on levels of measured arousal. There are six basic ways to measure arousal or anxiety physiologically, and they are: Electroencephalography, Electrical properties of the skin (*stressed person respond to a mild electrical current with increased sweat gland activity, thus increasing moisture on the skin. The ease with which the current moves along the skin can then be assessed as an index of stress*), Heart rate, Blood pressure, Electromyography (EMG) and Biochemical agent assessment (*presence of certain biochemical agents such as epinephrine, norepinephrine, and cortisol can be measured through analysis of blood or urine samples. Heightened levels of these agents in the blood or urine suggest increased arousal*).

A second mechanism is to employ paper-and-pencil psychological instruments that assess anxiety-based responses based on self-report. The sport psychologist interested in assessing anxiety has a nice group of tests from which to choose. One device is known as the State–Trait Anxiety Inventory (STAI), a brief measure, as the title implies, of both state and trait anxiety. Though not originally created with athletes in mind, the STAI has been used extensively due to the anxiety–performance relationship in sports. Another couple of related measures that are sport-specific spin-offs of the STAI are the Competitive State Anxiety Inventory (CSAI), a measure of state anxiety and self-confidence, and the Sport Competition Anxiety Test (SCAT), a measure of sport-related trait anxiety. Yet another measure is the Sport Anxiety Scale (SAS), which assesses somatic and cognitive anxiety. Anxiety can also be recognized on three levels: by physical responses (*somatic level*), by particular thought processes (*cognitive level*), or by specific patterns of behaviour (*behavioural level*). Out of



the different anxiety assessing techniques the researcher has used these three levels as reference to identify the psychological characteristics during pre-competition. The researcher has just identified and surveyed the pre-participation characteristics of Intercollegiate Volleyball Players.

**Objectives**

To find out pre-participation characteristics of Intercollegiate Volleyball Players.

**Methodology**

The above study is a survey analytical study. For the current study the 31 Volleyball Players playing Inter-Collegiate Competition under the Pune City Sports Zone were selected.

**Tools of the Study**

For the current study the observations of the subjects were done while they were participating in the competition. The selected characteristics (*Sense of confusion, Changes in breathing, Less Strength/Drain, Clammy hands, Butterflies in stomach, Shivering, Cotton mouth, Distraction, Restless, Anxious, Short tempered, Reserved, Passive, Ambitious, Physiological changes, Feeling of Urination, Palpitation and Uneasiness*) were graded on 5 point Likert scale (*Not at all, Low, Average, High, Very High*). The volleyball players were asked about probability of experiencing the selected characteristics during pre-competition phase.

**Results**

Descriptive statistics – *Mean, Mode & Standard Deviation* and the Chi-Square test were applied on the raw scores and the analysis was done. The statistical analysis is presented below in detail.

**Table 1**  
**Descriptive Statistics of Pre-Participation Characteristics of Intercollegiate Volleyball Players**

Characteristics	N	Mean	Mode	Std. Deviation
Sense of confusion	31	2.13	2	0.85
Changes in breathing	31	2.74	3	1.12
Less Strength/Drain	31	2.55	1	1.29
Clammy hands	31	2.26	1	1.03



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Butterflies in stomach	31	2.23	1	1.09
Shivering	31	2.19	1	1.38
Cotton mouth	31	2.16	1	1.16
Distraction	31	2.16	1	1.24
Restless	31	2.45	2	1.15
Anxious	31	2.45	3	1.15
Short tempered	31	2.87	3	1.15
Reserved	31	2.35	1	1.17
Passive	31	2.71	3	1.04
Ambitious	31	3.29	3	1.16
Physiological changes	31	2.87	3	1.20
Feeling of Urination	31	2.48	2	1.26
Palpitation	31	2.71	2	1.30
Uneasiness	31	2.55	1	1.36

Table 3

### Frequencies of Pre-Participation Characteristics of Intercollegiate Volleyball Players

Characteristics	Not at all	Low	Average	High	Very High	Total
Sense of confusion	8	12	10	1	0	31
Changes in breathing	5	7	12	5	2	31
Less Strength/Drain	11	1	11	7	1	31
Clammy hands	9	9	9	4	0	31
Butterflies in stomach	11	6	10	4	0	31
Shivering	15	3	8	2	3	31
Cotton mouth	12	7	8	3	1	31
Distraction	12	9	5	3	2	31
Restless	7	10	9	3	2	31
Anxious	8	8	9	5	1	31
Short tempered	4	7	12	5	3	31
Reserved	10	7	7	7	0	31
Passive	4	9	11	6	1	31
Ambitious	2	6	9	9	5	31
Physiological changes	6	4	11	8	2	31
Feeling of Urination	8	9	8	3	3	31
Palpitation	6	9	8	4	4	31
Uneasiness	10	6	5	8	2	31

Table 4



**Percentage of Pre-Participation Characteristics of Intercollegiate Volleyball Players**

Characteristics	Not at all	Low	Average	High	Very High	Total
Sense of confusion	26%	39%	32%	3%	0%	100%
Changes in breathing	16%	23%	39%	16%	6%	100%
Less Strength/Drain	35%	3%	35%	23%	3%	100%
Clammy hands	29%	29%	29%	13%	0%	100%
Butterflies in stomach	35%	19%	32%	13%	0%	100%
Shivering	48%	10%	26%	6%	10%	100%
Cotton mouth	39%	23%	26%	10%	3%	100%
Distraction	39%	29%	16%	10%	6%	100%
Restless	23%	32%	29%	10%	6%	100%
Anxious	26%	26%	29%	16%	3%	100%
Short tempered	13%	23%	39%	16%	10%	100%
Reserved	32%	23%	23%	23%	0%	100%
Passive	13%	29%	35%	19%	3%	100%
Ambitious	6%	19%	29%	29%	16%	100%
Physiological changes	19%	13%	35%	26%	6%	100%
Feeling of Urination	26%	29%	26%	10%	10%	100%
Palpitation	19%	29%	26%	13%	13%	100%
Uneasiness	32%	19%	16%	26%	6%	100%

The chi-square analysis is presented below

**Table 5**

**Chi-Square Analysis of Pre-Participation Characteristics of Intercollegiate Volleyball Players**

Characteristics	Chi-Square	df	Asymp. Sig.
Sense of confusion	8.87	3	0.03
Changes in breathing	8.84	4	0.07
Less Strength/Drain	16.26	4	0.00
Clammy hands	2.42	3	0.49
Butterflies in stomach	4.23	3	0.24
Shivering	19.16	4	0.00
Cotton mouth	12.06	4	0.02
Distraction	11.42	4	0.02
Restless	8.19	4	0.08
Anxious	6.90	4	0.14
Short tempered	8.19	4	0.08



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Reserved	.87	3	0.83
Passive	10.13	4	0.04
Ambitious	5.61	4	0.23
Physiological changes	7.87	4	0.10
Feeling of Urination	5.61	4	0.23
Palpitation	3.35	4	0.50
Uneasiness	5.94	4	0.20

## Results

- From the analysis it is clear that the more Volleyball players **do not show the** characteristics of Less Strength/Drain, Clammy hands, Butterflies in stomach, Shivering, Cotton mouth, Distraction, Reserved and Uneasiness in pre-competition.
- From the analysis it is clear that the Volleyball players shows **low score** in the pre-competition characteristics of Sense of confusion, Restless, Feeling of Urination and Palpitation.
- From the analysis it is clear that the Volleyball players shows **Average score** in the pre-competition characteristics of Changes in breathing, Anxious, Short tempered, Passive, Ambitious and Physiological changes
- From the analysis it is clear that the Volleyball players shows **High score** in the pre-competition characteristics of Ambitious.

## Conclusions

From the above analysis it can be concluded that the Inter-Collegiate Volleyball players show very less prominent characteristics in pre-competition. A more detailed study on higher number of subjects and also on other disciplines of sports is expected. One might find many studies at elite level, but studies like such at all levels of participation and competition will help the coaches, trainers and psychologists to identify anxiety, arousal and stress at primary level. This will assist them in early treatment to players with such disorders and better performances.

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## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



### Human body and Physical Education

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#### Abstract

*The new age technology will not be a symbol of progress but would be the situation. This means that whatever new technological developments that takes place and come to us do not symbolize progress but are more of a necessity. In the 20<sup>th</sup> century it was Physics which ruled the world. We were successful in breaking the atom. We made computers from silicon chips. The 21<sup>st</sup> century belongs to biotechnology. The most important event of the 20<sup>th</sup> century was the discovery of the "Electron" in 1897. IN 1953 James Watson had informed Francis Teak about the indications of how "DNA" molecules could be copied. We are on the verge of making Human Gnomes. For our physical education and sports these all is very important information.*

#### Introduction:

Gradually a new civilization is dawning in the world. In this new age, old values, systems, traditions, customs and ideals will fade away. This new civilization also brings with it new ways to work and all of us have to remain ready for this for the development of this new civilization several important aspects will play an important role Electronics, computer Astronomy, new metals mined from the depths of the earth and genetic engineering will have a lion's share in this. And this would indeed prove to be a boon for the Physical education department. In the 21th century, Bio Technology, power technology and information technology will develop and there will be revolutionary progress in the fields of Genetic Engineering and Bio technology. This would reflect in the manner in which researches are carried out. In Japan more than 135 manufacturing companies have started using biotechnology which in the United States of America USA, more than 115 companies are engaged in biotechnology. Unfortunately, India has just started taking some small steps in the direction of biotechnology. From this we can gauge for ourselves as to how much behind we are as compared to the developed countries.

#### Pathetic attitude

What is baffling and suffocating in our country is the pathetic attitude adopted by our Government. In our country nobody including the government, the leaders, the authorities that be at the universities, teachers and principals, associations and other bodies seemed to be bothered about the coming tomorrow. Neither there seems to be any regret about this. It would not be an exaggeration if state that we are hundreds of years behind other countries. If we start thinking about Education of Tomorrow from today then one full decade





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would be required for its implementation. There is no mention of any such implementation either in our constitution and nobody seems to be bothered about our very own genuine concerns.

### Optimism

Even today crores of rupees are spent on health care. ShirAurobindo who had said that India was not just a piece of land but personalized. This is indeed a very effective statement and requires deep thought. Predictions have been made that the sun of India's glory will rise shortly and the light emanating from this sun will spread not only in India and Asia but will shine across the globe. Do we just sit remaining optimistic about the coming tomorrow. Many a times thoughts cross my mind of taking a small step in this direction by digging a well with the help of a needle. I do not have any knowledge as to how far I am successful in this but I definitely have the knowledge about the direction where the ultimate aim lies. It is in this scenario that I cannot definitely comment on whether I will succeed or not. I am indeed pained at this. But simultaneously I will try my level best and make all out efforts with a hope that you will also extend your fullest cooperation to me. Because I am an eternal optimist I think I will succeed. Perhaps the road which leads to fructification of my dreams may be full of darkness. But I have confidence in myself and all of you. A little effort becomes the sign of a big success. If all of us try together then I think we will be in a position to cross the sea successfully.

If we start taking about the development of our physical education and sports today than at least by the next year we will be in a position to draw the attention of the authorities that be and at least we will have the hope that whatever development we start taking today will be implemented in the coming years. On this hope let us start working together.

### Human body

A human being is a human body. It is the mind of the human being which has resulted in this body becoming human. The mysteries of the common have always challenged the human mind. Most of these mysteries lie in the four alphabets of A, T, C, G, the human genesis is made of three billion alphabets. In this Q gene makes Q protein. To prepared human genesis is a difficult as say charting and collection details all villages, towns, cities, trees, hillocks and other details by walking down on the road from Dwarka to Kolkatta! In eight years, only seven per cent of the human genesis has been recorded. If we take a look at life sciences then we will realize that several animals and plants are one tissue lives. These one tissue lives make all out efforts required for their survival. As life progressed on earth, multiple tissue lives of animals and plants also evolved. Human beings occupy the top most places in these, multiple tissue lives.

1) Epithelial tissue 2) Connective tissue 3) Muscular tissue 4) Nervous tissue. In physical education the main, importance is of muscular tissue. In the life juices of muscular tissue we find mitochondria and ribosomes. During muscular contractions of



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different kinds, chemical changes take place which is of prime importance for study by physical education. Secondly the weight of the entire muscular tissue comprises of more than half of our body weight. It is because of the muscular tissue that the movement of the vital parts of the body and the limbs take place.

The muscular tissues take their orders from the nervous system. It is the nervous system which gives orders of contraction to muscular tissues and relaxation. Again it is in this connection that the study of muscular tissues by physical education is very important should take deep interest in the new technology and researches taking place across the world for the better interests of our young sportsmen and women who will shine in the world if we provide the necessary backup support.

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## A Study of Job Satisfaction among Male and Female Bus Conductors

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### Abstract

*The purpose research attempted to study the gender difference between Occupational stresses. Objectives: - To Study Job Satisfaction of Male and Female Bus Conductors.. Hypotheses: -There will be no significant difference between Male and Female Bus Conductorsdimension on Job Satisfaction. METHODOLOGY Sample:-Total sample of present study 50 Bus Conductors, in which 25 were Male Bus Conductors and 25 Female Bus Conductors, Beed from Maharashtra. The subject selected in this sample was used in the age group of 20 years to 35 years and Ratio 1:1. Non- probability purposive Quota Sampling will be used. Variables- - The independent variables are Gender. Dependent variables are Job Satisfaction. Research Design: Sample Research Design used in the present study. Research Tools- Job Satisfaction Scale (2009) developed by Dr. Amar Singh and Dr. T.R. Sharma was used for data collection. Statistical Treatment: Mean, SD and ANOVA. Conclusions: -Female Bus Conductors high Job Satisfaction than Male Bus Conductors.*

**Keywords –Job Satisfaction, Female Bus Conductors, Male Bus Conductors.**

### Introduction

Job satisfaction is one of the most difficult aspects to measure in the field of organizational behavior. There are two extreme points of view within which investigators may choose a framework for the study of satisfaction. One view is to assume that satisfaction is a unitary concept representing a state of mind in the individual which has no single referent. This is not to say that satisfaction, or the individual's overall feeling of content or discontent in a particular social context is unreal. On the contrary, the feeling or state of mind is real but not subject to fragmentation into discrete parts. The individual's satisfaction or dissatisfaction is determined by



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his total situation at work and at home in every aspect of his life. Disaffections in one aspect of life, say work, will spill over and become disaffections in another. This point of view holds that seeking discrete elements of satisfaction denies the concept of the individual as an organic whole who perceives his world as a totality rather than as isolated experiences. This point of view acted as a stimulant in studies of job satisfaction to attempt to understand the individual as intensively as possible, to see his world as he sees it and to sense the meaning of experience for him. This approach elicited rich data but made measurement and comparisons difficult and imprecise.

Job satisfaction factor which emerged in Hoppock's study is security which is both social and economic. Furthermore, security is a relative instead of an absolute concept. Merely being in a job does not mean that the person has a feeling of security because his basic insecurities may prevent the feeling of any great job security. On the other hand, one may have the feeling of job security in adventurous and dangerous jobs though life in it may be in the balance.

### Review of Literature

Asha, (1994) this study revealed that job satisfaction among women employees was related to their perception of family environment.

Karthikeyani, (1990) this studied the extent of job satisfaction of women teachers and factors contributing to job satisfaction. She analyzed job satisfaction scale, overall impact, element of job satisfaction and made factor wise analysis. She found that job satisfaction is independent of designation of the teacher and nature of the college does not influence the level of job satisfaction among women teachers. She also inferred that women teachers working in co-education colleges did not find higher satisfaction. She suggested that the participation of teachers in selection of students must be implemented. She concluded that a majority of women teachers in Sivaganga District have average level of job satisfaction.

Smith and Walter, T. (1982) this study concluded that either no significant sex differences in job satisfaction existed or that, if found, the differences were not psychologically meaningful.

Sugumar. M. and V. Rajaram (1993) this study found results that job satisfaction was more related to the situational factors rather than the general personality factors.

Lakshmi S. N (2017) carried out a research on the topic "Propensity to Turnover among Female Employees-A Study on Kerala State Road Transport Corporation" here the researcher point out that, as a provision to provide for women empowerment and gender equality, KSRTC introduces women participation in conductor cadre in 1990. Here the researcher trace out the variables, job



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satisfaction and organisational commitment, and its influence on women employees turnover intentions. The result revealed that age, employee's education, job satisfaction, continuance commitment and length of service had a crucial effect on their turnover intentions. In order to increase satisfaction and commitment the corporation should focus on rationality of disciplinary action, effectiveness of the communication system, salary & allowances, job promotion, technologies adopted by the organization, welfare facilities, grievance redressal procedures, condition of buses and industrial relations.

### Statement of the Problem

A Study of Job Satisfaction among Male and Female Bus Conductors.

### Objectives

- To Study Job Satisfaction of Male and Female Bus Conductors.

### Hypotheses

- There will be no significant difference between Male and Female Bus Conductors dimension on Job Satisfaction.

### Methodology

#### Sample

Total sample of present study 50 Bus Conductors, in which 25 were Male Bus Conductors and 25 Female Bus Conductors, Beed from Maharashtra. The subject selected in this sample was used in the age group of 20 years to 35 years and Ratio 1:1. Non-probability purposive Quota Sampling will be used.

### Research Design

Sample Research Design used in the present study.

### Variables of the Study



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Table No 01

Variable	Type of variable	Sub. Variable	Name of variable
Gender	Independent variables	02	1) Male Bus Conductors 2) Female Bus Conductors
Job Satisfaction	Dependent Variables		Job Satisfaction

## Research Tools:-

### Job Satisfaction Scale (JSS)

Job Satisfaction Scale (2009) developed by Dr. Amar Singh and Dr. T.R. Sharma was employed. The Scale has 30 Statements. Each Statement has five suitable alternatives characterized by the nature of the statement form with a respondent has to choose any one, which candidly expresses his response and encircle the same. There are no right or Wrong answer's as everyone has right to express his or her own views. The scale has both positive and negative statements, each having five alternatives from which a respondent has to choose any one which candidly expresses his response. Items at Sr. No. 4, 13, 20, 21, 27 and 28 are negative, others are all positive. The positive statements carry a weightage of 4, 3, 2, 1 and 0 and the negative ones a weightage of 0, 1, 2, 3 and 4. The total score gives a quick measure of satisfaction/dissatisfaction of a worker towards his job.

JSS consists of 30 statements which are categorised as: 1 Job - Intrinsic statements 2 Job – Extrinsic statements. The test-retest reliability works out to be 0.978 with N= 52 and a gap of 25 days. The scale compares favourably with Muthayya's job satisfaction questionnaire giving a validity coefficient of 0.743.

### Statistical Techniques

Mean, S.D and ANOVA were analysed the data.

### Results and Discussion

The analysis of data interpretation and discussion of the results are reported.



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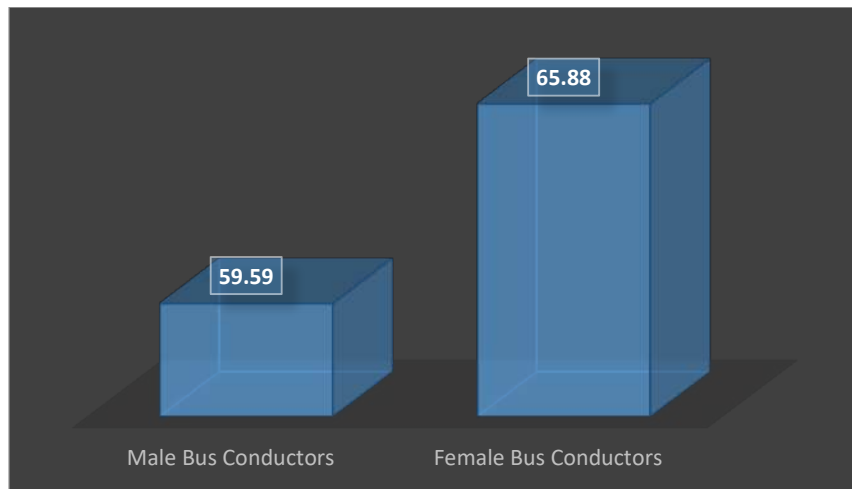


Table No.01

Show the mean, SD and F value of Gender and Job Satisfaction

variable	Gender	Mean	SD	N	DF	F	Sign
Job Satisfaction	Male Bus Conductors	59.59	5.56	25	48	7.10	0.01
	Female Bus Conductors	65.88	6.24	25			

Graph No 01



Observation of the table 01 and Graph No 01 indicated that Job satisfaction of the mean and SD value obtained by the Male Bus Conductors was  $59.59 \pm 5.56$ , and Female Bus Conductors was  $65.88, \pm 6.24$ . It is observed that the calculated 'f' value (7.10) is High than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that Female Bus Conductors high Job satisfaction than Male Bus Conductors.





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### Conclusions:

Female Bus Conductors high Job satisfaction than Male Bus Conductors.

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## **Doping and sports**

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### **Abstract:**

*Doping is widely known as the use of banned substances and practices by athletes in an attempt to improve sporting performances. The term doping likely derives from "dope", an ancient expression referred to a primitive alcoholic drink that was used as a stimulant in South African ceremonial dances; gradually, the term was extended and finally adopted his current significance. There are at least two essential reasons to support the fight against doping: the potential harmful effects on athletes and the depth corruption of the fair competition. An exhaustive list of banned substances and methods has been drawn by the International Olympic Committee and further accepted by other International Sport Authorities and Federations.*

**Keywords:** *Doping, narcotic analgesics, anabolic agents, diuretics*

This list, regularly updated, is basically divided into doping substances (stimulants, narcotic analgesics, anabolic agents, diuretics, peptide and glycoprotein hormones, and analogs), doping methods (blood doping, pharmacological, chemical and physical manipulation) and medicines subjected to certain restrictions (alcohol, marijuana, local anesthetics, corticosteroids, and beta-blockers). Although there might be some medical conditions, which could legitimate the need for these substances or methods, there is no place for his or her use in sport. Thus, an athlete's consumption of any of those substances or methods will end in disqualification. Aim of this review is to supply an artificial description of both the desirable effects and therefore the potentially harmful consequences of the utilization of a number of the main doping substances and methods. In competitive sports, doping is that the use of banned athletic performance-enhancing drugs by athletic competitors. The term doping is widely employed by organizations that regulate sporting competitions. The use of medicine to reinforce performance is taken into account unethical and thus prohibited, by most international sports organizations, including the International Olympic Committee. Furthermore, athletes (or athletic programs) taking explicit measures to evade detection exacerbate the moral violation with overt deception and cheating. Historically speaking, the origins of doping in sports return to the very creation of sport itself. From ancient usage of medicine in chariot racing to newer controversies in baseball and cycling,



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popular views among athletes have varied widely from country to country over the years. The general trend among authorities and sporting organizations over the past several decades has been to strictly regulate the utilization of medicine in sport. The reasons for the ban are mainly the health risks of performance-enhancing drugs, the equality of opportunity for athletes, and thus the exemplary effect of drug-free sport for the overall public. Anti-doping authorities state that using performance-enhancing drugs goes against the "spirit of sport".

The use of medicine in sports goes back centuries, about all the way back to the very invention of the concept of sports.[1] In the past, when the fittest of a nation were selected as athletes or combatants, they were fed diets and given treatments considered beneficial to assist increase muscle. For instance, Scandinavian mythology says Berserkers could drink a mixture called "butotens", to greatly increase their physical power at the danger of insanity. One theory is that the mixture was prepared from the fly agaric mushroom, though this has been disputed. The ancient Olympics in Greece is imagined to have had sorts of doping. In ancient Rome, where chariot racing had become an enormous part of their culture, athletes drank herbal infusions to strengthen them before chariot races. More recently, a participant in an endurance walking race in Britain, Abraham Wood, said in 1807 that he had used laudanum (which contains opiates) to remain him awake for 24 hours while competing against Robert Barclay Allardyce.[2] By April 1877, walking races had stretched to 500 miles and therefore the following year, also at the Agricultural Hall in Islington, London, to 520 miles. The Illustrated London News chided:

It may be a plus to understand that a person can travel 520 miles in 138 hours, and manage to measure through every week with an infinitesimal amount of rest, though we fail to perceive that anyone could possibly be placed during a position where his ability during this respect would be of any use to him [and] what's to be gained by a continuing repetition of the very fact.

The event proved popular, however, with 20,000 spectators attending every day. Encouraged, the promoters developed the thought and shortly held similar races for cyclists. and much more likely to endure their miseries publicly; a tired walker, after all, merely sits down – a tired cyclist falls off and possibly brings others crashing down also. That's much more fun".

The fascination with six-day bicycle races spread across the Atlantic and therefore the same appeal brought within the crowds in America also. And the more spectators paid at the gate, the upper the prizes might be and therefore the greater was the motivation of riders to remain awake—or be kept awake—to ride the greatest distance. Their exhaustion was countered by seigneurs (the French word for "carers"), helpers like seconds in boxing. Among the treatments they supplied was nitroglycerine, a drug used to stimulate the center after cardiac attacks and



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which was credited with improving riders' breathing?[5] Riders suffered hallucinations from the exhaustion and maybe the drugs. The American champion Major Taylor refused to continue the saying: "I cannot continue with safety, for there's a person chasing me around the ring with a knife in his hand."

Public reaction turned against such trials, whether individual races or in teams of two. One report said: An athletic competition during which the participants 'go queer' in their heads, and strain their powers until their faces become hideous with the tortures that rack them, isn't sport, it is brutality. It appears from the reports of this singular performance that a number of the bicycle riders have actually become temporarily insane during the competition ... Days and weeks of recuperation will be needed to place the racers in condition, and it's likely that a number of them will never get over the strain.

The father of anabolic steroids within the was John Ziegler (1917–1983), a physician for the U.S. weightlifting team in the mid-20th century. In 1954, on his tour to Vienna together with his team for the planet championship, Ziegler learned from his Russian colleague that the Soviet weightlifting team's success was thanks to their use of testosterone as a performance-enhancing drug. Deciding that U.S. athletes needed chemical assistance to stay competitive, Ziegler worked with the CIBA drug company to develop an oral steroid hormone. This resulted within the creation of methandrostenolone, which appeared on the market in 1960. During the Olympics that year, the Danish cyclist Knud Enemark Jensen collapsed and died while competing within the 100-kilometer (62-mile) race. An autopsy later revealed the presence of amphetamines and a drug called nicotinyl tartrate in his system. The American specialist in doping, Max M. Novice, wrote: "Trainers of the old fashioned who supplied treatments which had cocaine as their base declared with assurance that a rider tired by a six-day race would get his second breath after absorbing these mixtures." [8] John Hoberman, a professor at the University of Texas in Austin, Texas, said six-day races were "de facto experiments investigating the physiology of stress also because the substances which may alleviate exhaustion."

At the 1976 Montreal Summer Olympics, the East German women's swim team won eleven of thirteen events. This would be an astonishing feat for any country; it had been all the more so for little nation. Publicly, the press celebrated this notable event. But behind the scenes, variety of organizations began quietly investigating. On July 18, 2000, Manfred Ewald, the previous East German sports minister, and Dr. Manfred Heppner, the highest East German sports doctor,



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were convicted by the German government of getting overseen a scientific, secret, and illegal doping program for East German athletes — including the celebrated 1976 women's swim team throughout the 1970s and 1980s. The program had improved the athletes' strength and speed without their knowledge, giving them a competitive advantage over athletes from other countries. Sadly, it had also led to swift and serious deterioration of the athletes' health. By the 1990s, many were reporting heart disease, infertility, or cancer. The practice of enhancing physical performance with ingested substances has been around since ancient times. The Greeks were known to use a form of opium; other cultures have used mushrooms and even strychnine. But in modern times, the use of synthetic drugs to enhance athletic performance, commonly referred to as doping, has exploded, as evidenced by the recent massive doping scandals involving legendary athletes in the Tour de France and Major League Baseball. In response, a number of anti-doping organizations have been created to aggressively pursue what they regard as fairness in competition.

The moral and ethical landscape surrounding doping is way from simple. Baseball slugger Barry Bonds has been labeled a fraud within the press for using tetra hydro gesturing one (THG) and a testosterone-based cream ("the clear") to spice up and sustain his performance; yet after the University of Florida football team revealed that a new drink, dubbed "Gatorade", had given them a crucial advantage in their victory in the 1967 Orange Bowl, the drink became a fixture on football sidelines. How should we as society determine what are acceptable strategies for performance enhancement and what are not? The World Anti-Doping Agency (WADA), set up in 1999 by the International Olympic Committee to combat illegal performance enhancement in sports, defines doping as use of drugs that meets two of three criteria: enhancement of athletic performance, harm to health or safety, and violation of the "spirit of the sport". While this provides useful guidelines, there are still many complex questions to be debated in the coming years. Is the impact of the behavior of professional athletes on young, amateur athletes a legitimate foundation for restricting the activities of professionals? What are the precise health risks of doping? In the race between scientists who are developing ever-more effective and clandestine performance-enhancing drugs, and those who are developing strategies to detect them and measure their risk, who is winning? How should we weigh the achievements of modern athletes who use performance-enhancing drugs against those of athletes from the past? Given victory's financial and social rewards, doping won't likely disappear from the athletic landscape. Therefore, it's important that anyone curious about sports have an upscale understanding of this issue. In this Spotlight, we offer a variety of resources that guide you thru



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the history of doping and drug testing in professional and amateur sports, also because the science involved on each side of the doping battleground.

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## Mental Health among Junior and Senior College Students: A Psychological Study

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mob.9766478444

### Abstract

*The present study aim of the research was find out Mental Health among junior and senior college Students. The main research instruments employed for the present study were Mental Health scale standardized by Dr. (Smt.)Kamlesh Sharma Descriptive research design was adopted. The sample consisted of 120 college students selected randomly from Parbhani District of Maharashtra. The sample was further equally educational level Junior and senior college students and also equally gender between male and female students. Results revealed that1. There is significant difference between Junior and Senior college students on Mental Health. 2. There is significant difference between Male and Female college students on Mental Health. 3. There is significant difference between Junior Male and Junior Female college students on Mental Health. 4. There is significant difference between Senior Male and Senior Female college students on Mental Health. 5. There is significant difference between Junior Male and senior male college students on Mental Health. 6. There is significant difference between Senior Male and Senior Female college students on Mental Health.*

**Key word: Mental Health, College students and Gender.**

### Introduction

In this research honestly try to study mental health of college students. Mental health of students is very important for self and educational development of them. A good Mental health state of such mental health is a comfortable feeling of unconditional stress and no worry, self esteem, respect of other person, feel comfortable, positive attitude and positive thinking and last helping nature, If all above points are called mental health, all these qualities are complementary to the self development and educational development of the students That's why if the students mental health is good, then the will raise the success graph. Just as mental health is a feature of a good lifestyle, so everyone is useful to their





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life. Physical health is not only physical fitness but mental health as well as mental health also involves physical health. Just as a person need physical fitness to perform any work, a person needs mental health even when the person work is not carried out properly. The mental health of the students is his love and kindness. It is necessary to be optimistic and positive about patience and respect. Special efforts to improve the mental health of the students by parents, teachers and counselors .

## Review of Literature

**DR. Shelke Badrinath (2018)** Investigation entitled "Effect of Yoga on Mental Health among College students,"The sample study 60 students from college. There used simple randomly sampling. There were 60 students divided in two different groups 1. Experimental and 2. Control groups. Experimental groups participated in sessions regular 4 weeks gave the yoga selected students were subjected to 30 min. of yoga classes per day for a two months. Yoga classes conduct in morning. And the control group did not participate in any sessions. All the subjects were evaluated through the mental health inventory for pre and post session. In this research use mental health inventory standardized by Dr. Jagdish and Dr. A.K. Srivastav. Result: Experimental group of college students have significantly high mental health than the control group of college students. It was proving that the positive effect of yoga on our mental health

**R. K. Chocha (2014)** A Comparative Study of Mental Health among Male and Female of Internet Addict Adolescents The sample consists of 60 people out which 30 male and 30 female internet addict adolescents. For this purpose of research mental health scale were used. The result shows that, there is significant difference in mental health of male and female of internet addict adolescent male and female adolescent at 0.01 level.

## Objective of research

1. To Study the Mental Health among junior and senior college students.
2. To Study the Mental Health among male and female college students.

## Hypotheses of research



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1. There will be significant difference between junior and senior college students on Mental Health.
2. There will be significant difference between male and female college students on Mental Health.
3. There will be significant difference between junior male and senior male college students on Mental Health.
4. There will be significant difference between junior female and senior female college students on Mental Health.
5. There will be significant difference between junior male and female college students on Mental Health.
6. There will be significant difference between senior male and senior female college students on Mental Health.

## Methodology

### Sample

With the help of a randomized sampling technique 120 students were selected from Parbhani city. Out of these 60 Junior college students and 60 senior college students. There are maintaining the gender male and female students. There is not considering income and family social, economical background. Age group of 16-23

### Sample distribution

		College Students		Total
		Junior	Senior	
Gender	Male	30	30	60
	Female	30	30	60
		60	30	120



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## Variables

### Independent variables

- |                     |           |           |
|---------------------|-----------|-----------|
| A) College Students | 1. Junior | 2. Senior |
| B) Gender           | 1. Male   | 2. Female |

### Dependent variables

#### Mental Health

#### Operational definition

1. **Mental Health** -The score on Mental Health scale indicates Mental Health.
2. **College students** - Who students studying college in Junior and Senior (11, 12 th and Graduation).

## Research tools

### Mental Health scale

This scale is developed by Dr. (Smt.) Kamlesh Sharma This inventory has 60 items and three alternative answers. 1. Yes., 2. Indefinite. 3. No. This inventory has test re-test and Split- Half Reliability coefficient 0 .86 and Validity 0.79

## Statistical analysis, Result and Discussion

A brief account of the result obtained in this work the employed statistical technique is presented in this section. The group wise descriptive statistical for the one variables Mental Health status was presented in following tables reference to this table has been made while presenting the results divert from inferential statistic and evaluating the hypothesis.

**Hypothesis** - There will be significant difference between junior and senior college students on Mental Health.



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	Mean	S . D .	N	F	S i g n
Junior college student	69.9833	8 . 2 6 9 8	6 0	10.89656	S i g n
Senior college student	75.3667	9 . 5 4 9 1	6 0		

The result of present study table no.1. Show that the mean score of Mental Health for Junior and Senior college students Mean are 69.9833 and 75.3667 respectively, the minor different between these two groups. The "F" value 10.89656 also significant at the 0.05 level. Thus result not supported the hypothesis.

**Hypothesis** - There will be significant difference between Male and Female college students on Mental Health.

	Mean	S . D .	N	F	S i g n
Male college student	77.7667	9 . 2 1 1 9	6 0	51.17563	S i g n
Female college student	67.5833	6 . 0 5 9 8	6 0		

The result of present study table no.2. Show that the mean score of Mental Health for Male and Female college students Mean are 77.7667 and 67.5833 respectively, the different between these two groups. The "F" value 51.1756 also significant at 0.05 levels. Thus result supported the hypothesis.

**Hypothesis** - There will be significant difference between Junior male and female college students on Mental Health.

	Mean	S . D .	N	F	S i g n
Junior male college student	74.50	8 . 4 2 7 2	3 0	25.25571	S i g n
Junior female college student	65.46	5 . 0 9 0 4	3 0		

The result of present study table No.3.. Show that the mean score of Mental Health for Junior male and female college students Mean are 74.50 and 65.46 respectively, the no different between these two groups. The "F" value 25.25571 also significant at 0.05 levels. Thus result supported the hypothesis.



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**Hypothesis** - There will be significant difference between senior male and female college students on Mental Health.

	Mean	S . D .	N	F	S i g n
senior male college student	81.03	8 . 9 1 9 1	3 0	32.3597	S i g n
senior female college student	69.70	6 . 2 8 7 1	3 0		

The result of present study table No.4. Show that the mean score of Mental Health for Senior male and female college students Mean are 65.46 and 69.70 respectively, the no different between these two groups. The "F" value 32.3597 also significant at 0.05 levels. Thus result supported the hypothesis.

**Hypothesis** - There will be significant difference between junior male and senior male college students on Mental Health.

	Mean	S . D .	N	F	S i g n
Junior male college student	74.50	8 . 4 2 7 1	3 0	8 . 5 0 4 3	s i g n
Senior male college student	81.03	8 . 9 1 9 1	3 0		

The result of present study table No.5. Show that the mean score of Mental Health Junior male and senior male college students Mean are 74.50 and 81.03 respectively, the different between these two groups. The 'F' value 8.5043 is significant at 0.05 levels. Thus result supported the hypothesis.

**Hypothesis** - There will be significant difference between junior female and senior female college students on Mental Health.

	Mean	S . D .	N	F	S i g n
Junior female college student	65.47	5 . 0 9 0 4	3 0	8 . 2 1 5 6	s i g n
Senior female college student	69.70	6 . 2 8 7 1	3 0		



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The result of present study table No.6. Show that the mean score of Mental Health for junior female and senior female college students Mean are 65.47 and 69.70 respectively, the no different between these two groups. The "F" value 8.2156 also significant at 0.05 levels. Thus result supported the hypothesis.

### Conclusion

1. There is significant difference between Junior Male and Junior Female college students on Mental Health.
2. There is significant difference between Senior Male and Senior Female college students on Mental Health.
3. There is significant difference between Junior Male and Senior male college students on Mental Health.
4. There is significant difference between Senior Male and Senior Female college students on Mental Health.
5. There is significant difference between Junior and Senior college students on Mental Health.
6. There is significant difference between Male and Female college students on Mental Health.

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6. [Www. Shodhaganga.com](http://Www.Shodhaganga.com)
7. [Www. Googel.com](http://Www.Googel.com)





## **Role of mass media in Development of physical education and sports**

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### **Abstract**

*The sports communication is based on qualitative discrimination among the teams and games, among the players and record makers. The facilitation of sports coverage is increasing because the sports infrastructure has increased better media facilitation has been possible. The reach, access and availability of sports news has increased due to enhanced sports activities, sports coverage and specialized manpower. Sports as a leisure activity improve social relationship within various organizations and within the spirit of self. The receivers of sports news are youth audience and the media works as a guide to improve their taste as well as action. The sports activities are related to human health and media support helps to bridge gap and helps to encounter different problems in entertainment. The sports communication is thus social communication of cultural information for building sports organizations from local to international level. Healthy sports, healthy media can support to carve out sports culture in the country. Various research results indicates that sportsnewscommunicationalwords both in print and verbal reveal cultural interaction in media and it pin points a total change in the world of sports.*

**Keyword: Mass media, development, physical education and sports.**

### **Introduction:**

Every citizen of India has been greatly influenced by the media. Every child and female in every family has been attracted by the media but it is very unfortunate that the media does not show any programmes of social upliftment and development, culturalization to make them strong and healthy citizen. The very foolish serials like Khani Ghar Ghar Ki, Balikavadhu, Saas Bhi Khabi Bhu Thi, Cartoon network, Indian Idol which worldproduce nothing but psychic people. The result of all the serials is always observed in the society by the quarrels in the family, youth committing suicide and shortening of cloths of girl's folks. Even the social anarchy is growing day by day. Under such circumstances, the mass media



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can played a vital role in popularizing physical education and sports and print, computer, mobile and electronic media is more common and popular among the citizens.

### Print media:

In print media, sports news is essential entertainment news having broad base of readership encompassing youth readers on large scale. In India, cricket is number one, followed by Tennis and Hockey. However, Indian games such as Kabaddi, Wrestling, Kho-Kho are also gaining slow improvement in the language newspapers. Every sports activity becomes a source and the sports organizers should provide up to date news items to the media in systematic manner. Further the reach of the news must be increased to cover the appropriate destination of its audience.

### Current sports scenario in print media

1. Cricket is given top priority in India print media. Every day full page coverage is given for the cricket competition. Cricket news is published by using action photos and statically details.
2. Some newspapers publish every day sports round up reports and special review articles are published as signed columns.
3. Personal achievements and records matter a great deal for the newspapers. In athletic competitions, personal achievements create glamour around the sports player. Their interviews are given more prominence.
4. In cricket on international or Indian Premier League competitions, when cricket team achieves excellence, coverage is also given on front page with illustrious photographs, which create attraction among the young readers.
5. The sports space in newspapers is increasing because the rising percentage is based on advertising support. Some of the events are sponsored by advertisers.
6. The newspapers also rubbish some special articles by making critical analysis of sports activities. Such articles are many times based on translations provided by feature services.

It comes to notice that the print media seems to be bias as it gives publicity only to the cricket and the rest of the sport shave been given very mean space or no space in the print media. Moreover local, state, national and international sports person should be given equal status, but this does not happen so. The newspaper does not give space for these sports persons in their main edition but only in the city edition.



## **Computer and mobile media**

Computer media can be hard drives, removable drives such as Zip disks, CD-ROM or CD-R discs, DVDs, flash memory, USB drives, and yes, floppy disks. For example, if you want to bring your pictures from your digital camera into a photo processing store, they might ask you what kind of media your pictures are stored on. Are they on the flash memory card inside your camera or are they on a CD or USB drive? For this and many other reasons, it is helpful to have a basic understanding of what these different types of media are similarly mobile media such as internet Google, youtube, facebook, whats app can also be applied for the development of sports.

## **Electronic media**

Today electronic media plays a very significant role. For example Yoga is a traditional of India and it has proved the biggest gift to the world. With the help of Yoga, every man in the world can be physically and mentally fit and wealthy. But it has come to be restricted only to a few selected like rishi and sages. Due to only electronics media not only India, but also the citizens of World, become aware of Yoga through Ramdeo Baba and they have started practicing Yoga at their homes before T.V. screen.

## **Role of electronic media**

Electronics media can make any one popular if it desires to do so. Near about 75% people of India know cricket players by their name, face and even their scores and their international position too. But till Abhinav Bindra claimed for gold medal in the Olympic hardly 10% people could know him. Vijendra and Sushil Kumar could not get proper place either in electronics media or print media till they bagged bronze medal in Olympic.

## **Code of electronic media**

1. It should be compulsory for the electronic media to show the 50% programmes on sports and health.
2. Morning 5 to 8 should have programmed related to wealth and the sports programmers should be telecast in between 4 to 7 in the evening.
3. Every event may be district, state, regional, national and international should directly be telecast.
4. If we do so then definitely the interest of our people about sports will be increased.



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5. To achieve academic excellence, we send our children for the tuitions of various subjects, likewise, by the telecast of sports events, parents will be inspired to send their children for the participation of sports events and exercise.
6. This would help to prepare international sports personal to win the medals and cups.
7. To do so, we need to have the scientific training, which has already, begun in our country.

### Conclusions:

Based on the above information and facts the following conclusions can be drawn.

1. In order to support all the objectives of sports, mass media can play a key role in the new global village.
2. In the new sports policy, it is expected that corporate houses strictly be involved in development of sports.
3. The trends in different languages print media correlates with the development of physical education and sports in electronic media.

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## **A study of aggression among individual and team players**

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### **Abstract**

*The present study is design to study of aggression among player of individual and team games. Total 100 players were included in the study 50 players playing in individual game and 50 players from team games. Sample is selected from various colleges of Parbhani district. Sample selected by random sampling method. Individual Players: those who are play in various individual game like swimmer, athlete, badminton, Tennis etc. Team Players: Those who are play in team game like Cricket, Hockey, Kho-Kho, etc. The two way analysis of variance was used for compare the group of players and gender. There is significant difference of aggression among individual and team players of college students. There is significant difference of aggression among male and female players of college students. There is no significant interaction effect of players and gender on aggression among male and female players of college students.*

**Keyword:** *Aggression and Players*

### **Introduction:**

In psychology, as well as other social and behavioral sciences, aggression refers to behavior between members of the same species that is intended to cause pain or harm. Predatory or defensive behavior between members of different species is not normally considered "aggression." Aggression takes a variety of forms among humans and can be physical, mental, or verbal. Aggression should not be confused with assertiveness, although the terms are often used interchangeably among laypeople, e.g. an aggressive salesperson.

There are two broad categories of aggression. These include hostile, affective, or retaliatory aggression and instrumental, predatory, or goal-oriented aggression. Empirical research indicates that there is a critical difference between the two, both psychologically and physiologically. Some research indicates that people with tendencies toward affective aggression have lower IQs than those with tendencies toward predatory aggression.

Across many different human cultures, men are more likely than women to express aggression by means of direct physical violence. Women are more likely to instead express aggression through a variety of indirect or nonphysical means. The development of aggression can be



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viewed within the social learning context. Social learning theorists such as Bandura help explain how the child learns to be aggressive; parental care giving behaviors are also considered. Aggression found in the elderly needs to include the possibility of disease as a contributing factor. Additional theories regarding aggression include psychodynamic and biosocial possibilities. Aspects such as male and female roles and sexism are also viewed as incorporated into the individual's behavior through a learning process. Social learning theory is applied to the development of aggression within the individual; focus is on the consequences of aggression in terms of social or material rewards accrued. Aggression is a functional and learned behavior. Bandura's theory of reciprocal determinism states that the child affects the environment and the environment affects the child during personality development. Internal personal factors such as cognition and affection, the individual's own behavior, and the nature of the environment, including people, books, television, laws, and social standards, are all interaction. Through social learning, the individual learns patterns of behavior, thinking, and feeling

### Objectives:

1. To investigate the status of aggression among individual and team players of college students.
2. To find out the gender difference of aggression among male and female players of college students.
3. To find out the interaction effect of independent variable on aggression among male and female players of college students.

### Hypothesis:

1. There will be significant difference of aggression among individual and team players of college students.
2. There will be significant difference of aggression among male and female players of college students.
3. There will be significant interaction effect of players and gender on aggression among male and female players of college students.

### Method:

#### Variable:

In the present study following variables treated as dependant and independent.

#### Dependent variables:





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1) Aggression

## Independent variables

1) Players: in the study two group of players that are individual and team players.

A) Individual Players: B) Team Players:

2) Gender:

Male and Female

## Sample:

All sample included in this study 100 players of college students. Sample is selected from various colleges of Parbhani district. Sample selected by random sampling method. Individual Players: those who are play in various individual games like swimmer, athlete, badminton, Tennis etc. Team Players: Those who are play in team game like Cricket, Hockey, Kho-Kho, etc. Age range of the all sample between 18 to 21 years. Sample included 50 individual game players (25 female and 25 male) and 50 team game players (25 female and 25 male) are selected.

## Design:

2 X 2 balance factorial design is used.

(B) Gender	(A) Players	
	A1- Male	A2 - Female
B1 Male	a1 b1	a2 b1
B2 Female	a1 b2	a2 b2

## Tools

The following psychological tools were used for data collection.

### 1. Aggression Questionnaire.

This questionnaire developed by Dr. G.C.Pati. In this questionnaire consist of 16 questions.

**Reliability:** Reliability coefficient of the aggression questioner was calculated by split-half method. Reliability coefficient .71 was found. **Validity:** The Pearson method r .82 was found. The validity coefficient is significant above one percent level.

### Statistical Analysis and Discussion:

For statistical analysis the descriptive and inferential statistics is use for this study. The descriptive statistics used for the Evaluation of central tendency Index such as (mean) and the size of the dispersion (standard deviation) and lastly Two way ANOVA was used.





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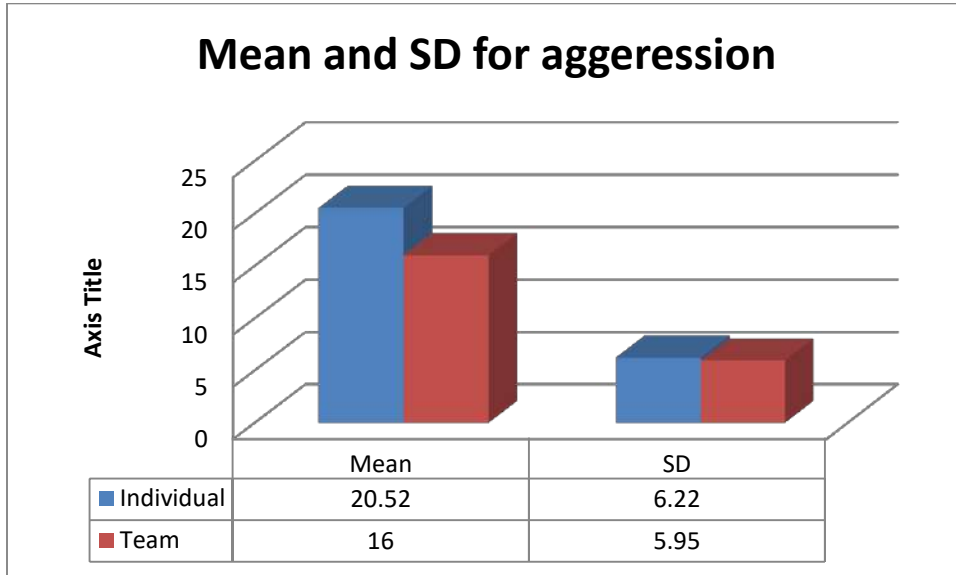
**Table no. 1**  
**Significant difference of Aggression among Individual and Team Players**

Source	SS	Df	Mean Square	F
Players	510.76	1	510.76	15.60**
Gender	484.00	1	484.00	14.78**
Type of Players X Gender	0.64	1	0.64	0.02
Error	3143.84	96	32.75	
Total	37482.00	100		

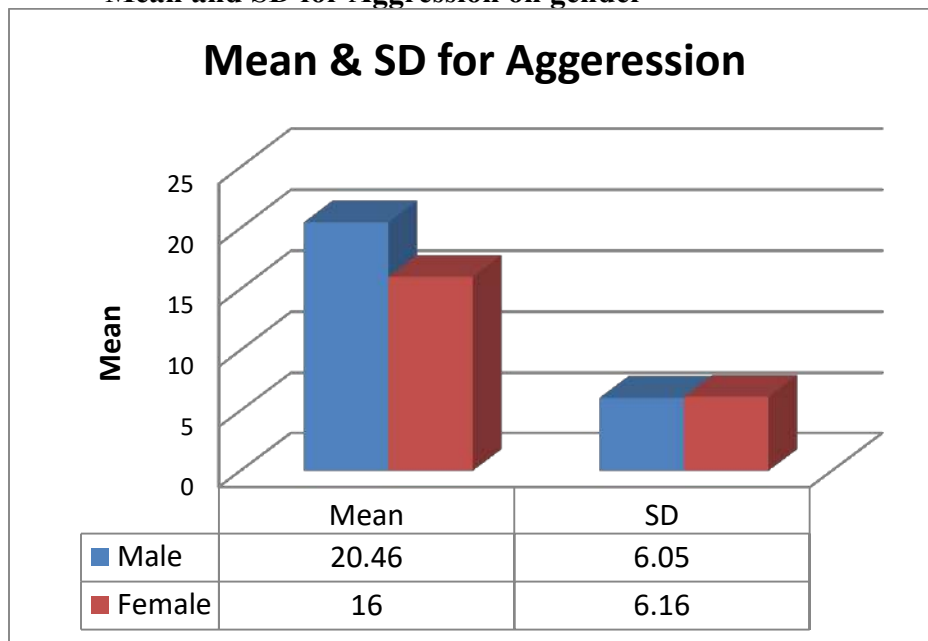
**Table No. 2**  
**Mean and SD for college students on Aggression**

Gender	Players	Mean	Std. Deviation	N
Male	Individual	22.6400	4.71593	25
	Team	18.2800	6.52891	25
	Total	20.4600	6.05151	50
Female	Individual	18.4000	6.87386	25
	Team	13.7200	4.34473	25
	Total	16.0600	6.16246	50
Total	Individual	20.5200	6.21466	50
	Team	16.0000	5.95219	50
	Total	18.2600	6.46610	100

**Figure No. 1**  
**Mean and SD for Aggression on players**



**Figure No. 2**  
**Mean and SD for Aggression on gender**



The table above shows the significant difference the level of aggression among players of individual and team game. The above table shows that the main effect of Players and gender on players of college students. Table no. 2 and figure No. 1 show that the mean differences of the



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individual and team players of college students on aggression. Mean value of individual and team players of college students is respectively 20.52 and 16.00 and standard deviation value is 6.22 and 5.25. The main effect of players on aggression of college student's f value is 15.60 for df 1 and 99. F value is a significant on the confidence level 0.01 and 0.05. That's mean individual and team players of college students differed on the aggression. Hypothesis No. 1, "There will be significant difference between individual and team players of college students on aggression", is accepted. According to f value and mean value individual and team players significantly differ from each other on aggression.

Second independent variable is a gender of college students. In this study two level of gender are included male and female players of college students. Table no. 2 and figure No. 2 show that the mean differences of the male and female players of college students on aggression. Mean value of male and female players of college students is respectively 20.46 and 16.00 and standard deviation value is 6.05 and 6.16. The main effect of gender on aggression of college student's f value is 14.48 for df 1 and 99. F value is significant on the confidence level 0.01 and 0.05. That's mean male and female players of college students differed on the aggression. Hypothesis No. 2, "There will be significant difference between male and female players of college students on aggression", is accepted. According to f value and mean value male and female players is significantly differ from each other on aggression.

The result of the interaction effect of independent variables such as players and gender on aggression f value is 0.02 (df = 1 and 96) which is not significant both the level. Thus players and gender has no separate influence on aggression. Result indicated that the hypothesis no. 3 is "there will be significant interaction effect of independent variables on aggression", is rejected.

The related study done in India Aggression interferes with the programming & training that is available to assist the disabled in attaining their maximum potential. Behavioural intervention is needed to reduce aggression to a manageable level for productive & satisfying life. Further illustrative cases are also provided based on empirical research. Such interventions from the area of sports psychology have been successfully used.

### Conclusion:

There is significant difference of aggression among individual and team players of college students. There is significant difference of aggression among male and female players of college students. There is no significant interaction effect of players and gender on aggression among male and female players of college students.

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## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

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*Sponsored by ICSSR*

*Held on (01 February 2020, Saturday)*

**Organized by:** *Department of Psychology, Sports and Physical Education  
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## Relationship between physical activity, health, life style and modern life

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### **Abstract**

*Physical activity, fitness and exercise are critically important for the health and well being of people of all ages. Research has demonstrated that virtually all individuals can benefit from regular physical activity, whether they participate in vigorous exercise or some type of moderate health enhancing physical activity. Even among frail and very old adults, mobility and functioning can be improved through physical activity. Therefore, physical fitness should be a priority for people of all ages in modern life. Physical activity has been shown to reduce the morbidity and mortality from many chronic diseases. Millions suffer from chronic illnesses that can be prevented or improved through regular physical activity. The physiological and psychological rewards of being physically active are well established. The important benefits of exercise are extensive for health and modern life scenario. i.e., enhancing function, maintaining reserve capacities, preventing disease and ameliorating the effects of age and chronic disease.*

**Keywords:** *Physical activity and modern life.*

### **Introduction**

It is well known that physical inactivity or a sedentary lifestyle is related to an increased risk of cardiovascular disease and other chronic disease states, such as hypertension, diabetes, obesity, osteoporosis and certain forms of cancer. The risks associated with physical activity must also be considered. The most common health problems that have been associated with physical activity are musculoskeletal injuries, which can occur with excessive amounts of activity or with suddenly beginning an activity for which the body is not conditioned. Much more serious associated health problems. That is myocardial infarction, sudden death are also much rarer, occurring primarily among sedentary people with advanced atherosclerotic disease who engage in strenuous activity to which they are unaccustomed. Sedentary people, especially those with preexisting health conditions, who wish to increase their physical activity, should therefore gradually build up to the desired level of activity. Even among people who are regularly active, the risk of myocardial



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infraction or sudden death is somewhat increased during physical exertion, but their overall risk of these outcomes is lower than that among people who are sedentary. The study on physical activity continues to evolve. This study includes both well established findings and newer research results that await replication and amplification. Interest has been developing in ways to differentiate between the various characteristics of physical activity that improve health. It remains to be determined how the interrelated characteristics of amount, intensity, duration, frequency, type and pattern of physical activity are related to specific health or disease outcomes.

### **Significance of the study**

The purpose of the study is to promote a sense of health and fitness's, personal responsibility in being fit, and an appreciation of individual and group achievement. It provides them the opportunity to participate in activities that may be of ongoing interest to them throughout their health life.

### **Physical activity in health and disease**

Physical inactivity is recognized as a significant common and preventable risk factor for non communicable diseases, which account for almost 60% of global deaths and 43% of global burden of chronic disease. Maintaining regular physical activity helps avoid positive energy balance and obesity. Physical activity reduces the risk of developing heart disease, type II diabetes, osteoporosis, colon cancer, and may also play a protective role against breast cancer. Physical activity also plays a role in a person's well-being by reducing stress, anxiety and feelings of depression in the individuals.

### **Cardiovascular disease**

Heart disease accounts for a third of all global deaths. physical inactivity is linked to an increased risk of coronary heart disease, but only a minority of adults takes sufficient exercise to benefit health. The mechanism by which physical activity might help protect against coronary heart disease may involve effects on coagulation and thrombosis as well as an influence on lipoprotein metabolism. Individuals who frequently exercise often have a lower concentration of plasma fibrinogen. physical activity may also produce a reduction in plasma triglycerides and an increase in HDL cholesterol good cholesterol, and therefore a reduction in risk from developing coronary heart disease. Habitual physical activity also reduces the risk of arterial hypertension, particularly, among those who are overweight and therefore can be a useful adjunct with pharmacological treatment. Increased levels of aerobic exercise can also produce a reduction in both systolic and diastolic blood pressure.

### **Conclusion:**



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1. Everyone should accumulate 30 minutes or more of physical activity over the course of most days of the week is fully justified. However despite the health benefits of physical activity and the fact that it is potentially accessible to all, it is estimated that over 60% of the world population is not active enough.
2. Scientist and doctors have known for years that substantial benefits can be gained from regular physical activity. The expanding and strengthening evidence on the relationship between physical activity and health necessitates the focus of the study brings to this important public health challenge. Although the science of physical activity is a complex and still developing field, we have today strong evidence to indicate that regular physical activity will provide clear and substantial health gains.
3. Improving the health of the nation by affirming our commitment to healthy physical activity on all levels, personal, family, community, organizational and national. Because physical activity is so directly related to preventing disease and premature death and to maintaining a high quality of life, we must accord it the same level of attention that we give other important public health practice that affect the entire nation. Physical activity thus joins the front ranks of essential health objectives, such as sound nutrition, and the prevention of adverse health effects of tobacco.

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### THE ROLE OF DIET IN YOGA THERAPY

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#### Abstract

*A true "Yogic Diet" is based on Ahimsa, which is a concept that means that no harm should ever come to a conscious living being. Therefore, a true "yogic diet" will be vegan. That is certainly an option, but, for the purpose of this publication we will discuss food and overall nutrition as it contributes to your physical, mental and emotional well-being, which are all focal points of yoga fitness. Of all the elements that contribute to overall fitness and health, diet plays a key role in helping you achieve your goals, and yoga is no exception. In fact, one of the most powerful means of healing and balancing the body and mind with yoga is proper nutrition. Yoga is comprised of various poses, known as asana, which include bending in downward and reverse positions that puts pressure on the stomach organs, and can cause feelings of discomfort as food gets pushed up during the moves. So, it is important to not eat too close to the time of practice. It can also cause constipation. Mood swings from hunger and low blood sugar do not support a proper workout and will interfere when doing yoga, so going to class hungry is never a good idea. Eating too much or the wrong foods can result in an overall feeling of belatedness and fullness that will interfere with the workout, and especially the poses. Lastly, one of the most important benefits of a yoga workout is the inducement of increased blood circulation, which, will be directed only to the digestive process when one is too full, in effect, wasting its benefits.*

**Keywords:-Yogic Diet, Mood swings, constipation**

#### Introduction:-

A true "Yogic Diet" is based on Ahimsa, which is a concept that means that no harm should ever come to a conscious living being. Therefore, a true "yogic diet" will be vegan.



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That is certainly an option, but, for the purpose of this publication we will discuss food and overall nutrition as it contributes to your physical, mental and emotional well-being, which are all focal points of yoga fitness. Of all the elements that contribute to overall fitness and health, diet plays a key role in helping you achieve your goals, and yoga is no exception. In fact, one of the most powerful means of healing and balancing the body and mind with yoga is proper nutrition.

### Reasons why Nutrition is Important for Yoga Practice

- 1) It is what heals us, as wholesome food is essential to make yoga and any other fitness plan work much more effectively.
- 2) A proper diet that includes nutritious food delivers the optimal amounts of nutrients to your body when you are engaged in yoga.
- 3) Your body can't produce all those nutrients on its own, and therefore it's important to consume good food that supports a yogic lifestyle and to refine and solidify the results you want to achieve.
- 4) To reach optimal energy levels. you may find some modern-day yoga practitioners a little worn out, and tired and the reason is they train like yogis, but they don't eat like them.
- 5) When you perform yoga and fill your daily diet with proper nutrients to compliment the physical engagement, not only will you notice significant improvement in performance, but, it will also help to fight the effects of aging.

### Eating before Yoga Class

Yoga is comprised of various poses, known as asana, which, include bending in downward and reverse positions that puts pressure on the stomach organs, and can cause feelings of discomfort as food gets pushed up during the moves. So, it is important to not eat too close to the time of practice. It can also cause constipation. Mood swings from hunger and low blood sugar do not support a proper workout and will interfere when doing yoga, so going to class hungry is never a good idea. Eating too much or the wrong foods can result in an overall feeling of belatedness and fullness that will interfere with the workout, and especially the poses. Lastly, one of the most important benefits of a yoga workout is the inducement of increased blood circulation, which, will be directed only to the digestive process when one is too full, in effect, wasting its benefits.



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### Good Foods before Yoga Workout

Going to class starving or on a completely empty stomach is not a good idea, so it is important to eat the right foods at the right time. Typically 45 minutes to 1 hour before the workout provides the appropriate amount of time for the body to digest the foods listed below for the best in pre-yoga workout nutrition. To fuel your workout, without negative effects, consider these suggestions:

Do not eat foods high in fat and protein, it's best to stick with complex carbs.

Foods low on the glycolic index, including certain fruits, and low fat yogurt that provide the proper energy for longer periods of time.

Foods, like candy, chips and others that are high on the glycolic index will result in decreased performance and a crash and burn feeling during the workout.

Stick with small portions and again, do not eat right before class.

### The Best Foods for Yoga

Fruit is a good choice. Bananas are rich in potassium that interacts with sodium levels in the body to maintain proper levels of hydration. They also help prevent cramps and bloating. Pears are another good option as they are non-acidic and have a lot of fiber, which provides satiation with feeling bloated. Apples are recommended because they also contain fiber, are low in sugar and provide proper hydration. Raisins are recommended because they have natural sugar that can energize you for the workout. They are also portable and can be eaten anywhere. Prunes, like bananas are loaded with potassium, are ultra-portable and the natural sugars also provide the optimal energy without the crash and burn. A small serving of oatmeal, such as, ½ a cup is a great pre-yoga meal, it is easy to digest, provides lasting energy and will not make you sick while doing the poses. Another miracle food that has so many wonderful nutritional characteristics, almonds are a great pre-yoga snack that will keep the blood sugars level and keep you satisfied without being too full or getting bloated. Choose plain, unsalted raw varieties to get vitamin E, potassium and magnesium, all of which help with hydration during yoga. Avocados are nature's miracle food, and they contain the ideal combination of nutrients to ingest before yoga. They have 60% more magnesium and potassium than bananas, and are loaded with good fats that lower cholesterol and feed muscle. They satisfy, without being over filling and will not interfere when doing yoga poses. Dark chocolate works to keep blood sugars stable and it also helps to increase blood flow to the brain, which allows you to



better concentrate and focus throughout the yoga workout. This is important as the “mindfulness” aspect of yoga plays a significant role. Dark chocolate also has phenyl ethylamine and caffeine, both of which increase alertness without creating nervousness or the jitters such as seen with coffee.

### **Alkaline Food**

Foods are essential to health and healing. Too much acid in the blood stream results in liver, kidney and heart problems.

Heart: Acidity increases the thickness and viscosity of the blood which inhibits circulation and weakens it.

Liver: For the liver too much acidity makes the liver have to work harder to detoxify the bloodstream and weakens it over time, this interferes with healthy glycogen processes that causes one to feel weak and inhibits energy levels.

Kidneys: Acidity in the kidneys increases waste materials that can lead to kidney stones.

### **Best Alkaline Food Options**

Eating an alkaline diet requires you to cut out all processed sugars, and to never eat anything that contains corn syrup, agave, maltose, or aspartame. To maintain health, 60% of the diet should consist of alkaline forming foods and 40% of acid forming foods. To restore health, 80% alkaline versus 20% acid forming foods.

Here are the best alkaline foods:

Start your morning with a fresh, raw and organic cucumber, it is alkaline, prevents dehydration, and plays a vital role in revitalizing your hair, skin and nails. Fresh cucumber juice is a great option.

### **Herbs**

Herbs have great flavor and they are nutrient dense. Yogis eat a lot of herbs that help them to maintain optimal health levels. Some of the main herbs you should include in your diet:

Ashwagandha (kills bacteria and improves immunity)

Coriander (treats indigestion, fevers, respiratory infections and allergies)

Ginger (fixes indigestion, helps nausea and has numerous health benefits)



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Boswellia (relieves pain naturally)

Turmeric (reduces inflammation and enhances the immune system)

Neem (eradicates bad bacteria, parasites, fungus, and viruses)

### Filtered Clean Water

Ancient Yogis drank the purest spring water for numerous benefits. Luckily, these days we don't have to look for a mountain spring, we can just buy some bottled water, or simply get a high quality water filter to avoid tap water at all times.

Tap water contains sodium fluoride that's poisonous to our central nervous system, and contributes to the aging effect by eliminating good bacteria in our system.

Adding High Quality Salt to Drinking Water

Adding a pinch of high quality salt like 'Himalayan Crystal Salt' or 'Sea Salt' per a gallon of water helps to balance the water in our body, and the water becomes much more effective at hydrating our system.

### Good Fats

One essential part of a good yogi diet is to feed the body good fats that are rich in nutrients, easy to digest and provide optimal energy. Heart health is a concern for everyone, so eating heart healthy fats is always recommended.

Additionally, a proper yogi diet includes foods rich in omega 3 essential fatty acids, such as, salmon, coconuts, purified butter, and raw soaked seeds.

These are easily digestible and maintain a balance in keeping the sugar/insulin levels low, which, increases life expectancy and leads to feeling younger.

### Mineral Rich Raw Foods

When eating for longevity and higher consciousness, focus on raw foods that are higher in minerals. Most minerals are destroyed, and become useless when food is cooked because essential enzymes are disintegrated at higher temperatures.

Raw food has the ability to keep the body's immune system health and allows the body to cleanse and flush out harmful toxins.

Raw foods include fresh fruits, seeds, nuts and vegetables and organic is always a good choice.

### Foods in Moderation

In order to stay healthy and maintain healthy weight management, which is one of the reasons millions are doing yoga it is important to eat in moderation.



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Our society as a whole is all about excess. Most people eat much more food than their body needs, as reflected by the huge portions served at restaurants and the "super size" meals promoted at fast food joints.

The ultimate solution to living a healthier and longer life is eating in moderation and eating only as many calories as your body needs, based on individual activity levels.

You need to be able to control your consumption of food to prevent unhealthy overeating that will not only hinder your yoga workouts, but, your health and weight too.

Note that obesity is the number one cause of the many conditions that result in early deaths each year in the United States.

Various research studies have shown that those who eat in moderation live longer than those who don't.

### Heal Your Body and Prolong Life

Remember that proper nutrition is like medicine that you take every day and so it is the most important factor in keeping good health and thus maximizing your life.

Following the general principles of eating right will produce optimum results.

Eating moderate proportions of fresh whole natural foods is the key to an effective yoga diet.

Choose organic fruits, vegetables and meat products.

Eat a lot of raw vegetables and whole grains.

Eat for nutrition, not to satisfy emotions or for pleasure.

Eat fruit, vegetables and nuts every single day.

Drink alcohol in moderation, and preferably not at all.

Eliminate junk food, processed foods and sugar.

Avoid spicy food.

Stay hydrated by drinking lots of fresh water, green tea and 100% pure vegetable juices.

### Juicing

One of the best ways to get pure nutrition into your body is through juicing. Juicing has become one of the most popular activities in health and well-being, and is one of the best ways to benefit from the power of raw produce in an easy to digest and eat method.

### Conclusion:-





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Using a home juicer allows you to easily create tasty and highly nutritious concoctions from various fruits and vegetables. This is truly the purest form of nutrition and it can make it easier to incorporate vegetables you might not like into your daily diet. Juicing is great for weight loss, nutrition and for a yogic lifestyle. Optimal health comes from the inside out, and if you will be performing demanding workouts, such as, yoga, or any other, you need to properly fuel your body before, after and in between workouts. So many people suffer from obesity, poor blood circulation, Type 2 diabetes, lack of strength and agility, stress, anxiety, high blood pressure and many other conditions, all of which can be helped by yoga.

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## **Carbohydrate Supplementation and Psychophysiological Responses during Moderate Exercise in Hypoxia**

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### **Abstract**

*Rating of Perceived Exertion (RPE) is a subjective scale to monitor overload and fatigue during exercise. Hypoxia may worsen the perception of fatigue, compromising the self-reported perception of effort and increasing RPE. The objective was to evaluate the effects of carbohydrate (CHO) supplementation on RPE during exercise in hypoxia simulating 4200 m.*

### **Introduction**

The Rating of Perceived Exertion (RPE) is a subjective scale used to prescribe the intensity and volume of exercise and measure the level of fatigue after an acute bout of exercise. Several studies have demonstrated a high correlation between the RPE and physiological parameters such as Heart Rate (HR), lactate, and  $VO_{2max}$ . In addition, RPE presents psychobiological aspects, including mood state and cognitive and physiological parameters on a single scale.

Despite the importance of RPE in normoxic conditions, little is known about the behavior of this scale in hypoxic conditions or high altitudes. Indeed, exposure to hypoxia can worsen cognitive functions, affecting mood state variables such as tension, vigor, fatigue, and mental confusion limiting the ability to make decisions. These results suggest worsening of the self-reported perception of effort. One of the few studies that evaluated the effects of hypoxia on the RPE showed that individuals who presented a higher number of symptoms of acute mountain sickness also reported higher levels of perceived exertion. In addition, Souza et al. demonstrated that moderate exercises performed in hypoxic environments for 45 min increase the systolic pressure of young males, as well as modifying the mood state and increasing anxiety.



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In normoxic environments, different nutritional strategies are commonly used, before, during, and after performing physical exercises, with the ability to induce psycho-physiological modulations, Close et al. For some time, carbohydrates have received attention in sports nutrition due to their role in performance and adaptability to training, as they provide essential fuel for the brain and central nervous system. Carbohydrates are versatile substrates for muscle work, aiding muscle to withstand exercises in a wide range of intensities due to their use by the anaerobic and oxidative pathways.

Specifically regarding RPE, Backhouse et al. demonstrated that carbohydrates could influence RPE in normoxia. However, the influence of carbohydrates in hypoxia environments on RPE and cognition functions is unclear. Golja et al. demonstrate that carbohydrate supplementation in hypoxia causes higher ventilation and oxygen saturation in healthy young males, this being a possible mechanism for the influence of carbohydrates on a lower RPE during physical exercise. Moreover, the importance of carbohydrates during exercise in moderate hypoxia environments is higher in hypoxia than normoxia conditions due to higher endogenous carbohydrate oxidation in this condition.

Nevertheless, little is known about the influence of carbohydrates on RPE in hypoxic environments. Thus, we propose to evaluate the effects of carbohydrate supplementation on RPE during exercise in hypoxia, simulating an altitude of 4200 m. We hypothesized that carbohydrate supplementation would attenuate increased RPE during exercise.

### Material and methods

The present study included eight male volunteers, healthy and physically active. The sample characterization is presented. The participation of all volunteers was approved by a doctor after a clinical examination, resting electrocardiogram, and stress test. All volunteers signed the consent form.

### Methods

Eight male physically active volunteers performed two exercises at 50%  $VO_{2peak}$  and 1% slope: exercise in hypoxia + placebo or exercise in hypoxia + CHO (6% maltodextrin) with supplementation at 20, 40, and 60 min during exercise. Oxygen Saturation ( $SaO_2\%$ ) was assessed at baseline and after exercise, while RPE and HR were measured each 10 min during the trial.



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### Results

SaO<sub>2</sub>% decreased after exercise in both conditions of hypoxia compared to rest. The RPE did not differ between groups. However, the RPE increased in hypoxia after 20 min of exercise in relation to 10 min. The Area Under the Curve (AUC) of RPE was lower in hypoxia + CHO compared to hypoxia. The AUC of the HR/RPE ratio in the hypoxia + CHO group was higher in relation to hypoxia

### Experimental design

This is a cross-over study, in which the volunteers visited the laboratory three times. On the first visit, the volunteers carried out the resting and effort electrocardiogram and, simultaneously, the cardiopulmonary exercise test for peak oxygen uptake (VO<sub>2peak</sub>) determination. On the two subsequent visits, the volunteers performed: (I) exercise in hypoxia and placebo supplementation and (II) exercise in hypoxia and carbohydrate supplementation. All procedures were double-blind and randomized with respect to supplementation. There was a 7-day interval between each visit.

### Physiological parameters

VO<sub>2peak</sub> was determined in normoxia using an incremental exercise test on a treadmill (LifeFitness® - 9700HR). The initial velocity was set at 6.0 km/h, increased by 1.0 km/h per minute until voluntary exhaustion. Respiratory and metabolic variables were obtained breath by breath using a metabolic system (Cosmed PFT4, Rome, Italy). A 1% slope on the treadmill was maintained throughout the test.

The volunteers performed 60 min of acute exercise at 50% VO<sub>2peak</sub>, and a 1% slope on the treadmill in the hypoxia condition simulated to 4200 m. All the physical exercise sessions were performed after fasting for 3 hours, to avoid possible dietary influences, and began at 02:00 pm. The pre-test meal was not controlled, but it was suggested that volunteers eat a light meal, and water intake in the hours preceding the test was ad libitum. The volunteers were advised not to perform strenuous exercises in the 24 h preceding the exercise.



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### Carbohydrate supplementation

Volunteers received a 200 ml solution of carbohydrate - CHO (maltodextrina strawberry-flavored) at 6% (w/v), at 20, 40, and 60-min during exercise with 228 kcal, or a placebo 0 kcal (strawberry-flavored Crystal Light® - Kraft Foods, Northfield, IL – USA). The groups received the same volume of placebo or carbohydrate in a double-blind manner.

### Hypoxic environment

The study was performed in a chamber (normobaric chamber; Colorado Altitude Training/12 CAT-Air Unit) for altitude simulations of up to 4200 m, which is equivalent to a barometric pressure of 433 mmHg and fraction of inspired oxygen (FiO<sub>2</sub>) of 13.5% O<sub>2</sub>. This equipment has two air units allocated on the outside, which allow gas exchange (nitrogen increase and O<sub>2</sub> reduction). A display inside the chamber shows the simulated altitude in real-time, measured by a module that contains an O<sub>2</sub> cell sensitive to O<sub>2</sub> variations.

### Rating of perceived exertion determination

The RPE scale was used as a measure of perceived exertion during exercise. The scale ranges from 6 to 20, with anchors ranging from "very, very light" to "very, very hard" [7]. Heart rate (HR) was measured using the Frequency meter (Polar®, Advantage Model NV, Kempele, Finland), and Hemoglobin O<sub>2</sub> saturation (SaO<sub>2</sub>%) was measured by a finger oximeter (FingerPulse® model MD300C202, Minnesota - USA). SaO<sub>2</sub>% was assessed at baseline and after exercise, while RPE and HR were measured each 10 min during the trial.

### Statistical analysis

Results of SaO<sub>2</sub>%, HR, RPE, and the HR/RPE ratio are expressed as mean standard ± deviation, and statistical analyses were performed by two-way repeated-measures ANOVA, after the Shapiro-Wilk normality test, followed by the Tukey post hoc test, at  $p < 0.05$ . The Area under the Curve (AUC) was calculated using the trapezoidal rule to quantify the overall



response of RPE and HR/RPE to exercise in the two different conditions studied. Statistical analyses were performed using UNIANOVA.

## Results

Hemoglobin Saturation. SaO<sub>2</sub>% in hypoxia and hypoxia + CHO conditions for  $n = 8$  volunteers. The results represent the mean  $\pm$  SD. **(a)** Different from Rest **(b)** different from Post in Hypoxia and Hypoxia + CHO group

Hemoglobin Saturation. SaO<sub>2</sub>% in hypoxia and hypoxia + CHO conditions for  $n = 8$  volunteers. The results represent the mean  $\pm$  SD. **(a)** Different from Rest **(b)** different from Post in Hypoxia and Hypoxia + CHO group

## Conclusion

In conclusion, our results indicate that carbohydrate supplementation does not change RPE at the different times analyzed during 60 min of exercise at 50% VO<sub>2peak</sub> in hypoxia equivalent to 4200 m. However, even during 60 min of acute hypoxia, the carbohydrate supplementation significantly decreased the Area under the Curve (AUC)-60 min during exercise in hypoxia of RPE and improved the HR/RPE ratio, demonstrating the importance of carbohydrates to attenuate the impacts of hypoxic environments

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## Importance of Physical Education in School Curriculum

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### Abstract

*The statistics are alarming and unless there is a nationwide call for action, we will end up creating lop-sided educated children not in a position to conduct themselves in tomorrow's competitive world. The solution of this problem exists in a school and this is the right time that schools should wake up to create a generation of fit and healthy future Indian citizens. So, It is right time to make games and sport-based activities as a dominant part of the physical education curriculum with an interest in providing a meaningful and culturally situated sporting experience to students. It is proved that Physical and Sport education is among the most popularly implemented and researched pedagogical model worldwide. This paper focuses on the importance of physical education in school curriculum. How it can be integrated in mainstream of education to make a holistic personality of an individual. Also, it will put light on the various programs and schemes launched by government to promote physical education in school.*

**Keywords:** Physical Education, School, Curriculum.

**A perfect harmony between mind and body generate mentors, champions, geniuses and great world leaders.**

‘Physical Education is a process of learning which modifies our behavior through bodily based actions’. A healthy nation needs healthy citizens who can boost the progress of our country and contribute strongly to the overall prosperity. From very ancient times our education system is emphasizing on physical fitness, like in old days Gurukuls organized many physical activities to enhance the physical abilities of their students. A disciplined routine of the students helps to cope up and adjust to all situations and difficult environments. In independent India, our education system incorporates physical education with other subjects and try to make physical education as an integral part of school curriculum. Physical Education is quite a vast subject and it detail study brings harmonious growth and development so that optimum health and a good personality



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can be developed. It strengthens the immunity system, increases stamina and develops endurance. The principle aim of introducing physical education in schools is to make every child physically, mentally and constitutionally overall fit. The students get to know about the importance of balanced diet and also get disciplined life.

**"A lazy body creates a lazy mind"**, and opens the doors to unbalanced growth and many diseases. Nowadays obesity in children is a major cause of concern for all of us. A healthy and disciplined routine should be an integral part of every person from his/her childhood. It is observed that games period is the most awaited break for all the students.

Physical Education builds the self-esteem, team spirit, cooperation, coordination and effective social interaction, abilities among the students. It also helps the students to enhance their motor control and object control abilities. They learn to develop good strategies which help them to achieve high goals. They learn to face challenges and wins over their difficulties to perform well in competitions. "Physical fitness and wellness is one's richest profession". A healthy and fit society also fulfils the WHO objectives: "Live most and serve the best". As we see that now our environment gets polluted, human life is stressful, poor diet, and unhygienic habits etc have increased the health problems of humans. Today we desperately need physical fitness, wellness and healthy lifestyle programs to improve our physical abilities, mentally fit and reduce health problems. Keeping this in mind, these days comprehensive Physical Education programs are introduced by many schools. It is necessary to motivate students to participate in healthy outdoor activities with an element of fun edit to it. The regular and routine exercises improve the cardiovascular health and promote muscles and bone development.

### What is Physical Education

Physical Education is composed of two words 'Physical' means body and 'Education' means modification of behavior. Thus means Education through the medium of physical Activities. It aims on overall development of human being through participating in various physical activities like games and sports. Modern Physical Education was started in 18th century in Germany where Physical Education was an integral part of School Curriculum, Since then many changes have taken place and various aspects have emerged with time. In fact the basis of physical education is difficult and very broad with changing time, its meaning also kept on changing.

Physical education has been defined in different ways by experts and institutes in this field. These are as follows:



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"Physical education is that phase of education which deals with big muscle activities and their related responses." -**J.B. Nash**

"Physical education is that phase of education which is concerned, first, with the organisation and leadership of children, in big muscle activities, to gain the development and adjustment inherent in the activities according to social standards, and second, with the control of health or growth conditions naturally associated with the leadership of the activities so that the educational process may go on without growth handicaps." -**Clark W. Hetherington**

"Physical education is an integral part of the total educational process and has as its aim the development of physically, mentally, emotionally, and socially fit citizens through the medium of physical activities which have been selected with view to realising these outcomes."

-**Charles A. Bucher**

"Physical education is education through physical activities for the development of the total personality of the child to its fullness and perfection in body, mind and spirit."

-**Central Advisory Board of Physical Education and Recreation**

### Why Physical Education?

As research shows, there is a direct correlation between regular participation in physical activity and health in school-age children. It suggests that physical activity provides important benefits directly to the individual child. Physical activity during a school day may also be associated with academic benefits and children's social and emotional well-being. Physical education, along with other opportunities for physical activity in the school environment, is important for optimal health and development in school-age children. It may also serve as a preventive measure for adult conditions such as heart disease, high blood pressure, and type 2 diabetes.

Many federal, state, and local health and education agencies acknowledged the importance of physical education to the physical, cognitive, and social aspects of child development. It should also not only cover the usual subjects such as Mathematics, Science, Social Sciences and languages, but also physical education. There are also some benefits that Physical education can offer:

- To develop discipline

When playing games or sports, there are particular rules and regulations that the participants have to follow. It serves as a powerful tool for self discipline.



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- To enhance different skills

At a young age, many children show promising skills and talents that physical education can help bring out and polish. For instance, those who can run really fast can undergo track training to bolster their form and technique. Those who have superior flexibility and balance compared to others can try out for the gymnastics team and be able to learn more.

- For better physical fitness

In today's world where children play on mobile games and on play station, it can be hard to get the young ones to go out and be active. On weekends, many kids prefer to sit in front of their computers, playing online games with their friends for almost the entire day. This is not a good habit to have as sitting time. Fortunately, in school, these children can move around, play sports, and do a wide variety of physical activities in their physical education classes.

- To reduce stress

As the famous saying, "all work no play makes the Jack a dull boy." Studying and doing homework all the time can cause so much stress and pressure. There are just too many names, dates, formula, and information to memorize and understand. And, once midterms and finals are approaching, the levels of anxiety and tension increase even more in kids. Here is when physical education becomes useful — exercise helps calm the nerves and will eventually improve grades in school.

- Social Assimilation

The activities that children engage in during Physical Education can help in the improvement of social interaction. From the time they are young, children learn how to cooperate through various group activities and from a team play, they learn a positive sense of identity. For example, sports can be used to engage young people and instill positive attributes like team spirit, unity, integrity and honesty in them.

- Improvement of academic performance

There are research studies that show that physical education can help to improve the academic performance of a student. After the monotonous routine of studies student needs a break, for this a physical activity for instance any sports activity reenergize his mind and body.

- Helps students focus

If you don't take time off from your job, you will realize that it can be hard to focus. This can also happen to kids. This is why physical education is necessary. When students engage in



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physical education, they are able to burn the excess pent up energy. This pent up energy is often what leaves them fidgeting and without paying attention in the classroom.

- Develop Values

It develops values of teamwork, Sportsmanship and Cooperation etc.

In India, large number of schools have come up with initiatives where they not only provide the best sports infrastructure to encourage sports education among the young blood of the country but also provide systematic physical education and training programs by partnership with professional companies with specialization in the same field. This helps a student to build up his or her over all personality.

If schools sets a dedicated physical education program and sports activities, so that children are exposed to physical activity from young & tender age, it is ensure then that a huge number of children will be able to appreciate and understand the importance of physical education in their life. This would further help them in being active and healthy throughout their lives and will encourage active participation in all forms of sports.

### Physical Education as Part of Education

In a traditional institutionalized educational system, the main goal has been developing children's cognitive capacity in the sense of learning knowledge in academic disciplines. This goal dictates a learning environment in which only learning behavior is considered appropriate and effective and is rewarded. With a dramatic expansion of content, physical education has evolved to become a content area with diverse learning goals that facilitate the holistic development of children.

### How Physical education be Part of School Curriculum

Structured Physical education must be made an integral part of school curriculums in India. For such a young and socio-economically diverse population, Physical Education through schools can become a powerful holistic development tool for India's children.

Most schools in India have failed to integrate structured Physical education into the school's curriculum. The focus of school is on mainstream subjects, as they fail to see how a structured physical curriculum can add to the development of young children, by aiding in their physical, mental, emotional and social growth. With 29.5% of India's population under 14 years old (Indian Census, 2011), Physical education must be utilised as an effective tool for the holistic



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development of India's children, from diverse socio-economic backgrounds. The obvious benefit of Physical education, of keeping children fit, active and healthy, is particularly important for children living in urban India, from stronger economic backgrounds, where obesity has become a major issue. This makes Physical Education as compulsory subject at school level. A study by Misra et al in 2011 concluded that "15 million children (8-18 year) residing in Indian cities are overweight". Moreover, regular Physical education promotes a culture of lifelong physical activity, important in ensuring that future generations stay fit and healthy. Besides this, there are moral values like honesty, unity, love, compassion and team learning can be cultivates through physical education activities. Studies shows that reason behind the illness of mental health is lack of physical activites. There are hormones that secretes more during physical activities like sports etc. It promotes mental health, providing motivation and fighting depression, while assisting in the emotional development of children. In new education system of India, unfortunately, it revolves around a fiercely competitive exam culture, putting enormous pressure on students. The Lancet study in 2016 revealed that suicide rates in India are highest among the 15-29 age group, whereas the National Crime Records Bureau in 2018 showed that failure in examinations is the second likeliest cause of suicides among children in India. Physical education can help children to deal constructively with this competitive environment that is prevalent in Indian society.

The Indian Government recognised the importance of adopting sports as part of successful youth development as early as 1984 to form the National Sports Policy which made sports and physical education an integral part of the school curriculum. They realized that without integrating physical education in mainstream, it would be difficult for students to cope with difficulties of competitive world.

National Sports Policy, 2011 stresses the value of sports and physical education in developing human capital, increasing productivity, and in fostering social harmony.

Games and sport-based activities have formed a dominant part of the physical education curriculum with an interest in providing a meaningful and culturally situated sporting experience to students. Sport education is among the most popularly implemented and researched pedagogical model worldwide.

Young people spend a large portion of their time at schools and colleges. A significant amount of learning takes place in these institutes. Along with quality education, it is vital that sports and physical education are made an accessible and regular part of learning during these formative years. This naturally makes organised sports a vital component of social and academic





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experiences for many students. Activities that encourage physical movement and exercise in students create an enjoyable experience for students in schools and colleges.

When sports are made an integral part of the curriculum, students report healthier eating habits, better levels of cardiovascular fitness, increased parental support, and decreased levels of anxiety and depression. A national study also displayed a positive correlation between student-athletes and decline in drug, alcohol, and substance abuse.

Some other benefits of Physical education include:

- Introducing young people to the importance of a healthy lifestyle early in their lives by instilling the habit and culture of taking up outdoor activities
- Introduction of a sports curriculum at an early stage so that it can serve as a building block for future sportspersons and other professionals in the sports industry.
- Availability of educational opportunities through scholarships for underprivileged talent.

Schools and colleges in India are slowly but steadily starting to realise the value of sports in the overall development of children. There is a rise in the support and encouragement levels towards students taking up sports right from the school level. This is reflected in the deliberate inclusions of physical activities during curriculum planning, making it an essential part of the present-day education system.

We see that NCERT frames National curriculum for framework for teacher education (2009) where it made physical education as compulsory component. In various CBSE schools, students are taking physical education as optional paper after tenth class.

Even the government recognises these advantages and has also introduced physical education programmes like sports at the grass root level to build a sound framework for various sports that are played all over the country.

The Centre is planning a first-of-its kind programme to assess the fitness level of school-going children and identify future sporting stars. To be termed as 'Khelo India National Fitness Assessment Programme', the Centre plans to get all government, private, aided and unaided schools on board for this. The government also proposes to develop a software and a mobile app, which can be accessed by schools, students and parents, to monitor child's fitness, as per details accessed by ET. A small set of mandatory tests, named 'core tests', will be performed by schools with two objectives — fitness assessment and sports skills assessment for identifying potential talent. A physical fitness-cum-health profile will be given to all children of 5-18 years, fitness data will be compiled and maintained centrally, a standardised 'Indian Fitness Scale' will be devised and fitness of each child will be tracked to identify and nurture talent.





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The growing awareness of the contribution of physical activities to the lives of children and young people with regards to life skills, personality development, and even career-propelling qualities like trust, shared responsibilities, and working together has led parents and educators to encourage children to take up sports. This is particularly relevant in the Indian context where the focus has entirely on been on academics for a long time.

An interesting shift has been witnessed in the mindset of parents as well, and they are more appreciative of the value of a physically fit body and the overall health benefits that sports education provides. Especially with the lifestyles, we are leading today, infusing physical education with education at progressive levels of education is the way forward to changing mindsets of the entire community towards sports education. There are a number of campaigns that are focused on the integration of physical education with mainstream that cut across the diversity of our country to make people more cognizant of the merits of sports and physical activities in education.

### Conclusion

It is very clear that the amount of benefits involved with the Physical education is quite vast. There is no doubt that physical education provides in with a great opportunity for the student to attain physical and mental balance in their life, which would help them in their academic and overall growth as well. Physical education is not just the group of physical exercises or games, but in a broader sense also includes the study of various topics that involve in some good health tips and techniques that would make our life better. Hence, it is very important for us to realize the benefits of physical education and to practice those in our lives too.

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## **Importance of Health and Physical Fitness in our Life**

**Prof. Kiran Yerawar**

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### **Abstract:**

*Health is defined by the world health organization of the United Nations state of complete physical mental & social well being and not merely the absence of disease and infirmity. A healthy weight varies between individual and depends on many factors including gender height age and heredity good health is achieved through proper diet exercise and sleep good health will bust your risk of a potentially unpleasant or life threatening disease or illness. Physical activity is good way of increasing energy expended and it can also lead to feeling of well being. 1) To examine the importance of health and physical fitness. 2) To study the physiological and psycho social problem reduces through physical activity. Physical fitness is important of healthy life healthy living is combination is many things including good nutrition and physical fitness will reduce the social problem.*

**Keywords:** *health, Physical Fitness*

### **Introduction:**

Health is defined by the world health organization of the United Nations state of complete Physical, mental and social well being and not merely the absence of disease and infirmity. A healthy weight varies between individuals and depends on many factors including gender, height, age and heredity. Good health is achieved through proper diet, exercise and sleep. Good health will boost your risk of a potentially unpleasant or life threatening disease or illness.

Physical fitness is defined as "The ability to perform daily physical activities without undue fatigue and to space enough energy for leisure activities is named physical fitness" The us department of health and Human services has defined fitness as a group of attributes that folks have or achieve that relate to the power to perform physical activity. Physical activity is a good way of increasing the energy expended and it can also lead to feeling of well being.

### **Objectives:**

- 1) To examine the importance of health and physical fitness.
- 2) To study the physiological & psycho social problems reduce through physical activity



### **Hypothesis:**

Regular exercise & balanced nutritious diet have significant impact on good health & physical fitness.

### **Importance of Health & physical fitness:**

We have one body & one mind & making sure each are working properly at a high level will improve every aspect of our life. Being happy is not something that just happens to you it something you must work on daily and good physical fitness is a major component to achieving happiness.

### **Exercises:**

Increase in physical activity levels are needed every age group. Before starting as exercise programmer you should check with the physician. Exercises are wonderful ways to stimulate the body's natural hygiene system to process and release its wastes Regular activity and exercise is important for your brain because it releases your mood enhancers and keeps your mind engaged.

Adame et.al (1990) assessed the level of exercise in 123 male & 120 female college freshmen to investigate the relationship of amount of exercise, the physical fitness dimension, of body image, locus of control and gender. There was a significant between gender and amount of exercise. Most of women were exercising less than 2 hours / week and men were exercising 5 hours / week. So men were significantly more fit than women.

### **Types of physical activity:**

- 1) Aerobic activities which speed heart rate and lung fitness. Examples are brisk walking jogging and swimming.
- 2) Resistance strength building and weight bearing activities help build and maintain bones & muscles by working them against gravity. For examples are carrying a child letting weight & walking.
- 3) Balance & stretching activities enhance physical stability & flexibility, which reduce risk of injuries. For examples are gentle stretching dancing Martial arts etc.
- 4) Even moderately intense physical activity such as brisk walking is beneficial when done regularly for a total of 30 minutes or longer on most or all days.

Regular exercise can increase your stamina, cognitive performance, the amount of blood your heart can pump, Lower your heart rate when you are at rest, improve your cholesterol level, lower your blood pressure and reduce body fat. Exercise and overall fitness helps you detoxify your body and thus lets your skin breathe. It also helps to tone your body and thus



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enhances your overall appearance. So physical fitness keeps you beautiful & glowing. Physical activity leads to smooth functioning of various physiological system like cardiovascular, muscular skeletal, respiratory, digestive & nervous system. Participation in physical activities improves the psycho-social & physiological function of mentally and physically handicapped individuals.

### **Conclusion:**

Physical fitness is an important of a healthy life. Healthy living is a combination of many things including good nutrition, regular exercise and a positive attitude. Good Health and physical fitness will reduce the physiological and psycho – social problem.

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## **A Comparative study of Mental Health between Tribal and Urban Senior College Students Mumbai University**

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University Vidhya Vihar Mumbai

### **Abstract:**

*The concept of mental health is as old as human being. In recent years clinical psychologists as well as education is have started giving proper attention to the study of mental health. However, in India, relatively very little work has been conducted.*

*Mental health as defined by Kotnhauser (1965) commutates those behaviors, perceptions and feelings that determine a person's overall level of personal effectiveness, success, happiness and excellence of functioning as a person. It depends on the development and retention of goals that are neither too high nor too low to permit realistic successful maintenance of belief in one's self as a worthy, effective human-being (Lakshminarayanan & Prabhakaran, 1993). So a mentally healthy person is firm in his intentions and is least disturbed by strains and stresses on day-to-day life.*

**Keywords:** *Mental Health*

### **Introduction**

#### **Concept of Mental Health:**

Mental health is vital for individuals, families and communities, and is more than simply the absence of a mental disorder. Mental health is defined by the World Health Organization (WHO) as 'a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community'.

#### **Need of study:**

A review of related literature indicates that in Indian context Mental Health has been studied at different level i.e. at school level, higher secondary level but very few researches found at senior level.



Hence researcher is going to study the comparative study of mental health of university level senior college students.

Many researches were done separately on mental health but a comparative study especially in between tribal and urban locality are not done which gives great scope and opportunity to this research. Hence, the researcher selected this topic for research. After taking a retrospective look at the past research, the researcher found a direction for carrying out her research on the said topic.

**Variable of the study: Mental Health:**

Mental health involves continuous adjusting rather than a static condition and is therefore a progressive goal. It is ability to cope the present and in all likelihood to adjust satisfactorily in the future.

**Sub-Variables of the study;**

**1. Emotional Stability:** Emotions are defined as an acutely disturbed affective process or state which originates in the psychological situation and which is revealed by marked bodily changes in smooth muscles, glands and gross behavior.

**2. Over-all Adjustment:** The ability of humans to survive in stressful environments by non-genetic means. Originally, adjustment was regarded as little more than the avoidance of male-adjustment but then became a goal for therapy with the emergence of the humanistic approaches to psychotherapy.

**3. Autonomy:** Independence ability to act according to one's own priorities or principles without being overwhelmed by external constraints or internal pressures such a unwanted but uncontrollable desires. Kant's classic definition of enlightenment also defines intellectual autonomy. Enlightenment is "man's emergence from his self-incurred immaturity.

**4. Security-Insecurity:** Refers to a sense of safety, confidence, and freedom from apprehension, which is believed to be engendered by such factors as warm, accepting parents and friends, development of age-appropriate skills and abilities, and experiences that build ego strength.

**5. Self-concept:** A self-concept is a global evaluation made about one's own personality. It is derived from the subjective evaluations we tend to make of our own behavioral traits.

**6. Intelligence:** In general, the ability of an individual to understand the world and work out appropriate courses of action.

**Aim of the study:** To study and compare Mental Health of Tribal and Urban senior college students of Mumbai University.

**Objectives of the study:**

1. To study the mental health of senior college students of Mumbai University.





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2. To compare the mental health of tribal and urban senior college students of Mumbai University.

**Hypothesis of the study:** There is no significant different between the mental health of tribal and urban senior college of Mumbai University.

**Scope and Delimitation:**

The study will include senior college students only. It will exclude Junior college and post graduate students from its preview. It will include students learning in senior colleges of Mumbai University only and not from any other University of Maharashtra. The present study will help to know about the mental health of tribal and urban senior college students of Mumbai University.

It will help to improve mental health of tribal and urban senior college students. College specially can take advantage development programmer for improvement of mental health. Mental Health of tribal and urban students will be compare on the basis of Emotional Stability, Over-all Adjustment, Autonomy, Security-Insecurity, Self-concept and Intelligence this factors only.

**Methodology of the study:**

The study will use the descriptive method in that survey and comparative method were used. The study will compared urban and tribal senior college students on the basis of Emotional Stability, Over-all Adjustment, and Autonomy, Security-Insecurity, Self-concept and Intelligence factors of Mental Health.

**Sample of the study:**

The study will include 376 senior college students from university of Mumbai. Among that 196 students from urban area colleges and 180 students from tribal area colleges. Four districts are selected namely Thane, Raigad, Palghar and Mumbai. The sample will be selected by using three stage sampling technique.

**Tools of the study:**

Sr.No	Component	Test	Time & Score
1	The mental Health Inventory (MHI-38)	Arun Kumar Singh and Alpana Sentupta	Score

**Techniques of Data Analysis:**





The researcher used following statistical techniques for the data analysis. 1. Measures of central tendency (Mean) 2. Measures of variability (standard deviation), 3. Graphical presentation and 4. 't' test

**Significance of the study:**

1. The present study will help to know about the mental health of tribal and urban senior college students of Mumbai University.
2. The present study will help to improve mental health of tribal and urban senior college students.
3. College specially can take advantage development programme for improvement of mental health.

**- Data analysis and interpretation:**

**TABLE 1**  
**Comparison of Mental Health 'B' Section between Total Urban and Tribal College level Students.**

Group	No.s of students	Mean	Standard Deviation	Standard Error of Difference	Degree of freedom	Tabulated Value	t-value	Level
Urban Students	196	83.37	9.86	0.971	374	0.05	0.01	0.01
Tribal Students	180	80.83	8.89			1.97	2.59	

**\*Significant at set 0.01 (Tabulated value 2.59)**

As per Table 1 it is observed that the mean of total urban and tribal students is 83.37 and 80.83 and the t-ratio are statistically analyzed as (t = 2.62). Obtain value is greater than Tabulated Value; Hence there is significant difference, at 0.01 level. Thus the hypothesis is rejected.

The above data of Mental Health are presented in following Figure 1.



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**Findings:** There is significant difference in mental health between urban and tribal students at 0.01 levels.

**Conclusion:** The Mental Health of Urban colleges students is rarely good than Tribal colleges students.

### Major Recommendation:

1. Students should focus on their diet, as well as on exercise.
2. Colleges should be organize various kind of counseling programme Based on Mental health.
3. Good study habits can be inculcated through various activities.
4. Balancing daily routine programme.
5. Make familiar to students for 'Stress management'.

Suggestion for Further study:

1. Similar studies may be under taken for different age groups in both Sexes at different levels.
2. Similar studies can be conducted with the same variables by selecting the subjects from other environmental aspects.
3. The similar study may be conducted for school boys and girls at different age groups.
4. The similar study may be conducted on sports players.
5. A similar study could be investigated among the students between two or more areas.

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### Effects of Balanced Diet on the Development of the Players

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#### Abstract:

*For every person in the field of sports and playing sportsman at home, there is an urgent need of food and world to comply with his physical needs. All activities related to running, jumping, hockey, football, swimming, cricket, athletic and others are involved in the sports genre. For this, the player's health will be good and he can perform fun, works, play, study, run etc. For that, it is necessary to eat. The need of Nutrition to increase physical fitness and efficiency.*

**Keywords-** *players, Balanced diet, water, protein, fats & development.*

#### Preface Sports Nutrition

Generally, diet plays an important role in the child's development. Even though education can be developed by the students, the result of the wrong teaching method is that it will be on the children who want to win. These athletes need proper nutrition, when we drink the right amount of water and take a balanced diet, then our body is energy-intensive and intensive. The production can do better. Players' feet are not given the importance of physical development because they are also considered as normal children.

Players need more energy to play well and to be successful. For this, players need to pay attention to their diet. It is necessary to get the proper amount of nutritious food from the daily diet. If the child is getting a healthy and controlled diet from a childhood, its intellectual growth is properly, due to the lack of adequate food available to the majority of children in the rural areas, the result is due to their development.

The following essential neither development nor development Nutrients required are as follows:



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## 1) Water:

Water is an important component of the game Nutrition. Each person has 60 percent water of his body and water. Participate in every process of the body. Your body does not prepare water or store water, so we need to get this water we drinks out constantly through sweat and urine. That is why we need lots of water.

Everyone need at least 8 to 10 glass of waters for everyday. And sport person need more than others.

## 2. Carbohydrates:

Carbohydrates are an important component of carbohydrates. The mercury gets a lot of energy from this. Carbohydrates are obtained by fruits, vegetables, cakes and cereals. About 60 to 70 percent of workers are required every day. Our body carries the sugar and starch in the carbohydrate energy and stays in the liver and muscle tissues, and the energy used when the body needs it.

## 3. Protein:

Get protein metha, cobbler, adi, soybean, cashew and dairy products. The daily requirement of protein is 12-15 percent. Proteins create energy in the body and produce new cells. Protein is not stored in the body.) Unnecessary proteins burn or convert to cheeses, players need training according to their fitness, and the type of exercise requires protein according to its intensity and duration.

## 4. Fats

Saturated bursts are found in animals. Such as mass, addiction, milk and cheese. Unsaturated fatty acids are obtained from fungal substances such as corn oils, nipples, are an alternative to getting energy more in body. Due to high levels of disease, cancer, and other major diseases occur. Players need gluten-free substance by their age of exercise. Pulses: Use of daily cereal intake is essential for the food. It does not cause stomach ulcers and digestive hands.

## Pulses/ Grouts:



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Use of daily cereal intake is essential for the food. It does not cause stomach ulcers and digestive hands.

### Exercise:

Due to controlled exercise, it seems to be effective in physiological organs And exercise type is necessary. The strength of the athletes is a very important part of their life, and the passion for the game is always successful. If this extraordinary diet is a good diet, then they would get the children's exercise from various sports, come to the great. In the case of physical education, prior to any sport, the body and the movement of food should be prepared properly.

### Conclusion:

Diet role is important to maximize player's performance and increase the performance level. The diet consists of all the essential elements, which can lead to an effective increase in the performance of the players.

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### Sport Technology and Innovation

**Dr.Pawan Prakashrao Patil,**  
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#### Abstract:

*The primary objective of this chapter is to describe the processes of innovation involving sport technology to facilitate an understanding about the components of this book. In order to initiate a technology innovation there needs to be some degree of creativity about its usages in sport. This can occur in a variety of different forms from incremental to radical shifts in the way sport integrates technology innovation. Despite the practical usage of technology innovation in sport, the academic literature is still at a nascent stage. This introductory chapter to the book will describe the changes in the way technology is viewed in sport as a way of starting the discussion for the resulting chapters in the book.*

**Keywords: Innovation, Innovation systems, Sport technology.**

The world of sport is continually changing over the years, and the use of technology is just one of those areas that have made an impact on many sports in the modern day. See the annual sports technology awards for the latest technology ideas in the world of sport. Making changes to a sport, with the inclusion of new technologies, has often caused controversy. One criticism of the use of technology is that it can slow down the speed of the game, but on the other hand for many people it makes watching it more enjoyable to see the correct decisions being made. If a new technology is available, and shown to be accurate, then it should be used so that the correct decisions can be made. It is only fair to the players and teams that the right decisions are made

#### Assisting the Umpires / Referees

Most professional sports in the United States have long used instant replay and other high-tech aids to help referees make the right call. Gridiron has used video replay systems to check referees' calls for many years. Basketball referees use replay systems to make sure players are shooting within the time allotted by the shot clock. In international cricket, the third umpire has been used, one sitting off the ground with access to TV replays of certain situations (such as disputed catches and boundaries) to advise the central umpires. The umpires out on the field are in communication via wireless technology with the other umpire. The third umpire is also asked to adjudicate on run out decisions, which he makes without consultation with the two central





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umpires. One sport that has resisted the use of high-tech assistance until very recently is soccer/football. Replays could be used to decide off-side decisions, whether a ball passes over the goal line, and clarify penalty *Hawk-Eye Technology*

Hawk-eye is the name of a computer and camera system which traces a ball's trajectory. It is being used in international cricket and tennis, and many other sports are also looking at making use of this technology. The system is also being trialled in soccer as part of the goal line assessment. The Premier League of Football in the UK has agreed to the introduction of goal-line sensors after being given approval by football's rule-makers. The system being developed by the UK Company Hawk-Eye, would give a definitive decision on whether the ball had crossed the line. The Hawk Eye uses a camera taking 600 frames a second on the goal-line, with the information is analyzed by computer and sent to the referee's headset or a device on his wrist. In 2015, Hawkeye technology was also used by rugby officials at the 2015 Rugby World Cup, to improve decision-making by the television match official (TMO) and also assist with player safety. In this case it is enhanced video review, rather than the ball tracking technology as used *Sport Specific*

- **Tennis** - it is now standard at the major tennis tournaments for a line review system to be in place, with players given power to review contentious line calls. It is powered by the Hawk-Eye ball tracking system. See more about Hawk Eye for Tennis
- **Soccer / Football** - Soccer is looking at joining the 21st century, looking at various technologies for the goal line to determine if the pass passes over the line or not. See more about Football/Soccer Technology in other sports.
- **Basketball** - the NBA uses replay vision to review 'last touch' decisions in the final two minutes of games, and also to determine whether players release the ball before the shot clock expires.
- **Cricket** - technology in cricket has been driven by advances in the TV coverage. Things that were once extra information provided by the TV networks are now being incorporated into the decision referral system (DRS), such as hawk-eye and hot spot, and maybe even the old favorite **snicko**. See more about Cricket Technology.
- **Aussie Rules Football** - umpire review system has also been implemented in AFL, with an off field umpire in certain circumstances adjudicating on whether the ball passes over the goal line or is touched, using video evidence via multiple camera angles. See more about Technology in AFL.
- **Baseball** - In 2014 a challenge system was put in place for the MLB to use replays to challenge certain umpiring decisions. See more about Technology in Baseball.



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- **Cross-Country Skiing** - There have been large advances in the sport of cross-country skiing, particularly with equipment design. See more about Technology in Cross-Country Skiing.
- **Rugby Union** - In 2015, Hawkeye technology was used by rugby officials at the 2015 Rugby World Cup. The video review technology with synchronized camera views was used to improve decision-making by the television match official (TMO) and also used by medical staff to assist with player safety by identifying possible concussion instances and behind play incidents.

**Rugby League** - The NRL was an early implementer of using the video referee to help adjudicate questionable tries.

### Computer Software

There are numerous software packages that are designed for fitness and nutrition professionals to organize data and produce reports, ideal for visitors to this site. Here are a couple of packages that come recommended by Toped Sports.

- **Team Beep Test** — the most versatile and useful software for conducting and recording results of the bleep / beep test, with results recorded directly onto your computer.

**Body Byte** — a universal standalone computer software program specially developed to comprehensively organize and manage all the information associated with nutrition, training and fitness.

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## **Meditation: A simple & Fast Way to Reduce Stress**

**Dr. S.P Deokate**

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### **Abstract:**

*There are plenty of mindfulness meditation techniques that can be effective for stress relief and relaxation, from traditional methods (settling into a seated position and clearing your mind) to the kinds that don't necessarily look like meditation (such as brushing your teeth or doing the dishes). Really, any activity where you stay fully present and completely, non-judgmentally rooted "in the now" can count as mindfulness meditation, and when practiced regularly, can bring the benefits of mindfulness to your life. Whether you're new to mindfulness meditation and need tips to get started or you're an experienced practitioner seeking new techniques, we've rounded up five approaches to mindfulness meditation you can try. They all offer examples of how it's possible to use whatever you have in your environment as a tool to help steady your mind and ease stress. If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can restore your calm and inner peace. Anyone can practice meditation. It's simple and inexpensive, and it doesn't require any special equipment. And you can practice meditation wherever you are — whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.*

### **Understanding meditation**

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction. Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind.

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

### **Benefits of meditation**



Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health.

And these benefits don't end when your meditation session ends. Meditation can help carry you more calmly through your day and may help you manage symptoms of certain medical conditions.

### **Meditation and emotional well-being**

When you meditate, you may clear away the information overload that builds up every day and contributes to your stress.

The emotional benefits of meditation can include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance

### **Meditation and illness**

Meditation might also be useful if you have a medical condition, especially one that may be worsened by stress.

While a growing body of scientific research supports the health benefits of meditation, some researchers believe it's not yet possible to draw conclusions about the possible benefits of meditation.

With that in mind, some research suggests that meditation may help people manage symptoms of conditions such as:

- Anxiety
- Asthma
- Cancer
- Chronic pain



- Depression
- Heart disease
- High blood pressure
- Irritable bowel syndrome
- Sleep problems
- Tension headaches

Be sure to talk to your health care provider about the pros and cons of using meditation if you have any of these conditions or other health problems. In some cases, meditation can worsen symptoms associated with certain mental and physical health conditions.

Meditation isn't a replacement for traditional medical treatment. But it may be a useful addition to your other treatment.

### **Types of meditation**

Meditation is an umbrella term for the many ways to a relaxed state of being. There are many types of meditation and relaxation techniques that have meditation components. All share the same goal of achieving inner peace.

Ways to meditate can include:

- **Guided meditation.** Sometimes called guided imagery or visualization, with this method of meditation you form mental images of places or situations you find relaxing.

You try to use as many senses as possible, such as smells, sights, sounds and textures. You may be led through this process by a guide or teacher.

- **Mantra meditation.** In this type of meditation, you silently repeat a calming word, thought or phrase to prevent distracting thoughts.
- **Mindfulness meditation.** This type of meditation is based on being mindful, or having an increased awareness and acceptance of living in the present moment.

In mindfulness meditation, you broaden your conscious awareness. You focus on what you experience during meditation, such as the flow of your breath. You can observe your thoughts and emotions, but let them pass without judgment.



- **Qi gong.** This practice generally combines meditation, relaxation, physical movement and breathing exercises to restore and maintain balance. Qi gong (CHEE-gung) is part of traditional Chinese medicine.
- **Tai chi.** This is a form of gentle Chinese martial arts. In tai chi (TIE-CHEE), you perform a self-paced series of postures or movements in a slow, graceful manner while practicing deep breathing.
- **Transcendental Meditation®.** Transcendental Meditation is a simple, natural technique. In Transcendental Meditation, you silently repeat a personally assigned mantra, such as a word, sound or phrase, in a specific way.

This form of meditation may allow your body to settle into a state of profound rest and relaxation and your mind to achieve a state of inner peace, without needing to use concentration or effort.

- **Yoga.** You perform a series of postures and controlled breathing exercises to promote a more flexible body and a calm mind. As you move through poses that require balance and concentration, you're encouraged to focus less on your busy day and more on the moment.

### Elements of meditation

Different types of meditation may include different features to help you meditate. These may vary depending on whose guidance you follow or who's teaching a class. Some of the most common features in meditation include:

- **Focused attention.** Focusing your attention is generally one of the most important elements of meditation.

Focusing your attention is what helps free your mind from the many distractions that cause stress and worry. You can focus your attention on such things as a specific object, an image, a mantra, or even your breathing.

- **Relaxed breathing.** This technique involves deep, even-paced breathing using the diaphragm muscle to expand your lungs. The purpose is to slow your breathing, take in more





oxygen, and reduce the use of shoulder, neck and upper chest muscles while breathing so that you breathe more efficiently.

- **A quiet setting.** If you're a beginner, practicing meditation may be easier if you're in a quiet spot with few distractions, including no television, radios or cellphones.

As you get more skilled at meditation, you may be able to do it anywhere, especially in high-stress situations where you benefit the most from meditation, such as a traffic jam, a stressful work meeting or a long line at the grocery store.

- **A comfortable position.** You can practice meditation whether you're sitting, lying down, walking, or in other positions or activities. Just try to be comfortable so that you can get the most out of your meditation. Aim to keep good posture during meditation.
- **Open attitude.** Let thoughts pass through your mind without judgment.

### **Everyday ways to practice meditation**

Don't let the thought of meditating the "right" way add to your stress. If you choose to, you can attend special meditation centers or group classes led by trained instructors. But you can also practice meditation easily on your own.

And you can make meditation as formal or informal as you like, however it suits your lifestyle and situation. Some people build meditation into their daily routine. For example, they may start and end each day with an hour of meditation. But all you really need is a few minutes of quality time for meditation.

Here are some ways you can practice meditation on your own, whenever you choose:

- **Breathe deeply.** This technique is good for beginners because breathing is a natural function. Focus all your attention on your breathing. Concentrate on feeling and listening as you inhale and exhale through your nostrils. Breathe deeply and slowly. When your attention wanders, gently return your focus to your breathing.
- **Scan your body.** When using this technique, focus attention on different parts of your body. Become aware of your body's various sensations, whether that's pain, tension, warmth or relaxation.





Combine body scanning with breathing exercises and imagine breathing heat or relaxation into and out of different parts of your body.

- **Repeat a mantra.** You can create your own mantra, whether it's religious or secular. Examples of religious mantras include the Jesus Prayer in the Christian tradition, the holy name of God in Judaism, or the om mantra of Hinduism, Buddhism and other Eastern religions.
- **Walk and meditate.** Combining a walk with meditation is an efficient and healthy way to relax. You can use this technique anywhere you're walking, such as in a tranquil forest, on a city sidewalk or at the mall.

When you use this method, slow down your walking pace so that you can focus on each movement of your legs or feet. Don't focus on a particular destination. Concentrate on your legs and feet, repeating action words in your mind such as "lifting," "moving" and "placing" as you lift each foot, moves your leg forward and place your foot on the ground.

- **Engage in prayer.** Prayer is the best known and most widely practiced example of meditation. Spoken and written prayers are found in most faith traditions.

You can pray using your own words or read prayers written by others. Check the self-help section of your local bookstore for examples. Talk with your rabbi, priest, pastor or other spiritual leader about possible resources.

- **Read and reflect.** Many people report that they benefit from reading poems or sacred texts, and taking a few moments to quietly reflect on their meaning.

You can also listen to sacred music, spoken words, or any music you find relaxing or inspiring. You may want to write your reflections in a journal or discuss them with a friend or spiritual leader.

- **Focus your love and gratitude.** In this type of meditation, you focus your attention on a sacred image or being, weaving feelings of love, compassion and gratitude into your thoughts. You can also close your eyes and use your imagination or gaze at representations of the image.

### **Building your meditation skills**



Don't judge your meditation skills, which may only increase your stress. Meditation takes practice.

Keep in mind, for instance, that it's common for your mind to wander during meditation, no matter how long you've been practicing meditation. If you're meditating to calm your mind and your attention wanders, slowly return to the object, sensation or movement you're focusing on.

Experiment, and you'll likely find out what types of meditation work best for you and what you enjoy doing. Adapt meditation to your needs at the moment. Remember, there's no right way or wrong way to meditate. What matters is that meditation helps you reduce your stress and feel better overall.

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## **Role of Yogic Exercises in the Enhancement of Physical Fitness and Physiological Factors**

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### **Abstract**

*The purpose of this investigation is to study the Role of yogic exercise for Enhancement of physical and psychological aspects of the body through a series of low impact exercises, it is found that Yoga training through Asanas is effective in bringing about significant improvement in respect to Strength, Cardio respiratory endurance, Body Composition, flexibility, Balance and co-ordination, Respiration, Blood Pressure, Respiratory system, cardiovascular system, Obesity. Regular yoga practice helps to maintain normal healthy life style and physical fitness which is indicated by decreasing body fat, blood pressure, heart rate and maintaining another physiological factor.*

### **Introduction**

The most important benefit of yoga is physical and mental therapy. Indians have given great importance to "yoga" and physical exercises not only to prevent or cure the physical ailments/diseases but to keep fit also. The great ancient Rishis, Vedas and Puranas also have given much importance to physical fitness. The person who is physically fit will be able to carry out the essential of his job without undue fatigue. Fitness is characterized by man's ability to function efficiently with his potentialities. There are many disciplines of yoga that emphasize different aspects of the mind, body and spirit. However, in the West, mainstream Yoga focuses largely on the physical practice, primarily Hatha Yoga. Hatha is a widespread style that incorporates a series of poses (called Asanas) that emphasize stretching, breathing (called Pranayama), relaxation and meditation techniques to help build strength, increase flexibility, Concentration, balance and improve co-ordination.

Daily practice of yoga should be included stretching and rotation exercise. Regular practice of yoga has numerous health benefits (Wolff et al., 2013; Pal et al., 2011; McDermott et al., 2014). Yoga also brings positive changes in physical performance and well-being if practiced regularly (Akhtar et al., 2013; Ross and Thomas, 2010) Traditional exercise emphasizes on improving specific fitness for a given sports achievement (Bryant and Green, 2006). And Yoga improves health by improving how you see the world, which calms the spirit and decreases stress. Today, people practice Yoga to improve their physical, mental



and spiritual wellbeing. Yoga has many health benefits, including improved posture, flexibility, balance, reduced risk of hypertension and Type 2 diabetes, and improved wellbeing.

### Types of Yogic Exercise:

The yogic exercise consists of the following selected exercises and positions. These **Asanas** can be discussed as follows -

1. Standing:  
Suriyanamaskar, Tadasana, Trikonasana, Utkatansana, Utthita, Parsvakonasana, C  
akrasana.
2. Sitting :  
Yoga Mudra, Paschimottanasana, Ardha Matsyendrasana.
3. Kneeling :  
Vajrasana.
4. Prone :  
Bhujangasana, Shalabhasana, Dhanurasana.
5. Supine :  
Naukasana, Sarvangasana, Halasana, Savasana.

### Schedule for Daily Yogic Exercise:

The subjects were involved in Yogic practices consisting of yogic asana for 30 min, pranayamas for 15 minutes, omkar chanting for 10 minutes and last 5 minutes of Shavasana /relaxation, for 1 hour daily. This is just recommendation done by me readers can change their schedule for daily yogic exercise as per their understanding.

### Role of Yogic Exercise Enhancement on Health-related Physical Fitness components:

Following are some of the important areas where yogic exercise work positively in the human body -

**Muscle Strength:** I ever wondered, why so many of us, after a hard day's work, come and plunk ourselves, on our home sofas, with very little energy to even fetch a glass of water for ourselves. This is caused by lack of inner strength. Certain asanas of the yoga help generate inner strength. Inner strength is essential in doing day to day activities and in preventing you from injuries. This is especially useful, as we grow old and need more energy and strength to do the same activity.

**Endurance:** Yoga also helps in improving your endurance because it can increase stamina on several different levels—physical, physiological, and mental—depending on your specific



needs. For example, one of the keys to endurance is to better utilize your oxygen intake. Yoga to improve muscle endurance, Horton recommends focusing on any asanas that promote a lengthening of muscles in the body, such as Parsvakonasana (Side Angle Pose), as well as stabilizing and strengthening poses that develop core strength, such as savasana.

**Flexibility:** The popular notion that you need to be flexible in order to do yoga is incorrect; it is really the other way round – you should do yoga so that you can be more flexible. If you have a flexible body, you find it easy to do tasks. A lot of poses in Yoga concentrate on stretching and improving your flexibility. With yoga, not only the muscles of the body, but also the softer tissues of your body are worked out, resulting in less build up of the lactic acid, which is responsible for stiffness in various parts of the body. Yoga increases a range of motions of the less used inner muscles and helps in lubrication of joints. The result is a more flexible body, able to perform tasks easily!

**Body Composition:** Regular yoga practice helps to maintain normal healthy lifestyle and physical fitness which is indicated by decreasing body fat. The findings of the study demonstrate the efficacy of yoga exercise on body composition, oxidative stress markers, and antioxidant status in healthy participants.

### **Role of Yogic Exercise on Physiological Factor:**

Following are some of the important areas where yogic exercise work positively on physiological factor -

**Respiration:** Practice of pranayama exercises helps in gaining the ability to control breathing problems. With the help of yogic breathing exercises, it is possible to control an attack of severe shortness of breath without having to seek medical help. Various studies have confirmed that yoga exercises help patients with respiratory problems.

**Respiratory:** Practice of certain asanas of Yoga has helped check chronic cases of Asthma and other respiratory problems. By practicing yoga, the lungs capacities increase and so does stamina and stress on air passages is reduced. Apart from breathing exercises, there are of course also physical yoga poses that support the respiratory system in doing its work by expanding the lungs and giving them space to breath, by activating the different body parts and stimulating the blood flow so that Oxygen can be provided until the tips of your toes.



**Cardiovascular:** Yoga has a lot of positive effects on the cardiovascular system of our body. A healthy cardiovascular system is responsible for preventing heart attacks, strokes and hypertension. Heart disease is a problem which has roots in an improper lifestyle, faulty diet and negative thinking. Yoga tends to control these by bringing in fresh life-giving oxygen. The antioxidant properties of Yoga help in preventing the negative emotions and promote a general wellbeing in the body

**Blood Pressure:** The relaxation and exercise components of yoga have a major role to play in the treatment and prevention of high blood pressure (hypertension). A combination of biofeedback and yogic breathing and relaxation techniques have been found to lower blood pressure and reduce the need for high blood pressure medication in people suffering from it.

**Obesity:** Obesity is when a person weights more than his normal/ stipulated weight. This may be caused due to faulty eating habits; stress related eating, imbalances in the digestive and endocrine system or even something as basic as less physical exercise. Yoga helps obesity by inhaling more oxygen, which helps in breaking down fat cells and increasing your metabolism. Also, it helps remove sluggishness from the digestive and endocrine

### Conclusion :

Yoga as it combines both physical and psychological aspects of the body through a series of low impact exercises, it was concluded that Yoga training through Asanas was found to be effective in bringing about significant improvement in respect to Strength, Cardio respiratory endurance, Body Composition, flexibility, Balance and co-ordination, Respiration, Blood Pressure, Respiratory system, cardiovascular system Obesity. Regular yoga practice helps to maintain normal healthy life style and physical fitness which is indicated by decreasing body fat, blood pressure, heart rate and maintaining other physiological factors. Thus, regular practice of yoga may be helpful to physical fitness and physiological factors. Overall, the studies comparing the role of yoga and exercise seem to indicate that, in both healthy and unhealthy people, yoga may be as effective as or better than exercise at improving a variety of health-related outcome.

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### The Importance of Sports Journalism

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Parbhani.**

#### Abstract:

*Sports journalism is a form of writing that reports on matters pertaining to sporting topics and competitions. Sports Journalism started in the early 1800s when it was targeted to the social elite and has transitioned into an integral part of the news business with newspapers having dedicated sports sections. The increased popularity of sports amongst the middle and lower class led to the more coverage of sports content in publications. The appetite for sports resulted in sports only publications like ESPN and Sports Illustrated. There are many different forms of sports journalism, ranging from play by play and game recaps to analysis and investigative journalism on important developments in the sport. Technology and the internet age has massively changed the sports journalism space as it is struggling with the same problems that the broader category of print journalism is struggling with, mainly not being able to cover costs due to falling subscriptions. New forms of internet blogging and tweeting in the current millennium have pushed the boundaries of sports journalism. Sport has the power to change the world.*

It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair.  
Nelson Mandela

There are many platforms for disseminating information and journalists everywhere need to know how to effectively communicate material on each type of medium. Big name colleges are aware of these changes; and they are varying the curriculum in their journalism programs to better prepare their students. For instance, students at the University of North Carolina spent a semester studying Objective-C programming language and Apple's Xcode in a course about designing and developing mobile apps. Another case would be the "Glass Journalism" course offered at the University of Southern California. In this class, teams (composed of journalists, designers, and developers) work together to research and develop different types of news apps, designed specifically for the glass platform.

Journalism is heading into a different era, where technology and data are becoming more important. This is giving more people the opportunity to enter into the field. The downward trend



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of the news industry looks bleak, but sports journalism is one of the fastest growing forms of media; and with the incorporation of technology and data, it isn't slowing down anytime soon. In sports, statistics mean everything, which makes data driven journalism important. This creates a strong need for numerically-savvy journalists who can filter data, process and analyze it, and present information in clear and meaningful ways.

Computer Science is also finding a way into the field of journalism. The mobile platform is becoming the main source of media, and schools are taking that into account. Schools such as the University of Nebraska and UC Berkeley have incorporated courses that help students learn mobile programming skills. Another aspect that schools are trying to incorporate into their curriculum is Audience Analytics. This area of study focuses on how audiences respond when they are given information and how to build better strategies to reach these audiences. With social media becoming a main source of news, students will also learn how to effectively communicate the mass amounts of data on different social media platforms. Elon University introduced several classes in audience analytics and digital strategy this fall as part of its revamped journalism curriculum.

### Digitization

Related to globalization is digitization. Digitization has apparently compressed on journalism in numerous forms. Many are looking to bypass the traditional journalistic communication structures and speak directly to their audience. In the digital age, the sports industry increasingly attempts to rule its image through the growing use of public relations and other aspects of media management.

### Marketization

Marketization has wedged the sports and the media industries. The reporting of the political and economic dimension of sports has become more important in recent years. The sports industry now regularly involves major media and financial institutions as well as government involvement. This process has blurred the boundaries between traditional notions of sports journalism and about the sports-related activity. The increased centrality of the market in the media industries has helped the expansion of a celebrity culture, into which sports stars increasingly find themselves drawn. This expansion has also shaped sports journalism where



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there has been an increase in the number of journalists both freelance and staff reporting and commenting.

Sports journalism and writing is now also seen as a key element of most newspapers as they reposition their appeals in attempts to attract new readers. However, the introduction of increased competition in the television market and the corresponding explosion in the coverage of sport, there is little doubt that the expansion in sports journalism that is evident in media market would not have happened to the same degree.

### Media's Influence on Sports

Much of the recent growth of interest in the sport has been driven by the media. It has bought the rights to major sporting events and their promotion. This has vastly increased the income of sports clubs, governing bodies and professional sportsmen and women. It has been the major factor in turning many sports clubs in businesses.

### Sport's Influence on the Media

Media organizations have grown and adapted accordingly. New radio stations, television channels, and websites have been set up. They have developed radical new programs to attract the viewers and listeners. They have also adapted the ways in which they deliver their content, to serve the ever-expanding range of mobile consumers which now expect immediate information.

Newspapers throughout the world are devoting more towards sport. This is partly in response to the general upsurge of interest in the sport. It is common to all socio-economic classes and partly because newspapers recognize the effect of television on people's lives which they try to reflect it in their coverage. However, live television coverage of a sporting event is a major operation. In addition to a writer and summarize, journalists and sports professionals may be needed to provide expert analysis, and camera operators, technicians, and a director are required to provide and mix sound and pictures. The suitable number of outside broadcast vehicles is also necessary. Much of the time of producers and researchers working in television, who often work for companies set up to provide sports outside broadcasts, is spent in organizing all this. Online material is provided by journalists writing for other platforms in the organizations, although a specialist team may process it for the website.



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### **The Effect of the Web**

Web sites have had a significant impact on television, sports news channels, sports report, and programs. They also use tools and design features from websites to increase the amount of information they can provide at any one time. Their screens now resemble sites, offering continually changing information in crawlers across the bottom, and frequently updated information in sidebars. They are also heavily dependent on figures such as league tables, fixtures, and scores. The print media now also provide much more space for sports statistics, breakup sports news stories and features with sidebars and graphics. Use more pictures in more creative ways, and make extensive use of material gathered from social media sites.

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## **Role of Sports Women in the field of Physical Educations**

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### **Abstracts:**

*Women participation and popularity in sports increased dramatically in the twentieth century, especially in the last quarter century, reflecting changes in modern societies that emphasized gender parity. The special bilingual issue feature contributions on the role women have played in physical education. The challenges to offer a comprehensive picture of their individual and collective journeys, their diverse identity constructs and their specific didactic and pedagogical orientations but also to pinpoint the major steps taken in enabling them to secure key positions in the school institutions, beyond purely teaching roles.*

**Keywords:** *Women Participation, Popularity, Twentieth-Century, Secure, Key Position,*

### **Introduction:**

Women's sports includes amateur as well as women's professional sports, in all varieties of sports female participation and popularity in sports increased dramatically in the twentieth century especially in the last quarter century, reflective changes in modern societies that emphasized gender parity Although the level of participation and performance still varies greatly by country and by sport women's sports are widely accepted throughout the world today. In a few instances such as figure skating female Athletes rival or exceed their male counter parts in popularity in many sports women usually do not complete on equal terms against men.

Although there has been a rise in participation by women in sports, a large disparity still remains. These disparities are prevalent globally and continue to hinder equality in sports. Many institutions and programs still remain conservative and do not contribute to gender equality in sports.

The avenues pursued throughout this special issue suggest that physical education is actually multidimensional as evidenced by the experiences and career status of the women who have worked in and transformed the field the role of women needs to be re-examined not



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only form a national and international perspective but from an angle that deconstructs the very idea of universal experiences as well as that of generic discourse and representations so as to gain an understanding of all career paths and identity constructs and grip the entire spectrum.

Of commitment and contribution made to altering what is labeled as "muscling" and "feminine" In short what is needed in a vast body of comparative studies for which we hope this topic will be an effective catalyst.

An important role of physical activity in the life of older women lies in prolonging independence while no one can guarantee that exercise will prolong life, it can enhance the quality of life for older women who value their independence.

The benefits for women and girls with disabilities are also established. It has been noted that sports provides a double benefit to women with disabilities by providing affirmation of self empowerment at both personal and collective levels apart from enhancing health wellness and quality of life participation in physical activity and sports develops skills such as team work goal setting, the pursuit of excellence in Performance and other achievement oriented behaviors that women and girls with disabilities may not be exposed to in other contexts.

Participation in sports and physical activity can also facilitate good mental health for women of all ages; including the management of mental disorder such as help reduce stress, anxiety loneliness and depression. This particularly important as rate of depression among women are almost double those of men in both developed and developing countries.

Sports can serve as a vehicle to improve women's and girls' leadership role and participation in decision making the acquisition of valuable skills in management, negotiation and decision making empowers women and girls to become leaders in all areas of community life, as well as in the household's.

### Significance of Research:

In present Research topic has studied of the role of sports women in the field of physical education and their achievements and condition of women in sports sector.

### Objective of Research:

1. To study women participation in sports.
2. To study sports history and women role in sports.
3. To study role of women in physical education.
4. To suggest recommendation to develop women's position in sports.

### Research Methodology:



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In present research topic use of secondary data sources for research work and Descriptive, scientific and analytical research method are used in present research.

### Conclusion:

The research topic shows the above conclusion:

1. Reducing stress condition through physical activity among women.
2. Sports women are important factor to raising awareness in sports community.
3. Reducing out to young women to reproductive health's
4. Sports sector is important for promoting girls education.

### Recommendation:

1. Government also tries to increase women participation in sports.
2. Societal institution also takes responsibility for promoting physical activity in women.
3. Educational institution participation in physical education is very necessary.
4. Give all the type of facility and finance assistance to sports women & girls.

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## **An Analysis of Common Injuries in volleyball Game**

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### **Abstract**

*It is commonly known that different games provide an opportunity to develop, grow and maintain the health of us. In this rank the games get ranked as per their fans. Soccer has earned the first rank where there are many people who usually watch it. The second position is earned by volleyball at an International level which has the highest participation rates throughout worldwide. It deals with both types indoor and beach volleyball. The games has the unique team sports that has evolved into two distinct Olympic events—indoor and beach. These two sports has injuries though they differ from each other. Indoor volleyball has different problems whereas beach deals with another problems. Whatever may be but the injuries are more common than acute injuries. There are different reasons like amount of repetition, improper technique, and type of playing surface. The overuse of the body organs in performance like knee, shoulder and lower back are not unusual in volleyball.*

*Spiking and blocking are most commonly used in playing the game. Shoulder injuries are very common. Some of the important injuries like sprains and strains around ankle also occur. Finger is mostly used to jump the ball over shooter carries finger injuries such as dislocations and tendon tears, frequently occur during setting and blocking.*

### **Introduction**

It is well known that the top most position acquired in the field of competitive game as per the spectators concern that is soccer. Volleyball is the second highest participation rates in worldwide, including both indoor and beach volleyball. It is a nice game which involves the unique team sports that has evolved into two distinct Olympic events—indoor and beach. It has two types of injuries and acute injuries. Overuse injuries are more common than acute injuries because of the amount of repetition, improper technique, and type of playing surface. It involves overuse conditions of the knee, shoulder and lower back are not unusual in volleyball.

### **Commonly acknowledged injuries in volleyball**

The shoulder is commonly used organ in volleyball. The players repeatedly use their shoulders for spiking and blocking purposes. Overuse of injuries of the shoulder is common. The problems of Sprains and strains, around ankle, also occur often. Dislocations and tendon tears frequently occur during setting and blocking in the game of volleyball.



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### Wrist Injuries

The setting and blocking mainly cause the injuries in Wrist. Wrist injuries in volleyball involve joint sprains. The different movements of the shoulder; the player may sense as if the shoulder is unstable and typically will develop pain when the rotator cuff and cartilage gets impinged against structures inside the shoulder joint because of excessive shoulder movement in shooting, blocking and supporting the other players. The problem over time leads to a labra tear. Shoulder Dislocation injuries occur when the ball of the hummers is dislocated from the socket of the scapula through blunt force trauma. when the muscles, tendons and the bursa of the shoulder become inflamed and swollen Shoulder Impingement Syndrome occurs.

### Injuries in Shoulder

The Volleyball players get repeatedly injuries in shoulders for the bodily movements like overhead serving, spiking and blocking. The overuse of the rotator cuff muscles leads to rotator cuff tendinitis commonly seen in adults. They are less in young athletes. We see in our young volleyball players, pain from shoulder instability and resulting impingement is what. There are also ligaments that help to stabilize the shoulder joint during the movements of the body. The player's arm goes into excessive positions and rotations for hitting the ball on the other side. These muscles and ligaments are unable to restrain when they are excessive or overworked.

### Pain in Lower back

Repetitive bending and rotating of the trunk causes Back pain in volleyball players. Strains of the lower back is the most common back injury although the repetitive hyperextension of the lower back during hitting and setting can also place a lot of stress on the lower back bones. This can lead to stress fractures of the vertebra in the spine, known as spondylolysis, which is a very common cause of low back pain in volleyball players. Adolescents face this injury severely as their vertebral bones are still weak in this area. We must know deeply how to treat this illness as it may cause great pain. Though volleyball is a safe game compared to other high contact, collision sports, it lends itself to unique injury patterns like overuse injuries of the knee, shoulder and back. These injuries are getting problematic during those who play volleyball regularly.

### Ankle Injuries

The ankle injury is 40% in volleyball players. Ankle sprains are acute injuries which are seen in volleyball sports persons. The players face this problem during opposing player lands onto another player's foot. It is necessary to rehab the injury before returning to play the game. It should be done preferably under the supervision of an athletic trainer or physical therapist.

### Finger Injuries



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Fingers are often used by the supporters to serve the ball over the net. Fingers are inevitable to injury during volleyball activities, such as blocking, setting, and digging. There are finger injuries include tendon ligament tears fractures, dislocations.

### Tips for Preventing Injury

- Follow proper usage of scientific and systematic learning skills and techniques of game
- Warm up muscles with the help of stretching and light aerobic exercises before the game.
- Take the training for the lower back, shoulders and legs
- Follow doctor's advice get the proper solution by a physiotherapist
- Wear ankle supportive like an ankle brace or taping,
- You should have had a prior sprain to prevent the ankle from rolling over,
- Minimize the amount of jump training on hard surfaces
- Be cool down after a long practice
- The athlete should return to play only when clearance is granted by a health care professional

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-



## **A Study of the Positive Effects of the Circulatory System, Digestive System and Respiratory System Due to Suryanamskar**

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### **Abstract:-**

*Suryanamaskar is a beautiful exercise. It used 10 (Ten) or 12 (Twelve) Seats. Each seat has its one unique feature. Each seat exercises different parts of the body. There are some that improve the circulatory system. It there is some, it improves the digestive system. It anything, it improves the respiratory system. These postures affect the overall functioning of the human body and create physical and mental stability. Suryanamaskar is a mixture of asanas and pranayams. In yoga, the Suryanamaskar represents the sun pulse. Overall sun salutation improves circulatory systems. Physical flexibility builds Fat decreases and body becomes smooth.*

**Keywords: Blood circulatory system, Digestive system, Respiratory system**

### **Introduction:**

Suryanamaskar means bowing to the sun. Sun worship is called good health. It enhances the inner, Physical, Mental and Spritual strength of the human being. His can be done to anyone, whether it is a woman or a man. The non- instrumental exercise is used for the 12 Asanas in suryanamaskara which means twelve postures. Along with this posture, the sun has twelve names to take an action on. Each action has a different significance. Each seat has different benefits as a posture makes the body flexible. Yoga is necessary for the body. To be smooth, jerky, joints flexible, mind calm, concentrated and strengthen the internal organs. In suryanamaskar, every port of the body is exercised like a top-to-bottom exercise. Exercise after sunrise in the open space in the sun's rays which reduce the defects in the body this posture enhances gastric and cardiac output. It gives strength to the spine of a person. When we eat and drink, it contains the essence of



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ISSN: 0474-9030 Vol-68, Special Issue-14

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the Sun. Sunburn reduces many disease. Only when we absorb Sunlight can we benefit from it. Solarism is needed for Physical fitness.

### Purpose:-

- 1) Benefits to the body with Surya Namaskar
- 2) Understand the importance of exercise without equipment.

### Hypothesis:-

- 1) Surya Namaskar reduces in body fat.
- 2) Surya Namaskar Improves blood Circulation.
- 3) Surya Namaskar it improves the function of the digestive System.
- 4) The respiratory Function is strengthened to Surya Namaskar.

### Importance of Subject:-

Surya Namaskar has been in vogue since ancient times. Exercise for anyone who is poor, Child, man or women can exercise any Place in the Morning and evening. Surya Namaskar used various Postures in the development of the body and mind as well as Spiritual Strength. This enhances Physical ability. "The Combination of Posture and flexibility is Surya Namaskar." Which improves the Functioning of Various organs in the body? In the Suryanamaskar the backbone leans backward, causing muscle Contraction and Stretch, thus improving the blood Circulation in the body while maintaining elasticity of the spine Gastric, liver, Spleen, Kidney and uterine function improves due to foot pressure in the abdominal Cavity. Suryanamaskar Wants to Study the improvement in functioning of the Circulatory System, digestive System and respiratory System.

### Data Collection:-

The city of Hingoli has a Population of about 60 thousand. The middle Class People who come from rural areas are more abundant. A large number of regular Yoga Classes are underway in the city to address non-expenditure on health problems. A regular Study of Suryanamaskar in this Class Showed the opinions of 50 People in the

regular 15 (Fifteen) yoga Classes through Physical interviews. It Studies the Changes in the body of 30 men and 20 women in some important institutions. It showed important in functioning of the Circulatory System, digestive System and respiratory System according to the following table



**Impact on health due to regular Suryanamaskar Practice**

**Table No-01**

Sr. No.	System	Women	Men
1	Improve the functioning of the Circulatory System	50%	70%
2	Improve the functioning of the digestive System	60%	80%
3	Improve the functioning of the respiratory System	50%	60%

- 1) Shows that 50% of women & 70% of men are called. That Suryanamaskar realizes that Circulatory activities and their functioning are well organized. The task looks better than the first & 50% of women & 30% of men don't notice much difference.
- 2) 60 Percent of Women & 80% of men say the digestive System has improved. Improvements in digestive function include improvement in appetite, digestion of food eaten, and loss of gases. 40% of Women & 20 % of men did not feel the difference.



- 3) 50% of Women & 60% of men say that their respiratory function has improved. Regulation of Suryanamaskar shows the difference in respiratory Problems. E.g. Asthma, Sleep, deprived, feeling restless, Sluggish, Swollen & 50% of Women & 40% of men say we didn't know the difference.

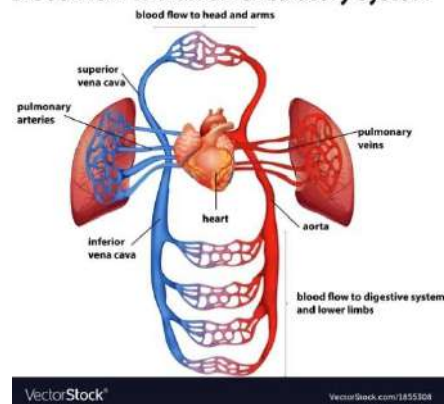
## Conclusion: -

- 1) The above analysis shows that more than 50% of Women & 70% of men have seen improvement in Circulatory Function, Digestive Function & respiratory Function.
- 2) Less than 50% of Women & 30% of men cannot or do not know the difference.

### 1) Blood Circulatory System :-

Suryanamaskar enhances the functioning of the body. "Circulatory Circulation means Constant Circulation of blood throughout the body" with the sun's greeting increasing the movement of the abdominal Cavity in the improving the Circulation Process by Varying the air Pressure in the Cavity. Each action affects the heart, thereby increasing the activity of the heart so that the resistance to the heart builds up. Strengthening of the heart So that the Continuation of Suryanamaskar improves blood Circulation.

### Blood Flow in Human Circulatory System

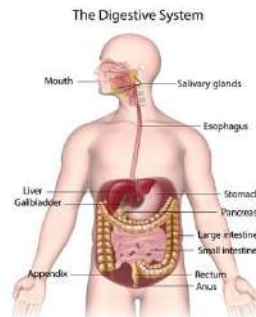


### Blood Circulatory System



## 2) Digestive System :-

Yoga can improve the digestive System. In yoga, the most important form of Suryanamaskar is the movement of the body. Due to the intense activity in the body, it affects the digestive System, the gastro intestinal tract, and the activity of the digestive tract begins to function more vigorously. It uses Various Posture Pressures on the digestive tract. Increasing the movement of the Stomach leads to increased internal energy. This increases the oxygen in the blood & Creates new Cells in the blood. It can be said that appetite, excessive appetite & digestion of the food Consumes there after improve the Fuctioning of the digestive system. To improve the digestive system, Hastpadasan, Bhujangasan it eliminates diarrhea in the body by eliminating diarrhea & hives.

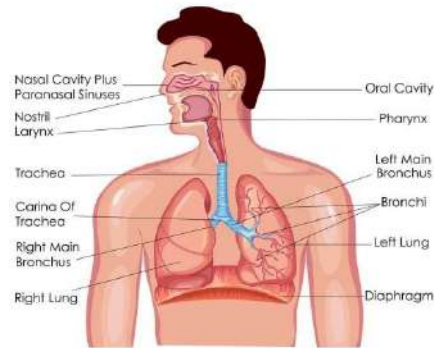


**Digestive System**

## 3) Respiratory System :-

While Perfoming Suryanamaskar, ever organ of the body is functioning so everybody in the body has to work. Each Organism's activity puts a great deal of pressure on the respiratory System. Because to survive, air is first & foremost. Suryanamaskar has a great impact on the airways, lungs & airways. The air cannot be Stored. The effect of air on metabolism mind & breath are Concerned. As the fatigue of the mind increases, fear, anger increases, so that the breahig Speed increases, the Pulse hits, the Postures & Pranayam are helpful. With Suryanamaskar, the body remains healthy while Pranayam Says that the mind remains healthy & that the Strong body has a Strong mind.

## Respiratory System



## Respiratory System

### Summary:-

From the above Studies it is Shown that Suryanamaskar Creates Physical, mental Strength also Circulatory action. The digestive function & respiratory function are found to have Special improvement. Since Suryanamaskar is a beautiful exercise, it is the best exercise for women, men & Children for Physical fitness.

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### The Beneficial Effects of Kapalbhathi Pranayama for Complete Fitness

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#### ABSTRACT

The word Kapalbhathi is made up of two words: 'Kapal' means forehead, skull or cranium and 'Bhati' means light, splendor, Shining, illuminating, perception of knowledge and clean which cleans the inner parts of skull i.e. sinuses and nasal cavities. It affects those diseases which are impossible to be cured by medicines such as cancer, diabetes, asthma etc. It needs to understand the method of Kapalbhathi. It is a technical kriya which has a lot of benefits. It also called 'shat' kriya technique that flushes out toxic air from the body and cleans it through the process. The practice of Kapalbhathi is forbidden in the high blood pressure, heart disease and the internal pressure of the brain. The purpose of the study is to examine the beneficial effects of Kapalbhathi Pranayama for complete fitness of human being. It is concluded that the finding of this study can be used to make people healthy from mind and body.

**Keywords:** Kapalbhathi Pranayama, Beneficial, Effect, Fitness

#### Introduction

Our forefathers have been made several invaluable contributions for the welfare of the mankind. Yoga is one of them. The Sanskrit word "Yuj" which means "Union" gives the word "Yoga". (Srinivas, 2) Yog Guru Ramdevbaba has made it popular in the word. The review on yoga showed that yoga has beneficial effects for complete fitness of human being.

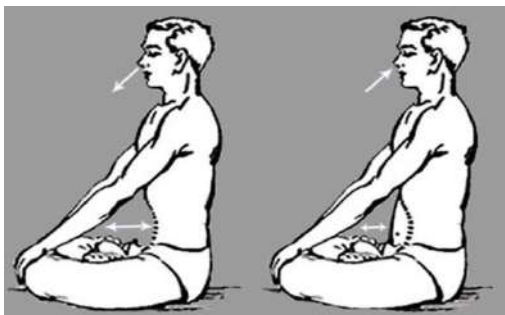
The word Kapalbhathi is made up of two words: 'Kapal' means forehead, skull or cranium and 'Bhati' means light, splendor, Shining, illuminating, perception of knowledge and clean which cleans the inner parts of skull i.e. sinuses and nasal cavities. It is a Sanskrit word which means forehead shining breathing technique. This technique involves short and strong forceful exhalations and inhalation happens automatically, known as automatic inhalation technique. It gives you a shining forehead and bright intellect. Pranayama is one of the pillars of Asthnga yoga denotes extension of life, as 'prana' means life force and 'ayama' means expansion. The aim of the study is to find out the beneficial effects of Kapalbhathi Pranayama for complete fitness.

In thousands years ago, Kapalbhathi Pranayama is an amazing yoga breathing exercise for complete fitness invented by Indian yogis. It affects those diseases which are impossible to be cured by medicines such as cancer, diabetes, asthma etc. Numerous patients have gained healthy and happy life by adopting it in their daily lives. (Chavhan, 1-8) It maintains the efficiency power of heart, liver, pancreas, spleen, pathardy, gastrointestinal, kidney, etc. Elephants and Tortoises take longer breathes, so they live longer whereas dog and cat breaths faster so they have shorter lifetimes.

Pranayama encompasses two types of breathing techniques; one is slow and other is fast. *Kapalbhathi* is one of the fast breathing techniques, known as automatic inhalation technique, the other one being forced inhalation or Bhastrika. Though *Kapalbhathi* is the common term used for both automatic and forced inhalation, some practioners use Bhastrika for a more advanced technique that includes breath holding. (Ansari, 163-167)

This technique as described by Swami Kavalayanandaji is known as 'practice of active exhalation and passive exhalation'. Exhalation is active because one has to take effort for sudden expulsion of breath through the nostrils. Inhalation is passive because nothing is done for taking the air in. Air automatically rushes in simply because of going down of diaphragm with the relaxation of abdominal muscles. This technique i.e. going down of diaphragm and relaxation of abdominal muscles, results into inhalation. (Sahay & Bhogal, 326-328) Kapalbhathi technique helps to purify blood and tone abdominal muscles. It makes the forehead luminous. Nirmala N. Nayak reported that, "various yogasanas including *Kapalbhathi* seem to have a positive effect in reducing obesity." (Nayak, 783-798)

## Methods of Kapalbhathi Pranayama



How-To- Do- Kapalbhathi-Pranayama



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It needs to understand the method of Kapalbhathi. It is a technical kriya which has a lot of benefits. It also called 'shat' kriya technique that flushes out toxic air from the body and cleans it through the process. First sit in Padmasan or Siddhasan, hands resting on knees. The neck and head should remain straight keep eyes closed and body relaxed. It involves abdominal muscle contractions with forceful exhalation and natural inhalation. Breathing will naturally go in but you should not pay attention to it otherwise breathing will cause blockage to come out. Your entire focus should be on exhaling with some force repeatedly. In this exhale 20 times in a row and then take out the long longevity breaths and apply it to the Jalandhar bandh. When you are unable to stop breath outside, then take breaths while loose the Jalandhar bandh. Repeat the whole action again.

Both can also perform this action by alternating with the nose. Initially thrice frequencies can be increased later as needed. The practice of *Kapalbhathi* is forbidden in the high blood pressure, heart disease and the internal pressure of the brain. By greater operation of the diaphragm, there may be sweet pain in the abdomen. The pain will be disappeared in 2-4 days. In this case reduce the frequency. The nose skin shall not be stressed while exhaling. While exhaling stress should not be on the skin of the mouth. The shape should be natural. In the final situation, instead of closing Jalandhar, you can try to keep a close watch in the darkness in front of the forehead, in the same way you can try to see for a few moments with closed eyes. (Pramanik, 170-180)

### Kapalbhathi Precautions

The practice of *Kapalbhathi* should be taken with care and there are several precautions that you must take into consideration while doing *Kapalbhathi*.

- If you are 40 years old or above, you can take one exhalation stroke per second. Youngsters can take two exhalation strokes per second because they like speed. If you are in practice from one year you can two strokes per second.
- One second one stroke is a safe practice of *Kapalbhathi* in a morning with empty stomach.
- If you are suffering from heart diseases, exhale slowly and should not increase the strokes of *Kapalbhathi*.
- If you are suffering from ulcer be careful while practicing the technique otherwise take the opinion from your yoga teacher and you doctor whether it is safe for you.
- Women should avoid doing *Kapalbhathi* in their menstrual period and pregnancy.
- People should avoid doing *Kapalbhathi* who have placed stents in their blood vessels.



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- Do not increase the speed of stroke without coordinating abdominal movements and breathing.
- Do not move shoulder and chest while doing *Kapalbhati*.

### Numerous Benefits of Kapalbhati

Kapalbhati Pranayama has numerous benefits for complete fitness for body and mind of human being. Some of them are as follows:

- It can soothe your eyes and can remove dark circles under the eyes.
- You can get rid of from heartburn, acidity and gas.
- It helps to improve blood circulation and digestion.
- It strengthens the bones and increases body's calcium levels.
- For women, it can regularize menstrual cycle and prevent its cramps.
- It removes the wastes and toxins from your body by generating heat.
- It lowers blood sugar and stimulates the pancreas.
- It can improve immune system and ability to fight disease-causing microbes.
- It makes you feel positive and prevents depression.
- It can improve the memory and helps to concentrate better.
- It can keep the mind calm and provide the sense of balance.
- It can clear the clots of body.
- It can clear the clogged skin pores and gives the radiant or luminous glow.
- It can prevent the premature graying of hair and strengthens the roots of the hair.
- It helps to eliminate toxins from the body and slow ageing.
- It reduces the risk of frequent cold sores, headache and asthma.
- It makes lungs stronger so they can increase inflammation.
- It clears the respiratory tract and boosts its immune system. (Khodskar, 62-63)

In *Kapalbhati*, the breathing has high force in a shorter span and has greater impacts on the abdomen and its contents especially the glands. It helps to increase the blood circulation and correct the glandular secretions. Though the beneficial effects of *Kapalbhati* are numerous, the noteworthy ones include balance of *Vata* (wind) *Pitta* (bile) and *Kapha* (phlegm), psychological balance, awakening of "Kundalini" power and improvement of concentration. (Dipak, 2013)

### Objective





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The purpose of the study is to examine the beneficial effects of Kapalbhathi Pranayama for complete fitness.

### Conclusion

It is concluded that the finding of this study can be used to make people healthy from mind and body. Further studies are required to understand the physiological and psychological changes followed by the practice of *Kapalbhathi* proven among the people.

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## **Yoga for Physical Fitness**

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Maharashtra (M.S)*

### **Abstract:**

*All agreed that Physical fitness is a significant part of the normal development of a human being. So many activities are for physical fitness like sports, Exercise, Meditation and Yoga etc. and the yoga is prime. Maharshi Patanjali has suggested eight ways that is Yam, Niyam, Aasan, Pranayam, Pratyahar, Dharna, Dhyan and Samadhi. Physical fitness is required in day to day life. Physical fitness is a defender for so any diseases. It is a base of human life. And the yoga is a best practice for healthy life.*

**Keywords:** *Physical fitness, Yoga, Healthy life.*

### **Introduction:**

Generally all the world people agreed that Physical fitness is an Important part of the normal development of a human being. The ability to perform daily physical activities without undue fatigue and to spare enough energy for leisure time activities is called physical fitness.

So many activities are for physical fitness like sports, Exercise, Meditation and Yoga etc. and the yoga is prime. The ancient ages who meditated on the human condition 2000 years ago, out-lined four ways to self-realization. The path to knowledge, when the seeker learns to discriminate between the real and the unreal; Karma marg, the path of self less service without thought of reward, Bhaktimarg, the path of love and devotion and finally yoga marg, the path by which the mind and its actions are brought under control. All these paths lead to the same goal, Samadhi.

### **Yoga and Physical Fitness:**

Most types of exercise are competitive yoga, although non-competitive, is however challenging. The challenge is to one's own will power, it is a competition between one's own will power, it is a competition between one's self and one's body. Exercise usually involves quick and forceful body movements. Yoga asans, on the other hand, involve movements which



bring stability to the body, the since, the mind, the intellect, the cognitive and finally, to the conscience. The very important of yoga is steady movement, a process that does not simply end but finds fulfillment in silence.

### **Yoga types (Ways):**

Maharshi Patanjali has suggested eight ways.

- Yam : Satya, Ahinsa and Bramhcharya
- Niyam : Tap, Ishwarpranidhan
- Aasan : The condition for stability of body
- Pranayam : Breathing Technique
- Pratyahar : Movement of spirit from outer world to inner
- Dharna : To creat disinterested ness of organ
- Dhyan : To concentrate on any object
- Samadhi : the condition of Trance

If we simplify the term yoga, Yoga means simply

Y – Yours

O – Own

G – Godly

A – Awareness

It creates godly awareness in our life.

### **Benefits of Yoga:**

- Provide a all round approach towards your welfare
- Help to improve your strength and flexibility.
- Help in removal of toxins in the body
- Yoga can enhance concentration and increase memory.
- Also release the stress from body.
- Help to reduce the weight.
- Help in nourishing the body.
- Also calms your mind.
- Gives clarity to your thought.

### **Role Of Yoga In Women Health and Fitness:**

Yoga take place main role in three areas that is



1. Physical
2. Psychological and
3. Spiritual

## **1. Physical**

- **Flexibility:** Yoga helps the body to become more flexible, bringing greater range of motion to muscles and joints, flexibility in hamstrings, back, shoulders, and hips.
- **Strength:** Many yoga poses support the weight of own body in new ways, including balancing on one leg (such as in Tree Pose) or supporting with arms increases strength.
- **Better Breathing:** Most of us breathe very shallowly into the lungs and don't give much thought to how we breathe. Yoga breathing exercises, called Pranayama, focus the attention on the breath and improve lung capacity and posture, and harmonize body and mind which benefits the entire body. Certain sorts of breath also can help clear the nasal passages and even calm the central system nervous, which has both physical and mental benefits.
- **Heart Disease:** With less stress and blood pressure chances of cardiovascular diseases are prevented. Increasing blood circulation and fat burning results in lowering cholesterol.
- **Diabetes:** Yoga stimulates insulin production and reduces glucose to prevent diabetes.
- **Gastrointestinal:** Yoga improves the gastrointestinal functions in women effectively.
- **Metabolism:** Yoga helps women to stay healthy by balancing metabolism results by controlling hunger and weight.
- **Pain Prevention:** Increased flexibility and strength can help prevent the various instances of back pain, chronic pain; neck pain can be lessened with yoga practice.
- **Blood circulation:** Yoga postures can help improve circulation and eliminate toxic waste substances from the body.

## **2. Psychological**

- **Stress Reduction:** Physical activity is good for relieving stress, and this is particularly true of yoga. Yoga provides a much-needed break from stressors, also as helping put things into perspective. Yoga controls breathing, which reduces anxiety. It also clears all the negative feelings and thoughts from mind leading to reduction of depression.



- **Concentration:** Yoga increases concentration and motivation in quick time. This is why women from all aspects of life practice yoga since better concentration can result in better focus on life and profession.
- **Memory:** Yoga stimulates better blood circulation especially to the brain, which reduces stress and improves concentration leading to better memory.
- **Body Awareness:** Doing yoga will give an increased awareness of own body. It increase level of comfort in own body. This can cause improved posture and greater self-confidence.

### **3. Spiritual**

- **Inner Connection:** Yoga can help to create a bond, a relation between body and mind apart from all other benefits.
- **Inner Peace:** Yoga is the only method known to us for better and quicker inner peace. The inner peace generated increases and improves our capability in making effective decisions even at serious circumstances.

### **Conclusion:**

Physical fitness is required in day to day life, in "Concrete Jungle". Physical fitness is a protector for so any diseases. It is a base of human life. And the yoga is a best practice for physical fitness.

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### The Social Impact of Drug Abuse

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#### Abstract:

*The drug problem Global increases in problems of illicit drugs both reflect and contribute to international tensions. The origins of some of these tensions are clear: rapid changes in political alignment, reduced family and community cohesiveness, increased unemployment and underemployment, economic and social margin alizarin and increased crime. At a time when dramatic improvements are happening in some sectors, e.g. communications and technology, improvement of the standard of life for several people has fallen far in need of the potential that exists and therefore the rising expectation of individuals who know life can be better. Today there's more awareness of the issues of illicit drugs and drug traffic than ever before. How to translate that awareness into constructive action may be a major challenge. The term "illicit drugs" is employed during this paper to incorporate the narcotic drugs and psychotropic substances listed within the schedules of the only Convention on Narcotic Drugs of 1961, which Convention as amended by the 1972 Protocol and therefore the Convention on Psychotropic Substances of 1971. Of the more than 200 controlled substances listed.*

#### The impact of drug abuse

##### Family and community

Fast-paced social, economic and technological changes present a challenge to the steadiness and influence of the family. The family is usually viewed because the basic source of strength, providing nurture and support for its individual members also as ensuring stability and generational continuity for the Community and culture (1). In reality, the family is far more complex. At least four conceptual views of the family are identified. First, it's going to be seen as protecting and sustaining both strong and weak members, helping them to affect stress and pathology while nurturing younger and more vulnerable members. Secondly, the family could also be a source of tension, problems and pathology, influencing weaker Members in harmful ways, including destructive drug or alcohol use. Thirdly, it's going to be viewed as a mechanism for relations to interact with broader social and community groups, like peer groups, schools, work colleagues and supervisors and persons associated with religious institutions. Fourthly, the



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family could also be seen as a crucial point of intervention - a natural organizational unit for transferring and building social and community values.

### A. Health

Problems impair family life and productive employment, diminish the standard of life and should threaten survival. A comprehensive picture of worldwide health implications of substance abuse isn't available. Significant country and international data, however, are available and the impact of addictive substances on health in both industrialized and developing countries are discussed below.

The broader context of addictive substances includes tobacco, alcohol and solvents (including glues, thinners and gasoline). All of those substances have several important characteristics in common. They alter the function of the human brain and have an impression on behavior; they're widely used throughout the world; and that they burden society by increasing social and economic costs for productive enterprises and by drawing upon limited government services. The most widely used addictive substances, alcohol and tobacco, are harmful with extensive damage to the individual, family and thus the community.

### B. Education

Education is that the principal means of preventing substance abuse . In addition to educational institutions, other settings are important for the contributions they create to learning and socialization. Home, workplace and non secular institutions, to call three examples, are settings for the education of young and old alike. Most officials support the complete integration of substance abuse education into mainstream institutions, whether public and personal, religious or secular.

### Work and employment

Work status includes quite being either employed or unemployed. Also to be considered are the speed of underemployment and therefore the extent of labor within the informal sector. What is perceived as an employment problem also varies consistent with the views of society. For example, if youth have status during a particular culture, the very fact that they're disproportionately unemployed, to not mention underemployed, could also be of little interest to decision makers. If a society places youth during a marginal status until some distant adulthood, it's even harder for children who are related to drugs to get productive employment. These adverse effects on youth can also appear for female youth, who in some cultures don't normally have prospects for occupational roles outside the house.





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### Drugs and development

The traditional approach to development has been to stimulate economic growth through investment in infrastructure, support for institution building and promotion of economic reform. These measures to generate economic growth are designed to increase incomes generally, with the population and government having more material resources with which to meet their needs. In addition, development programmers have also frequently incorporated a basic needs strategy that emphasizes the putting into place of governmental programmers to ensure elementary hygiene, clean drinking water, primary health care, education and literacy. Economic growth and basic needs strategies have been pursued simultaneously by a number of development assistance organizations at the national and international level.

### Drug abuse problems: losing ground

Over the last 30 years, awareness of illicit drugs, access to them and their abuse have dramatically increased. Despite major gaps in information, increases in the abuse of major dependence-producing drugs are reflected in reports from official and unofficial sources, observations of experts, studies of crime, education, work and health - all point to serious problems in developing and industrialized countries. Although systematic quantification of problems is not available, there is general agreement that populations at highest risk are those in the age range most needed for productive work. Other groups of people, however, are involved in substance abuse, such as street children in developing countries as well as youth elsewhere who misuse volatile solvents. Reports other sources indicate increases in drug abuse and harmful consequences in most parts of the world. Substance-related deaths have been estimated at nearly 5 million annually for alcohol and tobacco (2, p. v) and 200,000 annually for injecting drug abusers (3, p. 4). Lifeyears lost through disability related to drug dependence have been estimated for 1990 at 39.3 million years worldwide for males and 13.3 million years for females (4, p. 219). Aggregate worldwide estimates of the burden of drug-related diseases, lost job time and the costs of other associated conditions are not available. Due to the very fact that a lot of drug-impacted conditions weren't included during this brief compilation, it's clear that figures cited here for mortality, morbidity, disability or impairment are not only incomplete but also are underestimates of the important impact of addictive disorders.

### B. Lack of productive employment and impact on the workplace



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The workplace is a component of the community, reflecting its strengths and weaknesses. With an estimated 30 per cent of the world's labor force not productively employed and young people seeking jobs faster than they are created, the ranks of the unemployed, and their problems, continue to increase. Drug Abuse occurs frequently within the same age groups as those without productive work, increasing the vulnerability of this segment of the population to social problems. Drug abuse represents difficult problems for employers because they're under competitive pressure to extend output. At an equivalent time, these employers must answer critical human resource Issues to continue in business. Illicit drugs also as alcohol and tobacco create significant problems within the workplace, consistent with recent studies and reports. Prescription drug problems, i.e. legal drugs utilized in unwise fashion or with unexpected results, are a serious concern to employers, workers and enterprise representatives. Work tasks that need higher level judgment, constant attention, short-term memory and fine motor skills are easily disrupted by drugs. Safety-sensitive jobs with immediate responsibility for the welfare of others are particularly susceptible to drug impairment. Illicit and licit drugs may increase reaction time, disrupt fine motor skills and cause mood changes. Cocaine and other stimulants have the potential to induce compulsive use, disrupting work and family life. Drug abusers have more absenteeism, Accidents on the work, medical claims and lost productivity than non-users. The high costs of substance abuse are often reduced by careful pre-employment appraisal, supervision on the work, periodic prevention efforts and occasional interventions as needed.

### C. Implications of rural and urban poverty

Although rural and urban poor are alike in that they must constantly seek the essentials of daily living, they have basically different kinds of involvement in drug problems. Rural poverty is more associated with the availability of illicit drugs and concrete poverty is more associated with both dealing and demand. Illicit growth provides income for farmers willing to require risks for the upper gain than obtained from licit crops. Because of the dimensions of the shadow economy created by illicit drug money, the absorption of medicine and drug money into the material of society and therefore the degree of dependence of the many social and economic sectors on this relatively new income, drugs have a social significance far beyond that reflected in statistics on production, consumption or impact. Persons with marginal incomes often spend money on drugs, alcohol or tobacco rather than food, clothes and shelter. With dependence-producing drugs, sporadic use may deteriorate into regular or compulsive use, reinforcing consumption and guaranteeing a marketplace for the supplier. When suppliers become compulsive or regular



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abusers, illicit growth and supply-demand patterns are harder to vary. Poverty may change perspective in order that immediate money with a risk is preferable to stable but delayed income with less risk. Development programmes should examine the behavior of farmers and peasants, however, to determine their economic motivations rather than make assumptions about their behavior based on theory or impressions. Reasonable assurance of a modest income over a long time-span from licit crops may be sufficient to motivate farmers to participate in alternative development programmed.

### D. Marginalization

Due to its highly varied nature in different sociocultural contexts, drug abuse may be seen as normative, marginal, deviant or criminal behavior. Processes of marginalization apply to the behavior of governments and communities as well as people. Large numbers of people are migrating from rural poverty to urban squalor, creating shanty towns where serious housing, health, and education problems are bred. Young people especially are susceptible to substance abuse, especially abuse of cheap solvents, volatile substances and marijuana. Drug subcultures rapidly develop, teaching young person's drug practices. Persons who are identified as drug abusers become more difficult to reintegrate back into the larger community. Indifference or denial to the plight of those with substance abuse disorders, whether practiced by individuals, communities or governments are common. How to avoid stereotyping and stigmatizing persons with drug problems is problematic. A start can be made by separating drug using behavior from the person, rejecting the illegal behavior but accepting the person for his or her human potential to follow a different path. Drugs, delinquency and crime are related in some ways. In some cases, drug abuse may lead to crime; in others, criminal behavior precedes drug abuse. The broader impact of substance abuse and crime may increase tension and other deviance, placing additional burdens on institutions like the family. Drug-related crimes and terrorism cause instability and overload police, courts and prisons. Given sufficient size, drug problems may marginalize governments and institutions as well as people. In extremecases, these problems may lead to parallel governments, where drug czars exercise enormous personal and financial power.

### E. Future challenges

With neither one cause nor an easy cure, substance abuse and its many related problems still increase in many regions of the planet. Problems related to the abuse of drugs are severe in some



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parts of both the developing and the industrialized world: disease, accidents, deaths, crime, lowered productivity and many other problems are frequently reported. Not adequately monitored, drug abuse acts as a brake on human and social development and cannot be separated from endemic problems of disease, poverty, joblessness and violence. Varying widely between countries, illicit drug use and related problems reflect several Characteristics: sales of medicine are usually highly profitable and that they are easily marketed commodities. Also, they have powerful effects on the brain and behavior, influencing a wide range of human activities. Progress in the field of drug abuse prevention depends on several factors. First, our strategies to response to drug problems should begin with the people, communities and institutions involved. People should be considered because the heart of the matter and therefore the beginning of any solution. This principle will obviously take different forms in rural and urban areas and also be influenced by class distinctions. Secondly, alternative development strategies for rural areas should respond to the conditions found in target areas, which will differ according to the communities involved. Thirdly, as in rural settings, urban drug problems also need an individualized assessment and response, building on the strengths found on site. To succeed, urban and rural interventions need a series of support mechanisms and long-term planning. To be effective, both need the support of the area people and a base publicly policy. **Conclusions**

The developing world has made tremendous social progress during the past 30 years: "Infant mortality rates have been cut in half, total fertility rates have been lowered by 40 percent, however, enormous variation exists across countries and clearly basic problems still plague a majority of the world's people. While progress in social and economic development has been slow but positive, the opposite has occurred with problems related to drug abuse and addictive disorders. Their number and complexity have increased many times, and information about their distribution and impact is no more complete today than it was decades ago.

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### Surya Namaskar and Its Impact on the General Motor Abilities of Table Tennis Players of Nanded District Maharashtra

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#### Abstract:

*The Surya Namaskar (or Sun Salutation), is a Yoga Practice incorporating a sequence of gracefully linked asanas. The nomenclature refers to the symbolism of Sun as the soul and the source of all life. Surya Namaskar is a gesture of showing the gratitude to the Sun. It is a set of 12 Yoga Asanas which bring the Body, Breath and Mind together. When performed in the morning, it revitalizes the body and refreshes the mind, leaves one feeling energetic throughout the course of the day. The postures can help one unwind when performed them in the evening. Well known Yoga expert Sunaina Rekhi Says, "the cyclic movements of Surya Namaskar with its controlled breathing, back bends, forward bends, invigorating and calming postures, offer many health benefits". Table tennis is a game that requires good hand-eye coordination and stimulates mental alertness, concentration and tactical strategy. This makes it the perfect game for young people to sharpen reflexes, and for older people to refine tactics. It is essential to test if Surya Namaskar would help improve performance of Table tennis players.*

**Keywords:** *Surya Namaskar, Motor Abilities, Players*

#### General Motor Ability:

The concept that an athlete's ability to perform different motor skills is determined by ones general ability. A motor skill is associated with muscle activity. Thus, an individual with high general motor ability would tend to find out motor skills more quickly than an individual with low general motor ability. Motor skills are the movements and actions of the bone structures. Typically, they're categorized into two groups: Gross Motor Skills and Fine Motor Skills. Gross





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Motor Skills are involved in movement and coordination of the arms, legs, and other large body parts and movements. They involve actions like running, crawling and swimming. Fine Motor Skills are involved in smaller movements that occur within the wrists, hands, fingers, feet and toes. They involve smaller actions like learning objects between the thumb and finger, writing carefully and even blinking. These two motor skills work together to supply coordination.

### Flexibility:

Flexibility refers to the range of motion for a given joint. The degree of flexibility that an individual has is influenced by muscles and connective tissues, like ligaments and tendons. It is the capacity of the muscle to extend without any damage i.e. the quality of bending easily without breaking. Stretching may be a sort of exercise which will cause a rise in flexibility.

**Hand-Eye Coordination:** It is the power of the vision system to coordinate the knowledge received through the eyes to regulate, guide, and direct the hands within the accomplishment of a given task, such as hand writing or catching a ball. Hand-Eye coordination uses the eyes to direct attention and therefore the hands to execute a task. Objective of the Study: The main objective of the study was to determine the effect of six weeks Surya Namaskar training on Flexibility and Hand-Eye coordination of the selected Table tennis players of the Nanded District, Maharashtra.

### Hypothesis:

H1- It was hypothesized that Six weeks Surya Namaskar training will result in significant improvement in Flexibility of the selected Table tennis players of the Nanded District, Maharashtra.

H2- It was hypothesized that Six weeks Surya Namaskar training will result in enhanced Hand-Eye coordination of the selected Table tennis players of the Nanded District, Maharashtra.

### Methodology

The following methodological steps were taken for the study.

### Subjects:

For the purpose of this study a total of 40 Table tennis Players were randomly selected as subjects from the Nanded District, Maharashtra. The age of the subjects was ranging from 18-20 years. The Selected subjects were used as one practicing group.





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## Variables:

Surya Namaskar training was considered as Independent Variable and Flexibility and Hand-Eye coordination were considered as Dependent variables.

## Tools & Tests:

- Flexibility was measured by "Sit and Reach test" and recorded in centimeters.
- Hand-Eye coordination of the subjects was assessed by "Mirror-Drawing test". This was done by digital mirror drawing apparatus. In this test, error while drawing is recorded and fewer error indicates good Hand-Eye coordination.

## Experimental Design:

The random group design was used for this study. Only one group of 40 participants was created. The subjects were administered the Surya Namaskar practice in addition to their regular participation in all other activities.

## Training protocol:

The selected group of subjects had 30 minutes of practice of the Surya Namaskar in the initial days but total time was increased up to an hour gradually by increasing the number of repetitions and time duration in a progressive load method. The subjects practiced the Surya Namaskar's 6 days a week for a total of 6 weeks in the common room selected for the purpose. The scheduled time of the practice lasted for one hour between 6.00 am to 7.00 am and was conducted instead of the student's regular conditioning period. Each and each practice period was concluded with five minutes of Shavasana.

## Statistical Analysis:

Independent t-test was used for analyzing the data. The level of significance at 0.05 was determined.

Table shows the variation of Mean, Standard Deviation and t-ratio of Table tennis players of the Nanded District, Maharashtra.

Sr. No	Parameters	N	Pre-Test		Post – Test		t- ratio
			Mean	SD	Mean	SD	
	Flexibility	40	34.32	3.56	40.35	3.22	4.348



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	Hand-Eye Coordination	40	12.35	0.59	11.78	0.42	4.326
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The above table reveals that the pre-test mean of flexibility for Table tennis players was 34.32 with the standard deviation of 3.56 and post-test mean was 40.35 with the standard deviation of 3.22. The obtained t-ratio 4.348 was found to be greater than the required table value of 2.05 at 0.05 level of confidence for 38 degrees of freedom. This indicates that there was significant difference on flexibility between the pre and post-test of Table tennis players.

The above table reveals that the pre-test mean of Hand-Eye Coordination for Table tennis players was 12.35 with the standard deviation of 0.59 and post-test mean was 11.78 with the standard deviation of 0.42. The obtained t-ratio 4.326 was found to be greater than the required table value of 2.05 at 0.05 level of confidence for 39 degrees of freedom. This indicates that there was significant improvement on Hand-Eye Coordination between the pre and post-test of the table tennis players.

## Results and Conclusion:

From the present study it is evident that 6-weeks' practice of Surya Namaskar has significantly improved the Flexibility and Hand-Eye coordination. On the basis of the statistical findings it may be concluded that there is a significant improvement on the General Motor abilities (i.e. Flexibility & Hand-Eye coordination) after Six weeks Surya Namaskar training on the selected Table tennis players of the Nanded District, Maharashtra. Hence, the hypothesis 1 & 2 were accepted.

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### Stress Management in Sports

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#### Abstract.

*The present paper throws light on the importance of coaches and athletic directors to dig out healthy ways to wipe out stress in order to stay healthy in any condition to coach their plays and win medals in all types of sports coaches has to remember to nurture relationships outside of the athletic periphery as a reminder that there are so many things than the coaching field such as deep breathing exercise, Occasional phone allot time to separate from stressful situations there are many helpful tactics that help to deal with stress any athletic professional can use.*

**Keywords:** *Stress Management, Sports*

#### Introduction:

It is important for coaches and athletic directors to and healthy ways to cope possible to coach their players. Definitions of stress all recognize that it is a experience coursed by pressure are demands and impacts the individual ability to cope rather his perception of the ability. In sports stress is effects on performance. The coaches consider stress management is too essential for excellent performance because stress has devastating effects on performance. This depends on player's psychological point of view and the player's caliber of handle the stress, its effect either could be good or either bad coach need to remember to maintain relationship outside of the athletic word as a reminder that there is more to life than coaching.

Whether it's just an occasional phone call some deep breathing exercise, or ever seeing a counselor take the time necessary to separate from stressful events or situations when it comes to dealing with stress. There are some helpful tactics that any athletic. Professional can us stress management in sports competition may be seen as the way of handling of stress.

#### 1) Type of stress management there are number of approaches to deal with Various components of the stress process as follow:

1. Anxiety management training.



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2. Applied relaxation
3. Arousal or energizing techniques
4. Cognitive control
5. Meditation
6. Self compassion etc.

### 2) Keep a Realistic Schedule:

Keep a schedule is important in sports. It can be easy for athlete to unintentionally double Boole schedule slots or budget too little time for a problem that winds up taking much larger than anticipated coaches can get so busy they won't remember what was on their to do list without having it written down .

To help keep an organized schedule, invest in a planner with plenty slots for careful scheduling and room in the margins to make notes on certain tasks. Coaches need to stay away from stretching themselves to thin. So remember not to schedule too many obligations. Furthermore, allow ample time to complete each task by blocking of large slots in the schedule for events that takes more time to complete.

#### 1 To have break

To prevent burnout we have to step away from the game. It prevent burn out depending upon the situation several form of beak we can have 15 minute break of actual vacation time. Type of breaks are as follow:

1. To leave the ground for a walk to rest the mind.
2. To exercise to relive & the stress of the job.
3. To have extended vacations before or after a session

#### 2 To have strict schedule

Schedule is very important for every sector schedule should have slot it save much tin

### 3) Delegate Tasks:

To alleviate your workload by delegating task is very important to delegate tasks coo the role of a coaching staff is very important. Assistant coaches definitely help to handle tasks like making phone calls to other teams, administrationete, coaches also reduces stress levels.

### 4) Allot time for personal exercise:



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Personal exercise is very necessary to stay in shape there are many benefit to stay in shape.

1. It helps to maintain body image.
2. It impious self confidence
3. It helps to have self-esteem
4. It helps to demonstrate commitment
5. It maintain body weight
6. It relieve stress and frustration
7. It keeps player happy by releasing endorphins.

It means exercising is the easiest and most rewarding way to relive stress.

### 5) Breathing Techniques to prove result:

1. To inhale and exhale deeply
2. It helps everyone including coaches, manager to mange stress.
3. It allows maximal expansion and deflation.
4. It helps to stretch and release muscles.
5. It enables to release lactic acid from muscles
6. It releases hormones that create happiness
7. It slows down the heart rate and allows dissipating sol stress.

### 6) Keep time for close ones:

Busy schedule keeps away players from filmily and friends following help the payer gets

1. It helps to relive stress
2. It vents frustration
3. It brings new perspectives to the profession
4. It help to keep grounded

### 7) Maintain your hobbies:

Every one has interested areas outside the profession to maintain hobbies very important it is essential for keeping the mind fresh benefits for hobbies include.

1. Home improvement project.
2. Watching TV.



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3. Conversation with other coaches
4. Expand the travel itinerary
5. Reading books such as novel, short stores.
6. Writing what we feel
7. Hobbies are sources of happiness that can enrich our professionalism

### 8) **Be in touch with a counselor therapist:**

Following are the benefits for having a counselor or therapist.

1. It helps to manage steers
2. We get fantastic ideas about mangingstrets
3. They arm players with all potentials
4. They keep schooling with latest techniques.

### 9) **Stay Positive:**

1. To keeps away player stream worry
2. It helps to perform in a right direction
3. It view problems as opportunities for improvement
4. It helps to handle personal problems also
5. It translate positive mindsets
6. It encourages success for the whole

### 10) **Keep personal contact following are the benefits:**

1. To view team as a singular entity.
2. It make up individual people with individual stories
3. Easy to organize team dimness
4. Can set team at an amusement park
5. It encourage to have bonding to have fun together

### **Conclusion:**



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Finding a way to talk to the players about topics other than a sport will keep the atmosphere loose and the stress level low. Stress management is important for preserving the team atmosphere and personal life outside of work.

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## **Effect of Yoga Asana Practice on Obesity of Junior College Students**

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### **Abstract:**

*The present study is stated as Effect of Yoga asana Practice on obesity of junior college Students of Nanded City. The research scholar selected this problem because of fast life style and hostelling, which may result increasing obesity in school students and increasing obesity means there are more chances of diseases. So the scholar wants to know the effect of yoga asana practice on obesity of junior college students. The main source of data for the present study was forty (40) girl students of different junior college students of Nanded district. The subjects were selected randomly and have divided into two equal groups namely control group and experimental group. Each group is of twenty (20) students. The study was delimited to female students up to the age group of 15-18 years. The basic aim of the study was to improve the physical fitness of students. The training program of yoga was given to the experimental group. The duration of training programme was six weeks. From the findings it was observed that insignificant difference between pre and post test of Experimental group.*

**Keywords:** Yoga, Obesity, Physical Fitness

### **Introduction:**

No one can deny this fact that yoga helps in releasing tensions generated from repetitive mundane activities that make daily tasks unbearable. The suppleness and flexibility of the body can be restored with regular practice of Yoga. Now a day's yoga is becoming more and more popular. It attracts the attention of the whole world. Towards of individuals both men and ladies who are conscious of the importance of private growing has adopted yoga as a neighborhood of their life. Gradually, yoga is becoming a life style, almost fashion of the modern world. People adopted yoga as a tool to keep the body and mind fit, to cure diseases by improving the functions of vital organs of the body. Yoga is practiced for peace of mind and also to improve beauty. Yoga is capable to bring about natural changes in query signal individual in the world and that would be a great revolution indeed, it offers us a conscious process to solve such problems as depression, unhappiness, restlessness, emotional conflicts, hyperactivity, obesity etc, it helps to evoke the hidden potentialities of human beings in systematic and scientific way so that the human being can rise intellectually. It makes the mind and the body so disciplined that one can



# OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education

Shivaji College, Hingoli-431513 (Maharashtra)



effectively face the challenges of the modern technologically era with its hectic speed and live happily without frustrations. Nowadays obesity becomes a huge problem among the youths particularly the school going students. Obesity may be a medical condition during which excess body fat has accumulated to the extent that it's going to have an adverse effect on health, resulting in reduced anticipation and/or increased health problems. People are considered as obese when their body mass index (BMI), a measurement obtained by dividing an individual's weight in kilograms by the square of the person's height in meters, exceeds 30 kg/m2.

## Material and Methods:

The purpose of the present study was Effect of yoga asana practice on obesity of junior college students in Nanded city. The study was carried out with a simple of forty (40) girl school students. The researcher divided the forty (40) girl junior college students into two equal groups on the basis of the mean performance of pre-test score. The groups were equated and distributed into two homogeneous groups namely; 1) Experimental Group 2) Control Group. A pre-test was conducted before training programme on all subjects of control group and experimental group. After the conduction of pre-test six weeks yoga asana training were given to the subjects of experimental group. The duration of training was half an hour and five days in a weak in morning session. After the completion of six weeks yoga asana training, the post test of control group and experimental group was conducted on all 40 subjects. The test was administered to the subjects in the morning period. For the effective administration of test all the subjects were briefed about the purposes of the study and the test to be administered was clearly explained and then the data was collected. For analyzing the data that' test was employed on the ratio of 0.05 level of significance.

## Interpretation of Data:

To determine the significant difference in the means of Percentage of Fat Weight of girl students between the two groups as well as between the pre-test and post test means of experimental and control group t-test was employed.

Table-1.1

Mean Standard Deviation and t -ratio for the Data on Percentage of Fat Weight of junior college students (Girls) Between the Means of Post-tests of Control and Experimental Group.

Groups	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Control	8.358	2.135	0.145	0.636	0.229 @



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Experimental	8.503	1.881			
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@ Not significant at 0.05 level

Tabulated  $t_{0.05(38)} = 2.024$

The above Table 1.2 show that, Percentage of Fat Weight of School girls mean difference between the post-test of Control and Experimental group is not significant, because the calculated t-value of 0.229 is less than the tabulated t-value of 2.024 at 0.05 level of confidence of 38 degree of freedom.

### Findings and Recommendation:

From the above tables researcher observed findings are-

Insignificant difference examined between post test of Control and Experimental group in Percentage of Fat Weight ( $t = 0.229$ ), are less than the tabulated t-value of 2.024 at 0.05 level of confidence of 38 degree of freedom. Now it is recommended that:

- 6 weeks training programme was not effective on the obesity.
- If the duration of training programme increases may gives significant effect on obesity.
- Similar study may be conducted on the boys.
- Similar study may be conducted on the large number of subjects.

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## **Effect of Environment on Sports Performance**

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### **Abstract:**

*Human beings have participated in sports since the earliest days of existence. Perhaps not as sports are seen currently, but running during a hunting brigade or jumping over a stream involved motions that are still used today. With the introduction of competitive sports from the Greeks and Romans, scientists began looking for ways to improve athletic performance and ultimately, to win. Preparing for competition requires physical and mental training, proper nutrition, and recovery. It is also essential to understand your competition and how each athlete fits within the team dynamics. These factors, for the most part, are all factors that can be controlled. Then there are factors such as the temperature, allergens, pollution and altitude that cannot be controlled and can have serious effects on human performance. The athlete is exposed to a number of environmental conditions that may affect performance and health. Professionals have discovered many internal factors that contribute to sports performance such as muscle fiber type, genetics, and VO2 max. In addition to these, external factors such as playing environment, sleep, emotions, and the team environment may also influence sports performance.*

**Keywords:** *sports performance, competition, physical training, mental training, environment*

### **Playing Environment**

#### **Hot Environment**

As an athlete exerts energy when exercising in hot environments, his or her core temperature will rise greater than if the individual was exercising at a moderate temperature. This effect may be a possible explanation for decreased athletic performance when environmental temperatures continue to rise, due primarily to excessive fluid loss and impaired thermoregulation in extreme environments. In warm environments, exercising induces an increase in core temperature, sweating rate, and progressive dehydration. The ability of an athlete to thermo regulate adequately depends on his or her somatotype. Athletes with a smaller body size will produce and



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store less heat than their heavier counterparts. When a player exercised in an environment that created a core temperature greater than his or her accepted blood heat, the player's body innately anticipated an undesirable rise in core temperature. To counteract that response, the player slowed down before a critical temperature was reached in an attempt to possible crisis should the critical temperature be exceeded. In this way, the effect of hot temperatures caused an athlete to show a decrease in performance by about 2-3% in order to account for a possibly dangerous rise in core temperature. Performance reduction was confirmed in another study during which soccer players covered 15% less distance when the mixture of air temperature and water vapor pressure created a perceived environment of 49°C. In an attempt to combat this phenomenon, pre-cooling an athlete before performance. The idea of pre-cooling is to lower an athlete's blood heat purposely so as to extend the time it'll deem the athlete to succeed in his or her critical temperature, allowing improved performance and fewer stress on the body from heat. Common methods of pre-cooling include ice baths, ice jackets, and ingestion of cold water. A review of pre-cooling methods showed that the consequences of pre-cooling have consistently shown an enhancement in performance under weather conditions. However, playing in dry, weather doesn't present the added problem of humidity. In hot and humid conditions, the power of the body to extract heat through sweating is impaired because sweat cannot evaporate off the body. Hot and humid environments are characterized by temperatures greater than 18°C and when the amount of water vapor in the air exceeds the ability of water to be evaporated from land surfaces back into the atmosphere. This may hinder the body's ability to thermo regulate, especially in endurance events. Humid environments also affect an athlete when swimming, even though swimmer is submerged in water. The silicone cap that's typically worn during competition places stress on the hypothalamus, which is responsible of sudation, by not allowing body heat to flee because the head is covered. When the method of removing heat from the body is interrupted, overall performance is decreased as core temperature rises.

### Cold Environment

Not only the recent environment can negatively impact performance, exercising within the cold environment has been found to influence performance also. One major concern of exercising within the cold is that the effect cold air has on the pulmonary system. Exercised induced bronchospasm can cause a better ventilation rate thanks to the constriction of the airways as results of the dry and cold air being breathed in. This results in a better exertion and a decrease in performance. Unlike in warm environments, pulse decreases in weather, thanks to the body's plan to retain heat through vasoconstriction. This can create inaccurate intensity reading if athletes try to succeed in a particular pulse. They would be exercising at a greater intensity in the





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cold compared to normal temperatures when trying to reach the same heart rate. This extra exertion leads to decreased performance. Cold wind also plays a task within the decrease in blood heat through the method of convection (displacement of warmth by motion of gas or liquid). Additionally if the wind is high, heat from the body will be displaced. The clothing an athlete wears can increase blood heat through conduction (transfer of warmth from one solid to another). If the athlete's clothes aren't appropriate for cold, heat may very well be far away from the body via that method also. Prolonged exposure to cold temperatures reduces core blood heat. This is pronounced in athletes with small body size, as heat is in a position to flee more readily thanks to less body area. Other factors that are reduced in weather are muscle power, force production, muscle shortening velocity, and a rise in fatigue rate. High intensity exercise is particularly affected as many studies have shown a discount in dynamic performance of about 10% when the temperature of working muscles drops. VO<sub>2sub</sub> and VO<sub>2</sub> peak tests in cold environments have also revealed reduced performance in athletes due to multiple factors such as fast-twitch fiber recruitment and higher contribution of anaerobic glycolysis. Interestingly, performance was actually increased in marathon runners when the race was performed at a temperature of roughly 14°C. The slightly colder temperatures provided an environment that kept runners from getting too hot, but did not create a detrimental response from the body trying to stay warm.

### Synthetic Grass vs. Natural Grass

An increasing number of athletic fields are being installed as artificial or natural turf to require the place of normal grass fields. While sports complexes are doing this to increase the durability and variability of fields, there are some significant detriments to athletes playing on synthetic grass. Most of the priority over the switch to artificial grass is concentrated on injury rates and kinds of injury as are going to be reviewed within the next section. Other variations seen when comparing different playing fields are how the surfaces affect ball movement and control also as overall player preference. Pollution Many large cities receive criticism for producing high volumes of pollution. Concern is especially relevant when large metropolitan areas. High quantities of air pollutants can have a deleterious effect on athletic performance. Pollutants that have received the foremost attention regarding negative effects on athletic performance include oxides, particulate and ozone. The pollutants are of concern due to their ability to lower the effectiveness of the pulmonary and vascular systems, which would in turn lower performance. One of the foremost common sources of pollution is car exhaust. Nitrogen oxide and carbon monoxide are the largest by-products of motor vehicles. Carbon monoxide, however, features a



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significantly greater affinity for binding with hemoglobin within the blood than oxygen does. With an increased concentration of carbon monoxide gas within the blood, oxygen isn't ready to be sufficiently transported and released to the working muscles. Lack of oxygen reduces the quantity and intensity of exercise an athlete is in a position to realize. Other performance effects caused by an increase in carbon monoxide levels include an increase in heart rate, an earlier onset of angina, and a decrease in maximal exercise time. Compared to other pollutants, carbon monoxide gas had the foremost negative effect on athletic performance. Second category of pollutants, known as secondary pollutants, is formed through the interaction with other pollutants, water, salts, and ultraviolet rays from the sun. The most notable of these pollutants is ozone. Ozone affects pulmonary function by causing inflammation of the air passageways. Athletes in particular are more susceptible to the effects of pollutants due to an increased respiratory rate, inhaling larger volumes of air, and deeper concentrations of pollutants in the body because of increased air flow velocity when exercising.

### Altitude

High altitude can significantly influence the performance of an aerobic athlete. Although the quantity of oxygen available doesn't change as altitude increases, the partial pressure of the oxygen decreases. Normal oxygen at sea level is 159 mmHg, climbing up to 2,000m the oxygen drops to 125 mmHg, and at 4,000m it drops even farther to 97 mmHg. This drop by the partial pressure of oxygen creates a hypobaric hypoxic environment. A hypobaric environment features a reduced atmospheric pressure, while a hypoxic environment shows a compromised delivery of oxygen to the tissues. Physiologically, a hypoxic environment causes a decrease in the pressure gradient across cell membranes, making it harder for the tissues of the body to take up and utilize oxygen. A lack of oxygen throughout the body leads to physiological changes that have been shown to decrease prolonged athletic performance. The response of the body to a change in altitude over a two to three week time frame is collaboratively called acclimatization. The athlete will immediately experience an increase in ventilation, heart rate and cardiac output in order to make up for the decrease in utilized oxygen. This results in the athlete fatiguing earlier because the athlete has to work harder to get enough oxygen to the working muscles to achieve non-altitude results. This is most notable in maximal aerobic activities like endurance running or in multiple maximal anaerobic activities like repetitive sprints. While one maximal sprint may actually show an increase in performance due to its usage of the energy system, multiple repetitions without an adequate recovery period (such as in soccer) will show a decrease in ability and performance. However, without proper acclimatization the athlete may face health risks that might lower performance before they even tread on to the sector the cumulative manifestation of symptoms related to the body's reaction to a hypoxic environment is understood





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as High Altitude Illness. Acute Mountain Sickness is the most common form of High Altitude Illness and involves the onset of headache and one of the following other symptoms: insomnia, dizziness or light-headedness, nausea or vomiting, fatigue or weakness, and anorexia. These symptoms usually disappear within three days, but if a team arrives to a high altitude destination without allowing the proper time for athletes to acclimate, altitude sickness may debilitate performance or prevent athletes from playing altogether. Two to three weeks is the accepted amount of time for athletes to acclimate at one mile above sea level; an extra week is required for every additional 2,000 feet of elevation. The physiological changes during this adaptation include increased oxygen carrying capacity, increased hemoglobin, and increased red blood cells. Decreases in body weight and muscle mass have also been shown. While most athletes are well versed in how altitude may impact personal physiological performance, most might not remember of altitude's effect on techniques like throwing, kicking, or even reacting to an approaching ball. The reduction in air density that accompanies increasing altitudes translates into a decrease within the drag and lift forces within the air working on a ball. On the sports field, this is able to allow a ball to travel farther, but any curve placed on the ball would be diminished. The difference in air density may affect teams who ascend to a better altitude also as teams who descend to a lower altitude. For athletic teams traveling to a better altitude, the ball will deviate.

### Conclusion

Athletic performance is one among the foremost researched topics within the field of exercise science. As athletes are constantly trying to urge better to beat out the competition, much thought goes into all aspects of performance that would enhance. Although this subject is not a comprehensive collection of all external factors affecting performance, or represent the entire scope of every factor that can influence athletic performance. Regardless of the environmental factors, and unless told otherwise, most athletes will train and compete under most conditions. Getting your athletes wont to the environmental conditions they're going to compete in are often advantageous since they will adapt to the conditions and intrinsically, these conditions won't be a surprise to the athletes. Both the player and training staff need to understand and steel one against the adverse environmental factors which may affect an athlete's ability to perform at peak level. Having a correct decide to anticipate environmental conditions is a plus to the athletes and team performance. Though many environmental factors can't be controlled, doing all of your homework beforehand can help limit the doubtless negative effect on performance. Having proper equipment and gear, acclimatizing to the conditions by training



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in comparable conditions, and understanding how the environment will affect the athletes provide a crucial advantage to athletes hoping to compete at their best.

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## **Sports Aggression and role of Assertiveness helps in sports performance.**

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### **Abstract:**

*Sports and aggression is closely related to each other. Mostly people are saying that aggression lead to violence but assertive aggression can improve the sports performance. Hostile aggression and Instrumental aggression tends verbal, physical violence and also not acceptable in sports. Beyond this, assertiveness behavior helpful to improve sport performance among athlete and giving strength to stand against opponents aggression.*

**Keywords:** *Aggression in Sports, Hostile aggression, Instrumental aggression,*

### **Objectives of study**

- To identify the difference between hostile aggression and instrumental aggression.
- To understand the role of assertive behavior in sports performance.

### **Introduction**

Now a day's aggression is a part of sports. Players are more offensive during the sports games it tends to conflict between players. This paper will focus on types of aggression and the positive side of assertive aggression which improves sports performance of the players. Many time people talking negative about aggression and its effect but assertive behavior helps in sports performance by facing the opponent's aggression. It doesn't harm to anyone but provide positive mindset while sports.



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## Aggression in sports

Aggression could be verbally, physically or psychologically harm to anyone in sports and no sports context. Simply we can say aggression is psychological aggressive behavior which cause harm to anyone. When aggression comes in discussion; people are saying negative all the time. There can be many positive and negative on the performance of sports player towards the characteristic of aggression. Baron and Richardson, 1994 defined aggression as "any form of behavior directed towards the goal of harming of injuries another living being who is motivated to avoid such treatment." (Sandyabilias, Nov. 29, 2013) Aggression distinguished in to hostile aggression and instrumental aggression.

## Hostile Aggression

Hostile refers to "impulsive, angry aggression intended to harm someone who has in how provoked an individual" (Russell, 2008). Hostile aggression is a behavior aimed toward another person who has angered the individual. Its purpose is to harm for its own sake, for instance, hitting an opponent who has just been aggressive against the player. Hostile aggression is typically preceded by anger.

## Instrumental Aggression

The behavior which driven by external competitive winning goals like victory or improving performance. Player needs to play in certain measure of physical aggressiveness for win within the game rules. Players might attempt to injure an opponent's because of that they are thinking that the chances of winning will increase. We often see the in Cricket, some bowler's shows verbal aggression towards the batsman and they might think that if batsman did the mistake their chances will increase for victory.

It is not permitted hostile or instrumental aggression in sports but athletes shows their aggression often while playing.

## Assertiveness in sports

Most people view aggression as a negative psychological characteristic; however some sport psychologists agree that aggression can improve performance (Widmeyer & Birch, 1984). This is called an assertive behavior (Bredemeier, 1994)



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Assertiveness willingly to perform an amazing strike to get victory perspective not to intention of injures or harm to anyone.

### Assertiveness and athlete performance

An athlete career many of times he is facing different stressful situations. So, assertiveness is an important component for interpersonal skills, better performance in team work. (Acet, Tazegul, Kocapinar & Bas 2012)

Virat Kohli define aggression as, "Aggression depends upon the situation on the field. If opposition aggressive towards you then you need to counter it. We have never been the team who creates the problem but we have our self respect and always draw a line, when needed. For me, aggression is the passion to win and an obsession to play each ball to win the game for my team. I think aggression can mean many different things but as far as my concerned, it means to win a match at any cost and to give my team 120 percent. (The Quint.com)

Indian Cricketer Shikhar Dhawan Says, that "He is really controlled and aggressive in the field an bring that aggressiveness on all the player too an we are also more attacking towards the opponents" (Times of India, Aug. 2, 2015)

"Virat aggression is one of his greatest strength, that's he had success, and that's the way he like to play and that is how he has had success, and that is the he will play" says Australia's former captain Michael Clarke. (Hindustan Times, March 10, 2017)

### Conclusion

Both types of Hostile and Instrumental aggression are not acceptable in sports because it tends to harmful, verbal and physical violence. But assertive behavior helps athlete to tackle the opponent's aggression and concentrate towards victory. So, athlete should develop an assertive behavior to better sports performance.

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## **A Comparison of Self Confidence between Male and Female Inter University Kho-kho Players**

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### **Abstract:**

*The present study aim to compare the self confidence between male and female inter university kho-kho players. The current investigator was taken the female and male subjects for the study. The sources from various universities of Maharashtra, State was taken as sources of data. For the present study investigator selected (forty) 40 subjects of various universities, (i.e. twenty female and twenty male players). In the present investigation the researcher adopted purposive sampling method for the selection of subjects. In this research self confidence means an individual's level of self-confidence which was measured through self-confidence inventory developed by Dr.Rekha Gupta (1971). The data collected from the two groups on the selected Psychological variable were used for the statistical treatment to find out whether or not there was any significant difference between the two groups by the 't' test. The level of significance was fixed at 0.05 level of confidence. All the statistical calculation was carried out using Microsoft Excel, 2007. It can be discussed on the basis of analysis that the male kho-kho players are more self confidence than female kho-kho players. There was significant difference in male and female kho-kho players of self confidence.*

**Keywords:** *Self Confidence, Kho-kho Players*

### **Introduction:**

Self-confidence is that the belief that you simply can successfully perform a desired behavior. A high level of self-confidence indicates positive emotions, concentration, setting tougher goals, increasing effort and developing effective competitive strategies. Self confidence is characterized by high expectancy of success. It can help individuals to arouse positive emotions, facilitate



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concentration, set goals, increase effort, focus their game strategies and maintain momentum (Weinberg and Gould. 1999). According to Jones and Hardy (1990), self confidence is widely believed to be an important aspect of the psychological make-up of the individual athlete. Research studies indicate that the most consistent factor distinguishing highly successful from less successful athletes is confidence (Woodman and Hardy, 1990). A high level of self-confidence is one among the foremost consistently reported psychological characteristics of elite athletes, and research has shown that self-confidence often distinguishes highly successful athletes from the less successful ones (Gould, Weiss, & Weinberg, 1981).

### Methodology:

The current investigator was taken the female and male subjects for the study. The sources from various universities of Maharashtra, State was taken as sources of data. For the present study investigator selected (forty) 40 subjects of various universities, (i.e. twenty female and twenty male players). In the present investigation the researcher adopted purposive sampling method for the selection of subjects. In this research self confidence means an individual's level of self-confidence which was measured through self-confidence inventory developed by Dr.Rekha Gupta (1971).

### Statistical Analysis:

The data collected from the two groups on the selected Psychological variable were used for the statistical treatment to find out whether or not there was any significant difference between the two groups by the 't' test. The level of significance was fixed at 0.05 level of confidence. All the statistical calculation was carried out using Microsoft Excel, 2007.

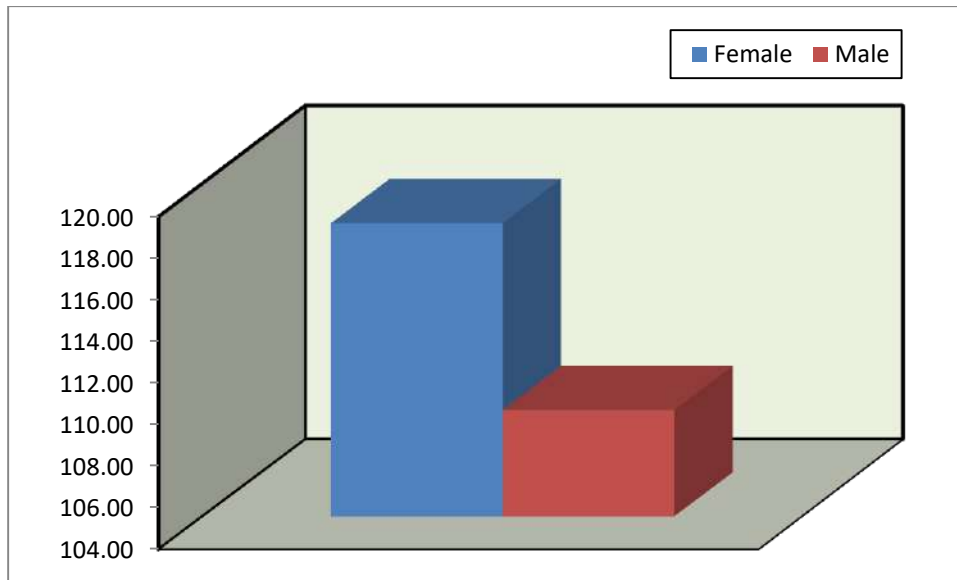
### Result and Discussion:

Table-1: Showing comparison between male and female players in self confidence.

Group	N	Mean	SD	SE	MD	Ot	df	Tt
Female	20	118.10	14.02	3.81	8.95	2.35*	38	2.02
Male	20	109.15	9.708					

\*Significance at 0.05 level

Table-1 indicates that the obtained 't' value of (2.35) between female and male of kabaddi players in self confidence was found to be significant at 0.05 level of confidence as we obtained value of (2.02) with 38 degree of freedom. Graphical representation of above table is made in figure No. 1



**Figure No. 1:** Mean value of female and male kho-kho players of self confidence

## Discussion

The investigation revealed that the mean score of self confidence of male kho-kho players is more than the female kabaddi players. This may be because the male tries hard for competitive success. They go through hard training to secure position in the competition and after achieve that they gets self-confidence and motivated for other events.

## Conclusion

On the basis of findings of the study these conclusions can be drawn:



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It can be discussed on the basis of analysis that the male kho-kho players are more self confidence than female kho-kho players. There was significant difference in male and female kabaddi players of self confidence.

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## **Effect of Yoga Training Programme on Selected Elements of Physical Fitness With Respect To Flexibility and Co-Ordination of School Students in Nanded District**

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### **Abstract**

*The Purpose of the study was to investigate the Effect of Yoga training Programme on selected of Physical Fitness Elements of school student in Nanded District. And 30 students selected by Purposive sampling methods at the Kedarnath government Ashram School in Hadgaon Taluka between age group 14-16 .In this the researcher had prepared a Yoga training program. Some of these were taken by the selected Yogas as follows; Vajrasana, Bhujangasana, Halasna, Dhanurasan, pashchimotsan, Varkstanna, , trichonasan, padhastasan, Utyanasan, Natarajasan Anulom Vilom Pranayam ,Kapalbhati ,Pranayam Shavasan planned a 12 weeks programme. In the Elastic coordination, strength was set out in the following findings. Sit and reach, Ball throw test has been used for Flexibility, Co-ordination. The level was significant was set at 0.05.e the result showed that doing Yoga practices had a significant improvement of Flexibility and Co-Ordination in the after experiment. So the conclusion of the study was that there is significant effects of Yogic programme on Flexibility and Co-Ordination of School level Student.*

**Keywords: Yoga Training Programme, Flexibility, Coordination**

### **Introduction**



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The word yoga is derived from the Sanskrit language yaz. These can be tied together or Co-ordinate combining or focusing your attention on something. That is, this metal has different meaning to use. They also mean cohesion and unity. In recent times many scientific practitioners and researchers of Yoga have received scientific meeting. With modern science, the daily life of humans has become mechanical and dynamic. All of this has an impact on human Life and the stress is getting to the beholder so and the publicity is gaining momentum so there is need for Yoga. In the twenty First Century, eating habits and Stresses led to unhealthy eating disorders while we were living the traditional way of life. That is why Yoga is needed. Preliminary preparation in 1 to 4 for 10 minutes a week 40 minutes Yogic exercise type, 10 minutes relaxation, 40 minutes yogic exercise type ,15 minutes to 5 to 8 weeks preliminary preparation 9 to 12 week 15 minutes relaxation and 15 minutes its physical strength pre-and post-test was taken.

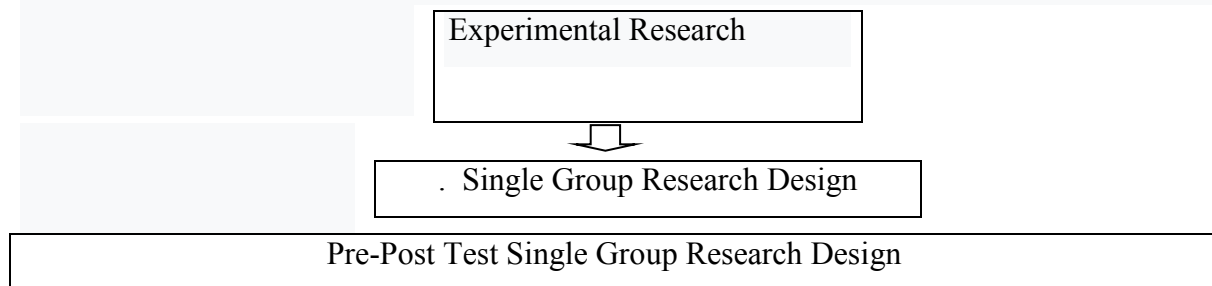
## Research Methodology

Experimental research methodology was used in the research presented. Experimental research methodology is a scientific research method and has important used by in physical education.

## Sample and Sources of Data

Researchers were selected by the researcher at the Government Ashram School Kedarnath for the purpose of presenting Research. 30 students were selected for this research purposefully.

## Research Design





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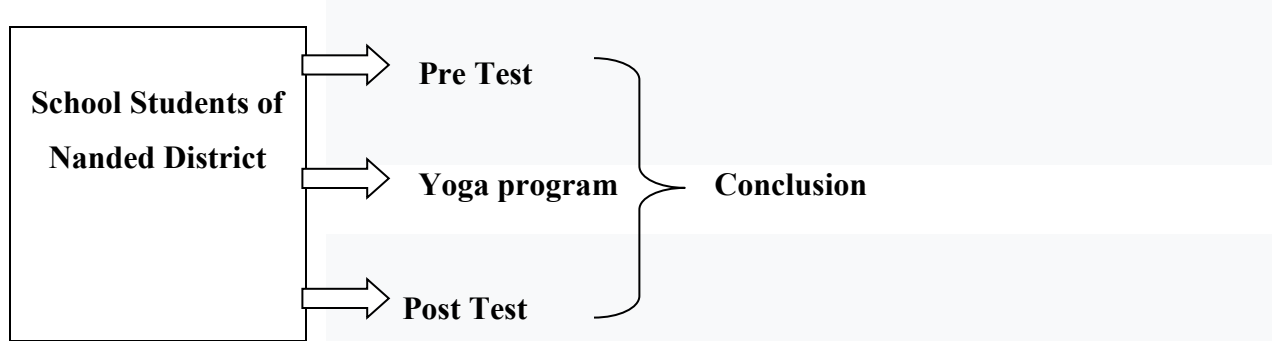


Table No - 1

Show the Mean and Standard Deviation of Age, Wight, Height and BMI of Students in the School

	Unit	Mean	S.D
School Student	Age	15.06	0.86
	Wight	42.93	6.98
	Hight	149.8	7.78
	BMI	14.93	1.53

Table No -1 The Mean is age of this element is the same as that of the students in the Government Ashram School Mean and Standard Deviation respectively 15.06 and 0.86 were found. The Mean and Standard Deviation of weight respectively 42.93 and 6.98 were found. Then High factors Mean 149.8 and Standard Deviation 7.78 were found. So calculate the BMI Mean 14.93 and Standard Deviation 1.53 was found.

Table No. 2

Comparative Analysis of the Mean, Standard Deviation and T- Test for This Component of School Student's

Flexibility	Test	N	Mean	S.D	T Value
	Pre-Test	30	15.53	2.20	
	Post Test	30	19.05	2.27	2.53*

\*Significant at 0.05 level





Table No 2 it can be seen from the comparison that the Mean Standard Deviation of this factors and the t-test result were analyzed by the Flexibility of Physical Reinforcement of School Student. The Mean of Pre test School Student's 15.53 and Standard Deviation 2.20

That's it also the Mean of the Post test is 19.05 and Standard Deviation 2.27 the t-test Value of 2.53 were found.

This t- Value 0.05 is meaningful at the level of significance general chart lounge Differences in these factors have been found in the Flexibility of Physical Fitness the result of yoga training is shown in Post test.

**Table No - 3**

**Comparison Analysis Mean Standard Deviation, And T Test For These Factor In Co-Ordination Of Physical Fitness School Students.**

Co-Ordination	Test	N	Mean	S.D	T. value
	Pre-Test	30	23.26	6.68	7.21*
	Post Test	30	28.8	3.27	

\*Significant at 0.05 level

Table No.3 shows that the co-ordination of physical improvement of the school Students where compared with the Mean, standard deviation and comparative analysis of the T test. The Mean of the pre-test school students was 23.26 and the standard deviation was 6.68 also the Mean of Post test was found to be 28.8 and the standard deviation of 3.27 and t test was found 7.21

**Conclusion**

- 1) Significant difference was found of Flexibilities of physical fitness of school students the different between these factors when performing pre test statistical analysis of the post test was found at the t value 0.05 significant level.
- 2) Significant difference was found of Co-ordination in physical fitness of school students while performing a statistical analysis of pre-test and post test, differences in significance level of 0.05.

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### Role of Yoga in Physical Education and Sports

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#### Abstract

The word yoga comes from the sanskrit word "yuj" mean to yoke join on unite. This implies joining or integrating all aspects of the individual body with mind and with soul to achieve a happy, balanced and useful life, and spiritually, uniting the individual with the supreme, through yoga is spiritual quest. The aspirant also gains health, happiness, tranquility and knowledge.

**Keywords:** Yoga, physical education and sports.

#### Introduction:

In the times, more and more people, especially the westerners, are resorting to yoga to seek out cure for chronic health problems and attain a peace of mind. They are also interested by knowing what exactly is yoga and what are included in it. Although many folks are cognizant of the health benefits of the physical activity, not everyone knows about the origin and exact definition of yoga. It is a well-liked belief that yoga merely includes stretching and warm up exercises. Of course, yoga involves stretching, but includes many other things beyond that. Various practices of yoga can be broadly divided into five major branches; they are asana, pranayama, bandhamudra, shrudhikriya and meditation (dhana).

#### Objective of the study:

1. To understand the role of yoga in physical education and sports.

#### Review of literature:

Cushman (2010) reviews of the research on the utilization of yoga for treating depression said that preliminary research suggests that yoga could also be effective within the management of depression. Both the exercise and the mindfulness meditation components may be



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helpful.walsh (2016) studies on the effects of hatha yoga showed that the emphasis on breath awareness internal centering, relaxation, and meditation enabled participants to find out to avoid mental and emotional blockages. These strategies helped participants experience lower stress and anxiety levels additionally to higher quality of life scores.

### Physical aspects of yoga:

Yogahas been highly westernized in recent years, and a majority of the result of this westernization and modernization is the heightened profile of the physical aspect yoga has to offer. This physically-exerting practice is the typically hatha yoga, which combines asanas that exert the participant's physical self. The therapeutic healing benefits of yoga were recently discussed by van der kolk, who posited that regulation of physical movement is a fundamental priority. Of the nervous system.For this reason. Focusing on and developing an awareness of physical movement allows for the mind and body to connect and be in sync. This is beneficial for humans especially those suffering from psychological conditions such as depression and ptsd( the focus ofvan der kolk's work ) because the connectedness of mind and body allow for feeling of control and understanding of their " inner sensations " and state of being. The physical benefits of yoga are linked to the release of a-endorphins and the shift caused in neurotransmitter levels linked to emotions such as dopamine and serotonin.

These benefits are most likely in high-intensity practices of yoga. Lower-intensity yoga practices, which include a majority of yoga, typically spark the "relaxation response" as defined by Dr. Herbertbenson. This response is typified by a "physiological de-activation" of tenseness and control over one's body. Beson related this release of control to the implicit dominance of the parasympathetic nervous system (pns).

### Yoga sports and athletics:

Increasingly yoga is employed to coach sportspersons and athletes, to maximise performance, improve conditioning, and minimize injury. Yoga is used extensively within British football to minimize injury, with Manchester united ryangiggsone of the highest profileplayers to publicly incorporate it in his training regime. This has led to increased interest in the benefits of yoga in other sports and the rise of sports-specific yoga programs liking yoga with sports science, such as those developed by uk-based yoga sports science..

### Physical benefit of yoga:



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It is often said that “you are as young as your spine” asanas initially focus an increasing and maintaining flexibility of the spine, to ring and rejuvenating the nervous systems. The gentle stretching, twisting and bending movements bring flexibility to the other joints and muscles of the body, as well as massaging the glavds and organs. Circulation is additionally improved, ensuring an upscale supply of nutrients and oxygen to all or any the cells of the body.

### **Conclusion:**

Considering the benefits of yoga, if these exercises will combine with sports training programme, it is possible a significant increase in the effectiveness of the entire training process, which facilitated the development of correct movements, habits sports skills and protect the body of the athlete. For this a combine model is needed here.

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## Yoga for Human Welfare

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### Abstract:

*Indian culture is one of the ancient and important and most developed cultures in the world. It has contributed significantly for the well-being and maintaining peace in the Indian society. Its humane principles have penetrated into art, culture, sports, medicine and health governing aspects. Yoga is a notable contributor among these. In the days of information and technology human beings appear to be a slave to it. The energy consuming works are being done through machines. As a result, human being appears to have almost forgotten the physical labour. This dependency on machine paved way for many diseases to enter into human body. The stress, physical and psychological ailments, unhealthy food habits, obesity and frustration are the gifts of this dependency. The whole world appears to be in the trap of this problems. To check them and to keep oneself healthy and fit, yoga is inevitable. Its habit, certainly, can help one in maintaining the physical and psychological balance in life.*

**Keywords:** Yoga, Human Welfare

### The Objectives of the Paper:

- i) To trace the history of Yoga;
- ii) To comprehend its meaning;
- iii) To identify its value in human life;

### Hypothesis:

The practice of Yoga can set one free from life-pressures and ensures overall development.

### Methodology:



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To arrive at understanding and conclusions related with this art the secondary sources such as reference books on yoga, the journals related to sports, newspapers and earlier research publications on it have been taken into consideration as source.

**Analysis:** The content oriented method has been adopted.

**Limitations:** The presentation is made on the basis of the above mentioned secondary sources.

### It's History:

The most notable gift India has offered to the world is –yoga. Its origin could be stated in B.C. times. The glimpses of Yoga, it is assumed, were found in the Buddhist and Jain principles. The great sage Patanjali designed many texts on this valuable art. The Lord Krishna in the Bhagwat Gita, states its importance in human life. The very purpose of Hatyoga, Rajyoga, Bhaktiyoga, Karmayoga and Ashtangyoga seems to be the maintenance of physical, psychological and social harmony. The acceptance of it, all over the world, testifies its importance.

### Definition:

1. KathenUpnishid: Maintenance of a stable mind
2. ShwetawarUpnishad : Controlling human organs for mental stability
3. Yoga Vasishatat: Voyaging safely through this life
4. Yoga Yadnywalka: Supremacy of the divine soul
5. Charak Muni: For maintaining balance among head and heart
6. Shankaracharya: Mode for realising ultimate reality
7. ShriPatanjali: Yoga controls behaviour
8. Dr.Radhakrishnan: De-recognising ego and recognising peace for soul

The above definitions of scholars at different time and location clarify the value of Yoga.

**It's Nature:** The sage Patanjali has defined and clarified its impact on human body and nature. That is as below:





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1. **The Ashatanga Yoga** aims at the attainment of supreme bliss, the realisation of the only ultimate truth and bliss of head and heart.
2. **Yama:** The first part of **Aashtang Yoga** is **Yama**. The Patanjali Yogashashtra states that there are five sorts of Yama. They are Non-violence, truth, Brahmacharya, Asteya and Aparigraha.
3. **Rule:** There are five rules. They are:
  - i) Shoush (Cleanliness within and without)
  - ii) Santosh (Satisfaction)
  - iii) Tapa (Meditation)
  - iv) Swadhyaya (Understanding inner self)
  - v) IshwarPraniyan (Submission)
4. **Aasan:** Its aim is to gain a balanced state. What *Aasan* is important for what ailment is explained accordingly.
5. **Pranayam:** After the observation of needed *Aasans*, the control over the flow of breathing is called *Pranayam*. The taking of the breath in and out method is called *Pranayam*.
6. **Pratyahar:** Human organs get detached from the worldly temptations and concentrations is completely on inner self.
7. **Dharna:** It is a state that makes one's mind stable and unmovable. Such a state improves one's psychological health.
8. **Dhyan:** It helps one in taking decisions and remaining firm on it. The psychological health of the individual gets solid and strong.

### Samadhi:

At this stage the human being forgets his/her physical existence and completely focuses on the idea cherished.

### Yoga in Societal development:

Yoga affects positively on one's physical, psychological, intellectual, social and educational needs. Following are its benefits:

- 1) **Emotional Balance:** Yoga not only keeps one healthy but also maintains balance in our physical and emotional needs. One remains happy and energetic.



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- 2) **Reduces Obesity:** The habit of Suryanamaskar, Kapalbhati and Pranayam keep one active and energetic. Due to it one's efficiency is increased and on the other hand it reduces the unwanted fats in our body.
- 3) **Stress-free life:**Pranayam and Dhyandharna eliminate all sorts of physical and mental stress. Your mind remains stable.
- 4) **Psychological Peace:** The regular practice of yoga gets one a peaceful mind. One becomes free from the feelings such as anger, jealousy and hatred. As a result one can lead a stress-free life.
- 5) **Increase in resistance:** Yoga and Dhyana can set you free from worldly pressures and increase your ability of resistance. The unwanted toxins are removed from our body, therefore, one can lead ailment-free life.
- 6) **Active Head/Heart:**Yoga helps you in remaining always attentive and active in day-to-day needs/ duties. One becomes creative.
- 7) **Increase in Efficiency:** Yoga removes the burden/ stress on one's body and keeps you active and attentive. It generates new energy in our body.
- 8) **Active and Flexible Body:** The habit of Yoga keeps one active and flexible in body and temperament. One discharge duties actively its value for sportsperson is invaluable.

### Conclusion:

Yoga is the ancient and rich contribution of our country. Hence, its observation and propagation is the responsibility of every citizen. The bodily ailments can be removed with its practice and simultaneously one's spiritual health also can be attained. It keeps your heart, brain and lungs healthy. One is set free from diseases like diabetes, diseases related with kidney, cancer, cholesterol, gases and indigestion.

The birth of an active and energetic individual can be had with its regular observation. Such state of existence is essential for making a healthy society. As a result an ideal family, society and nation can be created for peaceful human existence.

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## **Correlation Study on Javelin Throw Performance and Fast Bowling Performance in Cricket**

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### **Abstract**

*Research Summary for this research, 14(boys) players of national and international level Javelin throw players have been selected as purposefully in the regular practice of open age Javelin throw game in Pune city. At the beginning of August, he gave his Javelin throw distance test by giving him three chances in August, and then in September he gave the Javelinthrowplayers a practice of bowling and by taking three chances each, they took the measurement of performance under bowling stage and recorded the performance.*

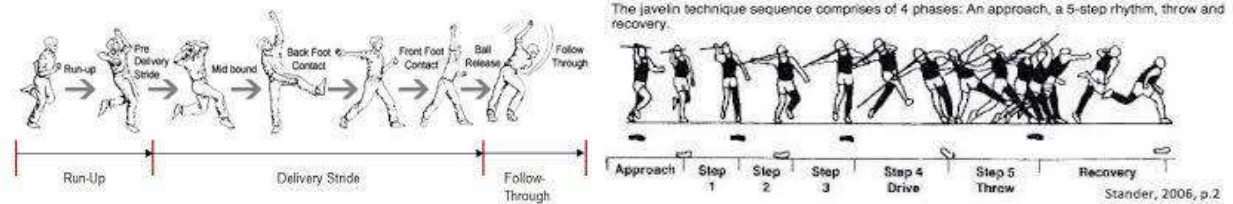
*A statistical analysis of the data obtained shows that a significant correlation was found between bowling distance (m) and Javelin throwing performance (m)The correlation coefficient between the distance (m) and the Javelin throw performance (m) between the first bounce to the second stage of bowling is Correlation ( $r= 0.65$ ) ( $p=.000$ ) at this level is meaningful and it is positive and high correlation.*

*This means the bowler who can reach the maximum distance between the two legs can throw the Javelin at the far end, and if a fast bowler, he can give a Javelin throwing performance well. This researcher can be used as a test to select Javelin throwing players if some similarities in the ability and actions of the bowling players have appeared and the transfer of money from one game to another can be used to select the Javelin throw player. Does the researcher have a correlation between Javelin throw and fast bowling performance in cricket? Researchers found it necessary to find out.*

**Keywords:** *measure the distance of the bowling (in meters), the performance of the Javelin throw (meters).*

### **Introduction**

Bartlett and Best have done a biome-mechanical analysis of both fast bowling and Javelin throwing. It seems that there is a lot in common with both fast bowling and Javelin throwing.



Fast Bowling Spear Throw	Javelin Throw
1. Run Up	1. Run Up
2. Pre Delivery Stride.	2. Pre Delivery Stride.
3. Cross Step	3. Cross Step
4. Use Of Left Hand	4. Use Of Left Hand
5. Leaning Back Of The Truck.	5. Leaning Back Of The Truck.
6. Trunk Extension And Rotation	6. Trunk Extension And Rotation
7. Kinetic Chain Sew - Vance & Jerk	7. Kinetic Chain Sew - Vance & Jerk
8. Follow-Up	8. Recovery

The similarities between the above are found in the Fast bowling and Javelin Throw.

Also, 'Peter John Worthington' did a fast bowling bio- mechanical analysis, and 'Komi and Mero' compared bio-mechanical analysis of Javelin throwing.





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This South African international fast bowler She is by accident that the girl got the silver medal; does it have any correlation between fast bowling and Javelin throw, leading the researcher to question whether there is a wealth transfer in the causal factor of action? Are some of the actions the same? Does this seem to be thematically or even theoretically suggested? If there is a high level of correlation between really fast bowling and Javelin throwing, then *India* is good for the country. Our country is crazy about cricket. In our country, children do not have to teach bowling at school level, not every bowler gets a chance in the cricket team, then they are away from the game, many students are ready for selection of cricket game in schools but they are not ready to participate in such things as Javelin throw.

If they take a fast bowling test and turn it into a Javelin throw, can you find Javelin throwing players on the cricket field in your country, from which one can get your country to the Olympic medal, and can the fast bowling be the criteria for selecting a Javelin thrower? Researchers need to verify this. So, I suggested that the researcher, whether fast bowling in cricket would be useful for selecting a player for the Javelin throw. Does the researcher appear to be useful, so does the researcher have a correlation between Javelin throw and fast bowling in cricket? Researchers found it necessary to find it back.

## Objective

1. Does the objective research correlate the performance of Javelin throw and fast bowling in cricket? The main objective of this research was to investigate.

## Methods / Procedure

For this research the researcher has adopted a descriptive survey method. Among the players who regularly practice open Javelin throw game in Pune city for the research, 14 Javelin throwers from National and International level at Army Sports Institute, Ghorpadi, Pune have been selected as purposefully and have been selected for the first three months in August each. His Javelin throw distance measurement was tested. Later in September, Javelin throw players were given bowling practice, giving each of them three chances and took the test of measurement under the bowling between 1<sup>st</sup> bounce to 2<sup>nd</sup> bounce and total distance of bowling and recorded the performance.

The statistical analysis of the data obtained shows that a 0.01 significant correlation was found between the overall distance of the bowling and the Javelin throwing performance. The





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correlation coefficient 0.739 between the distance between the first bounce and second bounce of the bowling and the Javelin throwing performance it is Correlation( $r= 0.65$ ) ( $p=.000$ ) at this level is meaningful and it is positive and high correlation.

This means that the bowler, who can reach the maximum distance between the total bowling distance and the 1<sup>st</sup> bounce to 2<sup>nd</sup> bounce two stages of the bowling, can throw the Javelin at the far end, and if a fast bowler, he can give the Javelin throwing performance well.

## Population

Population, Pune city has purposefully selected 14 (boys) Javelin throw players nationally and internationally at the Army Sports Institute, Ghorpadi, Pune for their research.

**Analysis-** The analysis of this information is as follows statistically

**Table no. 1 .**

### Statistical Analysis of the Bowling Performance and Javelin Throw Performance and Interpretation

Statistics	Bowling 1 <sup>st</sup> Bounce distance	Distance between 1 <sup>st</sup> Bounce to 2 <sup>nd</sup> Bounce	Bowling Total distance	Javelin Throw Performance
Mean	12.47	22.6	35.05	70.81
Median	12.21	23.1	34.63	70.3
Median ratio Error ratio	0.19	0.56	0.52	0.97
Standard Deviation	0.73	2.11	1.97	3.63
Peak defect	-0.12	-1.94	-1.31	0.63
Minimum	11.57	19.8	32.1	65
Maximum	13.97	25.5	37.95	79

Table no.1. Shown The mean of the Javelin throwing performance 70.81m, median 70.3, There is Median ratio Error ratio 0.97, Standard deviation 3.63, peak defect 0.63, Minimum 65 (m.) and Maximum 79 (m.).





**Table no. 2**

**Correlation of Javelin throwing performance and performance between bowling BounceBounces**

	<b>Bowling Performance</b>	<b>Correlation Of Javelin Throwing Performance</b>
<b>PerformanceBetween Bowling Bounces. (M.)</b>	1 <sup>st</sup> Bounce	-0.37
	Distance Between 1 <sup>st</sup> Bounce To 2 <sup>nd</sup> Bounce	0.739
	Bowling Total Distance	0.65

Table no. 2 InThe correlation between the first bounce of bowling and the javelin throwing performance is with Pearson drawing the correlation according to statistical technique in -0.37 is the coefficient of the coefficient of correlation. However, the correlation is 0.739 the distance between the first bounce and the second bounce of bowling and the Javelin throwing performance is 0.01 has come, The highest level of correlation is coefficient with respect to the level of the bowler and the correlation 0.65 between total bowling distance and Javelin throwing Performance. This is a high quality correlation coefficient.

This means that if the bowler crosses the total distance of the bowling and the distance between the first bounce to second bounce of bowling, the Javelin throw Performance is also higher.

**Discussion**

The researcher made his first appearance at the Master's Degree in Year 2013-14, when the performance of the fast bowling players in cricket was positively correlated with Javelin throwing performance, while the researcher's further research was underway at the recent Rio Olympics. African international fast bowler girl Won Silver Medal.

Also with Bartlett and Best, Hurrian P. D. (1997) and Komi P. V. and my (1985) has done a biomechanical analysis of both fast bowling and Javelin throwing action. It seems that both the fast bowling and Javelin throwing actions have a lot in common, as the researcher found



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the facts in the above, the researcher chose the player for the Javelin throw. It seems that the usefulness of the fast bowlers in cricket can be useful.

Does the researcher have a correlation between Javelin throw and fast bowling performance in cricket? The researcher felt it necessary to find this back and found a positive correlation between Javelin throw and fast bowling performance.

### Key Observations

1. There is a significant correlation between overall bowling distance and Javelin throwing activity; this correlation is positive and high, with correlation coefficient ( $r = 0.65$ ) ( $p = .000$ )
2. Distance between first bounce to second bounce of bowling. The level at 0.01 correlation coefficient between the performance of Javelin throw is Correlation 0.739 at this level is meaningful and it is positive and high correlation

### Conclusion

1. The bowler who crosses the total distance of the bowling and the distance between the two bounces (1<sup>st</sup> Bounce to 2<sup>nd</sup> Bounce) during bowling also has a higher Javelin throw performance.
2. This means that if he is a fast bowler, he will give the Javelin throwing performance better.

### Recommendations

1. The total bowling distance between the two bounces of the ball can be studied by examining the difference in their performance by training the Javelin throw.
2. The Check Correlation between Performance of Javelin Throw and Fast Bowling in Cricket.
3. The harmony between the Javelin throwing action performance and the comparative study will be given to the training fast bowler.
4. Fast bowling and javelin throw performance the basis of the research prepared be prediction regression Analysis formula.



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### Woman Empowerment in Physical Activity and Sports

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Director of Sports,  
Yeshwant Mahavidyalay, Nanded. (M.S)

#### Abstract

*The study reveals that women empowerment is an important goal of development process; also it faces many challenges because of its specific regional and religious attributes in the country like India. In both subtle and explicit ways, women face many barriers to participating in sports, which prevent women and girls from reaping the many benefits that can be gained from playing sports and engaging in physical activity. The sporting world epitomizes many of the gender stereotypes which persist around the world today, and has proved to be highly resistant to meaningful gender reform. By creating opportunities for women and girls to engage in sport, communities and societies empower women and girls on an individual level, by promoting self-confidence, leadership, teamwork skills and a sense of achievement. They also challenge existing gender norms and roles within society. Sport provides a space in which women can renegotiate concepts of femininity and masculinity, challenge stereotypes which label women as weak and inferior, and demonstrate to their communities what they are capable of achieving. As such, promoting girls' and women's involvement in sports is an important tool in gender equality and women's empowerment and, more broadly, in development and social change. Therefore this study supports to the freedom and empowerment of women in sports and in other activities.<sup>1</sup>*

**Keywords:** - Empowerment, sporting, achievement, opportunities, and challenge.

#### Introduction

Mission Statement, Beijing Platform for Action Fourth United Nations World Conference on Women, Beijing 1995). This article supports to study about the condition of women in the field of sports and the participation and involvement of women in sports. This article proposes to study about the status of woman in sports in India. We sleep in a world which changes so quickly that it's not in the least a surprise that the image of girls in sports is additionally changing quickly. However, it hasn't been that long since women were not even socially permitted to participate in sports or any kind of physical activity. In some places, women aren't allowed to participate within the sport activities. For example, "In Afghanistan, women were allowed to participate in sports after the autumn of the Taliban regime in 2001. In Saudi Arabia, women and girls are barred from participating in sports and physical education. Saudi Arabia is one of the countries never to have sent a female athlete to the Olympics but overall image of women in



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sports has changed. Now women can not only participate in sports, but they can also excel at them.

Women face gender equity issues as athletes and as sport governance officials. There is a scarcity of girls in leadership positions in sport thanks to the very fact that sport may be a gendered institution which all processes operate within a hegemonic masculine norm. Furthermore, sport institutions have institutionalized masculinity because the operating principle within sport, which identifies male activity as privileged, and reinforcing masculinity and masculine behavior as acceptable leadership qualities required in sport. Therefore, it's said that gender inequality has become an institutionalized practice within sport organizations. Importance of Sports in Indian sports, character, and value, physical and mental strength are all challenged during a short span of your time. Sports can tell us tons about ourselves as individuals and as a society. Yet, aside from a fanatic obsession with Cricket, we've little or no to point out for our passion in sports. While there's certainly better infrastructure available today, sport isn't a well-liked a part of Indian culture. Instead of joining sports teams or athletic games, many children are spending countless hours ahead of TV screens and video games. I am not getting to enter the demerits of not playing a sport, but will rather showcase the merits of doing so. I believe sports occupy a prominent place within the lifetime of a nation. To me they're an indicator of the culture of a rustic too. The basic values like healthy competition, respect for the opposition and fair-play are inculcated by playing sports. Sport not only helps keep you healthy and fit but also plays a crucial part as a recreational event. Imagine you're home after a having a very hectic week and choose to travel out with the boys for a game of football. Your batteries are recharged; your stress gets busted and it relaxes you such a lot more. Sports shape the character of a person significantly. Concentration, alertness, team-work, focus and leadership are a number of the talents that sport teaches anyone. Sports develop and encourage the spirit of healthy rivalry and competition. They teach us coolness, courage and self-control. It inculcates team-spirit, a way of comradeship and discipline. A sportsman has got to obey his captain and accept the judgment of umpires and referees. He learns to put the interests of the team above considerations of self. Thus, sports play an important role in imparting complete education. Also it breeds the sportsman spirit which enables everyone to simply accept failure and defeats during a positive way and learn from such events. Recently, we've seen a couple of good initiatives are haunted by a couple of leading news networks too. Currently we've a 'Marks for Sports' campaign endorsed by a number one cine star. It encourages schools to grade students for the sports they participate in. Sports need to be a part of a country's culture and getting the faculties into this is often a very good initiative.

### Conceptual Study

M.K. Singh says in her book "Indian Women and Sports" that the foremost important factor which is grounded on the sexist theory preventing girls from entering sports is that her



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physical structure, particularly at the time of menstruation is so weak and she cannot play. According to Boutilier there are two kinds of mutations which are called masculine sports and femininity games. The office continued in the mediaeval period, the right of women to engage in sports items debated for the first when physical education for women became part of the curriculum in 1891. The Russian women athletes in the contemporary period are called the Amazon who also presented a similar connotation. The competitive sports make women's body, masculine. Sangiovanni says that the general notion about the Sport which considered as physical practice as well as an entertainment. Adult females have been fighting for equality with male. Whether they are struggling for similar situations, opportunities rights, or even sportswomen have had to battle for the self-respect that they deserve in life time. The battle for equality in women or man female player has been a problem for the country; male sports have been accused of receiving more serious recognition in the sports they play, having more playing opportunities, obtaining higher salaries, and attracting extra media coverage. The Indian Constitution has bestowed equal rights on women. Gender and Sport in India may be a very vast topic. This is a reality of all chances of human life in India. Indian women have mastered anything and everything which a lady can dream of. Between the men's and women's versions of the sport they identified. One of the most consistent justifications for the apparent lack of equality between men's and women's Professional sports put forth by many of the respondents was that men's sports are faster, more aggressive and dynamic, and thus more exciting. Thirty-six boxers will compete across three weight divisions. Among them, India's Mary Kom, who's already a five-time world champion. Saina Nehwal is also international badminton ranker. Physical Education can help increase self-confidence by gaining women opportunities to play as new skills, engage in positive relationships, acquire achievements, and have interaction in volunteer service. Female participation and recognition in sports increased dramatically within the twentieth century, especially within the last quarter-century, reflecting changes in modern societies that emphasized gender parity. Although the extent of participation and performance still varies greatly by country and by sport, women's sports are widely accepted throughout the planet today. In a few instances, like ice skating, female athletes rival or exceed their male counterparts in popularity. In many sports women usually don't compete on equal terms against men.[1] Although there is a rise and surge in the participation by women in sports, large disparity still remains. These disparities are prevalent globally and continue to hinder equality in sports. Many institutions and programs still remain conservative and don't contribute to gender equity in sports. In sports more often people don't acknowledge women sports the maximum amount as men's sports. From the time of early Olympics, the role of girls in sports





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and games was neglected. The end of the 19th century and switch of the 20th century saw the rising interest of girls in sports both as participants and spectators. However, compared to men's participation in sports, women sports are newer and is that the reason for them not getting the popularity they deserve. But the planet of sports has begun to ascertain how women's sports are often even as interesting and exciting as men's sports are often. An important role in encouraging women to participate is played by the tutorial society, be it at school or at college. The provision of sporting facilities on a good scale to both women and men shows the new trend. This has seen an increase within the number of girls participating in sports. More people want to ascertain women play sports now than within the past due to the higher quality of players. One of the reasons for the decline of sports in India is that we have been mostly concentrating upon the young people living in the cities. We have ignored the villagers, the tribal people et al. . In fact, those that sleep in the cities generally don't enjoy healthiness due to the polluted atmosphere and filthy environment. As they're mentioned within the lap of luxury they can't be hardily people. But so as to draw the eye of the villagers to sports we'll need to have playgrounds also because the facility for enjoying games within the villages. Competitions among the villages should be arranged periodically. According to a recent study, women had a rough entrance into the sports arena as it was seen as an unwelcoming intrusion into the realm of masculinity, and this caused women who played sports to be viewed as masculine or lesbians. Essentially, for ladies to not be considered lesbians in sport, they need to have beauty and beauty as against skill or athleticism. Successful women athletes were considered to be lesbians because they were seen as portraying a fashion contrary to gender roles. It has been found that by perceiving powerful women as lesbians, it is an attempt to belittle and disempowered them. This threat and therefore the resulting perception of it, reinforces the negativity of lesbianism, but also the negativity related to being a female athlete, and will potentially affect female participation in sports, and society's interest in female sports. The sports competitions should be given much publicity and should be organized on a grand scale. Similarly, some adventurous coaches should get hold of the tribal young people for importing training in the different fields of sports and games. Perhaps these people can participate in some of the sports events like long jumps, archery, high jumps and races in a more successful manner.

Sports persons in India have to suffer because they are not given proper facilities. Sportspersons need very rich diet and also certain other conditions which may develop their talent properly. Some of the top sportsmen or women are given jobs in good firms but the sportspersons of the lower grade are completely ignored. When they retire from active sports





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they do not have anything to fall back upon. No financial help is given by any institution. This discourages the young people from taking part in sports.

In fact, it has been again and again pointed out that politics in the Sports Organizations of India has spoiled the sports. The selections are mostly based on favoritism and some of the outstanding sports persons are just ignored because they do not happen to be related to some influential person. Moreover, the sports bodies go on planning tours and matches fielding sub-standard sports person without thinking that the national pride will receive a serious setback in case we are unable to win. Some of the Ministers and the political leaders want to be at the helm of affairs so that they may be able to embezzle sports funds. Under such circumstances, it is not possible to raise the standard of sports in India. <sup>2</sup>

With increased exposure to global sporting events, the youth has evolved, and there is a growing market today for new sports. From Messi to Murray, young Indians have found a whole new set of heroes. Adding to this is the slew of recent wins by Indian sporting icons that have inspired youngsters to pursue their passion for sports. The success stories of Saina Nehwal, Mary Kom and Dipika Pallikal have also inspired a lot of young girls to pursue sports. <sup>3</sup>

Despite its huge population, India is almost always at the bottom in the Olympics medal tally because of the lack of facilities provided. The dreams of sportspersons of winning medals for India at the Olympics are shattered as they are not provided with proper resources. India still lacks good coaches, proper infrastructure and other helpful schemes which the government can provide, hence the failure to acquire medals. <sup>4</sup>

Few National Sports Institutions in India which Government introduced are as follows: -

1. Sports Authority of India (SAI)
2. Netaji Subhash Institute of Sports (NSIS)
3. Laxmibai National College for Physical Education, Gwalior (LNCPE)
4. National Anti-Doping Agency(NADA)
5. National Dope Test Laboratory (NDTL)

Few of Schemes of 12<sup>th</sup> Plan in India are as follows: -

1. National Institute of Sports Science Medicine



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2. National Institute of Sports Coaching, Patiala
3. Scheme of Sports Schools at District Level
4. Preparation of Teams for Mega Sports <sup>5</sup>

### Conclusion

Empowerment in this sense refers to the surgical procedure through which women gain the self-confidence, strength, and in some contexts the information and skills, needed to clear strategic choices to improve their spirits. The article attempted to explore this ambivalent attitude of Indian sporting women. Today, no doubt, women participate professionally in practically every major sport, though the Level of participation typically lessens when it comes to the more violent contact sports. More measures need to be taken to increase and improve the participation of women and girls in sports for their better enhancement and empowerment.

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<sup>2</sup> <http://www.preservearticles.com/201105136547/short-essay-on-sports-in-india.html>

<sup>3</sup> Building a sports culture in India by Erick Haskell

<sup>4</sup> <https://www.youthkiawaaz.com/2012/10/the-miserable-condition-of-sports-in-india-can-we-produce-more-sainas/>

<sup>5</sup> [https://www.slideshare.net/PlanComIndia/sports-in-india-12th-plan?next\\_slideshow=2](https://www.slideshare.net/PlanComIndia/sports-in-india-12th-plan?next_slideshow=2)



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## Yoga :An Ancient Indian Historical Study of Body

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### Abstract

Yoga Practice will lead Human Being to a sense of peace and well Being. Yoga is nothing but the art of living it helps to strengthen our body, calm our mind, and regain our focus and improves self confidence. Yoga is a science of life. From the Ancient Indian scriptures we can get detail information about yoga like Yajurveda, Atharveda, Upnishada and Mahabharta. According to the Sankhya Philosophy holds that by nature, the external body liberated organism is transformed by contact with nature. Yoga help to maintain health in a person by keeping by the individuals body, mind and sprit in perfect equilibrium with nature. yoga is a Physical, mental and Spiritual Practice or discipline which Originated in India there is a broad variety of Schools. There are number of pranayams and yogic techniques in yoga. Yoga is a way life, and regular practice of yoga can bring remarkable lifestyle changes in the practitioners.

### Introduction

Yoga Means union of the individual Consciousness or soul with the Universal Consciousness or Sprit. The Word "Yoga" Comes from the Sanskrit root Yuj, Which means "to join" or "to yoke" yoga is a Practical aid, not a religion. Yoga is on ancient art based o a harmonizing System of development for the body, mind and Sprit. The Continued Practice of yoga will lead you to a Sense of Peace and well being and also a feeling of being to one with their environment. Yoga is a 5000 year old Indian body of Knowledge. Though many think of yoga only as a Physical exercise where People twist, turn, Stretch and breathe in the most Complex ways, the Science of yoga imbibe itself the Complete essence of the way of life, including Gyan yoga or Philosophy, Bhakti yoga or path of devotional bliss, Karma yoga or path of Blissful action and Raj yoga or path of mind Control.

Raj yoga is Further divided into eight Parts. At the heart of the Raja yoga System, balancing and unifying these various approaches, is the Practice of Yoga Asana.



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### What is yoga

It is nothing but the art of living, yoga is a holistic way of life that integrates all elements of ancient Knowledge of yoga to make Prayerful discipline uniting the body, mind and Soul. Effective yoga postures and breathing techniques a greater emphasis is placed on the inner experience of meditation, for the well being mind and other hidden elements of human existence. We believe when one is in harmony with in, the journey through life becomes Calmer, happier and more fulfilled. Yoga can be taught in a Pure, joyful and through manner. It helps to strengthen our body, Calm our mind, regain our Focus and improves self confidence. It is applicable for everyone of all age groups. Regular Practice of yoga can bring remarkable lifestyle Changes in the Practitioners. You can experience relief from Chronic illness and behavioral Changes.<sup>1</sup> Yoga Practitioners can live a healthy, happier living with reduction of anxiety and increase tolerance and mindfulness. Yoga is the Secret of good health and greater sense of happiness.<sup>2</sup>

### Yoga It's History

First of all yoga word used in Patanjali yoga sutra by and ancient Scripture in our Cultural life by Maharshi Patanjali. In our ancient religious 'yagnaya valkya Smriti' rishi Yadnyavalkya Says "AyantuParmodharmoYadhogenamdarshanam"<sup>3</sup> yoga is the greatest religion for Self Presentation. Yoga is a Science of life. In Ayurveda mentioned that the world's most Sophisticated and Powerful mind body health Systems. Yoga used from ancient times in our all vedic ancient Scripture as well as Sanhitas and Shrutis. In Rigvedas we find Slokes (Rucha- 1.18.7, 1.34.9, 10.13.1) importance of yoga about our human body.<sup>4</sup> The five Mantras indicated above the Yajurveda are recited in the Shvetashvatar Unpnishad, giving a detailed discussion in the Atharvaveda (19.8.2) also we find the word of Yoga existing in seed. We see a good expansion of the most ego Stratum of Yoga Process in the Vedic texts. In the Vedic Codes, we find many references to Prana, Apan, Vyan, Udaan and Saman-Pran. Although the life is the same, many names have been taken from the layer work distinction and location Position and the distinction and Consciousness. In the Mantras of Yujurveda we also find mention of the five lives at to places somewhere three, somewhere for and one at to places in the Yajurveda Samhita of Prana, Prayanaapan, Vyana and Uaddan are mentioned in many ways, while the same name Pran is remembered as Yatra-Tatra.<sup>5</sup>



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In the Atharvaveda, there is a great mention of the Pair of Prana and Apan and Vyan and Uddaan. In Fact the most detailed mention of life is in the Atharvaveda Presents a unique description of Pranvidya. In this Suktha, the Various grounds and activities of life from Person to Person have been remembered. The first mantra of the Sukta Underlines the generality of life and Says that everyone Salutes the Soul, in whose Control it is all. Who is the God of all beings and in whom all this is distinguished A Ritha of the Yujarveda addresses these Souls as Sages.<sup>6</sup> This sage, existing in the body, developers and establishes the mind-brain as a sage. Rishi means to understand the underlying Facts and mysteries without any Knowledge. This is the Climax of logical and intellectual flourishing. In the absence of Rishtiva, it is often impossible to find Proper Knowledge of Scriptural facts and that of Songs. In the absence of Yogacharya, the attainment of Rishitva is impossible. Therefore, it is clear that only the underlying elements can be Known in Veda mantras with Yogajanic Wisdom. Ahirbudhanya Samhita introuduces Hiranyagarbha as the initial Spoken person of Yoga. According to this, Yoganushasana and Pushupat yoga are the Promoters of both of them, Hiranyagarbha the Ahirbudhanya Samhita represents yoga as having two distinctions, Called Bahirrag and Garam with Yamadi Agas,

Yadnavalkya Smriti and 'Mahabharta' Hiranyagarbhayogasya Speaker Nanya : Calling the ancient, Hiranyagarbha accepts the initial Spoken person of yoga.<sup>7</sup> Another reference of the Mahabharata Calls this Hiranyagarbha as Daimyatman and Vibhu, and it is remembered in the vedas very often. The 121<sup>st</sup>Sukta of the tenth Madala of the vagveda is called Hiranyagarbha Sukta. Hiranyagarbha, Called Dutimana and Vibhu by Mahabharta, is none other than the Rigveda, Hiranyagarbha Sukta is the effulgent Brahman. Adbhud Ramayans declares this Hiranyagarbha as the Saul of the world. It is Clear from all this description that vedic tradition has been accepting yoga as the only God. Some other nations about yoga Spoken Person Hiranyagarbha have also been expressed by Scholars.<sup>8</sup> Some of the Maharshi Sankhya Spoken Person Call Muni kapil as Hiranyagarbha, while Some others call a Sage named Hiranyagarbha Scripture was very elaborate, perhaps only after taking its essence, Patanjali has Practiced yoga. The expected from of this yoga is found in the Upanishadic literature. Although this is not so Standard and well-known as yoga. All forms of Punar yoga Shastra are available in the Upnishadas, the great desire for Self-realization, Can be Completely different from broad grounds of yoga.



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The goal of yoga Philosophy is the Self-located Position of the Vision through the Prevention of Chittavruti. In Fact, it is the State of Samadhi of Atma Darshan. The Upanisadas also have the same goal. Yadnavalkya's Prayer in front of maitrey is the Climex of yearning for Self-Philosophy. The Isophanisad advises the interview of Satya by removing the Hiranyamya Cover. What is the basic avidya empty of all other tribulations read under the Panch tribulations in this mantra yoga Scripture ? Even in Ayurveda, People Crimes have been Called the root of all diseases. In the Upanishads, the Prinicial ken Chhadogya, Bhrihad arnakya Maitraya Nikaushitaki and Shwetashvatar etc. The enlightened Brahmaidya, apart from yoga, enforces many Upanishad Subjects with the Brahmavadinovadati Sentence. In the Upanishads, we Clearly find the names and method of Yogas like asana Pranayam dharma, meditaion, Samadhi<sup>9</sup> etc.

Yog anusthan has gained immense importance in Indian Philosophical thinking. In the Philosophy texts and their languages, the yoga episode is Prominently described. YogDarshan is a Partner of Sankhya Philosophy in terms of Subject rendering. Although Sankhya Shastra is Considered Sufficiently ancient form yoga Philosophy. But due to the very Similarity, these two have also been Considered mutually Contemporary the Bhagvad Gita, Propounded by Lord Krishna, declares a Person who Understands these two Scripters Separately as a child. In Sankhya Philosophy, the yoga of Yoga Postures, meditation etc. has been determined according to the formula by Creating a Separate formula. Even in both Scriptures, Some Sutra is literally the same. The Sankhya Philosophy holds that by nature, the external Buddha-liberated organism is transformed by Contact with nature.<sup>10</sup> Contact with nature Causes Contact to be unreasonable Prakriti is yoga as long as it is indiscriminate and will last for as long as Prakriti is yoga. There will be Sorrow and Closure, Cycle of birth and death also. The medicine of this indiscretion is only Samadhi. Interview of body-unconscious distinction by Samadhi when the Saul gets, then where does the indiscretion remain ? The Indiscriminate Contact with nature when Contacted by nature the Class is found.

Vedanta Philosophy Imparts many Yoga, including meditation to encompass the mind, in addition to this, in ancient literature, we also offer Yogamahtis get examples. There are important information related to yoga in many Cases of Mahabharata Special and Peace Festival Ashwamedha festival and discipline Festival. The inert Gita of Mahabharata is the living document of many revolutionary and declarations concerning





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yoga, by using the word yoga in a new context, the field of yoga and its bases have been extended and form the Gita is truly epoch making.

The definition of yoga and the yogic and its underlying elements – asceticism, self study, meditation, concentration, non- violence, quietness, dietary routine etc. as we find in the Gita a panoramic and pleasant description, is rare elsewhere. In the form of Gyan yoga, karmyoga, Bhakti yoga , Raja yoga etc. we find a substantial expansion of the multi-faceted form of yoga in the Gita.<sup>11</sup>

Puran is the most controversial piece of Indian literature. Many scholars have been accusing the puranas of turning Indian religion and philosophy towards abjection. Even n the puranas we have not been able to get rid of these accusations in reference to the plurality layer related to yoga. Vayu, shiva, Brahma, Garuda, Vishnu, Agni and Linga Purans<sup>11</sup> are specially mentioned about yoga.<sup>12</sup>

### **Ayurveda the science of life**

Ayurveda is the world's most sophisticated and powerful mind-body health systems. Ayurveda is a science of life !it offers a body of wisdom designed to help people stay vibrant and health while realizing their full human potential. It uses the inherent principles of nature, to help maintain health in a person by keeping by the individuals body, mind and spirit in perfect equilibrium with nature. Practicing Ayurveda also improves your yoga practice, a perfect win-win situation.

### **Pranayama and Meditation**

Pranayama is the extension and control of one's breath. Practicing proper techniques of breathing can help bring more oxygen to the blood and brain, eventually helping control prana or the vital life energy. Pranayama also goes hand in hand with various yoga Asanas. The union of these two yogic principles is considered as the highest form of purification and self discipline, covering both mind and body. Pranayams techniques also prepare us for a deeper experience of meditation. There are number of pranayams and yogic techniques like yoga Mudra, Utthitapadasana, Shashankasana, Janushirasna, Padmasana, Trikonasana, Nadisuddhi, Paschimottanasana, Marjariasana,





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Sirsasana, Sarpasana, Advasana, Vajrasana, Vrikshasana, Tadasana, Urdhavapadmasana, Gorakshasana, Setuasana, Meruvakrasana, Ekapadapranamasana, Hanumanasana, Maha mudra, Kukkutasana, Ekapadasana, Uttanpadasana, Nankasana, Pavanmuktasana, Mandukimudra, Mahabandha, Dhanurasana, Jalandharabandha, Santulanasana Moolabandha, Pranayama, Suryanamaskara, Shitali Pranayama, Ashtanga Namaskara, Shavaasana,<sup>13</sup> etc.

## Conclusion

Thus yoga is a Physical, mental and Spiritual Practice or discipline which Originated in India there is a broad variety of Schools, Practices and goals in Hinduism, Buddhism and Jainism. Yoga is a Simple Process of reversing the ordinary out word flow of energy and Consciousness so that the mind becomes a dynamic Center of direct Perceptions no longer dependent upon the fallible Senses but Capable of actually experiencing Truth. Yoga is nothing but a way of life.

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### A study of Personality and Adjustment

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#### Abstract:

Healthy adjustment is necessary for normal growth. Educationally trained person for healthy adjustment in various life situation of the present and future therefore it is imperative for educators and researches to understand the trends in adolescent's adjustment and the factors contributing to their good mental health. The study conducted by the investigator was science attempt to understand the problems of adjustment educational person can review and plan for reforms in school and college educational programmes accordingly it would help in developing emotional educational social maturity among the learner's youth. The sample consisted of 299 students studying in college in Parbhani district to study student adjustment in educational, social, and Intro ward and extra ward personality areas in relation to their personality and adjustment inventory for college student AKP Shinha and R. P. Shigh Agra. Eysenck's personality questionnaire Hindi adaption Astana Adjustment inventory in Marathi adaption. It was found that introversion and extraversion personality has no effect on the adjustment extraversion has positive effect on social educational and general adjustment.

**Keywords:** Adjustment, Personality, Extravert and Introvert Personality.

#### Introduction:

According to G. W. Allport: Personality is that the dynamic organization within the individual of these psychological systems that determine his unique adjustment to his environment.

According to Salvatore Maddi : "Personality could also be as table set of characteristics and tendencies that determine those commonalities and differences within the psychological behavior (thoughts, feelings and actions) of people that have continuity in time which might not be easily understood because the sole results of the social and biological pressures of the instant .This definition emphasizes all the important aspect of personality. A careful analysis of the definition



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would enable us to from a scientific conception of the personality. A primary determinant of expatriates' effectiveness is how well they adjust their behavior to function appropriately within a number of cultures.

Because research suggests that the adjustment process could even be highly related to certain personality variables, this survey of 99 American expatriates in Europe focused on two such variables-self-efficacy and self-monitoring-both of which have received increasing attention within the domestic literature but haven't been investigated empirically within the international research on the multi-facets of cultural adjustment.

### Concept of Adjustment:

The concept of adjustment was first given by Darwin who used it was an adaptation to survive in physical worlds. Human beings are able to adjust to the physical, social and psychological demand that a rise from having interred dependability with other individual adjustment is an organizational behavior and in life situations at home. Relation to the demands of internal external and social environment for this study. Adjustment is a satisfactory relationship between individual and the environment in respect to future the three areas of adjustment social. Emotional introversion and Extraversion adjustment and education adjustment.

### Features of Adjustment:

- A successful adjuster can adjust to difficult situations.
- Controls one's own behavior in relation to the problem.
- Deserves the respect of the people.
- There are many opportunities for development in life.
- No worries about the future.

### Concept of personality:

Personality is the dynamic organization with in the individual of those psychological systems, that determine his characteristics behavior and thought personality represent a unique integration of trait so as to differentiate one person from another on the bases of quality. For the present study the two dimensions of personality are considered introversion extroversion and



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near optimism stability. Incomplete personality can be adversely affected by a person's ability to understand society. Poisoning destroys the harmony between a person's personality traits.

### Extraversion:

An extrovert is sociable like parties, his many friends likes to people extraversion is a general attitude or group of traits characterized by dominant interest in the external world and social life and correspondingly demised concern for fantasies, reflection and introspection on the other extreme of it is introversion.

### Review:

There are two types of students based on their personality learning styles. Extrovert and introvert student people become extrovert or introvert in different degree. Extrovert person who is more sociable and interactive. They therefore are more confident in oral spoken presentation extraverted students are more easily distracted from studying than introverted student are ( Zafar and meanakshi 2012)

Psychological distress and poor adjustment among a big number of nursing students is a crucial issue facing nursing education. The concerns got to be studied intimately and solutions got to be built into the nursing course so as to assist students with such difficulty. This study used a cross-sectional survey design to review psychological distress, personality and adjustment among nursing students attending the school of Nursing, Christian Medical College, Vellore, India. One hundred and 45 nursing students were assessed using the overall Health Questionnaire 12, the Eysenck Personality Questionnaire, and therefore the Bell's Adjustment Inventory to research psychological distress, personality profile and adjustment, respectively. Thirty participants (20.7%) of the 145 students assessed reported high scores on the overall Health Questionnaire. Psychological distress was significantly related to having neurotic personality and adjustment difficulties in several areas of functioning.

### Objective:

1. To study the relationship between introversion and adjustment personality.



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2. To study the relationship between extroversion and adjustment personality.
3. To study the main effect of extroversion and Introversion personality of the adjustment
4. To study the iteration effects of personality.

### **Discussion of results, Conclusion:**

Adjustment of the extrovert person is good. Than the introvert person. Extrovert who is more sociable and interactive they therefore are more confident in oral spoken presentation. Extraverted student are more easily distracted are introvert are better than extravert educationally. Emotional level extrovert are better than introverted extrovert are more in life.

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### The Coach and Athlete Intercourse: An Ideal Inspiration

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#### Abstract:

*Training programmers are designed to improve performance by developing the appropriate energy sources, increasing muscular structures, and improving euro-muscular skill patterns. Sports medicine professionals must be familiar with the basic principles and processes of training, so that they can evaluate training programs and determine their adequacy in maintaining an athlete's health and preventing injury. Training theory contains all aspects of fitness knowledge, including social, psychological, and scientific. The coach uses this information, along with knowledge about the athlete as an individual, to devise the most effective training Programme.*

**Keyword:** Psychology, physical, mental health, persistence, coaching,

#### Introduction:-

Coaching is all about directing instructing and training an athlete or a team in the operating of sports event, in order to attain a very high magnitude performance in a due course of time. The primary intent of every coaching interaction is to build awareness, responsibility and self-belief in the mind of the trainee.

Coaching is a noble activity. It is a test of patience, but at the same time it is a graceful and adventurous profession. Everybody cannot become a coach, since coaching is an 'Art' and a 'science'. One who is into it, to him it's a gift, from his 'creator'. Many good players have aspired to become a coach, but all managed to get the satisfactory results. This is because a coach has to be a thinker and at the same time an 'innovator' and 'inventor'.

To be a successful coach or to attribute success one may have to look for ideal concepts and has to have vast knowledge in the field and through this he can establish his own ideology. There is no doubt, that coaching is a tedious job. As such one needs to have zeal and dedication. The coach and the subordinate staff spend time, energy, money, efforts and all the required resources, to prepare players in four basic aspects of training, technical, tactical, physical and mental training (psychological training). These are the most important aspects that play the pivotal role in strengthening the player's over all confidence. There is abundant talent in this field, but talented people have failed to be successful. Talent does not guarantee





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success in sports. Those who want to excel in sports must have good physical fitness, technique, tactic and above all, psychological preparation.

According to the International coaching federation, coaching is an enduring specialized relationship that helps people produce extraordinary results in their lives, careers, businesses and organization. Therefore troughs a process of coaching most players deepens and sharpens their learning skills. They have also improved their performance at the optimum level and as such boosted their quality of life. In sports, a coach is a person involved in the direction, instruction and training of the operations of a sports team or individual sportspeople. A coach may also be a teacher.

Coaches are indeed essential in any field of undertaking. A coach can be linked to the alpha male in a pack of wolves which spearhead the attacks on other animals and in defending territory against aggressors. A good coach can lead a team to victory instead of piling up loses one after the other. A coach must possess the capabilities and necessary skills to help his team coasts to common objectives. Every coach must have the attributes of being open minded and resourceful, in other worlds, he must know well the weakness and strengths of the team as well as using his resources with efficacy and efficiency. A good coach should possess other positive and desirable qualities to ensure that his team will be able to achieve its short-term or long-term goals.

To become a successful coach, the coach must develop a road map called 'philosophy'. A coaching philosophy takes years to build up; but like mine, I went through a long process, a coach is a multi – dimensional personality. We may call him a philosopher, judge, role-model, teacher, trainer, fitness-instructor, psychologist etc. On the other hand a good coach sometime do get respect in his community, he is looked as an architect of the team, he is loved by his squad, and etches lasting friendship with players wherever he goes.

In sports attainment of the high performance is largely depend upon the systematic and scientific approach of training therefore planning finds its important place in sports training. Planning is an important method to ensure continuous development of personality and sports performance in the training age of high performance in the training age of high performance.

At every moment of life, different kinds of motives exist in life of human beings. The main problem is that the art of modifying them and substituting them is not known to all the person. Sometimes people find it difficult to channelize the motivational energy towards appropriate direction whenever required.

The biggest task of coaches is to find out the method with they can goad the players to learn important skills of the game properly only through this, they can achieve higher standards in performance. Players have to confront with various stressful and problematic situations during competition and only that player can cope with these situations who is highly motivated. A coach can modify the behavior of players and can provide desired direction to



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them through the mechanism of motivation. It should be understood by the coach that without motivating the players properly, he cannot prepare them to give their best performance during the competitions.

### Scientific foundation of coaching

Scientific ways of coaching requires the methodical knowledge to import and the physiological aspects of a trainee. If the coach pays minute attention to the biomechanics and understand the body movements of a injuries. The entire team of experts, along with the coach can now analyze the video movements of a player. The entire movement during a particular action can now be compared, with that of the correct techniques, on the basis of a model of another video, and then point out the mistake of that individual and accordingly one can correct the errors. If this series of action is noted seriously and put to test then the performance will be enhanced in the future course of action. In today's society, man lives with loads of stress. The reasons are due to various factors.

Sports psychology has been proved to be in important factor in coaching. As such, it has to be applied by a coach in his dealings, since it does not winning the competition, but with the correct mentality, it breaks the blocks that affect performance. Sports science is the science of action; it deals with practical and theoretical aspects. These two aspects of science are very important for the coach to deal with. The theory will help to know as to how the body adapts to stress, overtraining, environmental factors, diet, hydration, biomechanics, cardiovascular system, nervous system etc.

### Conclusion:

To sum up, the research reviewed here that autonomy- supportive- behaviors have a beneficial impact on player's intrinsic and self-determined extrinsic motivation, which are important determinants of performance and persistence. Athletes have reached outstanding performance by sometimes adapting their behaviors to their coaches needs. Only if the coach applies some feasible technology to note few of this action, in planning, organization training program like conditioning, technical-tactical teaching and preparing the teams for high intensity competitions. As sports is marching for excellent, there always will be ample opportunity to sports scientist and engineers to do research to find better ways and means to improve sports performance of teams and individual players.

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## **Personality Correlates of Quality Of Life in Senior Citizens**

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### **Abstract**

*The present study was aimed to explore the relationship of big five and personality hardiness with quality of life in senior citizens. The sample comprised of 400 senior citizens with equal number of educated males and females (200 males and 200 females). The analysis revealed that for the male's sample, personality hardiness explained the maximum variance (23%) followed by neuroticism (4%), agreeableness (3%) and conscientiousness (3%). In all, these variables have accounted for 33% of variance. In female's sample, personality hardiness contributed the maximum variance (5%) followed by neuroticism (4%) and conscientiousness (3%) accounting for 12% of variance in totality. The results have shown commonness of three variables viz. personality hardiness, neuroticism and conscientiousness in predicting the quality of life in both the genders. Further, t-test has revealed the superiority of males in personality hardiness and quality of life.*

**Keywords:** *Senior Citizens, QOL, Big Five, Gender, Personality Hardiness.*

### **Introduction**

Quality of life is broad multidimensional concept that usually includes subjective evaluations of both positive and negative aspects of life. Quality of life is an important aspect of human existence that can be defined as "individuals" perception of their position in life in the context of the culture and value system in which they live and in relation to their goals, expectations, standards and concerns. It is a broad ranging concept affected in a complex way by the persons' physical health, psychological state, level of independence, social relationships and their relationship to salient features of their environment (Skevington, Lofty & O'Connell, 2004).

Maintaining a good life is especially important in older adults, who often experience poor functional health and are more vulnerable to negative health outcomes. The nature of the relationship between age and quality of life remains ambiguous (Mollenkopf & Walker, 2007). Many studies report that quality of life improves with age (Mercier, Peladeau & Tempier, 1998), while others report no difference between young and old adults (Unruh, Newman, Larive, Dew, Miskulin & Greene, 2008). There has been a paucity of research amongst older age group; those investigating older age have suggested an accelerated



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decline in quality of life (Schilling, 2006), possibly due to a reduction in cognitive resources available for compensatory strategies (Rothermund & Brandstadter, 2003).

The quality of life of the elderly depends on various factors such as physical health, psychological health, the living arrangement and level of independence, personal and social relationships, working capacity, access to health and social care, home environment, transportation facilities, and the ability to acquire new skills. In addition, older adults are considered to be 'health optimists' in that they tend to view their health and quality of life positively, even when they have multiple health problems (Paskulin & Molzahn, 2007).

The quality of life in aging population is greatly influenced by psychological factors. The psychological factors play important role in one's quality of life. Psychological factors, such as big five (neuroticism, extraversion, openness to experience, agreeableness, and conscientiousness), personality hardiness can have a direct or indirect effect on quality of life. Among the personality dimensions, neuroticism, extraversion, and conscientiousness are particularly important and are most frequently studied in relation to quality of life (Lucas et al., 2004; Wismeijer & Assen, 2008).

Most research on personality and quality of life in older adults has focused on neuroticism. Neuroticism is the tendency to experience negative emotions, such as anger, anxiety, or depression. It is sometimes called emotional instability. High levels of Neuroticism and/or low levels of Extraversion are related to lower quality of life (Dubayova, Nagyova, Havlikova, Rosenberger, Gdovinova & Middel, 2009).

Extraversion is related to psychological well being. Some investigations have shown that extraversion has a consistent and strong correlation with psychological well-being (Headey & Wearing, 1989; Hotard, McFatter, McWhirter, & Stegall, 1989; Lu, 1995). Extraverts are happier because they seem to have more social skill; they are more assertive and more co-operative. Individuals with a high level of extraversion experience more pleasure (Lucas & Baird 2004). Extraversion may affect aspects of HRQOL related to social-emotional and physical quality of life. Extraversion encapsulates sociability, energy and the frequent experience of positive emotion (Costa & McCrae, 1992). Extraverted individuals also maintain broader social network in older adulthood (Lang, Staudinger, & Carstensen, 1998), and they might enjoy better quality of life in aspects related to social functioning. Extravert people implement more active and dynamic specific processes and mechanisms, which are associated with better quality of life (Wilt, Nofle, Fleeson & Spain, 2012).

Openness to experience refers to the individual's propensity to be open to a variety of novel ideas, values, and experiences (Costa & McCrae, 1992). A high level of openness to experience is associated to a broader range of experience, whereas "closed" people report fewer hobbies and a narrow behavioural repertoire (Little, Lecci, & Watkinson, 1992). Open individuals adapt more quickly and effectively to changes (LePine, Colquitt, & Erez, 2000). Duberstein et al., (2003) further suggested that open older people are more likely to engage in activities that help them maintain their health and open individuals are likely to present higher life satisfaction (Mroczek & Spiro, 2005).

People who are high in agreeableness tend to exhibit positive experience in social situation (Hayes & Joseph, 2002). Agreeable individuals tend to exhibit optimistic view and are more likely to experience



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ISSN: 0474-9030 Vol-68, Special Issue-14

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happiness because they extremely love to have close interrelationship and those who are higher in this trait will have higher life satisfaction and better quality of life. Studies have found positive relationship between agreeableness and well-being (McCrae & Costa 1991). Individuals high on agreeableness have close relationships that contribute to their well-being and to low levels of distress.

Another important factor is conscientiousness which is a tendency to show self discipline, act dutifully, and aim for achievement. High conscientiousness explains significant amount of variance in people's quality of life. Conscientious individuals are better able to anticipate and prepare for future consequences of potential adversities, more organized, and self-disciplined. They are also seemed to be more successful in establishing objective indicators of quality of life (Walton & Bogg, 2005) and therefore experience high levels of subjective well-being. (Duckworth, Weir, Tsukayama & Kwok, 2012).

Further, it is assumed that hardy individuals have better well-being than non-hardy individuals. Hardy persons are easily committed to what they are doing in their lives, believe they have some control over the causes and solutions of life problems, and view changes in life and adaptive demands of challenges and opportunities for growth rather than as threats. Hardiness which is positively related with quality life, reduces negative effects of stress as a source of inner resistance, and prevent occurrence of physical and mental disorders (Sharma & Malhotra, 2007; Sharma, 2011).

## Method

### 2.1 Sample

A sample of the study comprised of 400 educated senior citizens with equal number of males and females (200 each) above 60 years of age group from different districts of Himachal Pradesh.

### 2.2 Design

Correlation design was used to see the association between psychological factors and quality of life. Regression analysis was computed separately for both the genders (males and females) to find out the best set of predictors of quality of life. T-test was also computed to find out the significance of differences on personality hardiness and quality of life.

### 2.3 Tools

**NEO Five- Factor Inventory (Costa & McCrae, 1992):** There are two forms for the NEO, one for self-report (form S) and one for observer rating (Form R). Form S is a self report version that was used in this study. The NEO- FFI is a 60 item personality inventory designed to assess five broad personality domains: neuroticism, extraversion, openness to experience, agreeableness, and conscientiousness. For each statement, the participants rated themselves on a five – point Likert scale ranging from 0 to 4, "strongly agree", "agree", "neutral", "disagree" & "strongly disagree".

**Personality Hardiness Scale (Kobasa, 1979):** The scale consists of 36 items related to the three hypothesized factors of hardiness: control, commitment, and challenge. Alpha coefficients have been documented between .71 and .88. The items were to be rated on 4 point likert scale from not at all true





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(0) a little true (1) quite true (2) completely true (3). The total hardiness score was obtained by summing up all the scores of 36 items.

**WHOQOL-BREF (1996):** The data were collected with a questionnaire named WHOQOL-BREF (1996) conceptualized by Alisen Harper. The 26 items WHOQOL-BREF consist of two overall items measuring general quality of life and health conditions and 24 items that are universally adopted for the WHOQOL-BREF in four domains are health, psychological well being, social relationship and environment. Each item was rated on a 5 point likert scale (higher score denotes higher quality of life).

## Results

**Figure-1** indicates that quality of life of male senior citizens significantly and positively correlated with personality hardiness,  $r = .479^{**}$  ( $p < .01$ ), neuroticism,  $r = -.201^{**}$  ( $p < .01$ ), agreeableness,  $r = .182^{**}$  ( $p < .01$ ) and conscientiousness,  $r = .146^*$  ( $p < .05$ ) and in female senior citizens personality hardiness,  $r = .312^{**}$  ( $p < .01$ ), neuroticism,  $r = -.187^{**}$  ( $p < .01$ ) and conscientiousness,  $r = .162^*$  ( $p < .05$ ) were significant correlates of quality of life. **Table 1** indicates that in male's sample, when independent variables were entered in the regression model with quality of life, personality hardiness emerged as the best predictor accounting for 23% of variance. A significant increase of 4% was observed in  $R^2$  when it was entered along with neuroticism accounting for 27% of variance. A significant increase of 3% was observed in  $R^2$  when personality hardiness and neuroticism were entered along with agreeableness accounting for 30% of variance. Further, a significant increase of 3% was observed in  $R^2$  when personality hardiness, neuroticism and agreeableness were entered along with conscientiousness accounting for 33% of the total variance. In all, these variables have contributed 33% of variance in quality of life. **Table 2** depicts that in female's sample, when independent variables were entered in the regression model with quality of life, personality hardiness emerged as the best predictor accounting for 5% of variance. A significant increase of 4% in neuroticism was observed in  $R^2$  when this variable was entered along with depression accounting for 9% variance. Further, a significant increase of 3% was observed in  $R^2$  when personality hardiness and neuroticism were entered along with conscientiousness accounting for 12% of the total variance. In all, these variables have contributed 12% of variance in quality of life. **Table 3** indicates significant mean differences between male and female senior citizens on personality hardiness,  $t = 3.22^{**}$  ( $p < .01$ ) and quality of life,  $t = 1.98^*$  ( $p < .05$ ).

## Discussion

This study examined the relationship between personality (i.e., neuroticism, extraversion, openness to experience, agreeableness, conscientiousness, personality hardiness) and quality of life. Regarding personality, we found that high neuroticism was associated with poor quality of life, while high extraversion, high openness to experience, high agreeableness, high conscientiousness and high personality hardiness were positively related to quality of life.





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The results have shown significant difference between male and female senior citizens on quality of life. In regression analysis of the both the sample personality hardiness has come up as the main predictor of quality of life. In the males' sample it is explaining 23% of variance ( $R^2$  Change =.229,  $p < .01$ ) (see table 1) and  $r = .479^{**}$ ,  $p < .01$  (see figure 1). In females' sample explaining 5% of variance ( $R^2$  Change =.048,  $p < .01$ ) (see table 2) and  $r = .312^{**}$ ,  $p < .01$  (see figure 1). It reveals that males are harder than females. Hardy persons are easily committed to what they are doing in their levels believe they are some control over the cause and solution of the life problems, and view changes in life and adaptive demands of challenges and opportunities for growth rather than as threat (Maddi & Kobasa, 1984). High level of hardiness enjoyed high quality of life and a good sense of well-being (Ayubi et. al., 2010). **The second variable** which has come up as main predictor of quality of life in both the sample is neuroticism. In the males' sample explaining of 4% of variance ( $R^2$  Change =.039 $^{**}$ ,  $p < .01$ ) (see table 1) and  $r = -.201^{**}$ ,  $p < .01$  (see figure 1). In females' sample explaining 4% of variance ( $R^2$  Change =.035 $^{**}$ ,  $p < .01$ ) (see table 2) and  $r = -.187^{**}$ ,  $p < .01$  (see figure 1). It reveals that the negative association between neuroticism and quality of life may be the fact that more neurotic individuals demonstrated lower quality of life (Hoyle & Gallagher, 2015). It is suggested that neuroticism may depress person's well being through inflating the negative affect and also positively influence all the aspects of subjects' well being (Emmons & Diener, 1985). It has been found that neurotic tend to have poorer quality of life which in turn, suppresses happiness (Lu & Shih, 1979a). The third variable which has come up as main predictor of quality of life in male's sample is agreeableness explaining 3% of variance ( $R^2$  Change =.031 $^{**}$ ,  $p < .01$ ) (see table 1) and  $r = .182^{**}$ ,  $p < .01$  (see figure 1). Low agreeableness has been found to be a health risk, and high agreeableness, especially trust and honesty has been linked to longevity (Friendman et. al., 1995, John & Srivastava, 1999). Individual, low agreeableness seems to be the product of an inability to regulate emotions and behaviours, thus agreeableness is a positive parameter of good quality of life (Ahadi & Rothbart, 1994; Pulkkinen, 1996). The fourth variable which has come up as main predictor of quality of life on both the sample conscientiousness has come up as the main predictor of quality of life. In the males' sample it is explaining 3% of variance ( $R^2$  Change =.028,  $p < .01$ ) (see table 1) and  $r = .146^*$ ,  $p < .05$  (see figure 1). In females' sample explaining 3% of variance ( $R^2$  Change =.033,  $p < .01$ ) (see table 2) and  $r = .162^*$ ,  $p < .05$  (see figure 1). Conscientiousness individuals are showing better quality of life as compared to others. It influences the way in which we control, regulate and direct our impulses. They are also positively regarded by others as intelligent and reliable. The above findings are supported by Judge et. al., (2003) conscientious people are generally more likely to hold positive self belief and associated with positive affect. Conscientious people are convinced about the things and which they do and are in control of themselves and achieve better quality of life.

The mean values show that male senior citizens have scored significantly higher on hardiness which shows that males are hardy in their approach towards life. They are more committed, take the challenge willingly and control their emotions which strengthen their physical and mental power thereby improving overall quality of life (Sharma & Malhotra, 2007, Sharma, A. 2011). The result of the present studies shows that males are higher on quality of life it means that males are better in quality of life than females. Female have lower quality of life and more loneliness then male senior citizens because of their



health problems, physical limitations social activity and marital status. The low quality of life for female senior citizens results from behavioural and social factors. The female senior citizens are socially inactive, have a tiny income and many health problems so as to feel disappointed with their life (Kirchergast & Haslinger, 2008).

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ISSN: 0474-9030 Vol-68, Special Issue-14

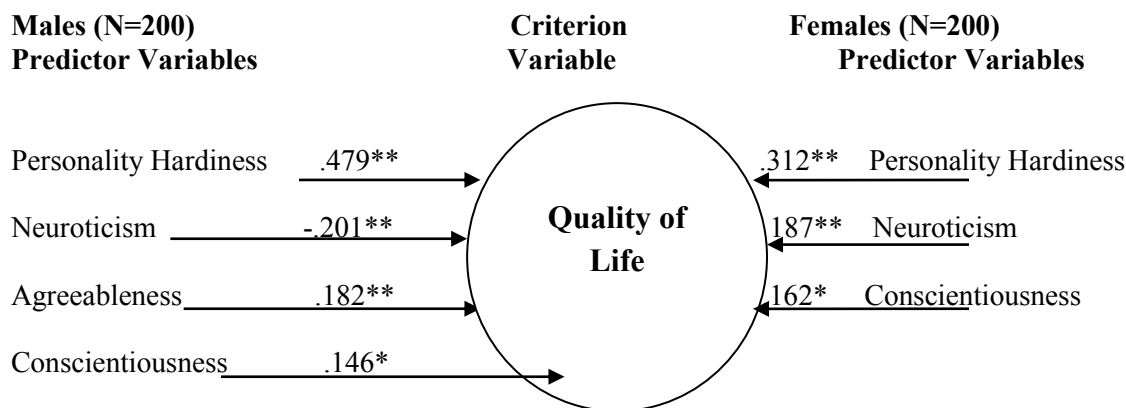
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\*\* p<.01, \*p<.05

**Figure I:** Inter- correlations among Quality of Life, Personality Hardiness, Depression, Social Support, Religiosity, Femininity, Neuroticism, Agreeableness and Conscientiousness, in both the Genders (Males and Females, N=200)

**Table 1 Stepwise Regression Analysis: Predictors of Quality of Life in Senior Citizens for Males' Sample (N=200)**

Predictors	Order of Entry	R	R	Beta Weight	R <sup>2</sup>	R <sup>2</sup> Change	F	Sig
Personality Hardiness	1	.479**	.479	.479	.229	.229	39.01	.01
Neuroticism	2	-.201**	.662	.289	.438	.039	8.143	.01
Agreeableness	3	.182**	.685	.269	.469	.031	6.032	.01
Conscientiousness	4	.146*	.705	.234	.497	.028	2.411	.05
<b>Total Variance Explained</b>						<b>33%</b>		

**Table 2 Stepwise Regression Analysis: Predictors of Quality of Life in Senior Citizens for Females' Sample (N=200)**

Predictors	Order of Entry	R	R	Beta Weight	R <sup>2</sup>	R <sup>2</sup> Change	F	Sig
Personality Hardiness	1	.312**	.559	.418	.312	.048	14.144	.01
Neuroticism	2	-.187**	.622	.369	.386	.035	5.321	.01





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Conscientiousness	3	.162*	.648	.353	.419	.033	2.164	.05
<b>Total Variance Explained</b>						<b>12%</b>		

**Table 3 Comparative Analysis of Male and Female Senior Citizens on Personality Hardiness and Quality of Life.**

Variables	Gender	N	$\bar{X}$	SD	t	Sig.
Personality Hardiness	Males	200	62.30	12.48	3.22	.01
	Females	200	58.82	8.75		
Quality of Life	Males	200	142.78	18.56	1.98	.05
	Females	200	139.02	20.19		





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### Impact of Motivation on Sports Man

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#### Abstract:

*Sports are the most obligatory elements in the lives of human being. In every sports that motivation play major role for the people. The present paper has focused on the role of motivation and its impact on the performance of a sports person in their lives. If you want to become the best Athlete, you must motivated to do what it takes to maximize your ability and achieve your goals. It is so important because you must be willing to work hard in the face of tiredness, pain, stamina, boredom, fatigue and the will to do any things in the life. It is the merely participated to sports performance over which you have comfort. It is the pioneer of all athletic attempt and companion. Without your will and resolution to improve your sports performances. All of the other mental, elements, feelings, degrees, concentrate, and confidence are meaningless. It is mean by generally is the ability to initiate and continue at a work. Motivation is the ward emerged from the word 'motive' which means required, wills, wants, desire, within the personal. In the work aim reference the psychological elements stimulating the people's nature and manner can be willing for money or success. There are various types of motivations such as intrinsic Extrinsic reward-based, fear-based, achievement, power, affiliation based motivation. It is affected to a lot of extent by physical and mental health of player. It is very difficult to motivate an unhealthy player as they know that they cannot move their body parts. It is the part of human life on the earth.*

**Keywords:** *psychology, affiliation, motivation, intrinsic, extrinsic, Athlete, performance, mental,*

#### Introduction:

The researcher gives the account of Motivation is the foundation of all Athletic effort and accomplishment without your desire and determination to improve your sports performances, all of the other mental factors, confidence, intensity, focus and emotions are meaningless. To become the best Athlete you can be you must be motivated to do what it takes to maximize your ability and achieve your goals. The two students were asked to participate in a game. One of them happily joined in and become active in team selection, competitions, skill development and socialization. The other youngster's immediate reaction was to follow his friend. However after a few seconds to deliberation he declined, citing schoolwork and chores. He feared that if he participated, he would be shared by being the last player chosen, and would be ridiculed for making errors. As this story suggests, not everyone approaches an achievement situation with the same enthusiasm. An achievement situations is one in which someone expects that his performance is going to be evaluated. This occurs regularly in sport, and is referred to by martens as competition. Competition is nothing more than a sport specific achievement situation



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one of an important kind of motivation provided to competitors is achievement motivation. The paper has dealt with Motivation simply defined, is the ability to initiate and persist at a task. To perform your best, you must want to begin the process of developing as an Athlete and you must be willing to maintain your efforts until you have achieved your goals. Motivation in sports is so important because you must be willing to work hard in the face of fatigue, boredom, pain, and the desire to do other things. Motivation will impact everything that influences your sports performance physical conditioning, technical and tactical training, mental preparation, and general life style including sleep, diet, college or work and relationships.

## Purpose of the study:

The reason motivation is so important is that it is the only contributor to sports performance over which you have control. There are three things that affect how well you perform. First your ability, which includes your physical, technical, tactical and mental capabilities. Because ability is something you are born with, you can't change your ability so it is outside of your control. Motivation includes preparing a person to perform a task not only physically but also mentally without this, all the tasks will become uninteresting no person can achieve higher goals unless he or she is properly motivated to do so. It can be said that for motivation, one should have been need of something. It must be mention here that need and goals are related to each other and both of them are required for process of motivation. It is very difficult to inspire a person to do his best in any area without motivation.

## Methodology:

When the concept of motivation is discussed three concepts arise in mind, which are Motive, drive and need. It has been found through various studies that behavior of all living beings is a motivated behavior. Simple motives of all human being in life are not to get food, shelter and clothes from various studies it has been found that there exist two kinds of drives, namely primary and secondary drives are artificial in nature and exists outside the body. It is necessary for the coach to understand that without drive, no player can give his or her best performance. Coaches should keep on motivating the players from time to time. Along with this, they should keep their level of aspirations under control. The link that binds motive and drive is need. I simple terms action performed by human being can be considered need. Motivation is affected to a lot of extent by physical and mental health of players. A healthy person will achieve greater levels of good performance, while it will be difficult for an unhealthy person to achieve such level a performance. It is very difficult to motivate an unhealthy player as they know that they cannot move their body parts as efficiently and as properly as is required for good performance generally, such kind of persons mind is full of negative thinking. Another important



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factor while affects motivation process in kind of environment in which coaching is being provided. Coach can motivate the player to greater extent if they are put in favorable conditions. The manner in which coach performs his function also is an important factor which affects motivational process. Various kinds of techniques can be used to each motor skill. Keeping in mind the age and abilities of players.

Thus, motivation process in the field of sports and physical activity gets affected by various factors and it is very necessary for the coach to have knowledge of all these factors as they can affect task performance by him to a lot of extent. Interest is a Latin word, which means it concerns viewed from technical angle, interest is a driving force behind attention as human being give attention only on those things in which they have some interest. Human beings have to perform various kinds of activities in which they do not have any interest however, in such kind of activities, their level of performance remain lower than their abilities. Student should be given freedom to choose the activity of their interest; otherwise they will not be able to give best performance in spite of their maximum efforts. Some student find the game of volleyball interesting and some game of cricket, football, Athletic, and more interesting student should not be pressurize for selecting specific sports activity in which they do not have any interest .

### Conclusion:-

To sum up the researcher has focused on the role of motivation in sports men to develop their ability in the games. It is player major role in sports. It is found that in childhood all children likes to participate in different kinds of physical activities but with growth and development some of their interest vanish from such activities. Children, in which interest towards sports activities develop, generally decide to become professional players and only those children who select a particular sports activity by their interest. Become outstanding players in the future and only they prove the efforts of coach or teachers fruitful. It is very important for the coaches to know or analyze the level. An unhappy player is an unmotivated and ineffective one. Team counseling is necessary for responding to personal problems or problem with interpersonal relationship. A team's performance depends on some specific characteristics; level of moral is one among them. For players to fell high group satisfaction and to support one another mutually are desirable. It has found out the main objective of team counseling becomes to facilitate player discussion on an individual or group basis to solve problems or to confront and deal with various kinds of problematic issue.

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## **Effect of Physical Fitness Training Programme on Mental Health and Stress of High School Level Boys**

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2. Research Scholar, Swami RamanandTeerthMarathawada University Nanded.

### **Abstract**

*The primary objective of the study was to examine the effect of physical fitness training programme on selected psychological variables among high school level boys and girls. The method of sample was purposive –A non-random method of sampling design for school level students with a specific purpose. The sample size of the study was 40 boys students. The duration of total programme period was 12 weeks And researcher selected pre-post research design in experimental methods. Researcher was used for stress Bisht Battery of Stress Scales-Dr. (Km.) Abha Rani Bisht and For mental health VyaktitvaShodhika (A Personality Inventory)- Prof. UshaKhire&MeghamalaRajguru. The data was checked for accuracy and completeness and was coded for all studied variables, mean, standard deviation and t-ratio, was considered statistically technique throughout the study and the level of significant was set-up at 0.05 level. Significant difference between pre and post test were found in mental health ( $t= 2.40^*$ ), frustration ( $t= 4.79^*$ ), conflict ( $t= 7.43^*$ ), Pressure ( $t=3.22^*$ ), Anxiety ( $t= 3.71^*$ ). The conclusion of the study is that there is significant effects of physical fitness training programme have been affected on psychological variables on high school boys.*

**Keywords:** Physical Fitness, Mental Health, Stress, training Programme.

### **Introduction:-**

Human beings intelligence and physical strength together helped him to live against the irresistible conditions. Physical fitness is the basic ability of all other health. Man has been vaguely aware for hundreds of years that exercise and fitness are important to his well-being. The interrelationship between many factors determined the sports performance. Enhancement in one element leads to modification in level of others elements. Although about the role of exercise man is supposed to be more knowledgeable today than ever before, it is an undeniable fact that present day man has get worse in his fitness level as compared with his ancestors. When



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total fitness is used in its modern context, it included the emotional, social and mental as well as physical components. So researchers try to find out the effect of physical fitness training programme on psychological variables with respect to mental health and stress.

## Methods and Materials:-

Total 40 boys students from Horizon Discovery Academy School, Vishnupuri, Nanded, Maharashtra were selected as a subject for the present study. The age of the students were 12 to 16 years. The age, height and weight of all students measured in respective school ground and training also given on the same ground. The researcher has been chosen the experimental design pre and post-test. For psychological variables researcher was used for stress BISHT BATTERY OF STRESS SCALES-Dr. (Km.) Abha Rani Bisht and For mental health VYAKTITVA SHODHIKA (A Personality Inventory)- Prof. Usha Khire & Meghamala Rajguru. To analyze the data mean, S.D. & t – Ratio was utilized the level of significant set up at 0.5 level of confidence.

## Result and Discussion:-

Table-1

Mean score standard deviation and t-ratio of select Psychological variable with respect to mental health in pre and post-test of high school level boys.

Components	Test	boys	Mean Score	Standard deviation	't' Value
Mental Health	Pre-Test	40	26.1	3.24	2.40
	Post-Test	40	24.37	3.34	

\* Significant at 0.05 level.

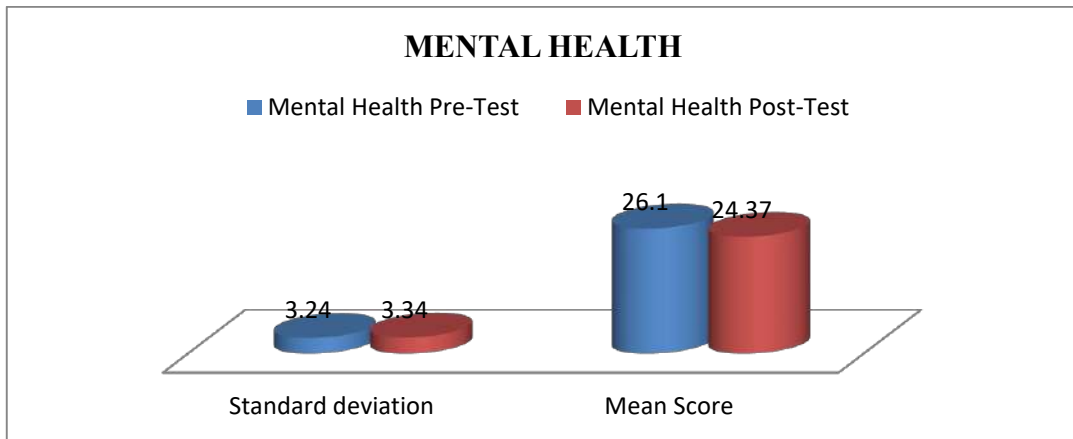
With regard to mental health of high school level boys, mean value of 26.1 and 24.37 respectively were observed (Table -1). The obtain  $t=2.40$  indicating that the mental health had improve by the physical fitness training programme.

Graph -1





**Graphically presentation of Mean score and standard deviation of selected Psychological variable with respect to mental health in pre and post-test of high school level boys.**



**Table-2**

**Mean score standard deviation and t-ratio of select Stress with respect to Frustration in pre and post-test of high school level boys**

Stress	Test	Number	Mean	S.D.	T-ratio
Frustration	Pre-Test	40	95.72	11.00	4.79*
	Post-Test	40	84.4	10.11	

**\* Significant at 0.05 level.**

Table-2 indicates the statistically significant difference between pre and post-test of the students of selected variable stress with respect to Frustration. Significant difference was found in stress (frustration) obtain the mean value of 95.72 and 84.4 respectively  $t=4.79, p<.05$ . High school level boys were found to reduce frustration.

**Table-3**

**Mean score standard deviation and t-ratio of select Stress with respect to Conflict in pre and post-test of high school level boys**

Stress	Test	Number	Mean	S.D.	T-ratio
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<b>Conflict</b>	Pre-Test	40	22.05	4.07	7.43*
	Post-Test	40	16.1	3.16	

\* Significant at 0.05 level.

Table-3 indicates the statistically significant difference between pre and post-test of the students of selected variable stress with respect to conflict. Significant difference was found in stress (frustration) obtain the mean value of 22.05 and 16.1 respectively  $t=7.43$ ,  $p<.05$ . High school level boys were found to reduce conflict.

**Table-4**

Mean score standard deviation and t-ratio of select Stress with respect to Pressure in pre and post-test of high school level boys

Stress	Test	Number	Mean	S.D.	T-ratio
<b>Pressure</b>	Pre-Test	40	69.8	12.33	3.22*
	Post-Test	40	61.52	10.61	

\* Significant at 0.05 level.

Table-4 indicates the statistically significant difference between pre and post-test of the students of selected variable stress with respect to pressure. Significant difference was found in stress (frustration) obtain the mean value of 69.8 and 61.52 respectively  $t=3.22$ ,  $p<.05$ . High school level boys were found to reduce pressure.

**Table-5**

Mean score standard deviation and t-ratio of select Stress with respect to Anxiety in pre and post-test of high school level boys

Stress	Test	Number	Mean	S.D.	T-ratio
<b>Anxiety</b>	Pre-Test	40	73.42	11.80	3.71*
	Post-Test	40	64.55	9.49	

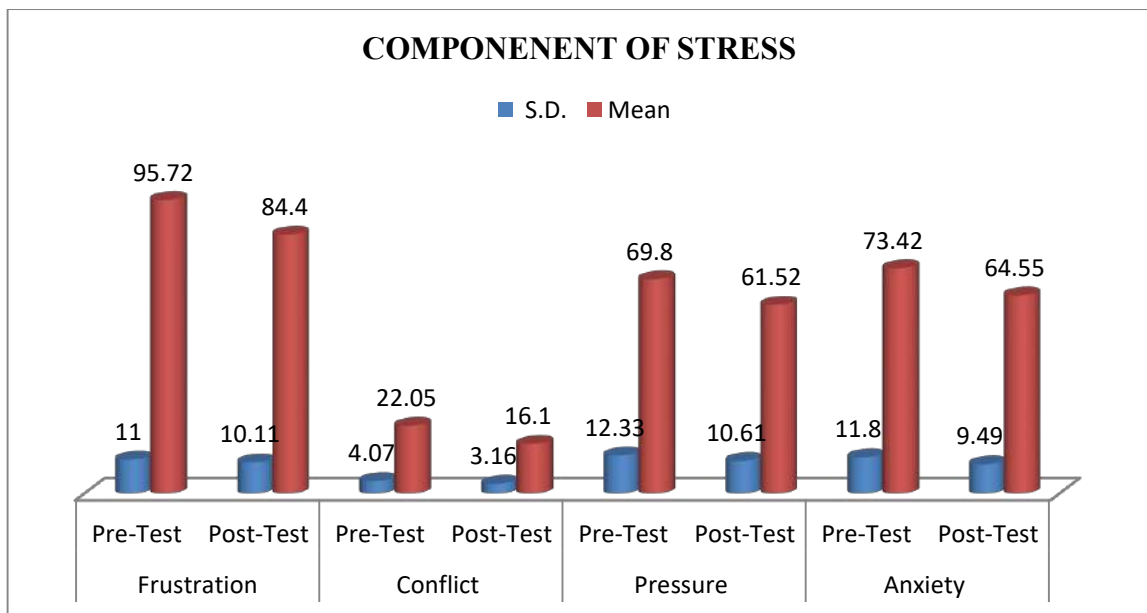
\* Significant at 0.05 level.



Table-5 indicates the statistically significant difference between pre and post-test of the students of selected variable stress with respect to anxiety. Significant difference was found in stress (frustration) obtain the mean value of 73.42 and 64.55 respectively  $t=3.71, p<.05$ . High school level boys were found to reduce anxiety.

**Graph – 2**

**Graphically Presentation of Mean score and standard deviation of selected Psychological variable with respect to mental Stress in pre and post-test of high school level boys.**



**Conclusions**

There was a significant effect of physical fitness training programme was found on mental health and stress (frustration, conflict, pressure and anxiety)of Boys group between 14 to 16 years. Mental health is improved due to 12 weeks physical fitness training programme.

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## **A Study of Depression on Faculty, Gender and Area of Residence and Faculty among Students**

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### **Abstract**

*The purpose research attempted to Study of Depression on Faculty, Gender and Area of Residence among Students. Objectives- to examine the Depression on Faculty, Gender and Area of Residence among Students. Hypotheses: 1) there is no significant difference between Arts, Commerce and Science Students with dimension on Depression. 2) There is no significant difference between Male and Female Students with dimension on Depression. 3) There is no significant difference between Urban and Rural Students with dimension on Depression. Methodology. Sample: For the present study 120 samples was selected from Aurangabad district (MS). Non-Probability Quota Sampling was used. The subject selected in this sample was age group of 18-21 year. Research Design: 3 x 2 x 2 Factorial research design used. Variables- The independent variables are Faculty, Gender and Area of Residence and Dependent variables are Depression. Research Tools- The depression scale (1986) developed by Dr. Shamim Karim and Dr. Rama Tiwari. Statistical Treatment: Mean, SD and 'F' values used. Conclusions- 1) Science Faculty Students high Depression than Arts Faculty Students and Commerce Faculty Students. 2) No significant difference between Male and Female Students on Depression. 3) Rural Students high Depression than Urban Students.*

**Keyword: -Depression, Faculty, Gender and Area of Residence.**

### **Introduction**

Depression is a powerful feeling of hopelessness, gloom, and sadness that afflicts millions of people. It's more than just a "gloomy mood," but rather a persistent feeling that a person can't control and that disrupts the ability to function in everyday life.



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Depression is a serious mental illness with a wide variety of mood variations of melancholy, sadness, disappointment and despair. It is a combination of emotional, cognitive and behavioural symptoms. Broadly speaking, a person faces an uncomprehending situation either courageously or succumbs to emotions that would precipitate into various types of depressive illnesses. We all, at one stage or the other, come across mentally demanding environment, temporarily or continuously. But, if an abnormal pattern of behaviour in a normal environment is shown repeatedly, it calls for immediate consultation and therapy.

Depression is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and physical well-being. Depressed people may feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, or restless. They may lose interest in activities that once were pleasurable, experience loss of appetite or overeating, or problems concentrating, remembering details or making decisions; and may contemplate or attempt suicide

### Statement Problem of the Study

"To study of depression on faculty, gender and area of residence and faculty among students"

### Research Objectives

- To Study the Depression on Arts, Commerce and Science Students.
- To Study the Depression on Male and Female Students.
- To Study the Depression on Male and Female Students.

### Research Hypotheses

- There is no significant difference between Arts, Commerce and Science Students with dimension on Depression.
- There is no significant difference between Male and Female Students with dimension on Depression.
- There is no significant difference between Urban and Rural Students with dimension on Depression.

### Methodology

#### Sample



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For the present study 120 samples was selected from Aurangabad district (MS). Non-Probability Quota Sampling was used. The subject selected in this sample was age group of 18-21 year. The sample of present study was shows as below.

Table No. 01

Faculty								Total
		Arts		Commerce		Science		
Gender		Male	Female	Male	Female	Male	Female	
Area of Residence	Urban	10	10	10	10	10	10	60
	Rural	10	10	10	0	10	10	60
Total		20	20	20	20	20	20	120

## Research Design

3 x 2 x2 Factorial research design used.

Table No. 02

A							
		A1		A2		A3	
B		B1	B2	B1	B2	B1	B2
C	C1	A1,B1,C1	A1,B2,C1	A2,B1,C1	A2,B2,C1	A3,B1,C1	A3,B2,C1
	C2	A1,B1,C2	A1,B2,C2	A2,B1,C2	A2,B2,C2	A3,B1,C2	A3,B2,C2

A- Faculty A1- Arts Faculty A2- Commerce Faculty A3- Science Faculty

B- Gender B1- Male Students B2- Female Students

C- Area of Residence C1- Urban Students C2- Rural Students

## Variables of the Study

Table No. 03



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Variable	Type of variable	Sub. Variable	Name of variable
Faculty	Independent Variables	03	1) Arts Students 2) Commerce Students 3) Science Students
Gender	Independent Variables	02	1) Male Students 2) Female Students
Area of Residence	Independent Variables	02	1) Urban Students 2) Rural Students
	Dependentvariables		Depression

## Research Tools

Table No. 04

Aspect	Name of the Test	Author
Depression	Depression scale (1986)	Dr. Shamim Karim Dr. Rama Tiwari

## Depression scale

The depression scale developed by Dr. Shamim Karim and Dr. Rama Tiwari. The depression scale is a 96 items questionnaire. The test consists of twelve aspects or dimensions of depression as follows: 1. Apathy 2. Sleep Disturbance 3. Pessimism 4. Fatigability 5. Irritability 6. Social withdrawal and self-Centeredness 7. Dejected or sadness 8. Self-Dislike 9. Self-Acquisition 10. Self-Harm 11. Somatic Reoccupation 12. Indecisiveness. For scoring the test, 0 marks should be given to "Not at all" response, 1 mark to "A little bit" response, 2 mark to "moderately" response, 3 mark to "Quit a bit" response and 4 mark to "extremely" response. Reliability of the test each is 0.87 and validity of the test is 0.94.

## Procedures of Data Collection:-

The primary information was gathered by giving personal information from each student. Data were obtained by using particular scoring particular scoring palter standardized for each scale.

## Statistical Techniques

Mean, S.D and ANOVA were used by College Students to analyse the data.





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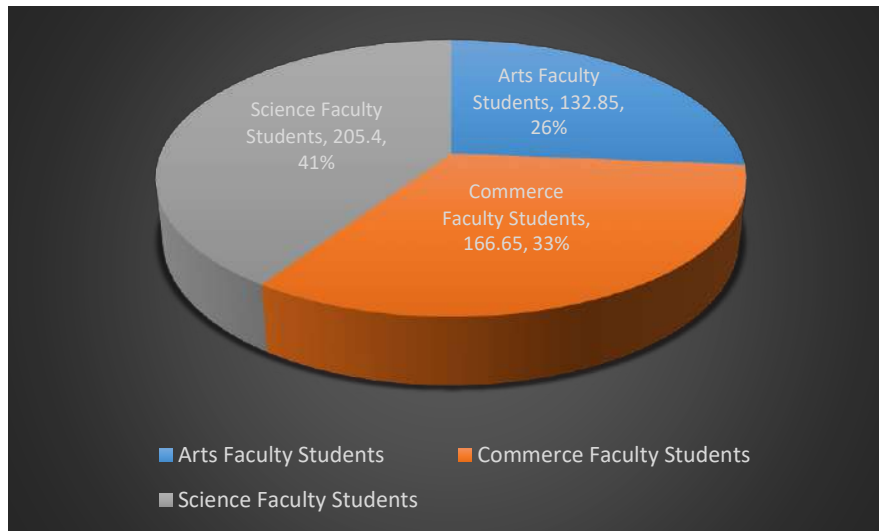


## Results and Discussion

Table No.05 Show the mean, SD and F value of Faculty on Depression

Faculty	Mean	SD	N	DF	F	Sign
Arts Faculty Students	132.85	3.73	40	117	83.60	0.01
Commerce Faculty Students	166.65	7.95	40			
Science Faculty Students	205.40	5.69	40			

Figure No.01



Observation of the table No.05 and Figure No.01 indicated that the mean value of both classified group seems to differ from each other on Depression. The mean and SD value obtained by the Arts Faculty Students 132.85, SD 3.73, Commerce Faculty Students Mean 166.65, SD 7.95 and Science Faculty Students was 205.40, SD 5.69,. Both group 'F' ratio was 83.60 at a glance those



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Science Faculty Students shows high score than Arts Faculty Students and Commerce Faculty Students.

In the present study was hypothesis related Depression and Gender. It was "There is no significant difference between Arts, Commerce and Science Students with dimension on Depression. Faculty effect represent the Depression was significant (F- 83.60, 1and 119, P- 0.01 and 0.05). This is significant 0.01 and 0.05 levels because they obtained 'F' value are high than table values at 0.01 and 0.05. In the present study was found that male and female Adolescence differ from Emotional stability. The findings of the not supported the hypothesis, they are this hypothesis rejected the present study. Its means that Science Faculty Students high Depression than Arts Faculty Students and Commerce Faculty Students.

**Table No.06 Show the mean, SD and F value of Depression and Gender.**

Gender	Mean	SD	N	DF	F	Sign
Male Students	166.66	9.40	60	118	1.61	NS
Female Students	170.30	9.31	60			

**Figure No.02**



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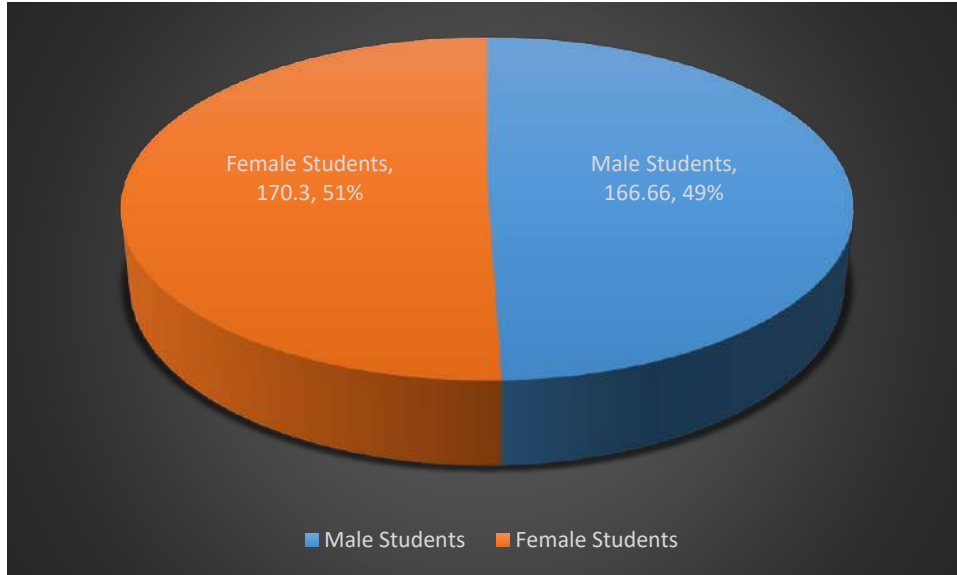
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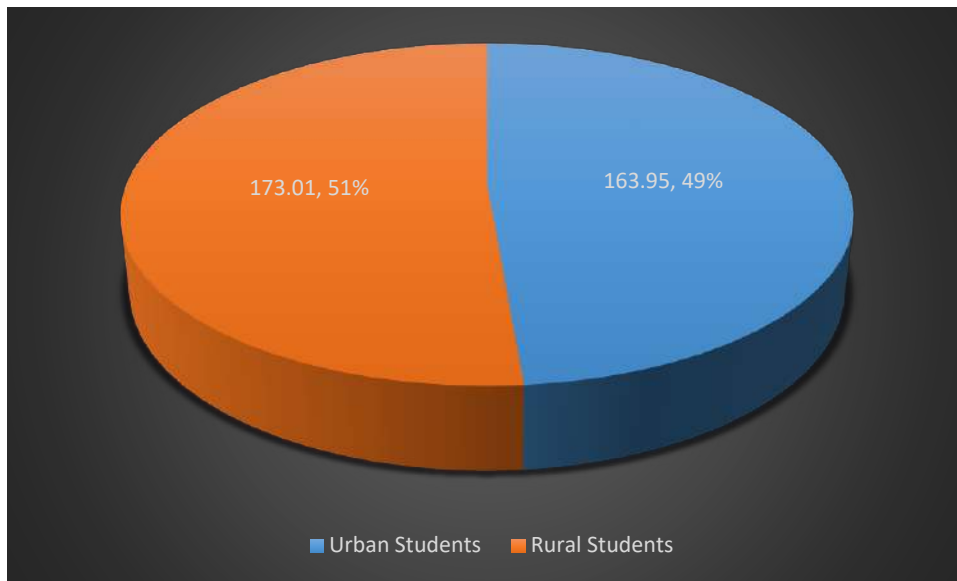
Observation of the table No.06 and Figure No.02 indicated that the mean value of two classified group seems to differ from each other on Depression. The mean and SD value obtained by the male Students 166.66, SD 9.40 and Female Students was 170.30, SD 9.31, both group 'F' ratio was 1.61. At a glance those Female Students shows high score than Male Students.

In the present study was hypothesis related Depression and Gender. It was "There is no significant difference between Male and Female Students with dimension on Depression." Gender effect represent the Depression was not significant (F- 1.61, 1 and 119, P- NS). This is not significant 0.01 and 0.05 levels because they obtained 'F' value are Low than table values at 0.01 and 0.05. In the present study was found that male and female Students no differ from Depression. The findings of the supported the hypothesis, they are this hypothesis Accepted the present study. Its means that there is no significant difference between Male and Female Students on Depression.

**Table No.07 Show the mean, SD and F value of Depression and Area of Residence**

Area of Residence	Mean	SD	N	DF	F	Sign
Urban Students	163.95	4.74	60	118	4.90	0.05
Rural Students	173.01	5.15	60			

**Figure No.03**



Observation of the table No.07 and Figure No.03 indicated that the mean value of two classified groups seems to differ from each other on Depression. The mean and SD value obtained by the Urban Students 163.95, SD 4.74 and Rural Students was 173.01, SD 5.15. Both groups' 'F' ratio was 4.90, at a glance those Rural Students show a high score than Urban Students.

In the present study, a hypothesis related to Depression and Area of Residence was tested. It was "There is no significant difference between Urban and Rural Students with dimension on Depression." Area of Residence effect represents the Depression was significant ( $F = 4.90, 1 \text{ and } 119, P = 0.05$ ). This is significant at 0.05 levels because they obtained 'F' values are high than table values at 0.05. In the present study, it was found that Urban and Rural Students differ from Depression. The findings do not support the hypothesis; therefore, this hypothesis is rejected in the present study. It means that Rural Students have high Depression than Urban Students.

**Conclusions**

- 1) Science Faculty Students have high Depression than Arts Faculty Students and Commerce Faculty Students. College students are more at risk for depression than high school students. Often, students can become depressed in college because of their new



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- responsibilities and lack of constant family support. Over a period of days or weeks, the majority of the students are able to return to the normal activities.
- 2) No significant difference between Male and Female Students on Depression. College is a stressful time and depression is common among students. Campus life can be overwhelming and it's very common for college students to become depressed.
  - 3) Rural Students high Depression than Urban Students. The onset of depression often happens when someone is in their late teens and early twenties, during the college years. Factors in a typical college student's lifestyle can cause and contribute to depression, including

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ISSN: 0474-9030 Vol-68, Special Issue-14

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## **Sound Mind in Sound Body: Diet and Health**

**Dr. M. G. Shinde**

Assistant Professor

Milind College of Arts, Aurangabad

### **Abstract**

*Poor diet is a leading cause of poor health and spiraling health care spending poor eating also contributes to disparities in well-being, especially among children a vicious cycle of bad health, lost productivity, increased health costs and poverty. Poor diet and obesity are also a major threat to military readiness. There is also tremendous confusion about what constitutes a healthy diet. Despite the urgency of these questions, the sum of research funding or nutritional research across all federal agencies-like the agriculture department, Health and Human services. Government plays a crucial role. The significant impacts of the food system on well-being, health care spending the economy and the environment together with mounting public and industries awareness of these issues have created an opportunity for government leaders to champion real solutions.*

**Keywords:** Diet, Health, Food system, Government, Public and Industry awareness.

### **Introduction:**

Most of us need a lot of mental stimulation to feel awake and alive. In childhood some of our biggest turn-on's course from acting on curiosity. Young children enjoy being inquisitive, investigating Situation with a completely fresh mind, gaining new information, refining skills, solving puzzles, having insights and making discoveries. People who require more mental stimulation then they allow themselves in positive. Enjoyable ways can fall into a habit of getting their mental titillation from the mind games and melodramas they can fashion out of their lives.

Seligman, the great Psychologist found that the difference between pessimistic and optimistic thinking pattern is related to how people explain to themselves. What has happened to them and how they think it will affect them in the future. Positive thinking, good health, optimistic mind, enjoyable life is related to our diet. As we eat it will seem.

### **Diet and Health:**





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Poor diet is a leading cause of poor health and spiraling health care spending. The research suggests that poor eating causes nearly 1000 deaths each day in the country from heart disease, stroke or diabetes.

In 2016, the direct and indirect cost of chronic diseases as a result of obesity were two times almost 10 percent of the nation's gross domestic product. Poor eating also contributes to disparities in well being, especially among children. A vicious cycle of bad health, lost productivity increases health costs and poverty. Poor diet and obesity are also a major threat to military readiness. A recent report from the RAND Corporation, a group of more than 700 retired admirals and generals noted that obesity is the leading medical disqualifier that prevents otherwise qualified Indians from joining the military.

Yet many of the most fundamental questions about foods and health-especially their impact on the economy and the military remain unanswered. There is also tremendous confusion about what constitutes a healthy diet. Despite the urgency of these questions, the sum of research funding for nutritional research across all federal agencies like the agriculture department, Health and Human services and Department of Defense is only about 1.5 cr. annually. That is why our country needs an institute devoted to research on the top causes of poor health. The institute will facilitate and help coordinate incisive research into diet, foods and their relationships to better health.

### **Some examples of its focus would include**

1. How to leverage food and diet policy and public-Private partnership in a "Food is medicine" Effort to reduce health care costs.
2. Optimal Nutrition for military readiness.
3. Optimal nutrition for treatment of battlefield consequences, including bodily injuries, brain injuries, and posttraumatic stress.
4. Personalized nutrition based on life stages, metabolism health states, health goals and genetics.
5. Optimal diets for weight loss and weight maintenance.



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Government plays a crucial role. The significant impacts of the food system on well-being, health care, spending; the economy and the environment together with mounting public and industry awareness of these issues have created an opportunity for government leaders to champion real solutions.

The private sector can also play a key role. Changes in shareholders criteria and new investor conditions should financially reward companies for tackling obesity, diabetes and other diet-related illness. All work sites should demand healthy food when negotiating with cafeteria vendors and include incentives for healthy eating in their wellness benefits.

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## **A Study of Occupational Stress among MSRTC Bus Conductors**

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### **Abstract**

*The purpose research attempted to study the Study of Occupational Stress among MSRTC Bus Conductors. Objectives- To examine the Occupational Stress of Male and Female MSRTC Bus Conductors. Hypotheses: There is no significant difference between Male and Female Bus Conductors with Occupational Stress dimension on Role overload, Role ambiguity, Role conflict, Group and political pressures, Responsibility for person, Under participation, Powerlessness, Poor peer relations, Intrinsic impoverishment, Low status, Strenuous working conditions, Unprofitability. Methodology. Sample: Total sample of present study 50 MSRTC Bus Conductors, in which 25 Male MSRTC Bus Conductors and 25 Female MSRTC Bus Conductors. The subject selected in this sample will be used in the age group of 20 years to 50 years and Ratio 1:1. Research Design: In the present study Simple design will be used. Variables- The independent variables are MSRTC Bus Conductors and Dependent variables are Occupational Stress. Research Tools- Occupational Stress Index (OSI) developed & standardized by Prof. S. K. Srivastava and Prof. A. P. Singh. Statistical Treatment: Mean, SD and 'F' values used. Conclusions-1) Male Bus Conductors High Role overload, Group and political pressures, Powerlessness, Poor peer relations, Intrinsic impoverishment, Low status, Strenuous working conditions, Occupational Stress than Female Bus Conductors. 2) Female Bus Conductors High Role ambiguity, Role conflict, Responsibility for person, Under participation, than Male Bus Conductors. 3) No significant difference between Bus Drivers and Bus Conductors on Unprofitability.*

**Keywords:** -Occupational Stress, MSRTC Bus Conductors.

### **Introduction**

Occupational stress is a condition arising from the interaction of people with their work and characterized by changes within people that force them to deviate from their normal functioning. Occupational stress is careful to be a person psychological state which has to do with the person



perception of the work environment and the moving practice of it. Occupational stress according to Anderson, Schalk and Humprey (1998) can be defined as the harmful physical and emotional responses that occur when job requirements do not match with the capabilities, resources and needs of the individual worker, in other sense these appear to be an incompatibility between the individual and his\ her environment.

National Institute of Occupational Safety and Health (1999) defined occupational stress as The harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources or needs of the worker.

### **Review of Related Literature**

Tung (1980) this study found that women experienced significantly lower levels of self-perceived occupational stress than men. Martocchio and O'leary (1989) this study found that no significant difference in occupational stress between men and women. Marshall, V.G. (2003) revealed that there were no significant difference found in occupational stress as measured by occupational role, adjustment psychological strain and an availability of personal coping resources based on gender. Antoniou et al. (2006) observed that female teachers experienced significantly higher levels of occupational stress compared to their male Counterparts.

Ravichandran & Rajendran (2007) their study revealed that female teachers had more occupational stress as compared to male counterparts. Jick and Payne, (1980), Quick and Quick (1984). Jick and Mitz (1985) this studies that to gender differences in occupational stress and found that women frequently experienced high psychological distress than males and males on the other hand experienced more physical distress than males. Kenneth, R. (1977). reported that role difficulty was negatively associated with job satisfaction, especially among women. Women and men are differed significantly on role ambiguity, role conflict, and inter-role distance. Conversely Aziz (2003) studied organizational role stress among Indian IT employees and reported that men were more stressed as compared to women. This study also reported resource adequacy as the potent stressor in the IT sector companies. The aim of present study is also to find the impact of occupational stress among male and female employees working in academic industry. Earlier studies also indicated there is also high organizational stress among working women.

### **Statement problem of the Study**

A Study of Occupational Stress among MSRTC Bus Conductors.

### **Objectives**

To examine the Occupational Stress of Male and Female MSRTC Bus Conductors.



## Hypotheses

There is no significant difference between Male and Female Bus Conductors with Occupational Stress dimension on 1) Role overload 2) Role ambiguity 3) Role conflict 4) Group and political pressures 5) Responsibility for person 6) Under participation 7) Powerlessness 8) Poor peer relations 9) Intrinsic impoverishment 10) Low status 11) Strenuous working conditions 12) Unprofitability.

## Methods

### Sample

Total sample of present study 50MSRTC Bus Conductors, in which 25Male MSRTC Bus Conductors and 25Female MSRTC Bus Conductors. The subject selected in this sample will be used in the age group of 20years to 50 years and Ratio 1:1.

### Research Design:-

In the present study present study Simple design will be used.

### Variables of the Study

**Independent Variables:** MSRTC Bus Conductors 1) Male MSRTC Bus Conductors

2) Female MSRTC Bus Conductors

**Dependent variables: Occupational Stress** 1) Role overload

2) Role ambiguity

3) Role conflict

4) Group and political pressures

5) Responsibility for person

6) Under participation

7) Powerlessness

8) Poor peer relations

9) Intrinsic impoverishment

10) Low status

11) Strenuous working conditions

12) Unprofitability



**Research Tools**

**The Occupational Stress Index (OSI)**

Occupational Stress Index (OSI) developed & standardized by Prof. S. K. Srivastava and Prof. A. P. Singh. The standardized questionnaire has been divided into two parts. In the first part demographic information about the respondents are sought covering Age, Gender, Qualification, Experience, Salary etc and in the second part of the questionnaires 46 items are included covering 12 variables namely; 1) Role overload 2) Role ambiguity 3) Role conflict 4) Group and political pressures 5) Responsibility for person 6) Under participation 7) Powerlessness 8) Poor peer relations 9) Intrinsic impoverishment 10) Low status 11) Strenuous working conditions 12) Unprofitability.

The reliability index ascertained by split half (odd-even) method and Cronbach’s alpha-coefficient for the scale as a whole were found to be .935 and .90 resp. The reliability indices of 12 sub-scales were also computed on the split half method.

**Procedures of data collection:-**

. The primary information was gathered by giving personal information from to each student. The students were called in a small group of 05 to 10 students. Data were obtained by using particular scoring particular scoring palter standardized for each scale.

**Statistical Techniques**

Mean, S.D and ANOVA were College Students to analyses the data.

**Results and Discussion**

The analysis of data interpretation and discussion of the results are reported.

**Table No.01 Show the Mean, SD and F Value of MSRTC Bus Conductors on Occupational Stress**

Sr. No.	Variable	MSRTC Bus Conductors	Mean	SD	N	DF	F Value	Sig n
Table 05 (A)	Role overload	Male Bus Conductors	17.46	2.56	25	48	26.99	0.01
		Female Bus Conductors	20.93	2.59	25			



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Table 05 (B)	Role ambiguity	Male Bus Conductors	10.13	1.40	25	48	74.80	0.01
		Female Bus Conductors	14.36	2.28	25			
Table 05 (C)	Role conflict	Male Bus Conductors	12.80	2.24	25	48	37.71	0.01
		Female Bus Conductors	19.33	2.50	25			
Table 05 (D)	Group and political pressures	Male Bus Conductors	15.93	1.52	25	48	30.16	0.01
		Female Bus Conductors	14.20	0.80	25			
Table 05 (E)	Responsibility for person	Male Bus Conductors	9.40	2.09	25	48	33.76	0.01
		Female Bus Conductors	12.20	1.60	25			
Table 05 (F)	Under participation	Male Bus Conductors	11.36	1.15	25	48	48.62	0.01
		Female Bus Conductors	13.63	1.35	25			
Table 05 (G)	Powerlessness	Male Bus Conductors	12.73	1.59	25	48	37.23	0.01
		Female Bus Conductors	8.13	1.99	25			
Table 05 (H)	Poor peer relations	Male Bus Conductors	15.96	2.14	25	48	36.31	0.01
		Female Bus Conductors	10.93	1.81	25			
Table 05 (I)	Intrinsic impoverishment	Male Bus Conductors	11.86	1.56	25	48	83.71	0.01
		Female Bus Conductors	16.03	1.83	25			
Table 05 (J)	Low status	Male Bus Conductors	14.30	0.98	25	48	26.20	0.01
		Female Bus Conductors	13.03	0.92	25			
Table 05 (K)	Strenuous working conditions	Male Bus Conductors	14.60	0.85	25	48	41.94	0.01
		Female Bus Conductors	12.43	0.85	25			
Table 05 (L)	Unprofitability	Male Bus Conductors	6.60	1.16	25	48	0.683	NS
		Female Bus Conductors	6.83	1.01	25			
Table	Occupational	Male Bus Conductors	161.9	10.66	25	48	17.42	0.01





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Table with 9 columns and 2 rows. Row 1: 05 (M), Stress, 0. Row 2: Female Bus Conductors, 149.56, 12.17, 25.

Observation of the Table 05 (A) indicated that mean and SD values of Role overload the Male Bus Conductors were 17.46± 2.56and Female Bus Conductors were 20.93± 2.59. It is observed that the calculated F value 26.99is High than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that Male Bus Conductors High Role overload than Female Bus Conductors.

Observation of the Table 05 (B) indicated that mean and SD values of Role ambiguity the Male Bus Conductors were 10.13± 1.40and Female Bus Conductors were 14.36± 2.28. It is observed that the calculated F value 74.80is High than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that FemaleBus Conductors High Role ambiguity than Male Bus Conductors.

Observation of the Table 05 (C) indicated that mean and SD values of Role conflict theMale Bus Conductors were 12.80± 2.24and Female Bus Conductors were 19.33± 2.50. It is observed that the calculated F value 112.71is High than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that FemaleBus Conductors High Role conflict thanMale Bus Conductors.

Observation of the Table 05 (D) indicated that mean and SD values of Group and political pressures the Male Bus Conductors were 15.93± 1.52and Female Bus Conductors were 14.20± 0.80. It is observed that the calculated F value 30.16is High than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that Male Bus Conductors High Group and political pressures than Female Bus Conductors.

Observation of the Table 05 (E) indicated that mean and SD values of Responsibility for person the Male Bus Conductors were 9.40± 2.09and Female Bus Conductors were 12.20± 1.60. It is observed that the calculated F value 33.76is High than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that FemaleBus Conductors High Responsibility for person than Male Bus Conductors.

Observation of the Table 05 (F) indicated that mean and SD values of underparticipation theMale Bus Conductors were 11.36± 1.15and Female Bus Conductors were 13.63± 1.35. It is observed that the calculated F value 48.62is High than the table value (0.01 = 5.06 and at



0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that Female Bus Conductors High Under participation than Male Bus Conductors.

Observation of the Table 05 (G) indicated that mean and SD values of Powerlessness the Male Bus Conductors were  $12.73 \pm 1.59$  and Female Bus Conductors were  $8.13 \pm 1.99$ . It is observed that the calculated F value 97.23 is High than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that Male Bus Conductors High Powerlessness than Female Bus Conductors.

Observation of the Table 05 (H) indicated that mean and SD values of Poor peer relations the Male Bus Conductors were  $15.96 \pm 2.14$  and Female Bus Conductors were  $10.93 \pm 1.81$ . It is observed that the calculated F value 36.31 is High than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that Male Bus Conductors High Poor peer relations than Female Bus Conductors.

Observation of the Table 05 (I) indicated that mean and SD values of intrinsic impoverishment the Male Bus Conductors were  $11.86 \pm 1.56$  and Female Bus Conductors were  $16.03 \pm 1.93$ . It is observed that the calculated F value 83.71 is High than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that Male Bus Conductors High Intrinsic impoverishment than Female Bus Conductors.

Observation of the Table 05 (J) indicated that mean and SD values of Low status the Male Bus Conductors were  $14.30 \pm 0.98$  and Female Bus Conductors were  $13.03 \pm 0.92$ . It is observed that the calculated F value 26.20 is High than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that Male Bus Conductors High Low status than Female Bus Conductors.

Observation of the Table 05 (K) indicated that mean and SD values of strenuous working conditions the Male Bus Conductors were  $14.60 \pm 0.85$  and Female Bus Conductors were  $12.43 \pm 0.85$ . It is observed that the calculated F value 95.94 is High than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is rejected. It means that Male Bus Conductors High Strenuous working conditions than Female Bus Conductors.

Observation of the Table 05 (L) indicated that mean and SD values of Unprofitability the Male Bus Conductors were  $6.60 \pm 1.16$  and Female Bus Conductors were  $6.83 \pm 1.01$ . It is observed that the calculated F value 0.683 is Low than the table value (0.01 = 5.06 and at 0.05 = 3.18 levels). That is to say that this hypothesis is accepted. It means that no significant difference between Bus Drivers and Bus Conductors on Unprofitability.



Observation of the Table 05 (M) indicated that mean and SD values of Occupational Stress the Male Bus Conductors were  $161.90 \pm 10.66$  and Female Bus Conductors were  $149.56 \pm 12.17$ . It is observed that the calculated F value 17.42 is High than the table value ( $0.01 = 5.06$  and at  $0.05 = 3.18$  levels). That is to say that this hypothesis is rejected. It means that Male Bus Conductors High Occupational Stress than Female Bus Conductors.

### **Delimitations of the Study**

1. The finding of the study is based on only 50 sample use.
2. The sample was restricted to Jalna and Beed Dist. in Maharashtra.
3. The study was restricted to only Bus Conductors only.
4. The study was restricted students are only 20-50 years only.
5. The study was restricted students are urban and rural area.

### **Conclusions**

- 1) Male Bus Conductors High Role overload than Female Bus Conductors.
- 2) Female Bus Conductors High Role ambiguity than Male Bus Conductors.
- 3) Female Bus Conductors High Role conflict than Male Bus Conductors.
- 4) Male Bus Conductors High Group and political pressures than Female Bus Conductors.
- 5) Female Bus Conductors High Responsibility for person than Male Bus Conductors.
- 6) Female Bus Conductors High Under participation than Male Bus Conductors.
- 7) Male Bus Conductors High Powerlessness than Female Bus Conductors.
- 8) Male Bus Conductors High Poor peer relations than Female Bus Conductors.
- 9) Male Bus Conductors High Intrinsic impoverishment than Female Bus Conductors.
- 10) Male Bus Conductors High Low status than Female Bus Conductors.
- 11) Male Bus Conductors High Strenuous working conditions than Female Bus Conductors.
- 12) No significant difference between Bus Drivers and Bus Conductors on Unprofitability.
- 13) Male Bus Conductors High Occupational Stress than Female Bus Conductors.

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## A Comparative Study of Aggression in Female Tribal & Non-Tribal Cricket Players of Nashik District

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### Abstract:

The present study was objective to compare Aggression behavior of female cricket players in the light of their tribal and non-tribal intimacy. To conduct the 15 tribal female cricket players (Ave. age 15 yrs.) as well as 15 non-tribal female cricket players (Ave. age 15 yrs.) from the Nashik District were selected as sample for the present study. Seven dimensional aggression inventories namely, assault, indirect aggression, irritability, negativism, suspicion, verbal aggression and guilt prepared by Sultania (2006) were administered to subject. Result shown that aggressive behavior in term of negative aggression was not substantially different in tribal and non-tribal female cricket players.

**Keywords:** Aggression, Tribal & Non-Tribal Cricket Players

### Introduction:

In cricket players aggression has been viewed as actions that are beyond the rules & regulations of those particular sports. The pros & cons of aggression in sports have been widely discussed and researched by psychologists. Studies have shown that a certain amount of aggression is required for optional level of performance. In other words controlled aggression is beneficial in sports performance (Cox. 2002). On the contrary negative aggression i.e. verbal abuse, physical challenges, resentment to





## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



decision by referee are often termed as negative aggression. Studies conducted by researchers such as Grange & Kerr. 2010 concluded that aggressive behavior which is within the framework of games is positively associated with sports performance. Hence aggression is a major psychological variable which determines optimum level of activities in sports. In Cricket which is a Gentleman sports certain rules are framed for smooth functioning of the game. A Cricket player has to abide by the certain rules during play. Cricket is very popular game it has plenty of scope for verbal aggression. In cricket field cricketers may argument with umpire on disputed judgments or use excessive verbal or engage in verbal exchange with players of other team. This all comes under negative aggression.

In Nasik District tribal female Cricket players have excelled at District as well as National level cricket competitions. So it would be interesting to know the negative aggression among Cricket players on the basis of their tribal & non-tribal intimacy.

### Hypothesis:

It was hypothesized that tribal & non-tribal belongingness will be influenced aggressive behavior of female Cricket players.

### Material and Method

#### Sample

To obtain data for this study the researcher was select 15 tribal female district level Cricket players (Ave. age 15 yrs.) as well as 15 non-tribal female district level Cricket players (Ave. age 15 yrs.) from the Nashik District were selected as sample for the present study. The simple random sampling technique was used to selection of samples. All the subjects, after has been informed about the objective and protocol of the study was give their consent and volunteered to participate in this study.

#### Selection of Tools

To evaluate aggression among selected female tribal & non-tribal Cricket players. Seven dimensional aggression inventories namely, assault, indirect aggression, irritability, negativism, suspicion, verbal aggression and guilt prepared by Sultania (2006) were used. Since the nature of this inventory was to assess negative side of aggression. Higher score on this inventory means hostile aggression & lower scores denotes controlled aggression.

#### Procedure of Study





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Seven dimensional aggression inventory (Sultania 2006) was administered to all 30 subjects in a field like condition and convenience of the subjects. Scoring of data have been carried out according to authors manual, and independent sample 't' test was used to compare aggression between tribal & non-tribal female Cricket players. The result is presented in table no.1.

## Results of the study:

The results pertaining to significant difference between tribal & non-tribal female Cricket players were assessed using the Independent sample 't' test & the results are presented in table no. 1.

**Table no 1**  
**Comparison of Aggression between Tribal & Non-Tribal**  
**Female Cricket Players**

Variable	Tribal Female Cricket Players (N=15)		Non-Tribal Female Cricket Players (N=15)		t-value
	Mean	SD	Mean	SD	
Aggression	32.08	4.83	33.20	5.46	1.08

\*Significant at 0.05 level

A Preusal of Table-1 indicates that level of negative aggression of tribal and non-tribal female Cricket players was not found significantly from each other. The reported t = 1.08 which was did not met the statistical criterion for significance confirms above the result.

## Discussion of the study:

The result of present study was interpreted on this ground that both tribal and non-tribal female Cricket players perform at the same level. So the awareness of rules of game is similar in both the groups. In this study the effect of tribal and non-tribal belongingness was nullified because although aggression tendencies do differ from person to person, players have to abide by the rules of that particular game. Hence the level of aggression was almost same in tribal and non-tribal female Cricket players.

## Conclusion of the study:



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It was concluded that negative aggression or hostile aggression was not influenced by tribal & non-tribal belongingness of female Cricket players.

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## **A Study of the Positive Effects of Yoga on the Players and Their Performance**

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### **Abstract**

*Yoga is most important exercise for human being. It is also important for players and their performances. Yoga is a group of physical, mental and spiritual practices. The origins of yoga have been speculated to period of Aryans culture. It is mentioned in vedic yoga of Rigveda. Aryans give to India, a physical fitness gift. Through it. By Indian yoga we achieve physical fitness, it is most useful gift that Aryans give to India, and through it to the whole world a pattern of physical education. Yoga consists of a number of disciplines, Yama, Niyama, Posture, Pranayama (breath control), Pratyahara, (withdrawal of senses), Dharna (concentration), Dhyana (spiritual meditation), samadhi (union).*

*In this paper I mention objectives as To explain yoga exercise. To overview on Yoga and their positive effects. To study Indian yoga and its effects on players and their performance. For the purpose of this study used social science research methodology to study the research topic used.*

**Keywords-** *Yoga, players and performances*

### **Introduction**

Yoga is most important exercise for human being. It is also important for players and their performances. Yoga is a group of physical, mental and spiritual practices. The origins of yoga have been speculated to period of Aryans culture. It is mentioned in vedic yoga of Rigveda. Aryans give to India, a physical fitness gift. through it. By Indian yoga we achieve physical fitness, it is most useful gift that Aryans give to India, and through it to the whole world a pattern of physical education. Yoga consists of a number of disciplines, Yama, Niyama, Posture, Pranayama (breath control), Pratyahara, (withdrawal of senses), Dharna



(concentration), Dhyana (spiritual meditation), samadhi (union). The first five are external in nature while the last three are internal. They are interdependent and all help in the ultimate objective of samadhi (self-realization). therefore to study of Indian yoga and its benefits. Chose this topic for research paper.

### **Objectives**

- 1) To explain yoga exercise.
- 2) To overview on Yoga and their positive effects
- 3) To study Indian yoga and its effects on players and their performance

### **Research methodology**

For the purpose of this study used social science research methodology to study the research topic used. Scientifically analysis in this method I used. secondary data in this secondary data used reference books, research articles newspapers, journals, published and unpublished materials and also taken' Internet facilities use. Yoga consists of a number of various disciplines as like as yama, Dhyana, dharnasamadni, pranayama, pratyachara and etcit's described and explained following description.

#### **1) Postures. (Asans) Positive Effects.**

Postures meansAsans of yoga. In yoga there is a procedure doing named asans. It's a physical positions in yoga. it is a Set of postures and nothing equal to it is found in the world. its various types. Asans are of as many types as there are species of animals and birds. They get their na ne from these creatures as MayurAsam (Peacock posture). If one sils steadily in a posture for some time without unnecessarily straining himself, he will be healthy, well balanced and controlled. Different Asans are meant to meet different requirements.

Asans give mental poise, psychological efficiency to face worries, anxiety and tensions of life. It gives mental poise and equilibrium. It helps to controls psychosomatic problems. It gives sound sleep and complete rest to the body and the mind. Many asans are of curative type.

#### **C) Pranayamas Positive Effects.**

Pranayama exercise make positive effects on players body and their performances Pranayama is the important and useful part of yoga. It is consists of Pran and Yama. Pran is the vital energy in the air we breathe in. Yama means control. So pranayama is the control of the vital energy In us. It is considered that by pranayama, we can control our mind. Our body functioning and thereby it help ourselves in

God realization. It helps in the easing of tension and creates peace and equilibrium.

The normal breathing is faulty and is the cause of many diseases as asthma. In our normal breathing we do not fully breathe out carbon dioxide which is essential for good



health. We do not breathe in oxygen fully and direct it to each and every part of our body so it's MOS I useful for fitness of our body.

### **3) Pratyahars Positive Effects.**

This means the restrain of senses from the outer world which is the root cause of many diseases, bodily troubles or infirmities, ill-health and mental disturbance. This giving of free reign to our senses or desires must be stopped. It means turning within. This suppression or elevation of desires should be a slow and intelligent process as it is likely to have ill effects, psychological and physical.

### **4) Dharmas Positive Effects.**

Dharna means concentration. When the senses have come under control and we have somewhat turned inward, the mind which is strong still runs outwards. It is as difficult to control the mind as to control the wind. The dharna and the next two processes are the three steps in this direction.

In Dharna, the mind is concentrated on a point between the two eye-brows. This point is called chakra and is considered to be psychic center of our system. Here, all the outer senses and inner senses are supposed to meet. The mind is not allowed to deviate and the whole of it is to be concentrated at this point as if the body and the mind do not exist. In a way it is concentrated on shunya 'or nothingness. It is very invigorating physically, psychologically and spiritually.

### **5) Dhyanas Positive Effects.**

Dhyana is a part of dharna. It becomes after dhayna after dharana the mind is concentrated not at the point between the two eye-brows but in the intellect this is not physical or psychic center but spiritual center. It is a continuous meditation or deep thinking beyond body and mind. It is realization of the self or God. In this state, one experiences oneness between the whole of creation and the whole of humanity. He concentrates on anything.

### **Conclusions**

For players and their performances yoga is essential exercise. By yoga players performed well. Yoga makes positive effect on performances. It is a complete system and no other set of exercises has been able to complete with it in so far as a whole is concerned. It encompasses physical development of each and every part of his body-outer as well as inner circulation of blood, breathing, mental equilibrium, emotions, feelings, desires, senses, intellect and thought and finally to his union with the supreme, a sense of equilibrium, serenity and peace to the individual and the world around it is most Popular in the world. its features. Also it is described in bhagwatigita also It is described in BhagwatPurana, Patanjali has, however been recovered as the greatest exponent of yoga. It is not actually he, who brought this



about but ne gave it a definition shape in his immortal book Rajya Yoga which in itself is considered a path for self-realization

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### A Study of Mental Health on Civil Hospital worker

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#### Abstract

The purpose this study the Mental Health on Civil Hospital worker. Total sample of present study 100 Civil Hospital worker, in which 50 were Male Worker (25 Full Time and 25 Part Time) and 50 Female Worker (25 Full Time and 25 Part Time) Civil Hospital Gurgaon from Haryana. The subject selected in this sample was used in the age group of 18 years to 40 years and Ratio 1:1. Non-probability purposive Quota Sampling will be used. The independent variables are Gender and Dependent variables are Mental Health. 2x2 Factorial research design used. Mental health Inventory (1983) by Dr. Jagadish and Dr. Srivastava. Mean, SD and ANOVA. This study found that No significant difference between Male and Female Civil Hospital worker on Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group Oriented Attitudes and Environment Mastery, Mental Health.

**Keywords:-** Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, and Group Oriented Attitudes and Environment Mastery, Mental Health.

#### Introduction:

The Concept of Mental Health For our purposes, the various definitions of mental health can be grouped into three categories: mental health can be considered as a medical, a psychological or a social phenomenon. The confusion in definition is compounded by the overlapping and merging-





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unfortunately; there is no integration - of the three positions. The three views are presented with the caution that we are of necessity oversimplifying.

Mental health is a psychological state of wellbeing, which is characterized by self-acceptance, continuing personal growth, a sense of purpose in life and positive relations with others. It can also be defined in terms of absence of mental illness, but many psychologists consider this definition as too narrow. Psychologists have identified a number of distinct dimensions of mental health that include self-acceptance, self-esteem, positive evaluation of oneself and one's past experiences, personal growth reflected in one's sense of continued psychological growth and development; a sense that one's life has meaning and purpose; positive relations with others; environmental mastery, the capacity to manage effectively in the surrounding world; and autonomy, a sense of self determination and the ability to control one's own life.

### Review of Literature:

Srivastava et al (1987) studied the mental health of post graduate students. The results indicated that there was no significant difference between male and female students on mental health. Garg (2000) conducted a study on mental health in relation to neuroticism of B.Ed. trainees and reported that there was no significant difference between B.Ed. trainee boys and girls on variables of mental health and neuroticism. Reddy, Rao and Nagarathamma (2002) studied results revealed that there was a significant impact of the type of school on mental health status of both boys and girls. Nandana (2001), Chawla (2012), Pathak and Rai (1993) this study found that Female students Better Mental Health than male students. Gupta and Kumar (2010) reported male students were better Mental Health than female. Chawla (2012) reported that females were better in terms of their mental health. Bangale and Patnam (2013), Vyas (2007) Aghara (1995), Taak (1999), Bangale and Patnam (2013), and Singh (2011) found no significant difference of mental health status between male and female.

### Statement problem of the Study

A Study of Mental Health on Civil Hospital worker.

### Objectives

To Study the Male and Female Civil Hospital worker on Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, and Group Oriented Attitudes, Environment Mastery and Mental Health.



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## Hypotheses

There will be no significant difference between Male and Female Civil Hospital worker with Mental Health dimension on Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group Oriented Attitudes and Environment Mastery.

## Methods

### Sample

Total sample of present study 100 Civil Hospital worker, in which 50 were Male Worker (25 Full Time and 25 Part Time) and 50 Female Worker (25 Full Time and 25 Part Time) Civil Hospital Gurgaon from Haryana. The subject selected in this sample was used in the age group of 18 years to 40 years and Ratio 1:1. Non- probability purposive Quota Sampling will be used.

## Research Design

2x2 Factorial research design used in the present study.

## Variables of the Study

Table No.03

Variable	Type of variable	Sub. Variable	Name of variable
Gender	Independent Variables	02	1) Male Worker 2) Female Worker
Mental Health	Dependent variables	06	1) Positive Self-Evaluation 2) Perception of Reality 3) Integration of Personality 4) Autonomy 5) Group Oriented Attitudes 6) Environment Mastery.

## Research tools:-

### Mental health Inventory(1983):



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Mental health inventory developed by Dr.Jagadish and Dr.Srivastava. It measures the mental health of the individual in six dimensions namely positive self-evaluation, perception of reality, integration of personality, autonomy, group oriented attitude and environmental mastery. This scale consists of 54 statements with four alternative answers like always, most of the times, some times and never, rated on four point scale. Out of 54 statements 23 are positive and 31 statements are negative. For positive statements the scoring is 4, 3, 2, 1 and for negative statements it is in the reverse order. The score ranges between 54-216. High scores on mental health inventory indicate better mental health and vice-versa.

### Data Analysis:

Mean, S.D and ANOVA were used to analyse the data of College Students.

### Results and Discussion:

Table No.04

Summary of Mean, SD and F Value than Gender on Mental Health

Table No.	Factor	Work Time	Mean	SD	N	DF	F Value	Sign.
Table No. 04 (A)	Positive Self-Evaluation	Male Worker	31.04	4.69	50	98	0.38	NS
		Female Worker	30.42	5.42	50			
Table No. 04 (B)	Perception of Reality	Male Worker	24.94	4.57	50	98	1.10	NS
		Female Worker	24.06	3.84	50			
Table No. 04 (C)	Integration of Personality	Male Worker	38.68	5.25	50	98	0.47	NS
		Female Worker	37.88	6.47	50			
Table	Autonomy	Male Worker	19.02	4.45	50	98	0.62	NS



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<b>No. 04 (D)</b>		Female Worker	18.40	3.45	50			
<b>Table No. 04 (E)</b>	Group Oriented Attitudes	Male Worker	32.32	3.41	50	98	0.14	NS
		Female Worker	32.02	4.78	50			
<b>Table No. 04 (F)</b>	Environment Mastery	Male Worker	29.28	4.21	50	98	3.66	NS
		Female Worker	27.74	3.88	50			
<b>Table No. 04 (G)</b>	Mental health	Male Worker	175.28	18.67	50	98	1.30	NS
		Female Worker	170.52	23.55	50			

Results shown in Table 04 (A) indicated that mean and SD values of Positive Self-Evaluation obtained were  $31.04 \pm 4.69$  by the Male Worker and  $30.42 \pm 5.42$  by Female Worker. It is observed that the calculated F value 0.38 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female Worker on Positive Self-Evaluation.

Results shown in Table 04 (B) indicated that mean and SD values of Perception of Reality obtained were  $24.94 \pm 4.57$  by the Male Worker and  $24.06 \pm 3.84$  by Female Worker. It is observed that the calculated F value 1.10 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female Worker on Perception of Reality.

Results shown in Table 04 (C) indicated that mean and SD values of Integration of Personality obtained were  $38.68 \pm 5.25$  by the Male Worker and  $37.88 \pm 6.47$  by Female Worker. It is observed that the calculated F value 0.47 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female Worker on Integration of Personality.



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Results shown in Table 04 (D) indicated that mean and SD values of Autonomy obtained were  $19.02 \pm 4.45$  by the Male Worker and  $18.40 \pm 3.45$  by Female Worker. It is observed that the calculated F value 0.62 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female Worker on Autonomy.

Results shown in Table 04 (E) indicated that mean and SD values of Group Oriented Attitudes obtained were  $32.32 \pm 3.41$  by the Male Worker and  $32.02 \pm 4.78$  by Female Worker. It is observed that the calculated F value 0.14 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female Worker on Group Oriented Attitudes.

Results shown in Table 04 (F) indicated that mean and SD values of Environment Mastery obtained were  $29.28 \pm 4.21$  by the Male Worker and  $27.74 \pm 3.88$  by Female Worker. It is observed that the calculated F value 3.66 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female Worker on Environment Mastery.

Results shown in Table 04 (G) indicated that mean and SD values of Mental Health obtained were  $175.28 \pm 18.67$  by the Male Worker and  $170.52 \pm 23.55$  by Female Worker. It is observed that the calculated F value 1.30 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between male and female Worker on Mental Health.

### Delimitations of the Study

1. The finding of the study is based on 100 samples.
2. The sample was restricted to Gurgaon from Haryana.
3. The study was restricted to only Civil Hospital only.

### Conclusions:

- 1) No significant difference between male and female Civil Hospital worker on Positive Self-Evaluation



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- 2) No significant difference between male and female Civil Hospital worker on Perception of Reality.
- 3) No significant difference between male and female Civil Hospital worker on Integration of Personality.
- 4) No significant difference between male and female Civil Hospital worker on Autonomy.
- 5) No significant difference between male and female Civil Hospital worker on Group Oriented Attitudes.
- 6) No significant difference between male and female Civil Hospital worker on Environment Mastery.
- 7) No significant difference between male and female Civil Hospital worker on Mental Health.

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### Effect of Ball Activities on Selected Fundamental Movement Skills dribbling and dodging of U-10 Boys

**Dr. Ujwala Raje**

Assistant Professor, CACPE, Pune -37

#### Abstract

The research was conducted "To Study the Effect of Ball Activities on Selected Fundamental Movement Skills of U-10 Boys". The purpose was to find out the effect of six weeks FMS training program on U-10 boys. The population of the study was from MM's Pune Vyamshala, purposive sampling technique was used to select the subjects, and 20 subjects of U-10 age group were selected from MM's Pune Vyamshala, Pune. Three standardized rating scale and one teacher made rating scale were used to measure the selected fundamental movement skills such as overhand throw, catching, Experimental design was used for this research to find out the differences. The research was conducted in three phases; 1<sup>st</sup> phase the pre-test, 2<sup>nd</sup> phase the training program and the 3<sup>rd</sup> phase the post-test. Descriptive statistic was used to find out the mean, median, standard deviation, minimum and maximum score. The paired sample 't' test was used to find out the comparison between pre-test and post-test. The mean of the pre-test dribbling- 28.75 and dodge- 24.10 and post-test showing a significance increase to dribbling- 41.85 and dodging- 38.00. Hence there was a significance of the training program on the selected FMS that is dribbling and dodging of U-10 boys.

**Keywords: Fundamental Movement Skills (FMS)**

#### Introduction

Sports have become an important part of human life. Fundamental movement skills are the basis of the first movements that infants make in their lives. The child must master these skills before she can begin playing games, participating in sports or involving herself in any recreational activities. These fundamental movement skills (Locomotor, Non-Locomotor & Manipulative) benefit the child by providing her with control over her bodily movements. From the movement we are born, movement is one of our first means of expression, response and



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communication. As we grow, our movement patterns and basic movement skills develop and become increasingly refined and varied.

Most importantly, having a firm grasp of the fundamental movement skills, and being physically literate leads a child to enjoy a long life of physical activity. To become completely physically literate, children need to master the fundamental movement skills which include: *dodge, hop, skip, log roll, and jump, Kick, dribble, over arm throw, catch, run, and sidearm strike*. These skills are ideally developed between the ages of 0 and 9. (PHE Canada, 2011)

### Objectives of the study:

- To find the effect of Ball training activities on selected Fundamental Movement skills that is dribbling and dodging of U-10 Boys.

### Hypothesis:

**H<sub>1</sub>**:- There will be significant improvement in selected Fundamental Movement skills that is dribbling and dodging of U-10 boys.

### Research Method and Design

The study was conducted by experimental method.

One group Experimental Design

<b>O<sub>1</sub></b>	<b>X</b>	<b>O<sub>2</sub></b>
Pre- test	Training Program	Post-test

### Variables

- **Independent variable:** Ball activity program
- **Dependent variable:** Locomotors skill (i.e. dodging) and Manipulative skill (i.e. dribbling.)

### Sample & Sampling Technique

In this study the researcher has selected 20 boys of U-10 age group; using non-probable purposeful sampling method from MM'S Pune Vyayamshala, Pune.

### Tools of data collection:

- Teacher made rating scale for dribbling and
- Standardize rating scale for dodging



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## Statistical Tools:

Descriptive statistics and paired sample 't' test was used to calculate mean, standard deviation, standard error of mean and mean differences between the pre-test and post-test which includes dribbling and dodging.

## Statistical Analysis

**Table 1**  
**Descriptive Statistics**

	Dribbling		Dodge	
	Pre	Post	Pre	Post
<b>Mean</b>	28.75	41.85	24.10	38.00
<b>Std. Dev.</b>	3.82	3.74	3.55	3.27
<b>Median</b>	29.50	42.50	24.00	37.50
<b>Minimum</b>	23.00	37.00	18.00	34.00
<b>Maximum</b>	35.00	48.00	32.00	46.00
<b>Std. error of mean</b>	.85	.83	.79	.73

The mean of post-test is greater than that of pre-test of selected Fundamental Movement Skills that is Dribbling, Dodging tests. Looking at the range it can be seen that there is increase in the minimum score in the post-tests.

**Table 2**  
**Analysis of Pre and Post test**

Pre-Post-test	Dribble	Dodge
<b>Mean</b>	13.10	13.90
<b>T</b>	23.33	21.43
<b>Df</b>	9	19
<b>Sig.(2-tailed)</b>	<b>0.00</b>	<b>0.00</b>



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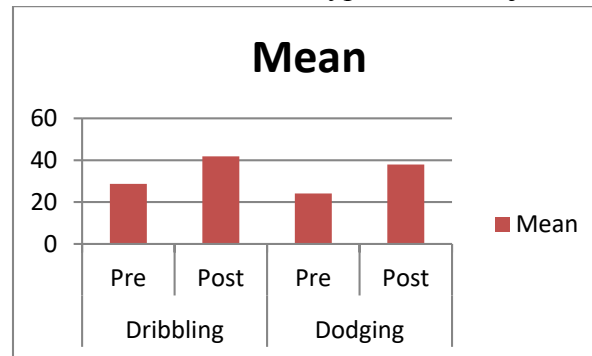
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Above table 2 shows that the mean difference between pre-test and post-test was significant at 0.01 level. From the significant scores it can be interpreted that there is significant difference in the pre and post-test performance. Therefore the hypothesis is rejected.



**Figure 1: Mean Difference of pre & post test of selected Fundamental Movement Skills Dribbling, Dodging**

### Results:

- The mean of post-test is greater than that of pre-test of selected Fundamental Movement Skills that is Dribbling, Dodging tests.
- There is increase in the minimum score in the post-tests.
- From the above it is concluded that there is significant improvement in selected Fundamental Movement skills that is Dribbling, Dodging of U-10 boys.

### Conclusions:

The present study focused to study the effect of ball activities on different fundamental movement skills performance of U-10 boys. Thus, within limitation, the present study concludes that the training program for a period of six weeks was useful to improve the Fundamental Movement skills like dribbling and dodging.



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### A study the impact of sports on confidence and motivation among students studying in higher secondary school.

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#### Abstract:

Present study was framed to investigate the impact of sports on student's self-confidence and achievement motivation. By employing a sample of 400 subject in which 200 subject were from playing at least district or national level various games. And 200 were selected from those students who was not playing games and only attending classes. All subjects included in the study from Jalna dist from various school and various sports groups. The first dependent variable i.e. Self-confidence was measured by standardized scale "Self-confidence Inventory developed by Dr. M. Basavann. And second standardized tool was Achievement Motivation Scale After analysis of the data following results was drowned. Subjects from sports and non-sports differ significantly among themselves on the dependent variable self-confidence. A summary of two way ANOVA shows that main effect Type of students is highly significant ( $F= 45.156$ ,  $df 1$  and  $396$ ,  $p < .01$ ). Subjects from sports background differ significantly among themselves on the dependent variable achievement motivation. A summary of two way ANOVA shows that main effect area is highly significant ( $F= 172.47$ ,  $df 1$  and  $396$ ,  $p < .01$ ). And in the last stage there is positive correlation was found between self-confidence and achievement motivation.

**Keywords:** Sports, confidence Motivation,

#### Introduction:

It has been widely proposed that participation in sport, particularly by children, is in some way 'character building'. Ewing et al (2002) have suggested the following six ways in which taking part in sport might



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exert an influence on child development: fitness, social competence, physical competence, moral development, aggression and education. The evidence for the benefits of sport across these domains is highly mixed. On the one hand, sport does provide opportunities for young people to experience both cooperation and competition, and so to develop their social competence. On the other hand, there is a worrying body of evidence to suggest that athletes are more prejudiced and sexually aggressive than other people. The 'character-building' argument it is common to hear successful adults speak fondly of their childhood experiences of sport, and to attribute their success, at least in part, to having participated in sport while growing up. There may be some basis for this. Certainly, participants and spectators witness dedication, courage, discipline and perseverance on almost every sporting

Occasion. In addition, socially disadvantaged groups can benefit from seeing members of their community publicly succeeding in sport (Krane, 1998). In fact, the stereotypes held of minority ethnic groups by others may be changed for the good in response to their sporting success. However, this is not to say that sport is necessarily a positive influence on the lives of most or all young people. Whilst successful adults speak fondly about their sporting youth, we should perhaps not take this too seriously as evidence. Energetic, competitive people are likely to be successful both in sport *and* in their careers. This means that, although they may *believe* their success in business is related to sport, it is more likely that both their sporting and career success owe much to their personality. In addition, as Krane (1998) says, most research has focused on successful athletes, and we know almost nothing about the futures of those who have negative childhood experiences of sport.

An important distinction in types of human motives is that between extrinsic and intrinsic motivation. *Extrinsic* motivation results from external rewards. *Intrinsic* motivation comes from within the person.

Both extrinsic and intrinsic motives are important in sport, and sport psychologists can work with both extrinsic and intrinsic motives to improve the performance of the individual. Intrinsic motives for taking part in sport include excitement, fun, love of action and the chance to demonstrate and improve our skills – in short, all the reasons that we *enjoy* sport. Later in this chapter, we will discuss some techniques designed to increase intrinsic motivation. The reason these can be used so effectively to motivate athletes is that they directly affect our intrinsic motivation. Extrinsic motives can come in the form of trophies, prizes and less tangible rewards such as praise and status.

Although there has been an enormous amount of research into how motivation can be improved in those already participating in sport, rather fewer studies have examined what motivates people to choose to take up sport. Ashford et al (1993) interviewed 336 adults at a Community sports centre in Leicester about why they participated in sport, and what they enjoyed about it. Four main motivations emerged, physical well-being, psychological well-being, improvement of performance and *assertive achievement*, the last meaning to accomplish personal challenges and to gain





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status. Age and gender significantly affected motivation. Older people were more motivated by psychological well-being than younger people. Men were more motivated by assertive achievement than women. These motives are all intrinsic rather than extrinsic, lending support to the idea that most people come to sport for reasons of intrinsic motivation. Of course, children's motives for taking part in sport may be different from those of adults. Daley and O'Gara (1998) investigated the motives of 145 children in a British secondary school for taking part in non-compulsory sport, using a questionnaire called the Participation Motivation Inventory (PMI). As in the Ashford et al study, the motives for sport participation differed according to gender and age. Between 11 and 15 years, intrinsic factors were more important and extrinsic factors less so. Girls emerged as more motivated by team affiliation and achievement than boys.

### Aim of the study:-

The present research was designed to find out the impact of student's self-confidence and achievement motivation, engaged in sports activity.

### Hypothesis:-

1. There will be significant difference of self-confidence among students of both engaged in sports and non-sports.
2. There will be significant difference of achievement motivation among students of both engaged in sports and non-sports.
3. There will be positive correlation between self-confidence and achievement motivation.

### Method:

#### Sample:

The study was conducted on 400 higher secondary students 200 from engaged in sports (100 male and 100 female respectively) and 200 from non-engaged in sports, from Jalna district of Maharashtra state (India). The students were selected on the purposive sampling basis.

#### Tools:-

##### A) Self-confidence Inventory:

To measure self-confidence of students through the self-confidence Inventory developed by Dr. M. Basavvann. The S-C Inventory has been designed to estimate the level of self-



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confidence among adolescents and adults. Self-confidence, as conceived here, is a phenomenological construct. It is a characteristic or an aspect of self-concept itself. It is simply an attribute or perceived self. Like self-esteem, self-confidence is another self-construct. In general terms, self-confidence refers to an individual's perceived ability to act affectively in a situation to overcome obstacles and to get things go all right. In a factor analytic study of self-concept data, Smith (1962) identified six dimensions. According to test manual the split-half reliability was found to be 0.94. After the administering of the inventory it was thought worthwhile to redetermine the discrimination values of the items in the final form. Hence a fresh item analysis was conducted on sample of 200 subjects drawn randomly from the group of 800 using again the extreme groups' technique. It was encouraging to note that all the co-efficient except two were very much above 0.20 the required value to retain any item as valid. Eighty-eight items had coefficients of 0.30 or more and ten items between 0.20 and 0.30. Since two items of doubtful validity in an inventory of 100 items could do little to change the score pattern, the final form was retained without alternations as an internally consistent tool to estimate the level of self-confidence.

### B) Achievement Motivation Scale.

The present test is intended to measure the N Ach score of the person. It is based on the lines following the pattern on Dr. Bishwanath Mukharji and the method of sentence completion test. The test consist of 50 items of incompleted sentences which are to be completed by subject by putting a check mark on any one of the three alternative responses given against each items. The subject are instructed about what they have to do and are required to check the item by choosing one of the alternative responses which indicate his true feelings with respect to the point asked through a particular item. The manual reported that test-retest reliability after an interval of one month: .87 by comparing the responses on similar items: .79. Considering the responses if they indicate to measure the same aspect for which they were intended to measure, it was found that they did so.

The test was tried for having the agreement with the criterion test of N Ach and with educational achievement in various faculties. It was found that the test scores on this test and that with the test scores SCT of Dr. Bishwanath Mukharji had an agreement of .80 and with Educational Achievement Test it had an agreement .75.



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### Procedure:

In the present study, the students (Age group of 16 to 18 years) of higher secondary school from engaged in sports and non engaged students. Total sample was taken from various schools in Jalna district. The sample was selected as a purposive sample. Out of the large data (Almost 650 students) selected randomly 400 sample were chosen for the actual research survey. This is done to minimize the error in performing the survey research. In the first stage "Two way Analysis of Variance" was used for calculating the significant difference of self-confidence and achievement motivation among students engaged in sports and non-sports. Than Correlation research refers to Studies in which the purpose is to discover the relationship between variable through the use of correlation statistics. The basic design in correlation research involves collection of data on two or more variables for each individual in a sample and calculating a correlation coefficient.

### Results and discussion:

The First dependent variable in this study was self-confidence. These variables investigate into independent variable i.e. Students engaged in sports and non-sports and gender. The following table shows that significant difference of Sports non-sports students and gender, dependent variable self-confidence.

Table no. 1.1 summary of the 2×2 ANOVA for Self-confidence

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Type of Students	2294.410	1	2294.410	45.156	.000
Sex	28.090	1	28.090	.553	.458
Type of Students * Sex	6955.560	1	6955.560	136.89	.000
Total	241920.0	400			

The table shows that subjects from sports and non-sports differ significantly among themselves on the dependent variable self-confidence. A summary of two way ANOVA shows that main effect Type of students is highly significant (F= 45.156, df 1 and 396, p< .01). According to these result hypotheses no.1 "There will be significant difference of self-confidence among students of both engaged in sports and non-sports. Has been accepted.

Figure No. 1.1 Shows Mean Difference between Students from Sport and Non-Sports



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## Dependent Variable Self-Confidence

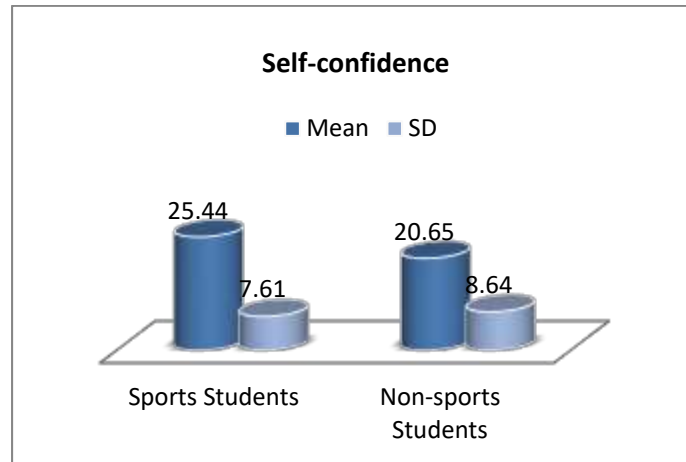


Figure showing mean and SD values of self-confidence students from sports and non-sports. Its indicating that mean value of sports students was found 25.44 and SD 7.61 is comparatively larger than mean value of student's sports background 20.65 and SD 8.84 on Self-confidence. According to mean value students from sports better Self-confident than the students from non-sports background.

The table no 1.1 shows that male and female subjects not significant among themselves on the dependant variable self-confidence. A summary of two way ANOVA shows that the main effect of gender not significant ( $F = .553$ ,  $df$  1 and 396) these 'F' ratio indicate that there is not noticeable difference in any level of self-confidence among male and female of both.

**Table 1.2 summary of the 2x2 ANOVA for Achievement motivation**

Source	Type III Sum of Squares	df	Mean Square	F
Type of Students	58298.102	1	58298.102	172.477
Sex	45432.923	1	45432.923	134.415
Type of students * Sex	208.803	1	208.803	.618



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Error	133849.650	396	338.004	
Total	7828641.000	400		

The table shows that subjects from sports background differ significantly among themselves on the dependant variable achievement motivation. A summary of two way ANOVA shows that main effect area is highly significant ( $F= 172.47$ ,  $df 1$  and  $396$ ,  $p< .01$ ). According to these result hypotheses no.2 there will be significant difference of achievement motivation among students of both engaged in sports and non-sports. Has been accepted.

**Figure No 1.2 shows mean difference between students engaged in sports and students from non-sports dependant variable Achievement Motivation.**

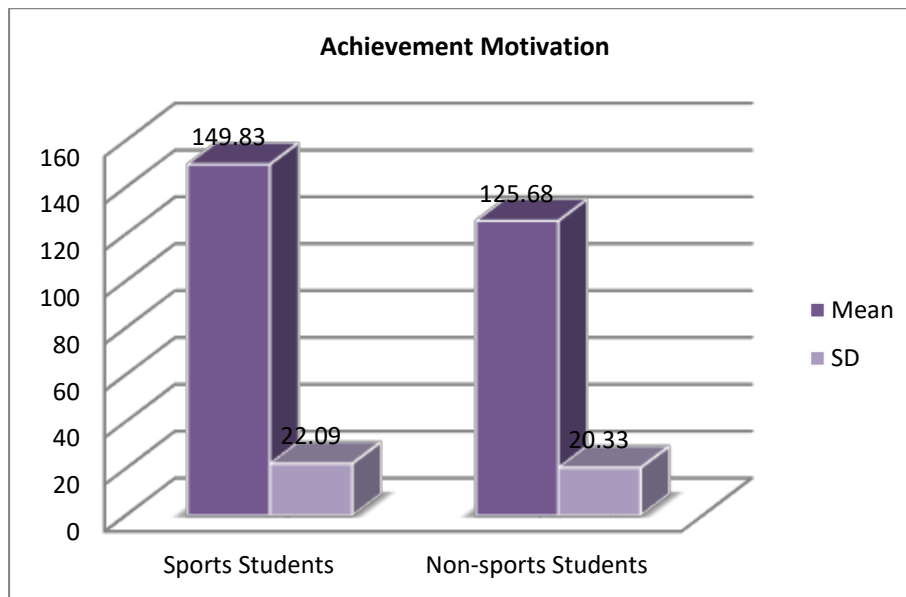


Figure no.1.2 showing means and SD values of achievement motivation subject from sports and non-sports. Its indicating that mean value of students from sports background found 149.83 and SD 22.09 is comparatively larger than mean value of student's non-sports background 125.68 and SD 20.33 on achievement motivation. According to mean value students engaged in sports better achievement motivation than students those who are non-sports background.



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The table no 1.2 shows that male and female subjects not significant among themselves on the dependent variable achievement motivation. A summary of two way ANOVA shows that the main effect of gender not significant ( $F= 134.41$  df 1 and 396) these 'F' ratio indicate that there is significant difference on achievement motivation among male and female of both.

**Table no. 1.3 shows that correlation between self-confidence and achievement motivation.**

Variable	Correlation Mehtod	Achievement Motivation	Self-confidence
Achievement Motivation	Pearson Correlation	1	.155(**)
	Sig. (1-tailed)	.	.001
	N	400	400
Self-confidence	Pearson Correlation	.155(**)	1
	Sig. (1-tailed)	.001	.
	N	400	400

In the second stage, computing correlation method with dependant variable self-confidence and achievement motivation. The table no. 1.3 shows that the correlation between self-confidence highly correlated with achievement motivation that is 'r' ratio .155 which is positively significant correlated with each other. Hence the result indicates that if the students' high score on self-confidence than they also high score on achievement motivation.

According to result hypothesis no. 3 "There will be positive correlation between achievement motivation and self-confidence" was accepted.

### Conclusion:

The result indicates that sport activity is positively impact on student's self-confidence and achievement motivation.

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### A Profile of depression, mental health, BMI & food avoidance by school going adolescent girls

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#### Abstract:

Fragmentation in the information regarding adolescents practicing the disturbed eating behaviours has led to unavailability of planning effective health awareness programs for the adolescent girls. Hence, the objectives of the present study are, firstly, to explore the frequency of response to food avoidance behaviour by the school going adolescent girls and secondly, to study the BMI, mental health and depression in accordance to most preferred food avoidance behaviour of the school going adolescent girls. For the purpose, a sample of 90 (16-18years) school going adolescent girls was randomly taken from Nagar palika area of Didihat, District Pithoragarh, Uttarakhand. Personal Data Schedule (PDS), Anorexia Test (food avoidance dimension was analysed), Mental Health Inventory (MHI) and Beck Depression Inventory- II Edition (BDI-II) was administered. Height and weight were measured. The results revealed school going adolescent girls employing some method of avoiding food, even when they are underweight or have normal BMI. Many schools going adolescent girl's revealed poor mental health and high depression. Health awareness programs are required. More statistically refined studies are required in the present research arena.

**Keywords:** BMI, food avoidance, mental health, depression & adolescent girls



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### Introduction:

The change in eating habits has been reported in India (Madhavapaty & Dasgupta, 2000). Diet globalisation (Pingali & Khwaja, 2004), especially in urban India (Vepa, n.d) has been reported. The debate regarding the presence of eating disorders in western or non western countries is no longer an issue. Though, cultural variations (between western and non western cases) in the presentation of the problem are indicated and also, existence of 'non fat phobic' variant of anorexia in India has been highlighted after an overview of research studies (Vaidyanathan et al., 2019). Adolescents develop disturbed eating behaviours (dieting, fasting, skipping meals & consumption of fast food ) not only in western but also in non-western countries which may develop physical and mental health risks and in India, shift towards a concept of thin body image is occurring in girls of urban areas due to mass media (Mallick et al., 2014)

The researches in India are fragmented, revealing the scenario in a few states and majority focussing on urban trends. Scarcity of information is available regarding the magnitude of the seepage of disturbed eating behaviours in the rural or remote areas of India, especially in hilly regions of Uttarakhand. Hence, the present study was conducted with the following objectives:

- 1) To explore the frequency of response to food avoidance behaviour by the school going adolescent girls.
- 2) To study the BMI, mental health and depression in accordance to most preferred food avoidance behaviour of the school going adolescent girls.

### Methodology:

From the total population of 200 adolescent girls attending school in the Nagar Palika area, majority of the girls are attending government school, hence, a sample of 100 school going adolescent girls (16-18 years) was randomly selected from two intermediated government schools located at Nagar Palika area of Didihat, District Pithoragarh, Uttarakhand. Ten incomplete questionnaires were removed, which led to the analyses of the 90. Adolescent girls who reported suffering from any psycho-physiological problem and on being any medication were excluded.

For the data collection required permission were taken from head of the schools. The subjects were informed about the purpose of the present study and their prior consent was taken to obtain the data. Food avoiding behaviour was explored through food avoidance dimension (including 7 self-report items) of Anorexia Test (Chouhan & Banerjee, 2007).

The following tools were administered for the data collection:

- 1) **Personal Data Schedule (PDS)** - This questionnaire has been created by the researcher to take the demographic details and psychophysical status of the subject.
- 2) **Anorexia Test (AT)** - Anorexia Test (Chouhan & Banerjee, 2007) was standardised on the adolescent females of age group of 15-18 years. It consist 30 self-rating items based on four



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ISSN: 0474-9030 Vol-68, Special Issue-14

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dimensions, as: food avoidance, medical complications, psychological factors and body or figure consciousness. The reliability of the test is 0.97. The content validity of the test is adequate. (1)

**3) Mental Health Inventory (MHI)** - MHI (Jagdish & Srivastava, 1996) is 56 item self-report inventories having split-half reliability as .73. The construct validity of the inventory is .54.

**4) Beck Depression Inventory- II Edition (BDI-II)** – BDI-II (Beck et al., 1996) is a 21-item self-report instrument for measuring the severity of depression in adults and adolescent aged of 13 years & older. The BDI-II consists of 4 scales. The cut score guideline for these scales from total score of patients diagnosed with major depression is 0-13 for minimal depression, 14-19 for mild depression, 20-28 for moderate and 29-63 for severe depression. The reliability of the tool is .74 and the construct validity of the tool is .93.

**5) Anthropometric Details-** To assess the Body Mass Index (BMI) of the subjects, height and weight was recorded of the subjects.

### Results and discussion

Thin ideals were initially a concern of western and urban society has now swept into non western and rural set up too. The Indian adolescent girls are not anymore abstained from this desire to achieve thin body. They are conscious about their body image and weight. To lose weight, food avoidance by adopting various unhealthy approaches was reported by school going adolescent girls. Researches amassed have shown that Indian adolescent girls go on starvation diet (Chugh and Puri, 2001), do dieting by skipping meals or avoiding certain foods (Mukhopadyay et al., 2014) and prefer snacking over intake of staple diet coupled with reduction in quantity of food (Mishra and Mukhopadyay, 2010).

Food avoidance behaviour is also an approach to control weight and was adopted by the adolescent girls under study. 90 girls were interviewed for identifying their preferred tendency to avoid food (Table 1). It was observed that out of the seven behaviours to avoid food, 16.6% preferred escaping social gatherings in order to escape food and fat, 23.3% hide food from their plates, 31.1% showed anger if anyone asked them to eat, 37.7% girls reported dieting even after people stopped them, 42.2% pretended that they are not hungry, 58.8% took small amount of food and lots of water and 66.6% respondents accepted that they take pride in controlling their hunger. Majority of girls (more than 50%) avoid food by controlling their hunger and drinking lots of water. Som and Mukhopadyay (2014) revealed that practices like fasting, eating fewer food items, skipping meals and use of supplements were adopted by overweight and normal weight girls to reduce weight. Dieting, skipping meals, restricting oil intake, binge eating, avoiding snacking were some other means to control weight by adolescent girls (Srinivas et al., 2017).

### Table 1. Response to food avoidance behaviour by the respondents



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S.No.	Food avoidance behaviour	Number of Positive response	Percent positive response
1.	Dieting even when people stop	34	37.7
2.	Hiding food from plate	21	23.3
3.	Pretending that not feeling hungry	38	42.2
4.	Escaping social gathering to escape food and fat	15	16.6
5.	Taking small amount of food and lots of water	53	58.8
6.	Becoming angry if someone tells to eat	28	31.3
7.	Taking pride in controlling hunger	60	66.6

Food avoidance behaviour is an unhealthy weight control method. Restricting oneself from balanced and nutritious diet, especially in the growing stage of adolescence may hamper the proper growth and development which may have adverse acute and chronic repercussions. These repercussions may be reflected in form of poor physiological and psychological health. In order to understand the impact of food avoidance behaviour on adolescent girls, BMI, depression and mental health of the girls exhibiting various preferred food avoidance behaviour was assessed.

Table 2 represent the mean values for BMI, mental health and depression in each category of food avoidance behaviour. Majority of girls who took pride in controlling their hunger has mean BMI of 20.17 kg/m<sup>2</sup>, mean mental score of 152.3 and mean depression score of 24.45. The second highest percentage of girls preferring taking small amount of food and lots of water as food avoidance behaviour had mean BMI of 19.98 kg/m<sup>2</sup>, mental health score of 155 and mean depression score of 22.96. The lowest mean mental health score and depression score was exhibited by the girls who pretended not feeling hungry and escape social gathering to avoid food and fat, respectively. The girls who had highest BMI among the seven groups practised hiding food from their plate as food avoidance behaviour. For all the seven groups exhibiting food avoidance behaviour, the mean BMI was in normal range, the mean mental health score was poor except for the group who adopted taking of small quantity of food and large amount of water had average mental health and were moderately depressed.

**Table 2. Mean values of BMI, Mental Health and Depression in accordance to most preferred food avoidance behaviour**

S. No.	Food avoidance behaviour	Mean BMI (kg/m <sup>2</sup> ) score	Mean Mental health score	Mean Depression score
1	Pride in controlling hunger	20.17	152.32	24.45
2	Taking small amount of	19.98	155	22.96



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	food and lots of water			
3	Pretending that not feeling hungry	20.91	149.63	24.31
4	Dieting even when people ask to stop	20.39	153.23	25.85
5	Become angry if someone tells to eat	20.58	153.35	23.78
6	Hiding food from plate	21.77	152.95	25.47
7	Escape social gathering to escape food and fat	20.52	153.53	22.73

For a better comprehension of the profile of girls showing various food avoidance behaviour in respect to their BMI, mental health and depression, the frequency distribution was analysed (Table 3). It was surprising to note that even underweight girls whose BMI was  $<-2SD$  practised one or other form of food avoidance behaviour and as high as 80.9 to 86.7 % adolescent girls with normal BMI took on food avoidance behaviour, indicating towards ignorance of girls towards concept of ideal body weight or possibly they were under environmental pressure to lose weight. Overweight girls also followed food avoidance behaviour, which is not a healthy approach to lose weight. This practice may hamper the normal growth and development and have fatal present and future health consequences.

Mental health may be an outcome and/or aetiology to food avoidance behaviour. A systematic review conducted by O'Neil et.al. (2014) revealed a significant association between unhealthy eating pattern and poorer mental health in adolescent. The restraint and unhealthy eating behaviour leads to nutrient deficiencies which are associated with depressive disorders and also depression is a risk factor for body image dissatisfaction (Ganesan et al., 2018).

It was noteworthy to see that in the present study adolescent girls practising various forms of food avoidance behaviour had poor mental health. Highest percentage of girls showing poor mental health adopted food avoidance behaviour viz. taking pride in controlling hunger and escaping social gathering to escape food and fat. A high percentage of girls (20-42.8%) adopting one or other forms of food avoidance behaviour were severely depressed, 20.7-29.4% girls were moderately depressed. This is very grave situation wherein such a high degree of depression was observed in large number of adolescents. It is not at all an ideal psychological environment for an adolescent's growth and development.

Dieting is related to negative psychosocial and health behaviour risk factors (French et. al., 1995). It is associated with poor mental health which is evident in form of feeling of ineffectiveness, insecurity, poor emotional regulation, self-esteem and impulse control (Ackward et.al. 2002).



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Crash dieting, fasting, use of slimming tablets, diuretics, laxatives and/or cigarette smoking are some of the methods adopted to lose weight (Grigg et. al., 1996). In our study, 88% of girls revealed that they do fasting on a regular basis. Fasting was used by the respondents as socio-culturally accepted and promoted mask to rationalize food avoidance. It was the best means for girls to avoid food without being noticed and moreover it had an added advantage of conformity with social norms as reflected in form of most preferred food avoidance behaviour of taking pride in controlling hunger adopted by the respondents.

**Table 3. Distribution of respondents according to various levels of BMI, mental health and depression in respect to preferred food avoidance behaviour**

Food avoidance Behaviour	BMI classification	N (%)	Mental health classification	N (%)	Depressionk classification	N (%)
Dieting even when people stop	Thinness	3 (8.8)	Poor	18 (52.9)	Minimal	2 (5.8)
	Normal	28 (82.3)	Average	16 (47.0)	Mild	10 (29.4)
	Overweight	3(8.8)	Good	0	Moderate	10 (29.4)
	Total	34	Total	34	Severe	12 (35.2)
Hiding food from plate	Thinness	0	Poor	10 (47.6)	Minimal	3 (14.2)
	Normal	17 (80.9)	Average	10 (47.6)	Mild	3 (14.2)
	Overweight	4 (19)	Good	01 (4.7)	Moderate	6 (28.5)
	Total	21	Total	21	Severe	9 (42.8)
Pretending that not feeling hungry	Thinness	1 (2.6)	Poor	17 (44.7)	Minimal	5 (13.1)
	Normal	31(81.5)	Average	20 (52.6)	Mild	9 (23.6)
	overweight	6(15.7)	Good	1 (2.6)	Moderate	9(23.6)
	Total	38	Total	38	Severe	15 (39.4)
Escaping social gathering to escape food and fat	Thinness	0	Poor	8 (53.3)	Minimal	1 (6.6)
	Normal	13 (86.6)	Average	6 (40.0)	Mild	7(46.6)
	overweight	2 (13.3)	Good	1 (6.6)	Moderate	4 (26.6)
	Total	15	Total	15	Severe	3 (20.0)
Taking small amount of food and lots of water	Thinness	4 (7.5)	Poor	24 (45.2)	Minimal	9(16.9)
	Normal	46 (86.7)	Average	28 (52.8)	Mild	15 (28.3)
	overweight	3 (5.6)	Good	1 (1.8)	Moderate	11 (20.7)
	Total	53	Total	53	Severe	18 (33.9)
Becoming angry if someone tells to eat	Thinness	2 (7.1)	Poor	13 (46.4)	Minimal	2 (7.1)
	Normal	23 (82.1)	Average	14 (50.0)	Mild	10 (35.7)
	overweight	3 (10.7)	Good	1 (3.5)	Moderate	8 (28.5)
	Total	28	Total	28	Severe	8 (28.5)
Taking pride in controlling hunger	Thinness	3 (5.0)	Poor	32 (53.3)	Minimal	6 (10.0)
	Normal	52 (86.6)	Average	26 (43.3)	Mild	18 (30.0)
	overweight	5 (8.3)	Good	2 (3.3)	Moderate	14 (23.3)
	Total	60	Total	60	Severe	22 (36.6)





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### Conclusion

Presently, there is a lack of availability of information regarding weight control concerns and food avoidance behaviour among adolescent girls living in rural, remote and poorly accessible areas situated in hills of Uttarakhand. Prior researches have confirmed that multiple determinants like family-peer pressure, societal expectations of ideal body image, other socio-cultural factors, media influence and self-preoccupation of adolescents with their appearance compel adolescent girls to adopt unhealthy eating patterns like avoidance of food. In the present study, the adolescent girls adopted one or other seven practices to avoid food in order to lose weight. Even the underweight and normal BMI girls have revealed their inclination towards adopting the food avoidance behaviour. The girls showed poor mental health and were found to suffer from various degrees of depression. Fasting, which is socio-culturally accepted custom in the rural hill society was adopted by girls to avoid food. It was concluded that unnecessary food restraints and unhealthy weight control practices were adopted by the adolescent girls that may create a possibility of it being a causative factor of an adverse impact on their psychological health.

There is a need to intervene in this issue. Nutritional education, adequate health awareness and psychological counselling is required for this vulnerable segment. Also, there is a need to conduct more of such studies with a larger sample in hills and tarai region of Uttarakhand. Exploration of possible determinants and assessment of physiological and psychological outcomes of food avoidance behaviour needs to be studied extensively so that necessary assistance may be provided to image conscious girls.

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## Analytical study of various types of aggressive tendency of various combat games

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### Abstract

The Purpose of the study was to compare aggressive tendency of various combat games. For this purpose researcher has selected 30 combative players from Seloo, Wardha. 10 combative players from each (Boxing, Wrestling and Karate Players) who were participated in Inter University Tournament of Rashtrasant Tukadoji Maharaj Nagpur University (RTMNU), Nagpur were selected for study by purposive sampling method. The age range of respondents was 18-25 years. The Buss-Perry Aggression Questionnaire (BPAQ) was used for collection of data which is a self-report scale consisting of 29 statements measure consisting of four subscales: Physical aggression consists of 9 statements, Verbal aggression consists of 5 statements, Anger consists of 7 statements and Hostility consists of 8 statements. Statistical analysis was done on the basis of Analysis of Variance (ANOVA) in order to determine the significant difference between various aggressive behaviours of boxing, wrestling and judo combative players. Result revealed that there was significant differences were found between different aggressive behaviour of various combative players. In reference to Physical Aggression, Anger and Hostile shows significant differences as the calculated value  $F$  were 7.42, 6.58 and 4.63 respectively which is greater than tab  $F_{0.05}(2,27) = 3.35$ . Whereas in reference to verbal aggression shows insignificant difference as the calculated value  $F$  is 2.34 which is lesser than tab  $F_{0.05}(2,27) = 3.35$  at 0.05 level of significance. Boxers shows high level of physical aggression anger as well as hostile it may be attributed that people tend to assume that fighters are aggressive in nature. Terms like hotheaded and brawler come to mind, but that's a simplistic view of what it takes to fight. Everyone knows that it takes aggressive behavior to defeat your opponent into submission, and of course boxing is also known as aggressiveness combative game as compared to wrestling and judo.

**Keyword: Aggressive Behavior, Boxing, Wrestling, Judo, etc.**

### Introduction



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Aggression is a part of human behavior and is necessary for an individual to live and struggle for higher achievements. Struggle for supremacy, dominance, and excellence in sports obviously involves aggression. Aggression in one form or the other is inevitable and inescapable in sports activities. When hostility takes over aggression, the situation becomes alarming and it becomes an anti-social behavior.

Aggression, in other sense, is behavior, or a disposition, that is forceful, hostile or attacking. It may occur either in reprisal or without provocation. The word aggression derieved from the Latin root *aggredi*, "ad" means (to or toward) and *gradior* (walk). Literally, the word aggression means to walk towards or approach to "move against" or to "move with intent to hurt or harm". But aggression in sports is a word frequently used nowadays there is some confusion to its meaning. Aggression is seemed to be a vicious outbreak, such as a fight, but in sports it is always used when an athlete compete and gives hundred percent efforts.

Aggression has directional components as inwards and outwards. Some aggression is intended for inward and in its extreme form, may cumulate its self-destructive behaviour which including as a suicide. Other aggressive behaviour is intended for outwards towards other sports may be classified according to the degree of aggression that is tolerated or encouraged within rules. Sports in which the competitions are obliged to alternately agree and then terminate their action may be more stressful than those in which alternating behaviour is not required.

There are a multiplicity of types of aggression, depending on the purpose and immediate situation that stimulates the aggressive response. The aggressive behaviour it can be physical, verbal, anger or hostility; and can be characterized as either positive or negative behaviour. As the given name suggests physical, it describes as physical harm, it expressed by rising a tighten fist, breaking a pen's tip, throwing a book or it may be hitting on a wall. Verbal aggression is stated as insults or warning of such action. The verbal aggressions may include shouting, arguing, cursing and sarcasm. Anger aggression may be described as a feeling of being threatened or mistreated. Anger occurs in numerous forms such as losing a match, feeling of not being selected, feeling of jealous, guilt and embarrassment. Hostile aggression refers to measures that are motivated by anger and the main aim is to cause harm or injury to opponents.

Aggression may help into performance of an athlete because it arouses the athlete to put in harder effort of the success of the team. Athletes must be helped to reduce and control aggression in order to play calmly and perform the best. Appropriate level of aggression as permitted under the rules governing the game tends to improve the skill and enhance the effort and on the other hand, high or low level of aggression will obstruct and decrease the performance in sports.

Aggressiveness is quite a complex structure and it can be seen to have lots of variables and factors. Aggressive behaviors were mostly seen in the players of combative



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games i.e. Boxing, Judo, Karate, Wrestling, etc. Hence the researcher has taken the study entitled 'analytical study of various types of aggressive tendency of various combat games'.

### Method

For the present study researcher has selected 30 combative players from Seloo, Wardha. 10 combative players from each (Boxing, Wrestling and Karate Players) who were participated in Inter University Tournament of RashtrasantukadojiMaharaj Nagpur University (RTMNU), Nagpur were selected for study by purposive sampling method. The age range of respondents was 18-25 years.

The Buss-Perry Aggression Questionnaire (BPAQ) was used for collection of data which is a self-report scale consisting of 29 statements measure consisting of four subscales: Physical aggression consists of 9 statements, Verbal aggression consists of 5 statements, Anger consists of 7 statements and Hostility consists of 8 statements. The questionnaire answered on a 5-point Likert scale with items answered on a five point scale from extremely uncharacteristic of me to extremely characteristic of me. The Buss-Perry Aggression Questionnaire (BPAQ) is an explanatory factor analysis technique that is used to reveal physical, verbal, anger and hostility behavior of players. Prior to the administration of the test all the instructions were imparted to all players that they had to follow while marking their responses and the same were collected back after having filled by the players.

### Statistical analysis

Statistical analysis was done on the basis of Analysis of Variance (ANOVA) in order to determine the significant difference between various aggressive behaviours of boxing, wrestling and judo combative players.

**Table 1.**  
**Comparison of various types of aggressive tendency of various combat games**

Variables	SV	SS	df	MS	F
Physical Aggression	between	54.6	2	27.3	7.42*
	error	99.36	27	3.68	
Verbal Aggression	between	9.78	2	4.89	2.34
	error	56.43	27	2.09	
Anger	between	20.12	2	10.06	6.58*
	error	41.31	27	1.53	
Hostile	between	19.8	2	9.9	4.63*
	error	57.78	27	2.14	

\*Significant at 0.05 level

tab 'f' at (2,27) = 3.35

Above table revealed that there was significant differences were found between different aggressive behaviour of various combative players. In reference to Physical Aggression, Anger and Hostile shows significant differences as the calculated value F were



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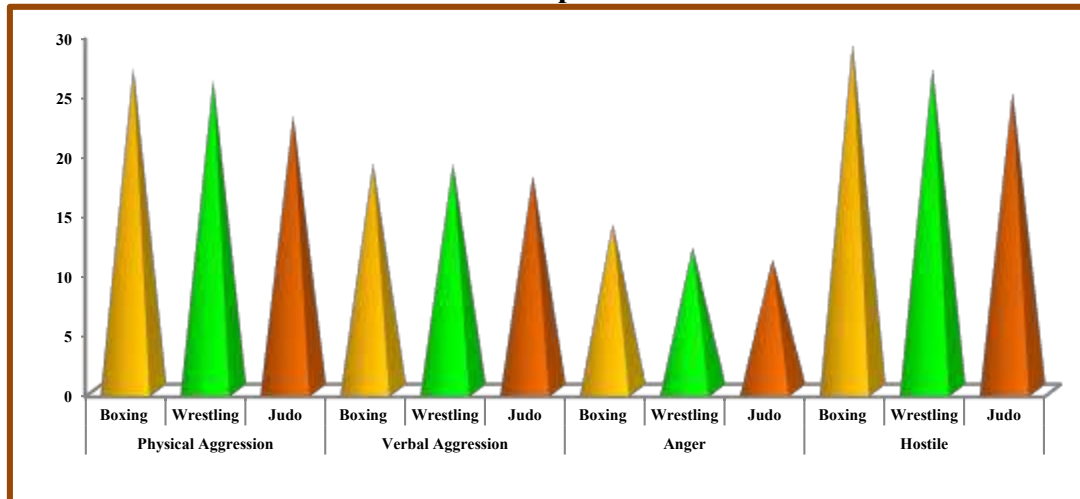
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7.42, 6.58 and 4.63 respectively which is greater than tab  $F_{0.05 (2,27)} = 3.35$ . Whereas in reference to verbal aggression shows insignificant difference as the calculated value F is 2.34 which is lesser than tab  $F_{0.05 (2,27)} = 3.35$  at 0.05 level of significance.

### Graph



Comparison of different Aggressive Tendency of Cricket, Softball and Baseball Players

### Discussions:

The results of the findings indicate that there was significant differences were found between different aggressive behavior of various combative players in reference to physical aggression, anger as well as hostile shows significant differences, Boxers shows high level of physical aggression anger as well as hostile it may be attributed that people tend to assume that fighters are aggressive in nature. Terms like hotheaded and brawler come to mind, but that's a simplistic view of what it takes to fight. Everyone knows that it takes aggressive behavior to defeat your opponent into submission, and of course boxing is also known as aggressiveness combative game as compared to wrestling and judo.

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## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

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- <https://psychology.iresearchnet.com/sports-psychology/moral-development/aggression-in-sport/>





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### Physical Activity and Sport in Wellbeing: Psycho physiological Perspective

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#### Abstract:

Physical activity has gainful impacts for the anticipation and treatment of various maladies, and proof demonstrates that this declaration is presumably valid for mental infections, for example, burdensome and tension issue. By the by, physical activity can likewise be destructive, particularly when acted in an unseemly or in an exceptionally extraordinary way, as saw in conditions as inordinate exercise and overtraining disorder. Everybody has mental health and proof shows that the advantages of physical activity on our wellbeing are significant. The advantages of sport and physical activity on our mental health are perpetual: improved state of mind, diminished possibility of despondency and uneasiness, and a superior and increasingly adjusted way of life. Exercise can assemble more grounded bones and muscles, help deal with your weight, bring down your circulatory strain and cholesterol, and diminish your danger of coronary illness.

**Keywords: Physical Activity and Sport, Mental Health, Wellbeing**

#### Introduction:

Everybody has Wellbeing and proof shows that the advantages of physical activity on our wellbeing are significant. The advantages of sport and physical activity on our Wellbeing are unending: improved state of mind, diminished possibility of misery and tension, and a superior and progressively adjusted way of life. Doing sport isn't just about playing in a group or joining a club. Any sort of physical activity can help mental wellbeing from swimming to strolling and yoga to move.

**How Physical Activity Helps Wellbeing - There are different ways that physical activity helps Wellbeing, including:**

- ❖ **Improved disposition** – Studies show that physical activity positively affects our state of mind. One examination requested that individuals rate their disposition after time of activity





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(for example strolling or planting) and after inactivity (for example perusing a book). Analysts found that individuals felt increasingly wakeful, more settled and progressively content after physical activity. For more data and a connect to the investigation, go to the Wellbeing Foundation site.

- ❖ **Reduced stress** – Being normally dynamic is appeared to beneficially affect lightening pressure. It can help oversee distressing ways of life and can assist us with settling on better choices when under tension. Research on working grown-ups shows those dynamic individuals will in general have lower pressure rates contrasted with the individuals who are less dynamic.
- ❖ **Better confidence** – Physical activity has a major effect of our confidence – that is the manner by which we feel about ourselves and our apparent self-esteem. This is a key pointer of mental wellbeing. Those with developed confidence can adapt better to pressure and improves associations with others.
- ❖ **Depression and tension** – Exercise has been depicted as a "wonder medicate" in forestalling and overseeing Wellbeing. Numerous GPs currently recommend physical activity for despondency, either all alone or related to different medicines. It is successful at both forestalling beginning of discouragement and regarding overseeing side effects.

The physical advantages of playing sport are outstanding. Exercise can fabricate more grounded bones and muscles, help deal with your weight, bring down your pulse and cholesterol, and lessen your danger of coronary illness. In any case, what you cannot deny is that there are additionally some immense advantages that group activity can have on your Wellbeing:

- The social perspective that accompanies being a piece of a group is fabulous for your wellbeing. Regardless of whether you join a group not knowing a spirit, sport has a clever method for optimizing kinships. Human association is such a significant factor in keeping up great Wellbeing. Being a piece of a group includes an encouraging group of people that you wouldn't generally have.
- Sport is a demonstrated de-stressor. It drives you to put forth a concentrated effort completely to the job that needs to be done, deserting contemplations and stresses you may have had beforehand. In their place, sport animates the arrival of endorphins, which are your body's common cheerful synthetic substances.
- Playing a sport close by others shows us the estimation of cooperation. Rather than finding out about it or being addressed about it, sport compels you to incorporate it. It likewise creates initiative abilities that can be applied in all everyday issues.
- Team sports show you how to manage misfortunes. No group wins constantly. Managing a misfortune or a terrible showing, gaining from it and attempting again is all piece of the adventure. Misfortunes assemble strength and this can be persisted into regular daily existence, helping you to explore the intense occasions and discover a route through them.
- Playing sport encourages you improve night's rest. We as a whole ability significant rest is to our general wellbeing – subsequent to preparing or contending, brain and body are prepared for a decent night's rest.



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Ongoing reviews have proposed that sports media presentation might be connected to young people's body discernments. Harrison, K., and Fredrickson, B. L. (2003) tried this relationship from the point of view of typification hypothesis (Fredrickson and Roberts, 1997) by studying and trying different things with 426 immature females matured 10–19. Sports magazine perusing anticipated more noteworthy body fulfillment among more established young people, paying little mind to whether they took an interest in sports. Self-typification in youths of any age anticipated Wellbeing dangers including body disgrace, confused eating, and misery. Members additionally saw video delineating men's sports, ladies' lean sports, or ladies' nonlean sports. For White members, watching lean sports expanded self-externalization, though for members of shading, watching nonlean sports had a similar impact. Dialog centers around self-typification in young people and how social contrasts in the female body perfect are reflected in depictions of female competitors.

Peluso, M. A. M., and Andrade, L. H. S. G. D. (2005) found that Physical activity is a significant general health device utilized in the treatment and counteraction of different physical sicknesses, just as in the treatment of some mental ailments, for example, burdensome and tension issue. Notwithstanding, contemplates have demonstrated that notwithstanding its advantageous impacts, physical activity can likewise be related with hindered Wellbeing, being identified with unsettling influences like "unnecessary exercise" and "overtraining syndrome". In spite of the fact that the quantity of reports of the impacts of physical activity on Wellbeing is consistently expanding, these examinations have not yet recognized the components engaged with the advantages and perils to Wellbeing related with work out. This article audits the data accessible with respect to the connection between physical activity and Wellbeing, explicitly tending to the relationship among exercise and mind-set.

Raglin, J. S. (1990) checked on that Physical exercise is progressively being supported as a way to keep up and improve great Wellbeing. When all is said in done, discoveries from inquire about demonstrate that activity is related with upgrades in Wellbeing including mind-set state and confidence, albeit a causal connection has not been built up. Research on intense exercise shows that 20 to 40 minutes of oxygen consuming activity brings about upgrades in state uneasiness and temperament that endure for a few hours. These short lived changes in state of mind happen in the two people with typical or raised degrees of nervousness, however give off an impression of being constrained to high-impact types of activity.

On account of long haul practice programs, upgrades in the Wellbeing of 'ordinary' people are either unobtrusive in greatness or don't happen, though the progressions for those with raised uneasiness or misery are increasingly articulated. Proof from considers including clinical examples shows that the mental advantages related with practice are practically identical to increases found with standard types of psychotherapy. Thus, for healthy people the key mental advantage of activity might be that of avoidance, though in those experiencing mellow to direct enthusiastic disease exercise may work as a methods for treatment.



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Exercise may likewise bring about detrimental changes in Wellbeing. A few people can turn out to be excessively reliant on physical activity and exercise to an over the top degree. This maltreatment of activity can bring about unsettling influences in disposition and intensified physical health. On account of competitors the extraordinary preparing, or overtraining, fundamental for perseverance sports reliably brings about expanded state of mind unsettling influence. Outrageous instances of overtraining may bring about the staleness disorder; a condition related with breaking down execution and conduct unsettling influences including clinical wretchedness.

Exercise can bring about either gainful or detrimental changes in Wellbeing, and the result has all the earmarks of being to a great extent reliant on the 'dose' utilized. Albeit ongoing examinations have given promising discoveries with respect to the viability of activity in clinical examples, extra research is obviously required. The impact of different automatic parts of activity i.e., mode, term, recurrence, power, setting on changes in Wellbeing have not been methodically examined, and the proposed systems by which exercise acts to influence Wellbeing remain to a great extent unconfirmed.

Paluska, S. An., and Schwenk, T. L. (2000) reasoned that the Physical activity may assume a significant job in the administration of mellow to-direct wellbeing illnesses, particularly misery and tension. Despite the fact that individuals with wretchedness will in general be less physically dynamic than non-discouraged people, expanded oxygen consuming activity or quality preparing has been appeared to lessen burdensome indications essentially. Be that as it may, constant physical activity has not been appeared to forestall the beginning of wretchedness. Uneasiness manifestations and frenzy issue likewise improve with normal exercise, and advantageous impacts seem to rise to contemplation or unwinding. As a rule, intense tension reacts preferable to practice over constant nervousness. Investigations of more established grown-ups and young people with sadness or tension have been restricted, yet physical activity seems helpful to these populaces too. Extreme physical activity may prompt overtraining and produce mental manifestations that copy despondency. A few contrasting mental and physiological components have been proposed to clarify the impact of physical activity on wellbeing issue. All around controlled examinations are expected to explain the wellbeing advantages of activity among different populaces and to address straightforwardly forms hidden the advantages of activity on wellbeing.

Downs, An., and Ashton, J. (2011) saw that for some people the school years are a period of high-chance when they experience the beginning of mental or physical health issues. Keeping up sufficient degrees of fiery physical activity (VPA) may ensure against such issues in school and past. Be that as it may, post secondary school diminishes in both sorted out sports support and the degree to which people recognize themselves as a competitor may add to numerous understudies participating in insufficient VPA. It is essential to analyze whether and why VPA decays when people change from secondary school to school and how such decreases are identified with mental and physical health. Members were 395 undergrads (286 female and 109 male) at two colleges who announced their VPA and sports investment for every time of secondary school and school and finished a few measures evaluating their athletic character and physical and wellbeing. The members announced essentially



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less VPA and sports investment, and a more fragile athletic personality in school contrasted with secondary school. The individuals who revealed reliable or current commitment in VPA at prescribed levels detailed better mental and physical health over a few factors than their less dynamic companions. The consequences of this examination recommend that school is when numerous people stop taking an interest in sports and show a noteworthy diminishing in VPA and the degree to which they see themselves as a competitor. Significantly, steady commitment in VPA may secure the mental and physical health of people in the school years and past.

Mental issue are of significant general health essentialness. It has been asserted that incredible physical activity effectively affects wellbeing in both clinical and nonclinical populaces. Taylor, C. B., Sallis, J. F., and Needle, R. (1985) audits the proof for this case and gives proposals to future investigations. The most grounded proof proposes that physical activity and exercise presumably ease a few side effects related with gentle to direct wretchedness. The proof additionally recommends that physical activity and exercise may give a helpful aide to liquor addiction and substance misuse programs; developmental self view, social aptitudes, and subjective working; diminish the manifestations of nervousness; and modify parts of coronary-inclined (Type A) conduct and physiological reaction to stressors. The impacts of physical activity and exercise on mental issue, for example, schizophrenia, and different parts of wellbeing are not known. Negative mental impacts from practice have likewise been accounted for. Suggestions for additional examination on the impacts of physical activity and exercise on wellbeing are made.

### Conclusion:

Physical activity has helpful impacts for the avoidance and treatment of various sicknesses, and proof demonstrates that this statement is most likely valid for mental infections, for example, burdensome and tension issue. All things considered, physical activity can likewise be unsafe, particularly when acted in an unseemly or in an exceptionally serious way, as saw in conditions as unreasonable exercise and overtraining disorder. Explicitly regarding the relationship between physical activity and temperament, proof demonstrates that moderate exercise improves state of mind or keeps up it at significant levels, while exceptional exercise prompts its disintegration, and that these mind-set varieties are more identified with the build of gloom than to the develop of uneasiness.

Unnecessary physical activity may prompt overtraining and produce mental side effects that copy discouragement. A few varying mental and physiological components have been proposed to clarify the impact of physical activity on wellbeing issue. All around controlled investigations are expected to explain the wellbeing advantages of activity among different populaces and to address straightforwardly forms hidden the advantages of activity on wellbeing. Information about the connection between physical activity and wellbeing, or all the more explicitly between physical activity and disposition, is as yet constrained; along these lines, as of now, it is beyond the realm of imagination to expect to characterize the reason impact relationship or to depict in detail the mental and physiological instruments hidden this affiliation.

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## Personality Development through Mindfulness Meditation

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### Abstract

*This research paper deals with the use of mindfulness meditation in developing the personality. Several studies have investigated the relationship between mindfulness and personality development. There is significant reduction in anxiety and neuroticism due to mindfulness meditation. There is significant increase in empathy, compassion, cooperative, supportive and caring.*

### Introduction

Mindfulness is a longstanding concept, Meditation originated several centuries BCE in Hinduism and Buddhism healing and spiritual traditions. There are many forms of meditation which are very much useful for the healthy human being. The meditation helps in creating the balance between thoughts and emotional wellbeing. (Wynne, 2007; Lutz et al., 2008; Fabbro, 2010). Relatively recently, its utility as a psychological tool has been brought into the Western view of clinical psychology.

Mindfulness is an attribute of consciousness that can be developed effectively through the practice of mindfulness-oriented meditation and involves being aware of and attentive to what is occurring in the present moment (in terms of thoughts, emotions, and somato sensory experience) with a nonjudgmental attitude of openness and receptivity (Chiesa A et al., 2010 ; Didonna F ,2009; Kabat-Zinn J. 2003) Individuals who are practicing the Mindfulness Meditation from long time it does have a its impact on focused attention. It also affects the non judgmental attitude of openness and receptivity. The intentional attention is improved. (Brown and Ryan, 2003; Lutz et al., 2008).



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Personality is defined in many ways; it is the sum of person's attitude, actions, reactions and interactions with others. Personality is defined as the form of characteristic thoughts, feelings and behavior that differentiate one individual from the other and it persists over time. It is the integration of biological and experienced behaviours of an individual that forms responses to environmental stimuli. Every person is unique; they have their distinct attitude, way of behaviour in an organized form. Development of such organized traits in a person is personality development. Development is a continuous process. So it is same to the personality development. There is ongoing process occurring where the temperament, character all are going through development. With the help of research the psychologists have recognized the factors that influence the growth and development directly and indirectly.

### Impact of meditation on personality

The study was carried out in Lucknow on the college going students from various institutions using multistage random sampling technique. The sample consisted of 120 students from various institute. To assess the personality Dimensional Personality Inventory by Singh & Singh was used. Doing regular meditation has a significant impact on personality of the college students. College students have number of different stress which affects their mental health in a negative way. These make their mental health weak. Use of appropriate meditation played an important role in improvement among the students. (Sangya Rathore et.l, 2015)

(Orme et.l;1972) found significant changes in personality variables of prisoners. (Bhardwaj et.l; 1977), recorded a significant reduction in anxiety and neuroticism in people who practiced Transcendental Meditation regularly for two months. (Gaur,et,l; 1985) found positive effect of T.M. on mental health and personality variables of prisoners. (Gaur 1994) attested increase in ego, super-ego, self-concept formation capacity, self-realization and reduction in ergic-tension in prisoners who practiced T.M. (Gaur ,et.l; 2003) concluded reduction in anxiety and hassles of prisoners who practiced Preksha Meditation. (Gaur ,et.l; 2003) observed better mental health and increase in ego, super-ego strength, self-concept formation capacity, self-realization and reduction in ergic tension of the prisoners, who practiced Preksha Meditation (P.M.). (Gaur ,et.l; 2003) found reduction in stress due to practice of Preksha Meditation (P.M.). (Gaur ,et.l; 2005) concluded positive effect of Preksha Meditation on Anxiety, frustration, stress and mental health of female prisoners. (Gaur .et.l;2006) attested on better mental health in the married college going women





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due to regular practice of P.M. (Gaur and Mudita 2013) explored the effect of Transcendental Meditation on eight emotional states of graduate girls and found positive and significant changes in all eight emotional states viz., Anxiety, Depression, Regressive, Fatigue, Guilt, Arousal and Extroversion.

### Mindful Meditation and Personality Development

Several studies have investigated the relationship between mindfulness and the Big five model of personality. (Baer et al., 2006) examined the validity of various measures of mindfulness and their relatedness to the Big Five personality variables and found a common positive correlation between mindfulness and openness to experience, and a non-significant relationship between mindfulness and extraversion. Consistent with (Brown et.al, 2003) findings, ( Giluk, 2009) in a meta-analysis found a significant correlation between conscientiousness and mindfulness and a strong negative correlation between mindfulness and neuroticism. (Klockner et.al,2015) in a study of impacts in the workplace found that cognitive errors (decision errors), mindfulness and the Big Five personality dimensions interacted significantly, underlining the importance of mindfulness-personality studies and showing the need for training and development in the workplace.

The regular practice of Mindful Meditation is strongly and positively related to the minimizing the worries and negative thoughts. It also reduces the level of neuroticism. The mindful meditation not only reduces negativity it increases the openness as the result of exposure to a wide range of thoughts, emotions and experiences. Mindful meditation is positively related to the extraversion, the social interaction is increased and the positive relation is formed in social engagement. The feeling of empathy is also seen to be increased due to mindful meditation. Thus the agreeableness which is cooperative, supportive, caring and concerned for others is increased due to the mindful meditation. (Kabat-Zinn 1990) There was a positive association between the personality traits conscientious which is rule abiding, responsible and self disciplined and mindful meditation. (Giluk 2009). . Previously it was said that the personality was stable, but now the research have proven that personality can be changed. (Helson et al. 2002; Piedmont 2001) Personality development is significantly affected by the environment and the experience a person gets in his or her life. (Roberts et al. 2004). After reviewing the researches, the practice of mindful meditation can actually change, alter the personality traits. The mindful meditation gives the person a different approach to see the world. There is shift in the interpretation of the life experience and the way life



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needs to be dealt. (Kabat-Zinn 1990).

### Conclusion:

From all the above researches it successfully shows the importance of both personality factors and of mindfulness in predicting overall psychological well-being. The growing scientific interest in meditation showed that this practice of mindful meditation is associated with positive changes in the personality.

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## Impact of Birth Order on Emotional Intelligence and Achievement Motivation among Senior College Students

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### Abstract

*Objectives of Research.* To find out the impact of birth order on emotional intelligence and achievement motivation among senior college students. *Hypothesis* There will be no significant difference found between first born and last born on emotional intelligence among senior college students. There will be no significant difference found between first born and last born on achievement motivation among senior college students. *Sample* the present study 100 senior college students were selected belonging to Parbhani city. Among them 50 first born students and 50 last born students. *The age group* of students is 18-24 years. *Non- probability purposive sampling method* was used. *Tools* 1. Emotional intelligence scale- by Hyde pethe and Dhar 2. Achievement Motivation Scale by Deo Mohan (2011) *Statistical Analysis* "t" value was used for statistical analysis of data. *Conclusions:* 1. first born senior college students had significantly high Emotional Intelligence than the last born senior college students. 2. First born senior college students had significantly high Achievement Motivation than the last born senior college students.



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### Introduction:

Education being the sub system of society plays a key role in moulding, shaping, reforming and reconstructing it from time to time. One of the major features of contemporary educational thinking has been a growing concern about the development of effective personality and efficiency of teaching learning outcomes that can be assessed in terms of students' achievement. The academic achievement of students is considered to be very significant determinant of their success in later life.

Mahmood Khan and Nisar Bhat (2013) study was to determine the level of emotional intelligence among adolescents. Emotional Intelligence Scale (EIS) by Hyde et al (2001) used for data collection consists of 34 items which measures ten factors of emotional intelligence. The various dimensions of Emotional Intelligence considered for the study are – self awareness, empathy, self motivation, emotional stability, managing relations, integrity, self development, value orientation, commitment, and altruistic behaviour. Statistical analysis revealed that boys are significantly better than girls in self motivation, integrity, self development and value orientation. Composite scores of emotional intelligence of boys are found to be higher than that of girls. Boys are seen to be better able to make intelligent decisions and have more control over their feelings as compared to adolescent girls. Boys are aware of their weakness and are more goals oriented. They also possess lot of confidence. Adolescent boys are more popular and better linked with peers. According to the study honesty and integrity of boys are higher than that of girls during adolescent period. "There is no significant difference between adolescent boys and girls on Emotional Intelligence.

Academic achievement is a multidimensional and multifaceted phenomenon. There are many factors which affect academic achievement viz. intelligence, personality, motivation, school environment, heredity, home environment, learning, experiences at school, interests, aptitudes, family background, socio economic status of the parents and many more other factors influenced the academic achievement. Sinha (1970) reported that hard work, intelligence, memory, good health, availability of books, methods of study, financial security and interest in social and practical work affect the academic scores.

Academic achievement is related to the acquisition of principles and generalizations and the capacity to perform efficiently certain manipulations,



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ISSN: 0474-9030 Vol-68, Special Issue-14

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objectives, symbols and ideas. The assessment of academic achievement has been largely confined to the evaluation in terms of information, knowledge and understanding. It is the competence of students shown in school subjects for which they have taken instruction. The test scores or grades assigned to the students on the basis of their performance in the achievement test determine the status of pupils in the classroom (Singh et al., 2007).

### Method

#### Objectives of Research.

To find out the impact of birth order on emotional intelligence and achievement motivation among senior college students.

#### Hypothesis

- 1) There will be no significant difference found between first born and last born on emotional intelligence among senior college students.
- 2) There will be no significant difference found between first born and last born on achievement motivation among senior college students.

#### Sample

The present study 100 senior college students were selected belonging to Parbhani city. Among them 50 first born students and 50 last born students. The age group of students is 18-24 years. Non- probability purposive sampling method was used.

#### Variables

##### Independent Variables –

Birth Order

- 1) First Born
- 2) Last Born



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## Dependant Variables –

- 1) Emotional Intelligence
- 2) Achievement Motivation

## Tools

### 1) Emotional intelligence scale- by Hyde pethe and Dhar

The present emotional intelligence (EIS) consists of 34 statements with five alternatives there is no time limit for completion the scale. It is a individual as well as group test.

### 2) Achievement Motivation Scale By Deo Mohan (2011)

The Deo Mohan scale was developed to measure the achievement motivation, as a variable used in many studies in education either as a main variable or as a secondary variable; or as a moderator variable. This standard verbal scale has been found to be a very useful instrument for research in achievement motivation. This scale covers three areas, i.e., academic factors; factors of general field; and social interests. It contains 50 items.

## Statistical Analysis

	Birth Order						t value
	First Born			Last Born			
	Mean	SD	N	Mean	SD	N	
Emotional Intelligence	124.23	5.40	50	113.45	4.98	50	<b>10.37**</b>
Achievement Motivation	132.02	5.88	50	119.65	5.30	50	<b>11.04**</b>





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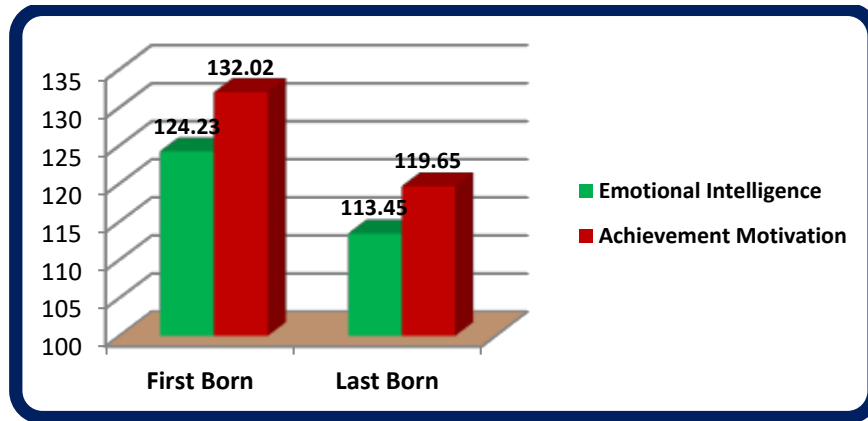
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First born senior college students mean is 124.23 and last born senior college students mean is 113.45 on dimension Emotional Intelligence. And the difference between the two mean is highly significant  $t(98) = 10.37, P < 0.01$ . It concluded that the First born senior college students had significantly high Emotional Intelligence than the last born senior college students.

First born senior college students mean is 132.02 and last born senior college students mean is 119.65 on dimension Achievement Motivation. And the difference between the two mean is highly significant  $t(98) = 11.04, P < 0.01$ . It concluded that the First born senior college students had significantly high Achievement Motivation than the last born senior college students.

Vijay Viegas, Joslyn Henriques(2014) The study was conducted on a sample of 60 adolescents (that is adolescents in the age group of 12-21 years) from dual-parent homes. The tools used for data collection comprised of the Schutte Emotional Intelligence Scale (SEIS), and a Personal Data Sheet. The tools used for statistical analysis were t-test and ANOVA (One Way Analysis of Variance). The findings of the study revealed that significant differences exist in emotional intelligence with regard to birth order.

Emotional Intelligence has attracted the interest of researchers, educationists and the leaders of the education world. This study confirms that Birth order has played a significant role in the emotional intelligence and Achievement Motivation of students.

### Conclusions:



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- 1) First born senior college students had significantly high Emotional Intelligence than the last born senior college students.
- 2) First born senior college students had significantly high Achievement Motivation than the last born senior college students.

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### Role of Yoga Practice in Mental Health Development among People

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#### ABSTRACT

*Objectives to examine the effect of yogic practice on mental health among people among people. Hypotheses: There was no significant difference between experimental group and control group of people dimension on mental health. Sample: Eighty participants were included for the study and aged mean 24.36 SD 4.58 years were randomly divided into two groups: first experimental group and second control group. Experimental Group participated in sessions regular 8 weeks gave the yogic practice Selected individuals were subjected to 30 min of yogic practice classes per day for a two months. Yogic practice classes were conducted in the morning between 6 am to 7 am. Were instructed to practice Asanas, Pranayama and Meditation. and the Control Group did not participate in any sessions. All the subjects were evaluated through the mental health inventory for pre-and post-session. Tools Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. Conclusion: Experimental group of people have significantly high mental health than the control group of people. It was prove that the positive effect of yogic practice on our mental health.*

#### Introduction



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Research has provided significant findings related to physical activity such as sport and exercise in improving areas of mental health and well-being (Greenberg & Oglesby, 1996). Engaging in physical activity has a positive impact on increasing mood and self-esteem. Physical activity can improve self-image, self-confidence, mood, relieve stress tension and premenstrual tension, increased alertness, increased energy and increased ability to cope with stress (Greenberg & Oglesby). Page and Tucker (1994) stated, "Physically active adolescents tend to feel less lonely, shy and hopeless" (p.184).

According to Horn and Clayton (1993) found exercise as a therapeutic intervention had the greatest positive impact on the self-esteem of emotionally disturbed youth. The psychological benefits of yoga include an increase in somatic and kinesthetic awareness, positive mood, subject well-being, self acceptance, self-actualization, social adjustment, and decrease in anxiety, depression and hostility. Temmi Sears, director of yoga Buds, states, "The primary benefit of yogic practice is enhanced self-esteem. You can't do yogic practice and not improve at it" (as cited in Peters, 2003, p. 110). Yoga also has physical benefits in improving strength and flexibility.

Yoga is an ancient Indian science which helps to improve physical, mental, social and spiritual health. Stress is a major factor affecting the mental health of a person irrespective of age. Presentation of the stress may vary from that of fight to flight phenomenon. Chronic stress is the major cause of many physical and mental disorders. Yoga has been effectively used in the management of stress. It has been observed that the practice of yoga decreases verbal aggressiveness compared to physical exercise. It is also useful against physical stress like cold exposure and stress due to diseases like epilepsy. Yoga has been found useful for mental disorders like depression In a study conducted by Oken *et al.*, on healthy seniors participants were divided into three groups as yoga, exercise and waitlist control. The yogic practice group showed significant improvement in quality of life and physical measures compared to the exercise and waitlist control group.

Another intervention which has positive effects on physical fitness, cognition and psycho-social wellbeing is yogic practice. Yoga is one of the components of 'Be a Fit Kid' which aims at improving physical exercise and nutrition in children. Following the 12 week program, there was a significant improvement in body composition, fitness,



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nutrition knowledge, dietary habits and significant reductions in total cholesterol and triglyceride levels. This suggested that yoga based health promotion programs are well received by children and can favorably change being overweight and the development of adult life-style related diseases.

### Methodology:

#### Objectives of the study:

To examine the effect of yogic practice on mental health among people.

#### Hypotheses:

- There was no significant difference between experimental group and control group of people dimension on mental health.

#### Sample:

Eighty people were included for the study and aged mean 24.36 SD 4.58 years were randomly divided into two groups: first experimental group and second control group. Experimental Group participated in sessions regular 8 weeks gave the yogic practice Selected individuals were subjected to 30 min of yogic practice classes per day for a two months. Yogic practice classes were conducted in the morning between 6 am to 7 am. Were instructed to practice Asanas, Pranayama and Meditation. and the Control Group did not participate in any sessions. All the subjects were evaluated through the mental health inventory for pre-and post-session.

#### Tools

#### Mental Health Inventory (MHI):



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Mental health inventory constructed by Dr. Jagdish and Dr. A K Srivastav. 56 items are in the questionnaire and each of the items has four responses – 1. Almost always true, 2. Some time true, 3. Rarely true and 4. Almost never true. The reliability of the inventory was determined by split-half method using odd-even procedure. Overall mental health reliability coefficients is .73 and Construct validity of the inventory is determined by finding coefficient of correlation between scores on mental health inventory and general health questionnaire (Gold beig, 1978) it was found to be .54.

## Variable

- Independent variable**            1) Type of Yogic practice group
- a) Experimental                    b) Control
- Dependent Variable**            1) Mental Health

## Statistical Analysis and Discussion

Experimental group and control group of people shows the mean S.D and t value of mental health

Dimensions	Experimental group		Control Group		DF	t
	Mean	SD	Mean	SD		
Mental Health	169.35	5.48	152.02	5.78	78	13.76**



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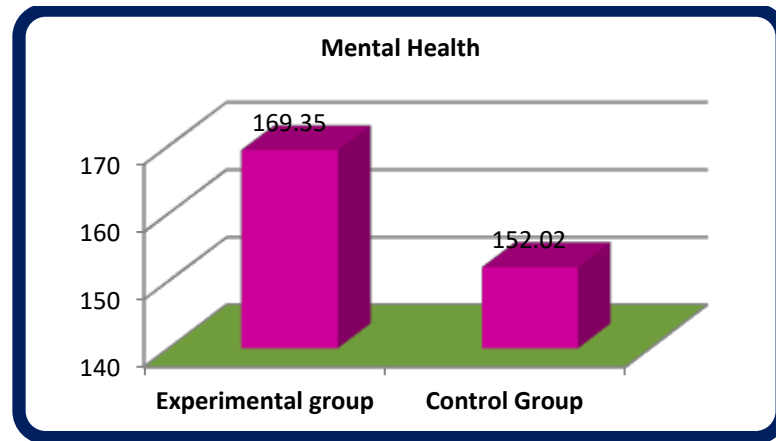
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The results related to the hypothesis have been recorded. Mean of experimental group of people 169.35 and control group of people 152.02 dimension on mental health the difference between the two mean is highly significant  $t(78) = 13.76$ ,  $P < 0.01$ . null hypothesis there was no significant difference between experimental group and control group of people dimension on mental health have rejected and research hypothesis was accepted it mean that experimental group of people have significantly high mental health than the control group of people. It was prove that the positive effect of yogic practice on our mental health.

### Conclusion:-

- 1) Experimental group of people have significantly high mental health than the control group of people. It was prove that the positive effect of yogic practice on our mental health.

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## The Impact of Family Climate, Socio–Economic Status on Academic Achievement

**Ms. Poonam J Varma**

(Research Scholar, Dr. BAMU A'bad  
School Psychologist, School of Scholars Koulkhed Akola)

### Abstract:-

*Every Parent is more and more competitive and quality of performance is the key factor for personal progress. Excellence particularly, in academics and generally in all other areas has been seen as an important aspect. Parents desire that their children climb the ladder of performance to as high level as possible. In fact it appears as if the whole system of education revolves around academic achievement of the students, though various other outcomes are also expected from the system. Thus the present study aims at investigating the impact of family climate on the academic achievement of college students. The sample consists of 400 positive and negative family climate based students with relation to their parent's socio-economic status. The findings of the research study depict the influence of FC and SES on students' academic achievement. Results, clearly shows that the f-value is found to be highly significant at.01 level of confidence.*

**Keywords: - Family climate (FC), Student, Socio-economic status (SES) and academic achievement**

### Introduction:-

Family is a small unit of Society, scholastic system determining the performance of the child, child care and socialization. Child ability, skill, adjustment capacity, self esteem, safety, and behavioral activities are determining in Family climate. These aspects enhance their learning performance. Such intrinsic aspects influence on academic achievement. Researcher investigates problems of intrinsic object of child in family climate to determine the curriculum achievement and accommodation for problems. There is a very close relationship between the climate and Academic Achievement.



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In our society academic achievement is considered as key criteria to judge one's total potentialities and capabilities. Therefore, it is becoming more and more pressing for the individuals to have good academic achievement. Academic achievement has become an index of child's future particularly so in highly competitive world. Research studies have proved that a supportive nurturing environment in home and school could enhance child's academic achievement.

Family being the first and major agency of socialization plays a pivotal role in styling child's life. It has been shown that most of children who are successful and well adjusted come from families where wholesome relationships exist between children and their parents.

### Meaning of the Family Climate:-

Family is miniature of society and it is protected by the society and family is small unit of the society as well as individual is small unit of the Family. Society and family both are two faces of same coin. Every individual has achievement in his life in their childhood days they achieve the academic. Curriculum achievement plays most significant and vital role for their future. The investigation carried out the intrinsic segments influence on bound relation of person on his academic achievement is not only influenced by intelligence but the family also plays an important role. Family climate includes social and physical activities of child his family members and helps in determining cognitive, social and intellectual development of the children.

Achievement is not only influenced by intelligence but the family also plays an important role. Family climate includes social and physical activities of child his family members and helps in determining cognitive, social and intellectual development of the children.

Every child is unique, they have their own talent and interest in different ways each child is carrying different strategies for his/her development family is the safety environment where each child grows physically, emotionally and mentally, family is a frame where every child full fill their necessity as per their requirement family not only providing basic needs it also provide all type of supports to the children to the physical, mental and psychological growth.

Pandey et al. (2003): studied relationship between socio economic status and academic achievement of adolescents and found significant relationship between academic achievement and socio economic status; significant difference between academic achievements of adolescents



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studying in different types of school depending upon the socio economic status of parents Ganguly (2004) studied determinants of academic achievement in rural and urban areas and found that parental care about child's education, emotional climate at home and socio-economic status of family had a positive correlation and crowded living conditions at home had a negative correlation with the academic achievement of students in rural and urban areas; library facilities, teacher's training, teacher's classroom behavior and attitude towards teaching had a positive correlation and student teacher ratio had a negative correlation with the academic achievement of students; peer influence and movies had significant and positive, and the distance between home and school had significant negative correlation with achievement of students; attentiveness to study, school attendance, health and interest in study had a positive correlation with students' achievement.

Vamadevappa (2005): studied the impact of parental involvement on academic achievement among higher primary students with the objective to find out the extent of relationship between parental involvement and academic achievement by taking a sample of 200 students studying in 7th standard and found that there was a positive and significant relationship between parental involvement and academic achievement; significant difference in the achievement scores of boys and girls of high and low parental involvement; significant difference between boys and girls in their academic achievement.

### Statement of the problem: -

To study the impact of the Family Climate, Socio – Economic status on academic achievement among adolescents.

### Objectives of the study: -

1. To see the effect of family climate on academic achievement of adolescents and search whether the positive and negative family climate differ from each other significantly or not.
2. To see the effect of socio economic status on academic achievement of adolescents and to search whether high and low socio economic status significantly differ from each other or not.

### Hypothesis:

1. The adolescents having positive family climate would exhibit higher academic achievement than adolescents having negative family climate.



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2. The adolescents who possess high socio economic status would exhibit higher academic achievement than the adolescents who possess low socio economic status.

### ➤ Sample: -

The present investigation was confined to the Junior college going students of XI from the population of the Akola city, Maharashtra State of India. The stratified randomize sample taken into consideration for the study consisted of 400 college going students of XI, in which 200 students were from positive family climate and 200 were from negative family climate. Both adolescents from positive and negative family climate were equally classified on high and low socio economic status. Again positive family climate (high & low SES) and negative family climate (high & low SES) group were classified equally on urban and rural. The efforts were made to have the sample as representative as possible in terms of area of residence and gender. Here researcher was taken only an average intelligent adolescents, for these selection standard progressive matrices was used. Academic achievement was studied with the help of report cards of students and school records i.e. percentage of marks obtained by the students in S.S.C. examination conducted by S.S.C. Board, Amravati.

### Variables and research design: -

2x2 factorial design was used for this investigation.

Family climate (B)	socio economic status(A)	
	High SES (A1)	Low SES(A2)
Positive family climate (B1)	B1A1	B1A2
Negative family climate (B2)	B2A1	B2A2

1. Independent variables: - Family climate and Socio economic status

2. Dependent variables: - Academic achievement



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### Measurement Tools: -

**1. Academic achievement-** According to Good's Dictionary (1973), "Academic achievement means knowledge attended or skills developed in the school subjects; usually designated by test scores or marks assigned by teachers or by both." Academic achievement is the level of proficiency attained in scholastic or academic work. In this study academic achievement refers to the percentage marks obtained by the students in 10th (SSC) examination conducted by Maharashtra State Secondary and Higher Secondary Board.

**2. Family climate:** - Dr. Beena Shah's family climate scale was used to determined positive and negative family climate.

### Procedure of data collection: -

After determining sampling technique researcher contacted those adolescents whose passed S.S.C. examination and studying in Class XI those possess similar kind of socio-economic status and explained them purpose of data collection, thus the initially researcher administered the standard progressive matrices to 1000 adolescents and selected 800 average intelligent adolescents as representative sample after that researcher administered the family climate inventory to 600 adolescents and classified them equally on positive and negative family climate. Both adolescents from positive and negative family climate were equally classified on high and low socio economic status. Again positive family climate (high & low SES) and negative family climate (high & low SES) and recorded their percentage of marks on report card for academic achievement obtained by the students in Xth examinations conducted by S.S.C. Board, Amravati and also recorded the score on tests with the help of individual interview technique.

### Statistical analysis: -

The sample available for statistical analysis consisted of 400 adolescents. For the each subject, initially data of each group were separately scrutinized by employing descriptive statistics. The statistical analysis was mainly consisted of descriptive statistics i.e. mean & S.D. and two way ANOVA on family climate, SES.





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## 1. Showing Mean & S.D. Values for positive and Negative family climate of adolescents on academic achievement.

Family climate	N	Mean	SD	F	Sig
Positive	200	59.49	14.89	30.90	0.01
Negative	200	51.71	14.50		

Table shows the mean & S.D. values for positive and Negative family climate of adolescents on academic achievement. It can be observed from the above table that the mean scores (59.49) of positive family climate of adolescents is higher than mean scores (51.71) positive and Negative family climate of adolescents on academic achievement.

The F Value for positive and Negative family climate of adolescents on academic achievement. Analysis of variance ( $F = 30.90, (1, 392) P < 0.01$ ) indicate that significant difference between adolescents having positive family climate and adolescents having negative family climate on academic achievement, On the basis of above result conclusion can be drawn i.e. adolescents having positive family climate exhibit higher academic achievement than adolescents having negative family climate.

These results possibly can be due to the fact that positive family climate. Appropriate family climate plays more important role in increasing academic achievement of adolescents, whereas negative family climate can reduce academic achievement. The present results imply that positive family climate would be possibly valued for high level of academic achievement where as beyond negative family climate would induce low level of academic.

The results were in concordance with Bansal et. Al.( 2006) who was found to be rejection component of the home environment unrelated with high and low level of achievement motivation. Only the average level of achievement motivation was positively and significantly correlated with rejection. Lakshmi, A. R. & Arora, M. (2006) study is an attempt to investigate the perceived parental behaviour and its relationship with academic school success and academic competence. The sample comprised of 500 High School students (250 male and 250 female).



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Results of the study revealed that parental acceptance and encouragement scores were positively related with academic school success and academic competence scores. However parental control (psychological and behavioral) showed negative relationship with academic success and competence. Parents who were perceived as being more acceptant and using less restrictive and hostile psychological control tended to have adolescents with higher academic success and competence. Trivedi (1987) Students with parental acceptance showed better academic achievement than those of the parental concentration or avoidance groups. Srivastava (1995) suggested several aspects of parental behaviors like–love, discipline and dominance had a positive effect on the pupil’s academic achievement whereas rejection and punishment had a negative effect. Srivastava (1995) also found that several aspects of parental behavior like love, discipline and dominance had a positive effect on the pupil academic achievement whereas rejection and punishment had a negative effect. Estrada et al. (1987) revealed that a positive affective relationship between parents and children increases the likelihood that the child will initiate and persist in challenging and intellectual tasks. Positive and affective relationship is likely to get hampered when control exist beyond optimum limits. The study by Shrivastava (1991) reported that families of high achievers were more structured and exercised more control than those of low achievers. Levine et al. (1972) concluded that more supportive home environment of parochial school students may have been primarily responsible for their relatively higher academic achievement.

### 2. Showing Mean & S.D. Values for High SES and Low SES of adolescents on academic achievement.

Family climate	N	Mean	SD	F	Sig
High SES	200	63.02	15.04	17.48	0.01
Low SES	200	54.51	13.05		

The describe the mean and S.D. values for high and low socio economic status of adolescents on academic achievement. Mean score of (63.02) adolescents who possess high socio economic status is greater than mean scores (54.51) of adolescents who possess low socio economic status on academic achievement. Thus socio economic status is strong factor to determine academic



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achievement of students. F analysis of variance ( $F = 17.48, (1, 392) P < 0.01$ ) shows significant differences between adolescents who possess high socio economic status and adolescents who possess low socio economic status on academic achievement. Thus, it can be concluding that the adolescents who possess high socio economic status exhibit higher academic achievement than the adolescents who possess low socio economic status.

These results might be due to the fact that socio economic status. Adolescents who possess high socio economic status receive more reward; adolescents who possess low socio economic status could not receive reward regularly. Reward includes materialistic as well as symbolic reward to strengthen or increase the probability of desired behavior. Those children receives more rewards in family they can do work properly and more enthusiastically because rewards works like reinforcement. According to learning theory to change undesirable behavior into desirable behavior learning principals especially reinforcement is very useful therefore these result might be occurred i.e. students which receive more rewards in home environment would exhibit higher academic achievement than students which does not receive or receive in less quantity rewards in home environment.

### Conclusion:-

1. Adolescents having positive family climate exhibit higher academic achievement than adolescents having negative family climate.
2. The adolescents who possess high socio economic status exhibit higher academic achievement than the adolescents who possess low socio economic status.

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## Stress Management Among the Teachers

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**Abstract:** *Teaching is a noble profession and society expects lot of from them. They can indirectly shape the future direction of the society. The profession of teacher does have its fair share of job stress and pressure. This article discusses the term stress and its several aspects, teachers' stress and its impact on their profession and the tricks to overcome from this problem.*

**Keywords:** Stress, Stress Management, Teaching Profession.

### Introduction:

Latin word 'stringere' is the origin of the word 'Stress'. Today's world is underlined by stress. It is positive as well as negative. An optimum tension in the string musical instruments is necessary to produce beautiful music. But greater tension in the same musical instrument may break the string itself. Same is the case with human being as well. So, optimum stress is necessary and positive. There are several methods and psychotherapies of stress management to control a stress level of individual. In this perspective, the term 'stress' has negative shade in the terminology prescribed by Hans Selye. According to the different situations in which an individual is put stress affects the physical and mental health of that person. It culminates into decline in physical health and increase in depression. In modern society, stress management is the key to happiness and successful life. There are many situations, demands in life which are



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difficult to handle. Stress management offers suitable solutions to handle stressful situations and demands.

### What Is Stress?

In a medical or biological context stress is a physical, mental, or emotional factor that causes bodily or mental tension (Medicinenet, 2019). There are two kinds of stress: external & internal. External stress refers to the stress that comes from environment, psychology & social situation; whereas internal stress refers to ones illness.

### Signs of Stress:

- Insomnia
- Nervousness all the time
- Anxiety
- Forgetfulness
- Sickness
- Fatigue
- Overeating
- Lose of enthusiasm
- Thoughts of resigning from the job etc

### Types of stress

- Acute stress
- Chronic stress
- Episodic acute stress

### Managing Stress:

The effect of stress varies from person to person. Some people may suffer from different kinds of aches viz. headaches, stomachaches, toothaches. Some people may suffer from



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insomnia, palpitations of heart, numbness in legs, reluctance in doing anything, loss of enthusiasm and many more. To get rid of stress is rather a difficult task. Stress management locates the stressors that cause one most problems or demands most ones energy. To cope with the stress the Centers for Disease Control and Prevention Trusted Source recommended the following precautionary measures:

- To take care of oneself
- To take healthy diet, to exercise, to play & to get enough sleep
- To create a support group to find practical solutions to ones problem.
- Socialize yourself
- Avoid confrontation that gives one stress.
- Refresh your brain by taking interest in hobbies.
- Avoid routine work and go for recreation.
- Avoid alcohol & drugs that gives temporary relief and permanent hazards

### **Stress Among the Teachers:**

Teaching is noble profession. But it has other side as well. It is one of the five most stressful professions. This profession requires involvement with pupil and people. S/he has to be totally objective in involvement and hide emotions tactfully. There is a high degree of labor that culminates into stress. Researchers observed that teacher just do not come home alone but carry with him/her tiredness, frustration, irritation rejections, dejection etc. A teacher is a key player in the entire academia. Teachers get a very high respect in all the cultures of the civilized world. Teacher has to put a lot of toil and trouble to come up to the expectations of the world and achieve this status. For the teachers the state of being stress free is very important to carry out his duty. There is no any dissimilarity between the stresses that teacher and anyone else is undergoing. Due to over workload & time constraint in ever activity they get stressed. Teacher stress is coping behaviour on the part of the teacher. There are innumerable things that causes stress to teachers likewise excessive workload, swollen class sizes, peer pressures, pressure due





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to changes in curriculum and course designs, changes in examination pattern & assessment system, poor management, workplace bullying, overcrowded schools, students' misbehavior, violence, parents and intruders, lack of support from bureaucracy, clerical routine tasks, uncertain job security, lack of public esteem and threat to early retirement arrangements etc.

### To overcome the Stress and Its Related Problems:

The foremost important thing to overcome the stress and its related problems is s/he should deliberately avoid routine work and find out and act upon the different stress busters such as nurturing different hobbies like music, painting travelling etc. They should come out of their academic orbit and dissolve with friends, family and other recreations such as movie, theater, park, zoo etc. They could also go for relaxation therapies like meditation, yoga etc. Eventually they should always keep in mind that job is just a slice of life and not the entire bread.

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### A Study of Mental Health among Full Time and Part Time Hospital worker

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#### Abstract

The purpose of this study is to examine the Mental Health of Full Time and Part Time Hospital workers. The total sample of the present study consists of 100 Hospital workers, in which 50 were Full Time Workers (25 Male and 25 Female) and 50 Part Time Workers (25 Male and 25 Female) from Jalna City Hospital, Maharashtra. The subjects selected in this sample were used in the age group of 18 years to 40 years and a 1:1 ratio. Non-probability purposive Quota Sampling will be used. The independent variables are Timing of Worker and the dependent variables are Mental Health. A 2x2 Factorial research design was used. The Mental Health Inventory (1983) by Dr. Jagadish and Dr. Srivastava was used. Mean, SD, and ANOVA were used for analysis. This study found that 1) No significant difference between Full Time and Part Time Hospital workers on Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, and Environment Mastery, Mental Health. 2) Full Time Civil Hospital workers have higher Group Oriented Attitudes than Part Time Hospital workers.

**Keywords:** - Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, and Group Oriented Attitudes and Environment Mastery, Mental Health.

#### Introduction

The World Health Organization (WHO) defines mental health as a positive sense of well-being encompassing the physical, mental, social, basic economic, and spiritual aspects of



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life; not just the absence of disease. Mental health is a barometer of the social life of a population and the rising level of morbidity and mortality is a sign of social as well as individual illness. The scope of mental health is not only confined to the treatment of some seriously ill persons admitted to mental health centers, rather it is related to the whole range of health activities. Mental Health describes a level of psychological well-being or an absence of a mental disorder. From the perspective of 'positive psychology', mental health may include an individual's ability to enjoy life and create a balance between life activities and efforts to achieve psychological resilience.

Mental health is having the capacity to think rationally, having great self-regard, and getting a charge out of general sentiment prosperity. It incorporates inventiveness, critical thinking abilities, and enthusiastic dependability. It is additionally described without anyone else's input acknowledgment, openness to new thoughts, and a general "toughness" of identity. Wellbeing and ailment are liable to mental impacts, e.g. how well a man adapts to an upsetting educational encounters is the manner by which the occasion is evaluated as overpowering, inescapable, and outside our ability to control take a much more noteworthy toll on us physically and mentally than do occasions that are assessed as minor difficulties that are transitory and surmountable.

### Statement problem of the Study

"A Study of Mental Health among Full Time and Part Time Hospital worker."

### Objectives

- To Study the Full Time and Part Time Hospital worker on Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, and Group Oriented Attitudes, Environment Mastery and Mental Health.

### Hypotheses

- There will be no significant difference between Full Time and Part Time Hospital worker with Mental Health dimension on Positive Self-Evaluation, Perception of Reality, Integration of Personality, Autonomy, Group Oriented Attitudes and Environment Mastery.

### Methods



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## Participants

Total sample of present study 100 Hospital worker, in which 50 were Full Time Worker (25 Male and 25 Female) and 50 Part Time Worker (25 Male and 25 Female) Civil Hospital Gurgaon from Haryana. The subject selected in this sample was used in the age group of 18 years to 40 years and Ratio 1:1. Non- probability purposive Quota Sampling will be used. The sample of present study was shows as below.

Table No.01

Worker		Full Time	Part Time	Total
Gender	Male	25	25	50
	Female	25	25	50
Total		50	50	100

## Research Design

2x2 Factorial research design used in the present study.

Table No.02

A		A1	A2
B	B1	25	25
	B2	25	25

A- Worker A1- Full Time A2- Part Time

B- Gender B1- Male Worker B2- Female Worker

## Variables of the Study

Table No.03

Variable	Type of variable	Sub. Variable	Name of variable
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Worker time	Independent Variables	02	1) Full Time worker 2) Part Time Worker
Mental Health	Dependent variables	06	1) Positive Self-Evaluation 2) Perception of Reality 3) Integration of Personality 4) Autonomy 5) Group Oriented Attitudes 6) Environment Mastery.

## Research tools:-

### Mental health Inventory (1983):

Table No.04

Aspect	Name of the Test	Author	Sub Factor	
Mental health	Mental health Inventory (1983)	Dr.JagadishD r.Srivastava	Positive Self-Evaluation	Item- 54 Positive Items – 23 Negative Items -31
			Perception of Reality	Scoring- yesresponse - 1 mark No response - 0 (zero) mark positive statements- 4, 3, 2, 1 positive statements-1, 2, 3, 4.
			Integration of Personality	
			Autonomy	
Group Oriented Attitudes	Reliability - 0.84.			
			Environment Mastery.	Validity - 0.74 to 0.82



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## Data Analysis

Mean, S.D and ANOVA were College Students to analyses the data.

## Results and Discussion

**Table No.04**

**Summary of Mean, SD and F Value than Time worker on Mental Health**

Factor	Work Time	Mean	SD	N	DF	F Value	Sign.
Positive Self-Evaluation	Full Time Worker	31.46	4.42	50	98	2.14	NS
	Part Time Worker	30.00	5.56	50			

Results shown in Table 04 indicated that mean and SD values of Positive Self-Evaluation obtained were  $31.46 \pm 4.42$  by the Full Time Worker and  $30.00 \pm 5.56$  by Part Time Worker. It is observed that the calculated F value 2.14 is Low than the table value ( $0.01 = 3.94$  and at  $0.05 = 6.90$  levels). That is to say that this hypothesis is accepted. It means that no significant difference between Full Time and Part Time worker on Positive Self-Evaluation.

**Table No.05**

**Summary of Mean, SD and F Value than Time worker on Mental Health**



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Factor	Work Time	Mean	SD	N	DF	F Value	Sign.
Perception of Reality	Full Time Worker	24.18	3.65	50	98	0.58	NS
	Part Time Worker	24.82	4.68	50			

Results shown in Table 05 indicated that mean and SD values of Perception of Reality obtained were  $24.18 \pm 3.65$  by the Full Time Worker and  $24.82 \pm 4.68$  by Part Time Worker. It is observed that the calculated F value 0.58 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between Full Time and Part Time worker on Perception of Reality.

**Table No.06**

### Summary of Mean, SD and F Value than Time worker on Mental Health

Factor	Work Time	Mean	SD	N	DF	F Value	Sign.
Integration of Personality	Full Time Worker	39.36	5.01	50	98	3.42	NS
	Part Time Worker	37.20	6.51	50			

Results shown in Table 06 indicated that mean and SD values of Integration of Personality obtained were  $39.36 \pm 5.01$  by the Full Time Worker and  $37.20 \pm 6.51$  by Part Time Worker. It is observed that the calculated F value 3.42 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between Full Time and Part Time worker on Integration of Personality.

**Table No.07**

### Summary of Mean, SD and F Value than Time worker on Mental Health

Factor	Work Time	Mean	SD	N	DF	F Value	Sign.
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Autonomy	Full Time Worker	19.00	3.21	50	98	0.54	NS
	Part Time Worker	18.42	4.62	50			

Results shown in Table 07 indicated that mean and SD values of Autonomy obtained were  $19.00 \pm 3.21$  by the Full Time Worker and  $18.42 \pm 4.62$  by Part Time Worker. It is observed that the calculated F value 0.54 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between Full Time and Part Time worker on Autonomy.

**Table No.08**

**Summary of Mean, SD and F Value than Time worker on Mental Health**

Factor	Work Time	Mean	SD	N	DF	F Value	Sign.
Group Oriented Attitudes	Full Time Worker	33.30	3.18	50	98	8.04	0.01
	Part Time Worker	31.04	4.63	50			

Results shown in Table 08 indicated that mean and SD values of Group Oriented Attitudes obtained were  $33.30 \pm 3.18$  by the Full Time Worker and  $31.04 \pm 4.63$  by Part Time Worker. It is observed that the calculated F value 8.04 is High than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is rejected. It means that Full Time worker High Group Oriented Attitudes than Part Time worker.

**Table No.09**



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### Summary of Mean, SD and F Value than Time worker on Mental Health

Factor	Work Time	Mean	SD	N	DF	F Value	Sign.
Environment Mastery	Full Time Worker	28.72	3.38	50	98	0.27	NS
	Part Time Worker	28.30	4.75	50			

Results shown in Table 09 indicated that mean and SD values of Environment Mastery obtained were  $28.72 \pm 3.38$  by the Full Time Worker and  $28.30 \pm 4.75$  by Part Time Worker. It is observed that the calculated F value 0.27 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between Full Time and Part Time worker on Environment Mastery.

Table No.10

### Summary of Mean, SD and F Value than Time worker on Mental Health

Factor	Work Time	Mean	SD	N	DF	F Value	Sign.
Mental health	Full Time Worker	176.02	14.69	50	98	2.24	NS
	Part Time Worker	169.78	26.06	50			

Results shown in Table 10 indicated that mean and SD values of Mental Health obtained were  $176.02 \pm 14.69$  by the Full Time Worker and  $169.78 \pm 26.06$  by Part Time Worker. It is observed that the calculated F value 2.24 is Low than the table value (0.01 = 3.94 and at 0.05 = 6.90 levels). That is to say that this hypothesis is accepted. It means that no significant difference between Full Time and Part Time worker on Mental Health.

### Delimitations of the Study

1. The finding of the study is based on 100 samples.
2. The sample was restricted to Jalna City from Maharashtra.
3. The study was restricted to only Civil and Provide Hospital only.



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### Conclusions:

- 1) No significant difference between Full Time and Part Time Civil Hospital worker on Positive Self-Evaluation
- 2) No significant difference between Full Time and Part Time Civil Hospital worker on Perception of Reality.
- 3) No significant difference between Full Time and Part Time Civil Hospital worker on Integration of Personality.
- 4) No significant difference between Full Time and Part Time Civil Hospital worker on Autonomy.
- 5) Full Time Worker High Group Oriented Attitudes than Part Time Worker.
- 6) No significant difference between Full Time and Part Time Civil Hospital worker on Environment Mastery.
- 7) No significant difference between Full Time and Part Time Civil Hospital worker on Mental Health.

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ISSN: 0474-9030 Vol-68, Special Issue-14

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Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



### Human Expectation and Frustration in Nissim Ezekiel's Enterprise

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#### **Abstract**

*Nissim Ezekiel is well known write in Indian writing in English. He has fascinated critical evaluation; he has brought popularity and recognition to a number of Indian English literatures. He knew as a modern poet who wrote about frustration, depression, expectations, futile, psychic tension. Modern urban life and spiritual values. The present paper is focused on the group of people undertake a travel moved by dignified ambitions but it all ends is failure and frustrations. When he is fully unaware of the human predicament of the frustrations and failures which life brings at every stage. Some of them determine to exact the group frustration and herds over whelm the human spirit and many do not have the courage to face the realities of life. There is not even the rumble over the mortmain can shake off human depression. The researcher has found out the man's life to have been meaningless and vain. The human being must accept the limitations of our lot; do our good within those limitations. It is written for individual therapeutic intentions, to scrutiny, examine and explore his own emotion of loss and frustration. The human being wants to find relief from personal tension and depression and so they have presented them in the Lyric. They so found the psychological relief which results from infusion out our sufferings and frustration to a close merciful follow. The final stanza raises the questions: Was the journey worth that entire struggle?*

**Keywords:** Psychology, evaluation, fascination, frustration, expectation, anthology, analytical, environmental, hazard, orientalist, primitive, resolution, metaphior, venture, depression, disappointment, exploration, enterprise.

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Nissim Ezekiel is one of the famous Indian poets in Indian English literature. He has fascinated critical evaluation; he has brought popularity and recognition to a number of Indian English. This is the one of the outstanding poet after independence India. He has published six anthologies of verse. A Time



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to Change, the Exact Name, Hymns in Darkness, Sixty Poems, 'The Third, and the Unfinished Man. He is the modern poet who wrote about frustration, expectation, futile in the life. The central theme of his poetry is frustration, futile, love, psychology tension, love, personal integration, the Indian contemporary scene, modern urban life and spiritual values. There is a further deepening of the heart's mysteries to a secret and fruitful knowledge beyond meaning and considerable. He shows the creative contribution of man's intellect with language. I find the importance of presentations.

The present paper is focused on the group of people under take a travel moved by dignified ambitions but it all ends in failure and frustrations as is normally the case with human endeavors at some dignified achievement. As Srinivasalyengar rightly points out, "In a sense of course, its man's destiny to be forever evolving and hence to be unfinished." It is the work of a micro, analytical mind trying to explain and speak, on a individual level, feeling of loss and frustration and expectation. If the spiritual achieves a sharper harbor, something else seldom imagination, seldom hope or self confidence suffers in effort. Between pictures of frustration. The goal is reached. Such is the human situation, the human for cast and man must teach to live with it as long as he is a denizen of this world. The condition is ordinary and indifferent, but its very ordinariness prepares it a metaphor for man's travel on this earth. A detailed scrutiny of the poem is essential to bring out the point.

The researcher deals with the travel they undertake is to some romantic, primitive hinter land. They begin with expectation, bravery and resolution with their minds full of grand ideas and ideals. They are out to prepare some heroic attempt which would lead, they expectation to some grand achievements. Their mind is hearted and they are not pear of only herds and problems. All tensions seem to them to be light. This first stage of the travel is symbolic of the stage of Edenicviridity which people enjoys in his boy hard and early youth. When he is fully unaware of the human predicament of the frustrations and failures which life brings at every stage. There is an untested orient list, untested by the experience of exercise day to day to life. Their rage, their lust for some heroic attempt is as hot as the hot sum above their heads. It seems that the objects and forces of nature are out to frustrate human attempt, the oppressive heat of the sun thus becomes symbolic of the aversely of nature to human orient list and heroic ambitions. The more hotly we humans aspire, the more hotly nature attempts to beat us down. They continue to travel in expectations. Their orient list soon degenerates into the insignificant and the ordinary.

This is the human impasse man cannot remain real to his self for any length of time. The problems and hazards posed by main's physical environment are not so destructive as those that result from his self inadequately bickering over petty matters, unnecessary conflict over travails, grudged of, and contrary to those who hold separate opinions on perfect in human nature and thus man carries the seed of his failure and frustrations within his own self. So do these pilgrims who contempt their hassle continue their onward travel. Their target and their intention are forgotten and their orient list in all gone. Some of them determine to exist the group frustration and herds over whelm the human spirit and many do not have the courage to face the authentic of life. The poet says, " The sun beat downto match our rage, a shadow falls on us and grows, our deeds were neither great nor rave, home is where we have to





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gather grace," ( Nissim Ezekien's poem Enterprise) Such is the finally end of all human life. The tremendous hopelessness of man at the end of life's travel is thus emphasized and disenchantment is so deep and dark that all expectations of internal illumination or spiritual regeneration are lost. Nothing, not even the rumble over the mountain can shake off human depression.

The researcher has found out the man's life to have been meaningless and vain. All their dignify ambitions are forgotten, there is pain and trouble on every face, and they are aware of the reality that their deeds have neither been adventure nor seldom. Attempts at rescue from the authenticities of human life are vain. The human being must accept the limitations of our lot; do our good within those limitations. Bravery means of our best in the duty of lord and humanity. Dwell is the authentic principal which must be consented, faced and prepare of. This is the merely reasonable and balanced path of existence possible for human being. It is written for individual therapeutic intentions, to scrutiny, examine and explore his own emotions of loss and frustration. The human being wants to seek relax from individual burdens and depression and so they have presented them in the Lyric. They so found the psychological relief which results from infusion out our sufferings and frustration to close merciful follow.

### Conclusion:-

To sum up, the researcher has dealt various aspects of expectations and frustration of the human beings life in the world. It has analyzed that explorations has been done in generalized terms, so that Lyric has also become a metaphor for a symbol or an allegory of, the human situation. The individual disappointment and burdens of the poet are so seen to be all those of humanity at large. The travel which is undertaken is symbolic of the exploration of most visited and emotions souls like him. There are various writers such as Hemick Milton and W.B.Yeats search fulfillment is one who worth's his conventions and puts self belief in the things of the spirit. The scholars such as Lyric also displays Nissim Ezekiel's mastery over poetic from correct words have been used at the right place. So the poems like Enterprise become images of expectations of human life in the world. At the end there is complete disillusion of the human being on the earth. The final stanza raise the questions: was the journey worth that entire struggle? There are more expectations means more frustration in the life of human being in this huge universe.

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*Sponsored by ICSSR*

*Held on (01 February 2020, Saturday)*

**Organized by:** *Department of Psychology, Sports and Physical Education  
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### A Comparative Study of Self Esteem among B.A, B. Com and B. Sc. College Students

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#### Abstract

The purpose research attempted to study the Study of Self- Esteem on Faculty and Gender among College Going Class Students .Objectives- 1) To Study of Self- Esteem on Faculty and Gender among College Going Class Students. Hypotheses: 1) There is no significant difference between B.A, B. Com and B. Sc. College Students with dimension on Self Esteem. 2) There is no significant difference between Male and Female College Students with dimension on Self Esteem. Methodology. Sample: The sample has 90 college students in each 30 B.A. Faculty (15 Male and 15 Female) college students and 30 B. Com. Faculty (15 Male and 15 Female) college students' college students and 30 B.Sc. Faculty (15 Male and 15 Female) college students. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.16, SD- 2.01.) and Ratio 1:1. Research Design: In the present study a balanced 2x2 factorial design will be used. Variables- The independent variables are Faculty and Gender and Dependent variables are Self- Esteem. Research Tools- Self-Esteem scale developed by Dr. R .N. Singh and Dr.Ankita Srivastava. Statistical Treatment: Mean, SD and 'F' values used. Conclusions-No significant difference between B.A, B. Com and B. Sc. College Student son Self Esteem and No significant difference between Male and Female. College Student son Self Esteem.

**Keywords- Faculty, Gender and Self-Esteem.**

#### Introduction

Self-esteem is the self-evaluative part of the self-concept, the judgment children make about their overall growth. According to neo-Piagetian, self-esteem is based on children's growing cognitive ability to describe or define them.



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Self-esteem is the aspect of self-concept that involves judgments about one's own growth and the feelings associated with those judgments. It positions among the most vital parts of self-development, since evaluations of our own competencies affect emotional experiences, future behavior, and long-term psychological adjustment.

Self-esteem is a subjective and enduring sense of realistic self-approval. It reflects how the individual views and values the self at the most fundamental levels of psychological experiencing.

Self-esteem is the feeling that you are someone who deserves to be liked respected and admired especially socially and academically. Through the many pressures and daunting responsibilities of being a student, one learns and understands the importance of having a high self-esteem in college.

### Review of Literature

#### Faculty on Self- Esteem

Muhammad Faisal Farid and Mumtaz Akhtar, (2013) this study found that Science group students had greater self-esteem than arts group students. Hema R Bhadawkar, (2017) this study found that there is no significant difference in the Self Esteem of B.Ed. students of Arts, Science and Commerce subjects of specialization. Abdunnazar, P.T., (2019) this study found that there is no significant difference in self-esteem among arts and science college students.

#### Gender on Self- Esteem

Vishavpreet Kaur and Gurpinder Singh, (2016) this study examine there exists no significant difference between the self-esteem of male and female senior secondary school student. JahnabeeLahkarBoruah, (2016) this study found that Comparison of male and female students showed no significant difference in their levels of Self-esteem. MohdMoshahid, (2017) this study found that there is no significant difference in the self-esteem of male and female prospective teachers. Hema R Bhadawkar, (2017) this study found that there is no significant difference in the Self Esteem of male and female B.Ed. students. Muhammad Faisal Farid and Mumtaz Akhtar, (2013) this study found that Gender difference was found in self-esteem of students. Urban students showed higher self-esteem than rural students. Anirudh Ramesh and Vandana Jain, (2018) this Study indicates there is no significance difference in the level of self-



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esteem between boys and girls pre university students. Robin. (2002), Joshi & Srivatsava (2009),; Srivastava & Agarwal, (2013), Singh, Haasan & Wani, (2017), this study found that Male adolescents were found significantly superior on self-esteem than female adolescents.

### Statement of the Problem

A Comparative Study of Self Esteem among B.A, B. Com and B. Sc. College Students

### Objective of the Study

- To examine the Self Esteem on B.A, B. Com and B. Sc. College Students.
- To examine the Self Esteem on Male and Female College Students.

### Hypotheses of the Study

- There is no significant difference between B.A, B. Com and B. Sc. College Students with dimension oneself Esteem.
- There is no significant difference between Male and Female College Students with dimension on Self Esteem.

### Method

**Sample:** The sample has 90 college students in each 30 B.A. Faculty (15 Male and 15 Female) college students and 30 B. Com. Faculty (15 Male and 15 Female) college students' college students and 30 B.Sc. Faculty (15 Male and 15 Female) college students. The subject selected in this sample will be used in the age group of 18 years to 21 years (Mean – 19.16, SD- 2.01.) and Ratio 1:1.

Table 2  
Sample Design

Gender	Faculty			Total
	B.A.	B.COM	B.SC.	
Male	15	15	15	45
Female	15	15	15	45



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<b>Total</b>	30	30	30	90
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## Research Design:-

In the present study a balanced 2x2 factorial design will be used as shown in Table 2

Table 2

### 2x2 factorial designs

B	A		
	A1	A2	A3
B1	A1,B1	A2,B1	A3,B1
B2	A1,B2	A2,B2	A3,B2

A- Faculty A1- B.A. Students A2- B.Com Students A3- B.Sc. Students

B – Gender B1- Male Students B2- Female Students

## Variables of the Study

Type of variable	Variable	Sub. Factor	Name of variable
Independent Variables	Faculty	03	1) B.A, College Students 2) B. Com College Students 3) B. Sc. College Students
Independent Variables	Gender	02	1) Male Students 2) Female Students
Dependent variables	Self Esteem		Self Esteem
Age Faculty Living of Area	Control variable	03	18-21 Years Arts., commerce and science Both Area Urban and Rural Area Students

## Research Tools

### Self- Esteem Scale

Table No. - 04



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Aspect	Name of the Test	Author	Developed	
Self-Esteem	Self- Esteem Scale	Self-Esteem scale originally developed by Early and revised by Robinson and shaver [1973]	Dr. R .N. Singh Dr.Ankita Srivastava	Item- 20
				Response -Namely very much ,much ,average ,low and very low
				Reliability - 0.82.
				Validity - 0.89.

### Procedures of data collection:-

The primary information was gathered by giving personal information from to each student. The students were called in a small group of 20 to 25 students. To fill the inventories subjects were given general instructions belongs to each test. The students provided the Self- Esteem Scale. Data were obtained by using particular scoring particular scoring palter standardized for each scale.

### Results and Discussion

#### Faculty on Self Esteem

**Hypothesis-01:** There is no significant difference between B.A, B. Com and B. Sc. College Students with dimension on Self Esteem.

**Table No.01**

**Summary and Results of Mean, SD and F Value showing of Faculty oneself Esteem**

Factor	Faculty	Mean	SD	N	DF	F Value	Sign.
Self Esteem	B.A. College Students	56.40	10.72	30	117	1.99	NS
	B.Com. College Students	50.66	9.76	30			
	B.Sc. College Students	54.13	12.16	30			



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Observation of the table No.01 indicated that the mean value of both classified group seems to differ from each other on Self Esteem. The mean and SD value obtained by B.A. College Students 56.40, SD 10.72, B.com. College Students was 50.66, SD 9.76 and B.Sc. College Students was 54.13, SD 12.16. and 'F' ratio was 1.99 at a glance those B.A. College Students shows high score than B.Sc. College Students and B.Com. College Students.

In the present study was this hypothesis related Self Esteem and Faculty. It was "There is no significant difference between B.A, B. Com and B. Sc. College Students with dimension on Self Esteem" Faculty effect represent the Self Esteem was not significant (F- 1.99, 1 and 89, P- NS). This is not significant 0.05 and 0.01 levels because they obtained 'F' value are low than table values at 0.05 and 0.01. In the present study was found that B.A., B.Com. And B.Sc. College Students not differ from Self Esteem. The findings of the supported this hypothesis, they are this hypothesis accepted the present study. Its means that no significant difference between B.A, B. Com and B. Sc. College Students with dimension on Self Esteem.

### Gender on Self Esteem

**Hypothesis-02:** There is no significant difference between Male and Female. College Students with dimension on Self Esteem.

**Table No.01**

### Summary and Results of Mean, SD and F Value showing of Gender on Self Esteem

Factor	Gender	Mean	SD	N	DF	F Value	Sign.
Self Esteem.	Male Students	52.84	10.43	45	88	1.47	NS
	Female Students	54.37	11.67	45			

Observation of the table No.01 indicated that the mean value of two classified group seems to differ from each other on Self Esteem. The mean and SD value obtained by Male College Students 52.84, SD 10.84 and Female College was 54.37, SD 11.67. And 'F' ratio was 1.47 at a glance those Female College Students shows high score than Male College Students.

In the present study was this hypothesis related Self Esteem and Gender. It was "There is no significant difference between Male and Female. College Students with dimension on Self Esteem." Gender effect represent the Self Esteem was not significant (F- 1.47, 1 and 89, P- NS).





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This is not significant 0.05 and 0.01 levels because they obtained 'F' value are low than table values at 0.05 and 0.01. In the present study was found that Male and Female College Students not differ from Self Esteem. The findings of the supported this hypothesis, they are this hypothesis accepted the present study. Its means that no significant difference between Male and Female. College Students with dimension on Self Esteem.

### Limitations of the Study

- 1) The finding of the study is based on very sample.
- 2) The sample was restricted to Aurangabad district in Maharashtra.
- 3) The study was restricted to only students only.
- 4) The study was restricted students are only 18-21 years only

### Conclusion

- 1) No significant difference between B.A, B. Com and B. Sc. College Student son Self Esteem.
- 2) No significant difference between Male and Female. College Student son Self Esteem.

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## Nutrition and Sportsperformance

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### Abstract:

*The consciousness of nutrition assumes a significant job in sports performance. Numerous elements can affect the performance of a sports individual during competition which might be identified with various spaces. Nutrition, physical performance and the degree of utilitarian limit of the people are interrelated. Any dietary lack that antagonistically influences the wellbeing of the individual is probably going to hinder their physical performance limit and hence nutrition and prosperity accept a crucial job in the field of sports. The result of amazingly drawn out exercise is gigantic vitality consumption and the consequent supplement misfortune and in this way competitors must be constantly provided with satisfactory supplements, to keep up their ideal nutritional prosperity.*

**Keywords:***Nutrition, sports performance, athletic, competition.*

### Introduction:

Effective athletic performance is a blend of legitimate preparing and a reasonable way to deal with nutrition. During the previous 20 years there have been more prominent advancements in wellbeing and physical performance. Sports nutrition has numerous objectives to improve performance. Initially, it improves performance by improving body piece, which speeds up, snappiness, portability, and quality. Second, it will help the speed of recuperation, which will thus make greater limit with respect to rehearsing and competition as the body is getting progressively fit and changed in accordance with the coupling of the great nutrition fused into



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the exercise routine. Third, it will enable one to expand vitality for both practice and competition, which will support one's performance. Key eating regimen will likewise build insusceptibility, enabling one to remain sound and have the option to proceed and escalate practice and preparing. Hence nutritional status is a basic determinant of athletic performance.

Nutrition admission is without a doubt a significant segment that affects physical performance of competitors the two men and ladies. Numerous sports researchers concur on the way that sports, wellbeing and perpetually the nutritional status are entomb related. Reports both from western nations and India have firmly bolstered this view at the fundamental level, great nutrition assumes a significant job in the support of wellbeing enabling the competitor to prepare and contend. In nations, for example, India where malnutrition is of a general wellbeing measurement, poor athletic performance could be halfway because of poor constitution and inadmissible physical wellness coming about because of under sustenance. Nutritional status alludes to the wellbeing of an individual and has an immediate bearing on their physical performance and work limit.

Great nutrition must be a key piece of preparing programs on the off chance that one needs to succeed. The supplements are the particular substance segments in the nourishment. The six significant supplements present in the nourishment are principally starches, protein, fats or lipids, nutrients, minerals and water. They resemble partners that work together to give great nutrition. Similarly as each colleague completes various errands during a game every supplement performs explicit capacities in your body. An absence of even one supplement is a detriment to your body. Nutritional lacks can bring about diminished performance.

### Carbohydrates

Sugars are the most significant wellspring of vitality. It is the most favored fuel for sports performance. Glucose is the least complex type of sugar and starch is case of complex starches. Various types of starches which we expend in the eating regimen are changed over into glucose in our body which is then used to create vitality. 1 gm of sugar gives 4 Kilo calories of vitality. Nourishments wealthy in sugars are Cereals like rice, wheat and wheat items. (broken wheat rava, pasta and so on.) and millets like maize, bajra, jowar, oats, ragi, and roots and tubers like potatoes, sweet potatoes, carrots and so on. Sugars contribute 50 to 60% of all out vitality prerequisite in a day.



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### Proteins

Essential job of proteins is weight training and development. Each organ, tissue and cells in our body is comprised of proteins. Proteins help in muscle advancement and support and fix all things considered. Protein necessity for ordinary individuals is 1 gm for every kg perfect body wt yet for competitors it very well may be expanded to 1.2 to 1.5 grams per kg body wt in a day. Around 60 to 80 grams of protein is adequate for a day which can be gotten from milk egg, meat, fish, dhal, beats, grains and so forth yet overabundance utilization of protein nourishments isn't prudent as it can build the outstanding burden on kidneys and can cause kidney harm in the later stage. It is a confusion that overabundance utilization of meat, milk, eggs and so forth will give vitality and stamina.

### Fats

Fats are concentrated wellspring of vitality. 1gm of fat will give 9 kilo calories which is twofold the sum delivered via sugars. For instance 2 teaspoon of margarine and 1 cup of rice gives 100 kilo calories. 20 to 30% of the complete vitality required in a day should originate from fats. It isn't a great idea to devour overabundance measure of fat in the eating routine as it will prompt corpulence and heart illnesses in the later piece of life. It is smarter to maintain a strategic distance from part of spread and ghee and take a greater amount of vegetable oils like sunflower oil, soya bean oil or rice grain oil.

### Energy Requirements

Sugars, fats and proteins are known as vitality yielding supplements. Yet, starches are the significant wellspring of vitality, at that point fats and least from proteins. Roughly the caloric need of a competitor is around 3000 k calories for every day. During substantial preparing and competition the necessity may go up to 5000 K cal. every day.

### Vitamins and Minerals

Nutrients and minerals are referred to as the micronutrients as they are found in less sums in the body, yet they assume a significant job in keeping up numerous significant physiological capacities. The fundamental elements of micronutrients are to empower numerous synthetic



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responses to happen in the body. Nourishments plentiful in nutrients and minerals are otherwise called "defensive food sources "as it manufactures body's opposition and insusceptibility and aides in vitality digestion, fortifying of bones and muscles, great vision, blood development and so forth .Fat solvent nutrients are Vi t A, D, E and K and rich sources are green verdant vegetables, orange yellow products of the soil like carrot mango papaya and so on. Significant nourishment sources are citrus natural products, milk, eggs, nuts, grains and so forth. Vitamin insufficiency of different types are harming to work performance and can debilitate physical work limit which is relied upon to have the most quick impact.

Significant minerals are calcium and phosphorus which is required for the bones and teeth and for muscle working .Iron insufficiency is related with diminished work limit, poor mental performance and diminished hemoglobin levels which will prompt diminished oxygen conveying limit and cause paleness. Low calcium levels can cause unpredictable muscle compressions, bone thickness misfortune and so forth nourishments like milk, egg, liver, meat, ragi ,oats, green verdant vegetables, dry natural products like dates and so forth ought to be remembered for the eating regimen. Other significant minerals are sodium potassium, zinc, magnesium, fluoride, iodine, copper and so forth which perform explicit capacities in the body.

### Water

Of the considerable number of supplements water is likely the most fundamental for human life .Water comprises 60-65% of the complete body weight, 70% of the muscle piece, and 90% of the blood plasma. At the point when you practice your body loses water through sweat which can prompt parchedness. Abundance loss of water can prompt difficult issue for sports individuals. It causes cramps, heaving incoherence and lead to obviousness like sunstroke.

#### Recommended Dietary Allowance (Rda)

An adequate balanced diet is necessary for an effective performance. The nutritional requirements of the athlete are more than the normal persons. But excess consumption of any nutrient more than the recommended dietary allowance (RDA) will be harmful and dangerous. Following is the RDA for sports persons

Nutrients	Daily Requirements
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Energy	3000-5000Kcals
Protein	60-90gms
Fat	80-150gms
Calcium	600-800mg
Iron	20-30mg
Vitamin A	750-1000mcg
Thiamine ( B1)	2-3mg
Riboflavin ( B2)	2-3.2mg
Niacin ( B3)	26-36mg
Ascorbic acid (Vit C)	50-80mg

### Dietary Guidelines for Sports Persons

Follow a decent eating regimen and eat a wide range of nourishment with some restraint

- Never skip breakfast as it the most significant supper of the day
- It is smarter to eat 3-5 suppers every day as opposed to eating three substantial dinners
- Have milk at any rate 2-3 glasses for every day.
- Have a lot of organic products like papaya, guava, citrus natural products, watermelon and so forth and organic product juices.
- Have grown beats (chana or moong) and plates of mixed greens in any event a bowl each day.
- Eat entire grains like daliya (broken wheat upma) wheat and ragi porridge and Oats.
- Eat dry natural products like dates raisins and nuts like groundnuts almonds and so forth
- Restrict nonvegetarian nourishments 2-3 times each week and decrease abundance utilization of red meat.
- Have a lot of green verdant vegetables, carrots, beetroot and different vegetables.
- Avoid soda pops, liquor and a lot of espresso, tea, greasy nourishments and other low quality nourishments and an excessive number of desserts. Have just 1-2 eggs for each day.
- Never practice following a dinner, or else it can prompt sickness, retching, distension and squeezing.

### Conclusion:





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It is concluded that the nutrients are very important for sports performance in order to improve their performance. A well balanced diet and effective training and coaching will be the winning combination and will help the athlete to build up strength and stamina. Hence systematized modification of diet with steady monitoring of the deficiencies if any, by a sport dietician, linked with skilled training programme and effective nutrition education can definitely lead to better performance.

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## An analytical Study of Achievement Motivation of Sports and Non-sports College Students

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### Abstract

*This study aim of the research was find out Achievement motivation among Sports and Non-Sports College Students. The main research instruments employed for the present study were Achievement motivation scale standardized by Deo.P., and Mohan A. (2002) Achievement motivation Scale(n-Ach), Agra national psychological corporation. 't' test was adopted. The sample consisted of 200 college students selected randomly from Jalna District of Maharashtra. The sample was further equally sports and non-sports college students and also equally gender between girls and boys students. Results revealed that 1. There is significant difference between sports college students and non- sports students on Achievement motivation. 2. There is nit significant difference between boys sports and boys non-sports college students on Achievement motivation. 3. There is significant difference between girls' sports and girls non-sports college students on Achievement motivation.*

**Key word:** Achievement motivation, sports and non-sports College students, and Gender.



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### Introduction

If you want to formulate the concept of achievement motivation in simple terms, you may be introduced to the concept of behavior in behavioral science. So what is behavior? The reaction of an organism to a stimulus is behavior. How does a player's behavior react? Behavioral motivation is used to answer all the questions of why players react to certain types of play. The behavior of any player does not happen easily or without reason. Without this work tendency, motivation cannot happen. Many such motivations result in the behavior of the individual. The motivation that a player seeks to win the game in order to achieve that goal is called the available motivation. You can tell us the names of many players from many sports like Dhyan Chand, Milkha Singh, Khashaba Jadhav, Kapil Dev, Sunil Gavaskar, P. T. Usha, Sachin Tendulkar Virat Kohli, Sania Nehwal, who have achieved tremendous success through their hard work and intrinsic motivation.

### Review of Literature

**Jose Antony (2017)** in this research respondent are 800 school students age between 16-19 and major result was Self Concept has a strong impact on the level of Achievement Motivation that enhance the relationship between motivation and performance.

**Dijana Ivanisevic, et.al. (2017)** titled of achievement motivation among athletes and nonathletic students. The results shown statistically higher achievement motive among athletes than among non-athletes, as well as among students who are professional athletes than those who participate in sport only as a form of recreation.

**Singh et al. (2010)** indicate to compare the sports achievement motivation of male and female north zone badminton players. Results show that no significant difference found between male and female north zone badminton players in their sports achievement motivation at 0.05 level of confidence.

**Kauret al. (2007)** studied to find out the relationship between achievement motivation and pre-competition anxiety among inter university hockey players. Result show that the that there was a significance relationship between achievement motivation and pre-competition anxiety of interuniversity level male hockey players and there was a significance difference in the level of



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achievement motivation of high pre-competition anxiety group and low pre-competition anxiety group of interuniversity level male hockey players.

### Objective of research

1. To Study the Achievement motivation among sports students and non- sports college students.
2. To Study the Achievement motivation among boys sports and boys non-sports college students.
3. To Study the Achievement motivation among girls sports and girls non-sports college students.

### Hypotheses of research

1. There will be significant difference between sports students and non- sports college students on Achievement motivation.
2. There will be significant difference between boys sports and boys non-sports college students on Achievement motivation.
3. There will be significant difference between girls sports and girls non-sports college students on Achievement motivation.

### Methodology

### Sample

With the help of a randomized sampling technique 120 students were selected from Parbhani district. Out of these 60 sports college students and 60 non-sports college students. There are maintaining the gander male and female students. There is not considering education faculty, and family social, economical background. Age group of 18-27

### Sample distribution

	<b>College students</b>	Total
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		sports	non-sports	
Gender	Boys	30	30	60
	Girls	30	30	60
Total		60	60	120

## Variables

### Independent variables

- |                     |           |               |
|---------------------|-----------|---------------|
| A) College Students | 1. Sports | 2. Non-sports |
| B) Gender           | 1. Boys   | 2. Girls      |

### Dependent variables

#### 1. Achievement motivation

### Operational definition

- Achievement motivation** - The score on Mental Health scale indicates Achievement motivation.
- College students** - Who students studying college.

## Research tools

### Achievement motivation scale



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Achievement motivation scale (n-Ach) is developed by Dr. Pratibh Deo and Asha Mohan. (2002) this inventory has 50 items in 50 items divided in 13 are negative and 37 items are positive. This inventory has Reliability coefficient 0.69 and inventory has validity 0.75.

### Statistical analysis, Result and Discussion

A brief account of the result obtained in this work the employed statistical technique is presented in this section. The group wise descriptive statistical for the one variables Achievement motivation level was presented in following tables reference to this table has been made while presenting the results divert from inferential statistic and evaluating the hypothesis.

**Hypothesis** - There will be significant difference between sports college students and non- sports college students on Achievement motivation.

	Mean	S.D.	N	t	Sign
Sports college student	162.33	14.6	60	<b>1.68</b>	Significant
Non-Sports college student	166.77	14.26	60		

The result of present study table Show that the mean score of Achievement motivation for sports and non-sports college students Mean are 162.33 and 166.77 respectively, significant different between these two groups. The "t" value 1.68 is significant at 0.05 level. Thus result supported the hypothesis.

**Hypothesis** - There will be significant difference between boys sports and boys non-sports college students on Achievement motivation.

	Mean	S.D.	N	t	Sign
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Boys sports college student	164.77	13.65	30	1.08	not significant
Boys non-sports college student	168.77	14.79	30		

The result of present study table Show that the mean score of Achievement motivation for boys sports and non-sports college students Mean are 164.77 and 168.77 respectively, the no different between these two groups. The "t" value 1.08 not significant at 0.05 levels. Thus result supported the hypothesis.

**Hypothesis** - There will be significant difference between girls sports and girls non-sports college students on Achievement motivation.

	Mean	S.D.	N	t	Sign
Girls sports college student	157.6	15.52	30	2.6.	Sign
Girls non-Sports college student	167.07	12.1	30		

The result of present study table Show that the mean score of Achievement motivation for Girls sports and non- sports college students Mean are 157.6 and 167.07 respectively, the different between these two groups. The "t" value2.6 also significant at 0.05 level. Thus result supported the hypothesis.

## Conclusion



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1. There is significant difference between sports college students and non- sports students on Achievement motivation.
2. There is no significant difference between boy's sports and boys non-sports college students on Achievement motivation.
3. There is significant difference between girl's sports and girls non-sports college students on Achievement motivation.

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## A Comparative Study of Exercise Aspect of Universal Supreme Health for All Mental Wellbeing between law and Physical Education Players in Solapur District

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### Abstract:

The purpose of the study was to compare Exercise aspect of universal supreme health for all mental wellbeing between law and physical education players in Solapur district. A total of 200 players were randomly selected from Solapur university players. The age of subject ranged between 21 to 28 years Exercise aspect of universal supreme health for all mental wellbeing between law and physical education players measured this study used Balkishan (2004) questionnaire. This questionnaire provides Exercise aspect of universal supreme health for all mental wellbeing. "t" test was applied at 0.05 level of significance. The result showed no significant difference both faculty players.

**Key Words:** Exercise, well-being, universal.

### Introduction:

However Physical activity can help greatly with maintaining mental well being. The endorphin that the brain releases during exercise helps to improve mood energy level and eye sleep together these positive effects help to improve self-confidence and resilience.



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### Statement of Research :-

A comparative study of Exercise aspect of universal supreme health for all mental well being between Law and Physical education Players in Solapur District.

### Objective of the study:-

To study for the Exercise aspect of universal supreme health for all mental well being between Law and Physical education Players in Solapur District.

### Hypothesis :-

There will be no significant differences Exercise aspect of universal supreme health for all mental well being between Law and Physical education Players in Solapur District.

### Sample:

In this study consists 100 Law and 100 Physical Education players in Solapur District.

### Tools of the Study:

In this study used Balkishan (2004) questionnaire. This questionnaire provides Exercise aspect of universal supreme health for all mental wellbeing.

### Statistical Process:

In this study was used Mean, SD and T-Ratio setup 0.05 level.

**Table No. 1:**

### Exercise aspect of universal supreme health for all mental well-being between Law and Physical education Players in Solapur District

Dimension	Players	Number	Mean	S.Ds	T-ratio
Exercise	Law Players	100	2.31	0.68	0.84 NS
	Phy.Edu. Players	100	2.61	1.14	

### \*Not Significant

Table No. 1 shows that the mean scores, standard deviation and t-ratio of the Exercise aspect of universal supreme health for all mental well being between Law and Physical education Players in Solapur District .

With regards to Exercise aspect of universal supreme health for all physical well being score of Law players and Phy.Edu Players they have obtained the mean values of 2.31 and 2.61 respectively which are given in Table 1 reveals that the significant difference was found out in (t=0.84, P < 0.05) Law Players and Phy.Edu. Players. Phy.Edu Players was found to have got more



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Exercise aspect of universal supreme health for all mental well being score. Which means that Law players incur significantly less Exercise aspect of universal supreme health for all physical well being score.

### Conclusion:

This may be due to the differences of playing attitude and different fitness back ground. In this study finally hypothesis was not accepted.

### Recommendation:

1. Boost our energy level so we can get more done.
2. Helps we manage stress and tension
3. Promotes a positive attitude and out loot
4. Improve our self-image and self confidence
5. Provides fun ways to spend time with family friends and society

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### Effect of Pranayama Exercises on Vital Capacity in Handball Players

**Mr Firdous Ahmed lone**

Research Scholar.

S. R. T.M. University, Nanded.

#### Abstract

*In India ancient sages recognized some simple to practice breathing exercises that brought relaxation in body and mind. Various studies have shown that pranayama exercises improve lung functions as well as strengthen the aspiratory and expiratory muscles of respiratory system in human beings.*

*Objective: The objective of present study was to examine the effect of pranayama exercises on vital capacity in handball players.*

*Materials and Methods: In this study thirty-one (N=31) male national level handball players of Jammu and Kashmir were selected as subjects. The age of subjects ranged from 17 to 19 years. The subjects underwent yoga training in morning session for the period of 7 weeks 40 minutes in a day. The vital capacity was measured before and after 7 weeks of yoga training by using Spiro meter. The one-group pretest-posttest research design was used in this study.*

*Results: After analysis of collected data, significant effect of pranayama exercises in yoga training was found on vital capacity in handball players.*

*Conclusion: It was concluded that pranayama exercises improves vital capacity significantly.*

**Keywords:** Vital Capacity, Pranayama exercises, Handball players.

#### Introduction:

The word yoga is derived from Sanskrit word 'YUJ' which means to unite, to join, to bring together or to yoke. Yoga recreates harmony within body and mind. Yoga is a process and a goal to reunite individual human spirit with its nature, reunite Atma with Parmatma. Yoga is the way of life where we achieve inner peace of life by leaving behind madness of world. Yogic lifestyle helps in the development of positive health. Yoga is a sort of health insurance and is achieved when we change the perception of stress. The practice of yoga settles body and mind and reduces stress. Through yoga exercises we can switch on parasympathetic nervous system. There are many beneficial effects of increased parasympathetic activity on



## OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



our body systems, it also frees up our body's inherent healing system known as immune system.

In India ancient sages recognized some simple to practice breathing exercises that brought relaxation to mind and body. These exercises were practiced with ease at morning or evening time of the day on an empty stomach. Pranayama exercises are translated as breath control of the prana (breath). The process of pranayama includes Purakha, Kumbhaka and Rechaka. Source of prana is breath and pranayama are the formal practice of controlling the breath, it the expansion of vital energy. Breathing exercises are used in clinical medicine as physiotherapy. It is practiced by people in everyday of life for relaxation by alleviating stress and to regularize breathing stress.

Vital capacity is the maximum amount of air a person can exhale from the lungs after maximum inspiration. It is equal to inspiratory reserve volume plus tidal volume and expiratory reserve volume. A normal individual has vital capacity between 3 to 5 litres. The effect of pranayama exercise on vital capacity in handball players of J and K in winter season has not been studied yet. The present study was carried out to assess the effect of pranayama exercises on vital capacity of handball players.

### Objective:

To examine the effect of pranayama exercises on vital capacity.

### Materials and Methods:

In this study thirty-one (N=31) male national level handball players of Jammu and Kashmir were selected as subjects. The age of subjects ranged from 17 to 19 years. The pranayama exercises as yoga training was administered on selected handball players in morning session for the period of 7 weeks. Every training session has the duration of 40 minutes in a day. The one-group pretest-posttest research design was used in this study. Pre-test was taken before start of training and post-test was taken at the end of training programme. Paired 't' test was used to compare the pre and post test data. Level of significance was kept at 0.05 (P value <0.05) and results were tabulated.

### Results:

The collected data from subjects on vital capacity was statistically examined by analysis while using 't' test and level of significance was fixed at 0.05 level of confidence.

Descriptive statistics of pre and post-test data of experimental group in relation to vital capacity.

	N	Mean	Std. Deviation	Std. Error	T value	P value
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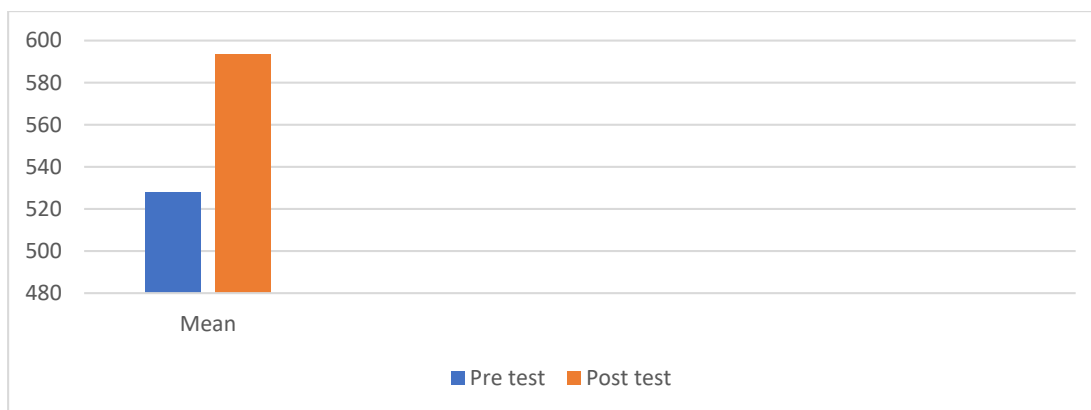
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<b>Pre test</b>	31	527.74	106.03	19.38	8.13	<0.05
<b>Post test</b>	31	593.22	92.44	16.72		

Above table reveals that pre-test and post-test means, standard deviation, standard error and t value on vital capacity of handball players. The tabulated value of t 2.042 was found less than calculated value of t 8.13 at 0.05 level of confidence. It was found that there is significant effect of pranayama exercises on vital capacity in winter season.



The Graphical representation of mean of pre and post test of experimental group in relation to vital capacity.

### Discussion on findings:

Yoga exercises are considered good for maintaining proper health and has profound effect on the lung function of an individual. Pranayama exercises increases lung and thorax, strengthens respiratory muscles and airway resistance (Vinayak P. D. et. Al.). Breathing exercises in yoga have significant effect on vital capacity (Sodhi C. et. al.) The low intensity continuous training and yoga practice significantly improves vital capacity of mild hypertension college teachers (Jatoh J.) and similar findings were found in the present study as shown by the results. The vital capacity of an individual depends upon the strength of respiratory muscles, lungs and chest wall, thoracic structures, integrity of pleura and airway resistance, age, sex, height and mass. The mean value for vital capacity before pranayama exercise was 527.74 ml and the mean value for vital capacity after exercises was found increased up to 593.22 ml.

### Conclusion:



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After analysis of collected data it was found that breathing exercises are executable in winter and will improve vital capacity in handball players. It is advised that pranayama exercise should be done for maintaining vital capacity. Further studies should be carried out in order to establish the fact that whether yoga exercises can improve vital capacity in the players of different games at various level both in male and female players.

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## An analytical Study of Self Concept of Sports and Non-sports College Students

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### Abstract

*This study aim of the research was find out Self-concept among Sports and Non-Sports College Students. The main research instruments employed for the present study were Self-concept scale standardized by Dr. (Smt.) Mukta Rastogi 't' test was adopted. The sample consisted of 200 college students selected randomly from parbhani District of Maharashtra. The sample was further equally sports and non-sports college students and also equally gender between girls and boys students. Results revealed that 1. There is significant difference between sports college students and non- sports students on Self-concept. 2. There is significant difference between boy's sports and boys non-sports college students on Self-concept. 3. There is significant difference between girl's sports and girls non-sports college students on Self-concept.*

**Keyword: Self-concept, sports and non-sports College students, and Gender.**

### Introduction

In the short research presented, we enjoy the concepts and concepts of the students and students who are not college players and the concept is that the individual but not everyone has their own identity. Many psychologists have interpreted the concept that all of them will know that the person is aware of their own shortcomings and location. Inspiration is also a common concept. This word refers to the power that motivates a person to behave, in English the word motive is used as the word motivation. But the word movere is derived from this Latin tomorrow. This word in Latin means motivation that motivates a person to act and persevere



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until he achieves a specific goal, the motivation being the basis of human behavior to achieve an inner state. While living in a society, a person tries to understand the behavior of others. At the same time, he is trying to understand himself, analyze himself, how he identifies himself, what is involved is a very broad topic. It is an important topic of psychologist's study. Then, when a student or college player of such self concept gets a reputation at the district level, at the state level or at the university level, gaining a reputation in a sport at the national and international level, he or she is aware of the concept. Self-concept involves the player being aware of his own abilities and weaknesses. What are the capabilities, then, of which we can achieve the pinnacle of new success? What are our deficiencies that cause us to fail, then by studying those deficiencies, how can we overcome them? And as the player realizes that his ability can be increased, no matter what the game or any player, he has to study self-concept. Mr. Rogers (1951). He defined the self, "as an organized fluid, but consistent conceptual pattern of perception of characteristics and relationships of the "I" or the "me" together with values attached to those concepts. Mr. Allport (1937) identified seven aspects in the development of the appropriate or selfhood. They are bodily sense, self identify, ego enhancement, ego-extension, rational process, self image and appropriate striving. These seven aspects, rational thinking, cognitive style, and the function of knowledge are all true and vital portions of personality,

### Review of Literature

Dr. Raj Kumar G. Malkappagol (2017) entitled of Influence of Self Concept on Inter University Football Players., in this research 100 university football players are respondent., age of range 19 - 22 years. Major result show that the culture and sex both are statically significant of self concept.

Dr. Sushil Kumar at.all. (2017) this research result show that no significant difference was found between boys and girls in adjustment and Self - concept.

Jose Antony (2017) in this research respondant are 800 school students age between 16-19 and major result was Self Concept has a strong impact on the level of Achievement Motivation that enhance the relationship between motivation and performance.

### Objective of research

1. To Study the self-concept among sports students and non- sports college students.
2. To Study the self-concept among boys sports and boys non-sports college students.



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3. To Study the self-concept among girls sports and girls non-sports college students.

### Hypotheses of research

1. There will be significant difference between sports students and non- sports college students on self-concept.
2. There will be significant difference between boys sports and boys non-sports college students on self-concept.
3. There will be significant difference between girls sports and girls non-sports college students on self-concept.

### Methodology

### Sample

With the help of a randomized sampling technique 200 students were selected from Parbhani district. Out of these 100 sports college students and 100 non-sports college students. There are maintaining the gender male and female students. There is not considering education faculty, and family social, economical background. Age group of 18-27

### Sample distribution

		College students		Total
		sports	non-sports	
Gender	Boys	50	50	100
	Girls	50	50	100
Total		100	100	200

### Variables



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### Independent variables

- |                     |           |               |
|---------------------|-----------|---------------|
| A) College Students | 1. Sports | 2. Non-sports |
| B) Gender           | 1. Boys   | 2. Girls      |

### Dependent variables

#### 1. Self-concept

### Operational definition

1. **Self-concept** - The score on Mental Health scale indicates self-concept.
2. **College students** - Who students studying college.

### Research tools

#### Self-concept scale

This scale is developed by Dr. (Smt.) Mukta Rastogi. (1979) This inventory has 51 items and 5 alternative answers. 1. Strongly agree 2. Agree 3. Undecided 4. Disagree 5. Strongly Disagree This 51 items classified in 10 category. This inventory has Reliability coefficient 0.87.

### Statistical analysis, Result and Discussion

A brief account of the result obtained in this work the employed statistical technique is presented in this section. The group wise descriptive statistical for the one variables Self-concept was presented in following tables reference to this table has been made while presenting the results divert from inferential statistic and evaluating the hypothesis.



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**Hypothesis** - There will be significant difference between sports college students and non- sports college students on self-concept.

	Mean	S.D.	N	t	Sign
Sports college Student	384.2100	54.3825	100	0.192	Not. Sign
Non-Sports College Student	382.9500	65.7466	100		

The result of present study table Show that the mean score of self - concept for sports and non-sports college students Mean are 384.2100 and 382.9500 respectively, the no different between these two groups. The "t" value 0.192is not significant at 0.05 level. Thus result supported the hypothesis.

**Hypothesis** - There will be significant difference between boys sports and boys non-sports college students on self-concept.

	Mean	S.D.	N	t	Sign
Boys sports college student	385.1200	56.1731	50	0.753	Sign
Boys non-sports college student	391.1400	56.5581	50		





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The result of present study table Show that the mean score of self-concept for boys sports and non-sports college students Mean are 385.1200 and 391.1400 respectively, the different between these two groups. The "t" value 0.753 also significant at 0.05 level. Thus result supported the hypothesis.

**Hypothesis** - There will be significant difference between girls sports and girls non-sports college students on self-concept.

	Mean	S.D.	N	t	Sign
Girls sports college student	383.3000	53.0865	50	0.822	Sign
Girls non-Sports college student	374.7600	73.4693	50		

The result of present study table Show that the mean score of self-concept for Girls sports and non- sports college students Mean are 383.3000 and 374.7600 respectively, the different between these two groups. The "t" value .822 also significant at 0.05 level. Thus result supported the hypothesis.

### Conclusion

1. There is significant difference between sports college students and non- sports students on Self-concept.
2. There is significant difference between boys sports and boys non-sports college students on Self-concept.
3. There is significant difference between girls sports and girls non-sports college students on Self-concept.



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### Health and Physical Education: An Inter-Relative Perspective

**Dr. Ghayal Baburao Laxmanrao**

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#### Abstract

*There seems a noteworthy correlation in between physical education and health. In other words they are the two sides of one coin at all. Physical education and sport is considered to be the crucial resource in developing all round personality of students. It has become a part of curriculum at school, college and university level institutions. Being physically fit is essential for all the age groups for better life to enjoy all the opportunities with greater enthusiasm. Health is a multidimensional concept because which is created by social, biological, economic, environmental and cultural factors. Health primarily denotes the general condition of an individual with well being. Health, food nutrients and educations are the basic needs of child for the overall development. Being healthy does not mean the absence of any disease or illness only. According to World Health Organization (WHO) health is "a state of complete physical, mental and social well being and not merely an absence of disease or infirmity". This perspective of overall development of an individual can undoubtedly be possible with passionate and full devotion towards sports. In other words, physical education and sport play a crucial role in building bridge to develop overall personality of students. Health and physical education including yoga has become a central part of the school and college level curriculum which enables to get adequate opportunity to participate in free play, informal and formal games, sports and yoga activities to be healthy with cognitive development.*

*Given the widespread importance of sports in improving health and cognitive development of students, the inter-relative role of physical education and health is inevitable. This research*



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article will deal specifically with inter-relative perspective between health and physical education in descriptive way of analysis.

**Keywords:** Health, Physical Education, personality, sports, cognitive etc.

### Introduction

Physical Education develops the skills, knowledge, values and attitudes needed for making a versatile personality to live happy, healthy and prosperous lifestyle. It is not confined to only the physical development. However when we go through detailed study and practice of it then we realize the overall importance in making all round development. Physical Education comprises of holistic education with developing motor abilities, techniques and tactics for games and sports along with socio-psychological and mental development through actual participation in sports. It also contributes in innumerable way for the attainment of physical fitness, physical efficiency and mental alertness, perseverance, leadership, obedience etc through sporting. Additionally, it also helps to inculcate various values and ethics in an individual and team sports.

Health and fitness, ethics and values, motor and sports skills, knowledge and practice of safety, knowledge of movement and exercise and aesthetic sensitivity etc are the basic strands of physical education that enables to make overall development of a person.

Physical Education develops the skills, knowledge, values and attitudes needed for making a versatile personality to live happy, healthy and prosperous lifestyle. It is not confined to only the physical development. However when we go through detailed study and practice of it then we realize the overall importance in making all round development. Physical Education comprises of holistic education with developing motor abilities, techniques and tactics for games and sports along with socio-psychological and mental development through actual participation in sports. It also contributes in innumerable way for the attainment of physical fitness, physical efficiency and mental alertness, perseverance, leadership, obedience etc through sporting. Additionally, it also helps to inculcate various values and ethics in an individual and team sports.



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Health and fitness, ethics and values, motor and sports skills, knowledge and practice of safety, knowledge of movement and exercise and aesthetic sensitivity etc are the basic strands of physical education that enables to make overall development of a person.

### Definition of Physical Education

According to Advisory Board of Physical Education and Recreation, "Physical Education is an education through physical activities for the development of total personality of the child to its fullness and perfection in body, mind and spirit".

### Curriculum Aims of Physical Education

Given the significant role of lifelong learning and overall development, Physical education and sports plays one of the key roles. Physical education aims to help students:

- Acquire an extensive range of integrated knowledge; develop motor skills along with cultivating positive values and ethics for the lifelong learning and all round development through various sporting.
- Attain well being, physical fitness and bodily coordination with applying knowledge and skills of consistent exercise of sports.
- Develop commitment towards the well being of an individual and society with promoting desirable behaviors, cooperation and leadership in communal life.
- Lead healthy, energetic, enthusiastic and active life.
- Promote and develop socio-psycho, physical, emotional and intellectual development of a child.

For the effective implementation of the curriculum and its fulfillments to child, certain basic requirements need to be maintained in terms of infrastructure and human resources along with financial adequacy to child. Therefore there is a need of hour for these concerns to be addressed and implemented with proper attention for the development of child.

### Scope of Physical Education: Health Oriented Perspective

The scope of Physical Education is at adverse extent in terms of dimensions. It comprises of various content based areas with its inter-relating concepts especially in health and



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physical education. Health education is embedded itself within physical education and it is carved out and developed through the physical activities. A great has been related with health perspective ,as it develops various aspects like hygiene, nutrients, balanced diet, community health programs, school health programs, health club, health awareness drive, prevention of communicable and non communicable diseases along with proper guidance related to injury free sports etc. effective sports training with needed infrastructure will lead to health benefits to everyone. With the active implementation of PTs and Movements at primary level will help child to strengthen the muscle endurance and flexibility. It also contributes in well functioning of heart and lungs with maintenance of good body posture of child. Health related aspects like cardio vascular system, respiratory system, muscular endurance, and bones strengthening etc will be in well condition through sports.

Hence, the role of Physical education in molding the biological and physical shape of child is at prime level. Health is the prime key for the attainment of socio educational and other learning without which the goals cannot be achieved.

### **Some Factors helpful for health development through Physical Education**

Health of the child at school can be developed through the prominent way of teaching physical exercises and sporting. Balanced diet also plays the crucial role in nurturing the biological factors of child. There are some factors that develop the health abilities of child through physical training at school and college levels are as follows.

#### **1. Yoga and Physical Education training**

Yoga and physical education are considered to be the contributing factors in maintaining child's Physical, Mental and Spiritual development at all. For proper implementation of these factors, there should be a inclusion of it in teacher education too. Benefits of yoga includes muscle strength, immunity boosting, develop nervous system, flexibility etc.

#### **2. Sports Activities**

Sports activities are also seen as a health building factors through its varied exercises and practice at various places. Sport holds the prime place in the queue of boosting health of the child, as it helps to develop personality development of child. Sports event like cricket, football,



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basketball, kho-kho, Kabbadi wrestling, running and so on contributes for the all round development of child.

### 3. School Health Programs

Under the physical education training, school health programs are organized at school levels for the awareness of health factors. School health program must be an integral part of 'Health and Physical Education' as it is the basic step towards increasing interest towards health development. Nutrition programs help to form the basis for health and nutrition education through proper organization of such programs at schools. Personal hygiene, School hygiene, sanitation and safety management, physical therapy drive, health supervision weekend and yoga and sports events should be implemented through school health programs for the better health improvement of child.

### 4. Sports Participation

Sports participation at various levels right from school, college levels to international level helps to boost confidence and strengthen the physical efficacy of players. Guided way with safe playing for sports also contribute for the better healthy being with free from injuries. It is one of the fore findings in health development factors.

### Conclusion

Based on above study it is concluded that, there is a pivotal role of various Health development strategies and programs at school and college levels in developing student's Physical, Mental and Social Health. Present Paper elaborates detailed descriptive analysis of health and physical education in correlative manner to help everyone to have a proper and well knowledge and information to develop health condition through physical education.

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## Examining the Effects of Yogic Exercise on Flexibility among Collegiate Students

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### Abstract

The primary objective of the study is to find out the Effects of yogic exercise on Flexibility among Collegiate Students. The 30 male collegiate students participated in the study and their age ranged between 18-25years. Studied from DDACS College, Waluj, Aurangabad (Maharashtra), Training was given to the experimental group only. Voluntary to participate in the specific yogic exercise Training Programmes. Exclusion criteria were the presence of chronic medical conditions such as asthma, injuries, heart disease or any other condition that would put the subjects at risk when performing the experimental test. The yogic Exercise training Scheduled was planned for 8 weeks, 5 days in week. Study was conducted at our college campus. The data was collected by age, height, weight, and flexibility of all subjects were measured in physical education department laboratory and Field. Flexibility was assessed using Sit Reach test and Bent & Reach test. Mean score and standard deviation were taken and paired ANCOVA was applied. The result reveals that there was statistically significant effect of yogic exercise through Sit Reach test ( $f=5.85, p<, 0.05$ ). However, the result reveals a statistically significant effect of Flexibility through Bent & Reach test. ( $f=3.65, p<.05$ ) It is found that yogic exercise improves the flexibility among collegiate students.

**Keywords:** Exercise, Collegiate Students

### Introduction

Yogic practice could have included stretching and rotation exercise. The most important benefit of yoga is physical and mental therapy. Indians have given great importance to yoga and physical exercises not only to prevent or cure the physical ailments/diseases but to keep fit also. There are many disciplines of yoga that emphasize different aspects of the mind, body and spirit. However, in the West, mainstream Yoga focuses largely on the physical practice, primarily Hatha Yoga. Hatha is a widespread style that incorporates a series of poses (called Asanas) that emphasize stretching, breathing (called



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Pranayama), relaxation and meditation techniques to help build strength, increase flexibility, Concentration, balance and improve co-ordination. Yoga, with origins in ancient India has several subtypes, and incorporates physical postures (asanas), controlled breathing (pranayama), deep relaxation, and meditation. Flexibility, it references to the moving and stretching capacity of joints and muscles. Flexibility in joints can be increased by some exercises, in this research investigator focused on this factor, that which selected exercises or body movement can improve the flexibility of human joints. Every person's flexibility level can be different from another. Age, gender, genetics, daily routine, eating habits, and exercise level are responsible for it. For example, at childhood our flexibility level is high but when we get older our joints get more rigid. But body temperature, activity level, joint structure, ligaments, tendons, also influences flexibility. For measuring flexibility investigator used Bend & Reach test and Sit & Reach test in this research.

### Objectives of the Study:

The objective study was to measure the effects of selected yogic exercises on Flexibility among collegiate students.

### Research Hypothesis

There would be significant the effects of selected yogic exercises on flexibility among collegiate Students.

### Methodology:

#### Target population:

Two groups were targeted experimental & control group; 30 collegiate students considered as experimental group & 30 other collegiate students considered as control group. Studied from DDACS College, Waluj, Aurangabad.(Maharashtra), The training programme was only given to experimental group. The age of the subjects was ranged between 18 to 25 years.

#### Demographic Information:

The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses.

#### Research Design:

The research design refers to "the researcher's overall plan for testing the research hypotheses" (Polit et al, 2001, p.167). This study involves a cross sectional, comparative pre and post-test of students in an experimental research. Since only experimental group was



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taken by the investigator and there was no control group so this study was conducted in a quasi-square experimental design.

**Test Administration:** For the present study flexibility was assessed using Sit & Reach test and Bend & Reach test was utilized for data collection.

### Yogic training consists of the following selected exercises

S.N.	ASANA	Position ASANA
1	Standing	Suriyanamaskar, Tadasana, Trikonasana, Utkatansana, Utthita Parsvakonasana, Cakrasana
2	Sitting	YogaMudra, Paschimottanasana, Ardha Matsyendrasana
3	Kneeling	Vajrasana, Padmasan
4	Prone	Bhujangasana, Shalabhasana, Dhanurasana
5	Supine	Naukasana, Sarvangasana, Halasana, savasana

### Training Programme:

The yogic exercises are also demonstrated correctly and asked them to do the same. Training Schedule Week ASANA Position Repetition Sets Rest between asanas Frequency per week 08 Week Standing 1 (15 Min.) 30 Sec. 5 Day/ Week Sitting 1 (15 Min.) 30 Sec. Kneeling 1 (15 Min.) 30 Sec. Prone 1 (15 Min.) 30 Sec. Supine 1 (15 Min.) 30 Sec. **Intensity of training** –64/70-94% of maximum heart rate (HRmax).

### Collection of data:

Data was collected from Pre and Post Test was taken. 30 Male collegiate students as a experimental group and 30 Male collegiate students as a control. The score is recorded given by the in cm.

### Tools of the Study:

For this research we had selected 40 Cm's Wooden Box and Marking Cones. These tools were used to collect the data from experimental & control group for this study

### Data Analysis

Statistical Analysis: For data analysis responses were expressed as Analysis of Covariance was performed for pre and post-test. The level of significant set up at 0.5 level

### Results of Study



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As the primary aim of the study was to statistically effects of yogic exercise find out the flexibility on collegiate Students. With the help of analysis of co-variance.

**Table -1, Shows the statistical information of Analysis of Covariance effects of Yogic exercise on flexibility through Bent & Reach Test of pre and post-test of Control group & Experimental Group.**

Bent& reach Test							
Analysis of Covariance							
Source of Variation	D.F	SSX	SSY	SSXY	SSYX	MSSYX	F-ratio
Treatment Group Means	2-1=1	669.90	241.51	402.23	186.02	186.0289	3.65*
Errors	30-2-1=27	2419.69	2084.8	2893.74	-1375.69	-50.9514	
<b>fyx= 3.65*</b>							

\* Significant at 0.05 Level

As per Table, shows that statically significant effect of yogic exercise was found out on Flexibility through Bent & Reach Test in the form of Analysis of Covariance of pre and post-test of Control group & Experimental Group.

With regards to Bend & Reach Test, pre and post-test of Control group and Experimental Group they have obtain the F value 3.65\* and which is significant at the level of 0.05, and table value is 4.1055. The Table reveals that, there was significant effects of selected yogic exercises on Flexibility effects of selected yogic exercises on Flexibility through Bend& Reach test was found out in Experimental Group (F=3.65\*, p>.05).

**Table -2, Shows the statistical information of Analysis of Covariance effects of Yogic exercise on flexibility through Sit & Reach Test of pre and post-test of Control group & Experimental Group.**

Sit & Reach Test							
Analysis of Covariance							
Source of Variation	D.F	SSX	SSY	SSXY	SSY X	MSSY X	F-ratio
Treatment Group Means	2-1=1	0.8	115.2	9.6	97.38	97.38	5.85*
Errors	30-2-1=27	1397.088	1746.66	1346.55	448.75	16.62	



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fyx= 5.85\*

### \* Significant at 0.05 Levels:

As per Table, shows that statically significant effect yogic exercise was found out on Flexibility through Sit & Reach Test in the form of Analysis of Covariance of pre and post-test of Control group & Experimental Group.

With regards to Sit & Reach Test, pre and post-test of Control group and Experimental Group they have obtain the F value 5.85\* and which is significant at the level of 0.05, and table value is 4.1055. The Table reveals that, there was significant effects of selected yogic exercises on Flexibility through sit & Reach test was found out in Experimental Group (F=5.85\*,  $p > 0.05$ ).

### Conclusion

Results of this study are consistent with previous research that has significant effects of 8-week yogic exercise training on to improve flexibility among collegiate students. Thus, yoga may support to enhance performance of those athletes by increasing specific components of fitness. These results may assist the Educational policy makers of the different universities and other State and Centre educational bodies to include yoga as a part of their regular curriculum and to be a compulsory subject for college students to improve flexibility and other health related physical fitness components. Hence, at this moment we can recommend that yoga professional could be included with the team to conduct yoga session on a regular basis to enhance performance of athletes. Coaches could also be trained on yoga poses so that they can conduct yoga session with their trainee athletes along with the other regular training.

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### A Study of Self-Confidence on Adolescence

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#### Abstract

The study was undertaken to study of Self-Confidence on Gender, Living of Area among Adolescence. Objectives: To examine the self-confidence on Male and Female Adolescence and to examine the self-confidence on Urban and Rural Adolescence. Hypotheses: - There is no significant difference between male and female Adolescence on self-confidence. And there is no significant difference between Urban and Rural Adolescence on self-confidence. Methodology Sample: - Total sample of present study 100 Adolescence, in which 50 were Male Adolescence (25 Urban and 25 Rural Adolescence) and 50 Female Adolescence (25 Urban and 25 Rural Adolescence) Jalna City from Maharashtra. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Non- probability purposive Quota Sampling will be used. Research Design- 2x2 Factorial research design used in the present study. Variables-The independent variables are Gender (Male and Female Adolescence) and Living of Area (Urban and Rural Adolescence), Dependent variables are Self-Confidence. Statistical Treatment: Mean SD and ANOVA. Research Tools-Agnihotri Self Confidence Inventory (ASCI) by Dr.Rekha Gupta was used data collection. Conclusions: -Female Adolescence high self-confidence than Male Adolescence and Urban Adolescence high self-confidence than Rural Adolescence.

**Keywords-** Gender, Living of Area, Self Confidence, Adolescence.

#### Introduction



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Self Confidence is one of the personality traits which is a composite of a person's thoughts and feelings, strivings and hopes, fears and fantasies, his view of what he is, what he has been, what he might become, and his attitudes pertaining to his worth. The self is a composite of a person's thoughts and feelings, strivings and hopes, fears and fantasies, his views of what he is, what he has been, what he might become, and his attitudes pertaining to his worth. Self-confidence is considered as one of the motivators and regulators of behavior in a individuals everyday life (Bandura, 1986). Self-confidence is a feeling which allows individuals to have positive yet realistic views of themselves and their circumstances.

Self-confidence is an individual feature, the core of which is the positive assessment of the individual's own skills and abilities, as sufficient for him to achieve significant goals and meet its needs. Self-confidence is considered one of the most influential motivators and regulators of behavior in people's everyday lives.

Self-confidence is something that anyone can learn, and often much easier than one thinks. It is not something people born with, but instead something that people develop through their upbringing. It is usually influenced by the people around. The level of self-confidence is affected by the way one interpret events around them. This has a direct bearing on the level of self-esteem.

Self-confidence is an attitude which allows individuals to have positive yet realistic views of themselves and their situations. Self-confident people trust their own abilities, have a general sense of control in their lives, and believe that, within reason, they will be able to do what they wish, plan, and expect.

### Literature Review

BarotParikshit, (2014) and RenuTomer and Alpna Agrawal, (2014) indicated that male have high self-confidence than female. Geeta, PasteyandVijayalaxmi, Aminbhavi (2006) found that Adolescent girls tend to have significantly high self-confidence than boys and Sharanamma (2010) studied There was a significant difference between self-confidence levels of boys and girls.Ziegleet. al, (2000) also reported that girls expressed significantly lower levels of self-confidence regarding chemistry than boys.Hall (1990) found that self-confidence of females is not lower than that of males.Alice, Lorelei and Eve (2002), Lundberg, Box and Puncohar (1994)



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concluded that self-confidence varies with regard to gender, which is mostly high in males than females. Jassar, A. K., (2014) indicated that female adolescents possess high self-confidence than male adolescents of urban areas. Brown and Renz (2003) found that gender significantly affects the self-confidence. It signifies that male have high self-confidence than female. Malanie (1996) insist that male have high self-confidence because they are more confident about their abilities to cope with problems and taken on new challenges. Hall, Evelyn (1990) found that self-confidence of females is not lower than that of males. Bhuvanewara Lakshmi, (December- 2011) indicated that self-confidence of male college students is found to be more than the self-confidence of female college students. And self-confidence of rural college students is found to be more than the self-confidence of urban college students. Bhuvanewara Lakshmi, (December-2011) indicated that self-confidence of rural college students is found to be more than the self-confidence of urban college students. Wankhade and Rokade (2011) this study found that the average self-confidence of rural and urban, boys and girls are almost same and the rural boys were superior in their self-confidence in comparison to rural girls. The self-confidence of both sexes from urban areas found almost same.

### Statement of The Problem

"A Study of Self-Confidence on Adolescence"

### Objective of the Study

- To examine the self-confidence on Male and Female Adolescence.
- To examine the self-confidence on Urban and Rural Adolescence.

### Hypothesis of the Study

- There is no significant difference between male and female Adolescence on self-confidence.
- There is no significant difference between Urban and Rural Adolescence on self-confidence.

### Method



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## Participants

Total sample of present study 100 100 Adolescence, in which 50 were Male Adolescence (25 Urban and 25 Rural Adolescence) and 50 Female Adolescence (25 Urban and 25 Rural Adolescence) Jalna City from Maharashtra. The subject selected in this sample was used in the age group of 18 years to 21 years and Ratio 1:1. Non- probability purposive Quota Sampling will be used.

Table No.01

Gender		Male	Female	Total
Living of Area	Urban	25	25	50
	Rural	25	25	50
Total		50	50	100

## Research Design

2x2 Factorial research design used in the present study.

Table No.02

A		A1	A2
B	B1	25	25
	B2	25	25

A- Gender A1- Male A2- Female

B- Living of Area B1- Urban B2- Rural

## Variables of the Study

Table No.03

variable	Type of variable	Sub. variable	Name of variable
Gender	Independent	2	1) Male Adolescence 2) Female Adolescence



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Living of Area	Independent	2	1) Urban Adolescence 2) Rural Adolescence
Self confidence	Dependent	-	self confidence

### Research Tools

#### Agnihotri Self-confidence Inventory (ASCI):

Table No.04

Aspect	Name of the Test	Author	
Self-confidence	Agnihotri's Self-confidence Inventory (ASCI):(1987)	Rekha Agnihotri	Item- 56
			Scoring- yesresponse - 1 mark No response - 0 mark
			Reliability - 0.91
			Validity 0.82.

#### Procedures of Data Collection:-

The primary information was gathered by giving personal information from to each student. The students were called in a small group of 20 to 25 students. The students provided the Life Satisfaction scale. Data were obtained by using particular scoring particular scoring palter standardized for each scale.

#### Statistical Analysis

Mean, S.D and ANOVA were Adolescenceto analyses the data.

### Results and Discussion

#### Self-confidence on Gender.

#### Hypotheses-01



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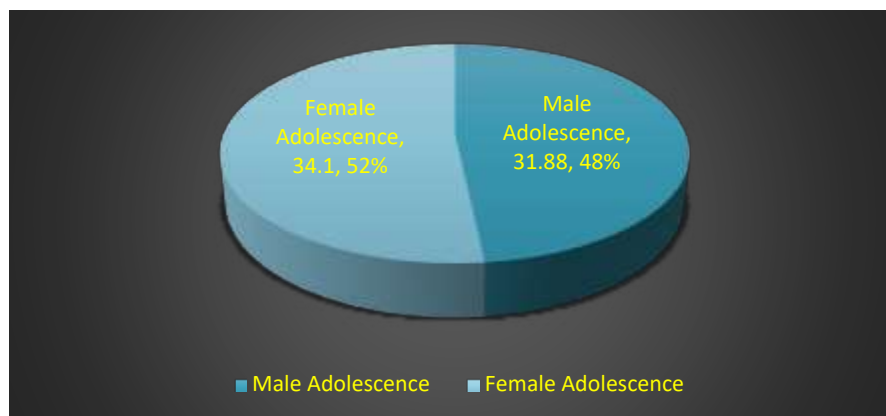


- There is no significant difference between male and female Adolescence on self-confidence.

**Table No.05 Show the mean, SD and F value of Self Confidence**

Variable	Gender	Mean	SD	N	DF	F Value	Sign.
self-confidence	Male Adolescence	31.88	3.12	50	98	10.28	0.01
	Female Adolescence	34.10	4.15	50			

**Graph No.02 show the mean of Living of Gender and Self Confidence**



Observation of the Table 05 and Graph No.02 indicated that mean and SD values of self-confidence the Male Adolescence were  $31.88 \pm 3.12$  and Female Adolescence were  $34.10 \pm 4.15$ . It is observed that the calculated F value 10.28 is High than the table value ( $0.01 = 3.94$  and at  $0.05 = 6.90$  levels). That is to say that this hypothesis is rejected. It means that Female Adolescence high self-confidence than Male Adolescence.

## Self-confidence on Living of Area.

### Hypotheses-02



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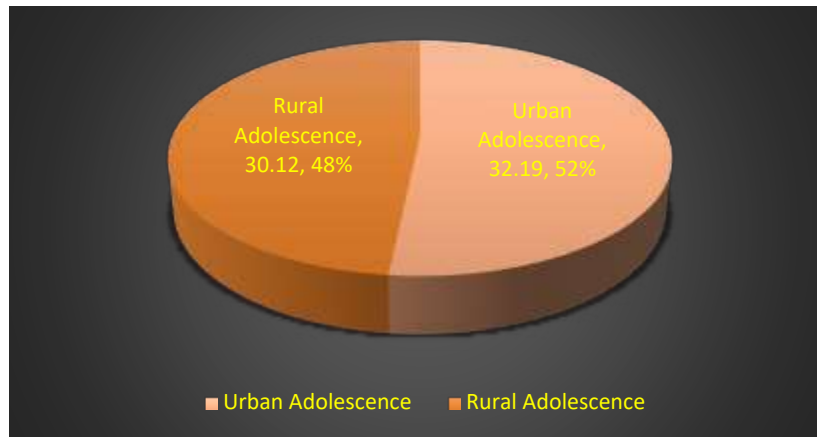


- There is no significant difference between Urban and Rural Adolescence on self-confidence.

Table No.06 Show the mean, SD and F value of Self Confidence

Variable	Gender	Mean	SD	N	DF	F Value	Sign.
self-confidence	Urban Adolescence	32.19	2.98	50	98	14.90	0.01
	Rural Adolescence	30.12	1.90	50			

Graph No.02 show the mean of Living of Area and Self Confidence



Observation of the Table 06 and Graph No.02 indicated that mean and SD values of self-confidence the Urban Adolescence were  $32.19 \pm 2.98$  and Rural Adolescence were  $30.12 \pm 1.90$ . It is observed that the calculated F value 14.90 is High than the table value ( $0.01 = 3.94$  and at  $0.05 = 6.90$  levels). That is to say that this hypothesis is rejected. It means that Urban Adolescence high self-confidence than Rural Adolescence





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### Conclusion

Female Adolescence high self-confidence than Male Adolescence.

Urban Adolescence high self-confidence than Rural Adolescence.

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### Study of Psychological Hardiness among players of various games

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#### **Abstract**

The purpose of the study was to compare the psychological hardiness among players of various games. For this purposes researcher has selected 40 players (20 kabaddi players and 20 kho-kho players) who has participated in inter-collegiate tournaments as well as in state tournaments from Sardar Patel Mahavidyalaya and Chintamani College of Science, Chandrapur, Maharashtra. Players were selected by purposive sampling method. There age limit of the subjects were 20 to 25 years. Psychological hardiness was measured with the help of questionnaire constructed by Prof. Arun Kumar Singh. To compare the psychological hardiness among players of kabaddi and kho-kho game t-test was applied as statistically and the level of significance was kept at 0.05 levels. Result shows that on the basis of mean different there was difference between mean of kabaddi players and kho-kho players. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test & result shows that there is significant difference between kabaddi players and kho-kho players in reference to Commitment disposition as the calculated t-value 2.301 is greater than the tabulated t-value 2.024. Whereas the two disposition Control and Challenge shows insignificant as the calculated t-value 1.521 & 0.236 is lesser than the tabulated t-value 2.024. In conclusion it revealed that mean of kabaddi and kho-kho players shows difference in reference to psychological hardiness components i.e. Commitment, Control and Challenge. To see this difference is significant or not researcher further calculated 't' test & result shows that there is significant difference between kabaddi players and kho-kho players in reference to Commitment disposition whereas the two disposition Control and Challenge



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*found to be insignificant. It may be attributed that every players is unique to each as individual, allowing them to engage themselves in different situation while playing. Kabaddi players shows better level of commitment as it, not solely in terms of individual, also refers to the sense of community and individual place in that arena and able to cope with stressful situations because of the understanding regarding the individuals place within the group cohesion. Both the players shows insignificant in reference to level of control and challenge, it may be attributed that both game players have the same level of responsibility and level of difficulties.*

### Introduction

Psychological hardiness was usually characterized as a personality structure comprising the three related general miens of commitment, control and challenges that experience as a resistance resource in encounters with stressful conditions at the time of early era. The commitment disposition was characterized as a tendency to involve oneself in activities in life and as having a genuine interest in and curiosity about the surrounding i.e. (activities, things, and other people). The control disposition was characterized as a tendency to believe and act as if one can influence the events taking place around oneself through one's own efforts. Lastly, the challenge disposition was characterized as the belief that changes, rather than stability, is the normal mode of life and constitutes motivating opportunities for self-awareness rather than threats to security.

Psychological hardiness can be expressed as a tendency that enables a characteristic to accept the experiences and variations in life with good humor and flexibility, which in turn influences behavior that prevents illness. The way to psychological hardiness is not luck as well as is not genetic, but is a learned approach to stress. The learning includes understanding or observing stressful events in a versatile manner. Psychological hardiness is a multi-component structure that is possessed by all individual to varying degrees and includes three components: commitment, control, and challenge. Researchers have understood the meaning, value, importance, and purpose of themselves, their job, their family, and their life in general. They give more confidence to effort and action than chance and believe they can manipulate life occasions and activities. They possess an internal asset and consider the positive and negative events life as the consequence of their actions.

Psychological hardiness can be expressed as a mental skill that can play a significant role in the performance of players. The effects of psychological hardiness and its various components on competitive anxiety and self-confidence of players were mostly seen. Psychological hardiness protects the individual against the unremitting effects of stress, especially in highly stressful situations. Hardiness is a better predictor of mental health than



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ISSN: 0474-9030 Vol-68, Special Issue-14

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Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education  
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physical health. Hence the researcher has taken the study Psychological Hardiness among players of various games.

### Methodology

The purpose of the study was to compare the psychological hardiness among players of various games. For this purposes researcher has selected 40 players (20 kabaddi players and 20 kho-kho players) who has participated in inter-collegiate tournaments as well as in state tournaments from Sardar Patel Mahavidyalaya and Chintamani College of Science, Chandrapur, Maharashtra. Players were selected by purposive sampling method. There age limit of the subjects were 20 to 25 years.

Psychological hardiness was measured with the help of questionnaire constructed by Prof. Arun Kumar Singh. The psychological hardiness questionnaire was consisting of three separate components – commitment, control and challenge. The test consist of 30 questions, the total questionnaire had three factors- Commitment, Control and Challenge. Each question in this test has five possible answers. Players have to tick mark against appropriate answer to each question. All the point value against the answered totaled. There were 30 items. Maximum point score for each question was 5; so for each factor which consists of 10 questions, 50 marks were maximum possible score.

### Statistical Analysis

To compare the psychological hardiness among players of kabaddi and kho-kho game t-test was applied as statistically and the level of significance was kept at 0.05 levels.

TABLE

Comparison of Psychological Hardiness Components among Kabaddi and Kho-Kho Players

Psychological Hardiness	Players	Mean	S.D.	M.D	S.E	D.F	O.T.	T.T.
Commitment	Kabaddi Players	38.14	5.73	3.87	1.68	38	2.301*	2.024
	Kho-Kho Players	34.27	4.87					
Control	Kabaddi Players	37.45	4.89	2.24	1.47		1.521	
	Kho-Kho Players	35.21	4.41					
Challenge	Kabaddi Players	36.43	4.53	0.33	1.39		0.236	
	Kho-Kho Players	36.76	4.28					

\*significant at 0.05 level



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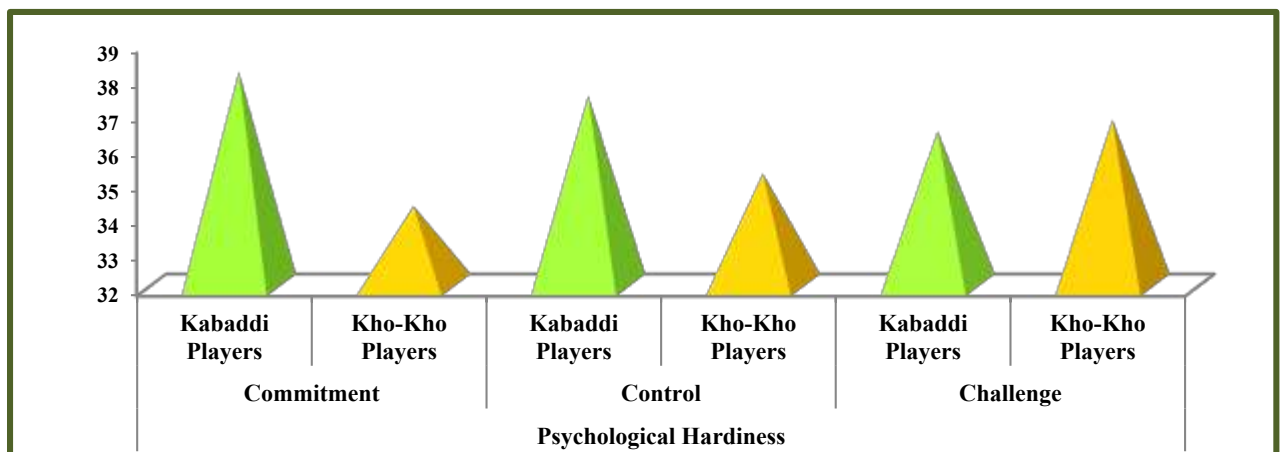
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Above table shows that on the basis of mean different there was difference between mean of kabaddi players and kho-kho players. To see this difference is significant or not at 0.05 level of significance. Researcher further calculated 't' test & result shows that there is significant difference between kabaddi players and kho-kho players in reference to Commitment disposition as the calculated t-value 2.301 is greater than the tabulated t-value 2.024. Whereas the two disposition Control and Challenge shows insignificant as the calculated t-value 1.521 & 0.236 is lesser than the tabulated t-value 2.024.

## GRAPH



Comparison of Psychological Hardiness Components among Kabaddi and Kho-Kho Players

## Conclusion

In conclusion it revealed that mean of kabaddi and kho-kho players shows difference in reference to psychological hardiness components i.e. Commitment, Control and Challenge. To see this difference is significant or not researcher further calculated 't' test & result shows that there is significant difference between kabaddi players and kho-kho players in reference to Commitment disposition whereas the two disposition Control and Challenge found to be insignificant. It may be attributed that every players is unique to each as individual, allowing them to engage themselves in different situation while playing. Kabaddi players shows better level of commitment as it, not solely in terms of individual, also refers to the sense of community and individual place in that arena and able to cope with stressful situations because of the understanding regarding the individuals place within the group cohesion. Both the players shows insignificant in reference to level of control and challenge, it may be attributed that both game players have the same level of responsibility and level of difficulties.





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*Held on (01 February 2020, Saturday)*

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## Healthy Lifestyle: Reduce and Manage Stress

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### Introduction:

*While treating depression or another mental illness will generally require professional intervention, you're the expert when it comes to self-care, the process of forming healthy habits and making positive changes to your daily routine to improve your emotional and physical health. Self-care includes reducing and managing your stress, maintaining a healthy lifestyle through diet and exercise, and educating yourself about your illness.*

*Stress is nothing but the normal response to dealing with changes and challenges in day to day life. In other words, stress can help you perform better under pressure, but constant stress can cause problems for your health. Stress causes the release of cortisol, the stress hormone, as well as adrenaline, which influences your blood pressure, heart rate, eating habits, sleep patterns, blood sugar levels, fat metabolism and your ability to fight-off illness. Long term stress can also increase your risk of heart attack or stroke and contribute to depression.*

*People often turn to drugs or alcohol to relieve or manage feelings such as stress, sadness, or anger. However, substance use can worsen or trigger anxiety or depression and make it much harder to recover.*

**Keywords:** *Stress, Healthy lifestyle, Reduce, Avoid, Increase, physical activity etc.*

These lifestyle actions can help you reduce or manage the stress in your life.

### Educate Yourself

One way to regain a sense of control when you are diagnosed with depression or a related illness is to educate yourself about your illness. You can do this by talking with your doctors, learning from others who have depression, and by reading books and articles about



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depression. The more you know about depression and its treatment, the better you will be able to manage your depression and understand which treatment options may be best for you.

### Sleep well

Sleeping well directly affects your mental and physical health and your quality of life. Depression and related disorders can disrupt your sleep, so it's important to establish a regular sleep pattern.

#### Adopt a Healthy Lifestyle

- ✓ Reduce Tea, Coffee and sugar.
- ✓ Get enough sleep.
- ✓ Eat a healthy diet.
- ✓ Exercise regularly.
- ✓ Try Deep Breathing - sit tall and comfortably, breath in slowly through your nose and exhale through your mouth while counting to yourself.

#### Identify the Cause of your Stress

- ✓ Ask yourself:
- ✓ What causes you to feel stressed?
- ✓ How do you feel physically and emotionally?
- ✓ How do you respond to stress?
- ✓ What do you do to feel better?

#### Think Positively

- ✓ Every day and every time look for the bright side or think positively of any situation.
- ✓ Look towards challenges as they are equal to opportunities for your growth.

#### Avoid Stress

- ✓ Avoid topics that get you upset or stressed.
- ✓ Manage your time to avoid the last minute stress and running behind.



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- ✓ If there are topics you constantly argue over, than change the topic or stay away yourself from the conversation when it arises.
- ✓ Avoid people who make you stressful situation.

### Physical Activity

- ✓ Daily give 30 minutes for physical activity on most days of the week.
- ✓ Regular physical activity is an important step in reducing stress & improving health. It alsohelpsto regulatehormones in your body.
- ✓ Brisk walking is an excellent way to increase your physical activity.

### Stay Relax and Have Fun

- ✓ Listen to your favourite music for enjoy and relief of stress.
- ✓ Give time for yourself each day.
- ✓ Spend time with people who have a positive impact on your life, Connect with others.
- ✓ Go for a walk with your friends.
- ✓ Spend some time to relax and take a break from your responsibilities.
- ✓ Do something by which you enjoy every day.

### Adapt every situation

- ✓ If you can't change the situation, than change your expectations and your response.
- ✓ You will have a better chance of finding a resolution if you are willing to compromise or adapt to a middle ground.
- ✓ Set reasonable standards for you that can be achieved and learn to live with "good enough".
- ✓ Accept an imperfect world. Learn to forgive. Let go of anger and resentment.
- ✓ Some things are beyond our control; focus on the things you can change and the way you react to the situation. Don't try to control the uncontrollable.

### Take Charge or Control

- ✓ Take charge of your environment, find a space that inspires you or adapt your work space to be positive and encouraging.
- ✓ Find someone to talk to; talking through problems and challenges can alleviate stress associated with the situation.
- ✓ Set a schedule, plan ahead so you are prepared for stressful situations and jobs you need to do.



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- ✓ While you may not be able to change the situation, you are in control of how you respond.
- ✓ Manage your time to fit in what needs to be accomplished.
- ✓ Learn to say "no". Limit yourself to only what you are comfortable with doing.

### Conclusion:

That you take an active role in helping yourself and make positive improvements in your lifestyle, the better your chances of feeling better and staying well.

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### A Comparative Study of Religious Attitude of College Students in Relation to Gender and Education Stream

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#### Abstract

*Attitude refers to people's evaluation of various aspect of the social world. Attitudes are capable of coloring every aspect of our experience. Religious attitude is an important social force that affects human behaviour. The aim of present study was to compare religious attitude of college students in relation to their gender and education stream in which they studies. For the present study 80 students were selected from the colleges of Parbhani city with help of random sampling method. Among 80 students 40 were male and 40 were female. After that 40 students were from science faculty and 40 students were from art faculty. For the statistical analysis of collected data Mean, SD and 't' test was used. Results showed that there is gender difference in religious attitude and religious attitude is also differ accordingly education stream.*

**Keywords:** Religious Attitude, Students.

#### Introduction

Social Psychologist describe the term attitude as people's evaluation of virtually any aspect of their social world (Olson & Maio, 2003, Petty, Wheeler & Tormala, 2003). Attitudes are our evaluations of any aspect of the social world. Thurstone (1928) defined, "An attitude is the degree of positive or negative effect associated with some psychological aspect." For Allport (1959) an attitude is a mental and neural state of readiness exerting a directive influence upon the individual's response to all objects and situations with which he is related.

Attitude can influence our thoughts, even if they are not always reflected in our overt behaviour. Many of our attitudes are explicit attitudes or implicit attitudes. Explicit attitude are consciously accessible and easy to report and implicit attitudes are not consciously reportable or controllable. Our attitudes are acquired from other people through social learning. Social learning can involve classical conditioning, instrumental conditioning or



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observational learning. In fact attitudes can be formed through subliminal conditioning means conditioning which occurs in the absence of conscious awareness of the stimuli. Our attitudes are also formed on the basis of social comparison means our tendency to compare ourselves with others to determine whether our view of social reality is or is not correct. To be similar to others we like, we accept the attitudes that they hold, to the extent that we identify with that group.

An Attitude towards religion may be as the result of one's beliefs, acceptance, like or dislike, feelings or experiences towards religious issues. It may be stated that the residual affects felt towards religion may be favourable, unfavourable or neutral on an attitude continuum. Religious principles can be different but religion is a dominant factor in the human life. From the very beginning of human history, man pleads for some unknown power through songs, dances, rituals, ceremonies and it also includes sacrifices. The name of this unknown power is God, Spirit or Ghost. Religious practices colour the economic as well as social life of a person. Art and literature are cause of religious passion. According to Bahm (1964) "Man is incurably religious. Religious attitudes are 'Open-mindedness' and 'Objectivity', but this is not always essential to our religious nature." The need of religion is inherent. Religion is an important social force that affects human behaviour. In short religion plays an important role in human life.

A study conducted by Zohoor and Tavakoli (2002) among 771 students of Kerman University of Medical Sciences shown that 55 percent of students had strong religious attitudes. Another study by Serajzadeh and Ppyafar (2009) explained that the religiosity of the selected sample of the population was higher than average and near the top level. The number of studies conducted on religious attitude found significant differences between males and female are much more than the studies that reported no such differences. (Sharifi, 2002)

### Statement of the problem

To study and compare the religious attitude of college students in relation to their gender and education stream.

### Objectives of the study

The main objective of this study is to study and compare the religious attitude of college students in relation to their gender and education stream in which they studies.

### Hypotheses



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- Female student will have more religious attitude than male students.
- Students of science education stream will have more religious attitude than the students of art education stream.

### Variables

In the present investigation Gender -Male, Female and Education Stream - Arts, Science are considered as independent variables and religious attitude is considered as dependent variable.

### Limitations of the Study

1. It was a small study where other psychological factors will not considered as independent variables.
2. This study was limited only for students who studies in colleges of Parbhani district.

### Methodology

#### Population

Population for the present study was the college students of Parbhani district.

#### Sample and Sampling Technique

A total sample of 110 college students was selected from the colleges of Parbhani district. Out of 110 college students 80 college students were finalized for the study by using random sampling technique. The age range of college students was 18 to 25 years. Out of those 80 students, 40 students were male and 40 students were female, further 40 students were from Arts education steam and 40 students were from Science education stream.

#### Tools

To measure the religious attitude of student 'Attitude Scale Towards Religion' (ASTR-O) developed by Dr. R.K. Ojha was used. This scale was constructed in 1978. It is a Likert type





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scale consisting of 50 statements which are answered on a five-point scale. The present scale possesses high reliability. Test-retest reliability coefficient was 0.71

### Data Collection and Procedure

After selecting the sample, Attitude Scale Towards Religion (ASTR-o) was administered on the selected sample. Each subject was given a questionnaire and asked to fill up personal information. All the instructions were strictly followed as per described in manual of the correspondence test. Later on, the responses of the subject on the each test were scored as per scoring procedure described in the manual of particular test.

### Statistical analysis

To find out the level of religious attitude among college students criterion of Mean and SD was applied to scores of religious attitude. In order to study significant difference 't' test was applied.

### Results

#### Hypothesis 1

**Female student will have more religious attitude than male students.**

**Table No. 1: Showing gender wise Mean, SD and t-value of level of religious attitude among college students on the basis of gender.**

Group (Gender)	Mean	SD	N	t-value
Female	178.40	10.93	40	4.66**
Male	168.45	7.64	40	

**\*\*Significant at 0.01 Level**

The above table no.1 showing the mean, SD and t value of religious attitude among college students on the basis of their gender. From the analysis of the table, it is inferred that both males students scores (168.45) and female students scores (178.40) come under average level of religious attitude. As the obtained t value 4.66 is statistically significant at 0.01 level. So



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there is significant difference between male and female students in their religious attitude. Hence it is concluded that gender influences religious attitude among college students.

Alternative hypothesis considered in the present investigation regarding between male and female students in their level of religious attitude was proven true as female students were found to be significantly higher in their level of religious attitude.

Thus the considered hypothesis accepted in the present investigation.

### Hypothesis 2

**Students of science education stream will have more religious attitude than the students of art education stream.**

**Table No. 2: Showing gender wise Mean, SD and t-value of level of religious attitude among college students on the basis of education stream.**

Group (Education Stream)	Mean	SD	N	t-value
Science	177.40	10.85	40	3.55**
Art	169.45	8.83	40	

**\*\*Significant at 0.01 Level**

The above table no. 2 illustrates the mean, SD and t value of level of religious attitude among college students on the basis of education stream. Mean scores of students of science education stream is 177.40 and mean score of students of art education stream is 169.45. Obtained t value is 3.55 which are significant on 0.01 levels. So it is clearly indicate that students of science education stream have more religious attitude than the students of art education stream.

Alternative hypothesis considered in the present investigation regarding between students of science education stream and students of art education stream in their level of religious attitude was proven true as students of science education stream were found to be significantly higher in their level of religious attitude.



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Thus the considered hypothesis accepted in the present investigation.

### Conclusions

The present study was aimed to find out and compare the religious attitude among college students of Parbhani district. This study has led to the following conclusions. Gender influences the religious attitude among the college students female students are having more religious attitude than the male students. Education stream also influences religious attitude of college students. Students of science education stream are having more religious attitude than the students of art education stream.

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### Effect of Physical Activity Awareness Model on Muscular Endurance of Junior College girls

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#### Abstract

*The purpose of the study was to see the effect of Physical Activity Awareness Model on Muscular Endurance of Junior College girls. This was an experimental study where single group pre test-post test design was used. Total 119 girls having average age  $\pm 17.4$  years old, studying at St. Mira's College for Girls were selected on purpose. Muscular Endurance is the dependent variable which was measured by 1 min situps test and 1 min pushups test. The collected data was analyzed by using paired sample 't' test to find out the effect of Physical Activity Awareness Model program which was independent variable. The result of the study shows that there was a significant difference between the pre-test and post-test scores. Hence, it was concluded that Physical Activity Awareness Model program had positive effect on the muscular endurance of Junior College girls.*

**Keywords-** Physical Activity Awareness model, Muscular Endurance

#### Introduction



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In our daily life, physical activities are very important as they bring individuals and communities together. Sports and physical activities also teach us how to face the situation boldly by accepting victory or defeat (Pradeep, 2014). Physical activities are one of the excellent ways for development of global human resource. However participation rates across the population are generally too low to accrue these benefits. Thus, promotion of physical activity is a public health priority. Therefore it is very essential to generate awareness in the society and among college going students who are addicted to the cell phones, internet, social media, etc. (Buckworth, J. and Nigg, C., 2004).

Physical Activity is any activity that involves or requires some form of physical exertion. Physical activities are any bodily activity that enhances or maintains Physical Fitness, overall health and wellness (Ravi K. T., 2014). It includes sports, play active transport, chores, games fitness activities, recreation and some forms of work. Physical activity has been defined as any body movement produce by skeletal muscles that results in energy expenditure. Some examples of physical activity include children playing in the playground adults walking to work, walk to the shops, climbing a tree, going for a ride along a bike path, using the stairs rather than escalators, gardening etc.

The current levels of physical inactivity are partly due to insufficient participation in physical activity during leisure time and an increase in sedentary behavior during occupational and domestic activities. Due to the advancement in science and technology and because of impact of the globalization all the work gets done only at the desks, all day long instead of doing any physical work. Man has been replaced by machine. People in general are addicted to the internet which in turns has reduced their participation in physical activities. Even in small children's they are growing weaker as computers have replaced outdoor physical activities (Campbell, 2011). Due to less muscular and physical task which is avoided by present generation has lead to concern about the impact on children health. Research has shown the children are becoming unfit, less active and more sedentary than before.

Likewise, an increase in the use of "passive" modes of transport has also been associated with declining physical activity levels. Increased urbanization has resulted in several environmental factors which may discourage participation in physical activity such as walking and jogging. In order to increase an individual's participation in physical activities, motivational drive, population-based, multi-disciplinary, and culturally relevant policies need to be implemented to increase physical activity levels globally.



# OUR HERITAGE (UGC Care Journal)

ISSN: 0474-9030 Vol-68, Special Issue-14

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Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education

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The current study is intended to document the motivating factors of the students of St. Mira's college students to prepare an exercise model to make an awareness of physical activity in order to enhance good health of the students. Healthy students in turn will lead to healthy citizens of our nation.

## Objective

The purpose of this study was to investigate the effects of physical activity training program on muscular endurance, and to create an awareness of physical activity in the society.

## Material and Method

This study was an experimental method of descriptive research where single group pre test-post test design was used. The study was conducted on 119 Junior College girls from St. Mira's College for girls, Pune having average age of  $\pm 17.4$  years old which were purposively selected. Researcher used 1 min push-up test and 1 min sit-ups test to measure the muscular endurance of Junior college girls. Descriptive Statistics and pair sample t test techniques used to analyze the research data. This Physical Activity Awareness Model includes Physical Fitness training thrice a week, recreational games, Lectures- related to health and physical fitness awareness, and nutrition, Importance of Yoga in daily life, Fitness for all, Adventurous Sports. Also Interview of various Sports Personalities, were organized. Training was conducted on Importance of Fitness to defend oneself through self-defense techniques.

## Result

Table 1.1

Descriptive Analysis of Pre-test and Post Test of Performance of Push-ups Test (N=119)

	Mean	Median	Std. Deviation	Std. Error Mean	Minimum	Maximum
Pre-Test	23	23	4.46375	0.40919	12.00	35.00
Post Test	26	25	4.16880	0.38215	14.00	38.00



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The performance of Push-ups Test from 119 students through Pre-Test and Post Test were received. The descriptive analysis of the performance of Push-ups test is given in table 4.1 and shows that the Pre-test and Post test mean is 23 and 26 respectively and the pretest and posttest median is 23 and 25 respectively, and the standard deviation is 4.46 and 4.17 respectively.

It is therefore interpreted that there has been an increase in the performance of Push-ups due to the implementation of physical Activity program which proves that the program was effective to increase muscular strength and muscular endurance of arms.

**Table 1.2**

### Comparison of Pre-test and Post Test of Performance of Push-ups Test through Paired Sample 't' Test

Mean	Standard Deviation	Std. Error Mean	T	df	Sig. (2-tailed)
-2.50	2.06	0.19	-13.25	118	0.00

The Paired Sample 't' test was employed and the analysis given in table 4.2 proves that the 't' value is -13.25 and the df is 118 and the 'P' value is 0.00 which is significant at 0.05 level of Significance.

It is therefore interpreted that after implementation of the Physical Activity program there was significant change in the performance of push-up test, which shows that this program was effective for improvement in arm strength of the girls.

**Table 1.3**

### Descriptive Analysis of Pre-test and Post Test of Performance of Bend Knee Sit-ups Test (N=119)

	Mean	Median	Std. Deviation	Std. Error Mean	Minimum	Maximum
Pre-Test	20	20.00	3.85291	0.35320	11.00	29.00
Post Test	22	22.00	4.23863	0.38855	12.00	33.00

The performance of Bend knee Sit-ups Test from 119 students through Pre-Test and Post Test were received. The descriptive analysis of the performance of Bend Knee Sit ups test is given in table 4.5





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and shows that the Pre-test and Post test mean is 20 and 22 respectively and the pretest and posttest median is 20 and 22 respectively, and the standard deviation is 3.85 and 4.23 respectively. It is therefore interpreted that there has been an increase in the performance of and Bend knee Sit-ups Test due to the implementation of physical Activity program which proves that the program was effective to increase performance in Bend Knee Sit-ups test

Table 1.4

## Comparison of Pre-test and Post Test of Performance of Bend knee Sit-ups Test through Paired Sample't' Test

Mean	Standard Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
--2.38	2.21	0.20	-11.74	118	0.00

The Paired Sample't' test was employed and the analysis given in table 4.6 proves that the 't' value is -11.74 and the df is 118 and the 'P' value is 0.00 which is significant at 0.05 level of Significance.

It is therefore interpreted that after implementation of the Physical Activity program there was significant change in the performance of Sit-ups test, which shows that this program was effective for improvement of Abdominal Strength among the girls.

### Discussion

The result of the study supports previous findings, that such kind of Physical Activity Awareness programs are very helpful to improve the muscular strength of girls in day to day life. Our study also supports to (W. L.Haskel) research that physical activity and exercise are very beneficial to improve health related physical fitness components.

Buckworth, J. and Nigg, C. also explained the importance of Physical Activity, Exercise, and Sedentary Behavior in College Students. They analyzed sedentary activities and indicators of participation in exercise and physical activity by demographic variables. They had also mentioned to accessibility and reinforcing properties of sedentary activities, the gender-related relationships



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between sedentary and active behaviors should be considered in designing interventions to promote exercise in this population.

However, it is important to acknowledge that present study had physical activity awareness program effect may have contributed to the increased performance in addition to the improved muscle function.

### Conclusion

It can be concluded that Physical Activity Awareness Model program had a positive effect on the muscular endurance of Junior College Girls. This kind of Physical Activity Awareness program can be beneficial to develop other physical fitness components. More programs should be organised to improve the fitness of College going girls.

More research and better health-promoting programs are the need of the hour in order to increase the awareness of the advantages of physical activity and exercise.

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ISSN: 0474-9030 Vol-68, Special Issue-14

*National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"*



*Sponsored by ICSSR*

*Held on (01 February 2020, Saturday)*

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ISSN: 0474-9030 Vol-68, Special Issue-14

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### Effect of Yoga on Mental health and Stress among College going Students

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#### Abstract:-

The primary aim of the present research was to assess effect of yoga on mental health and stress among college going students. These researches have been done to the effect of college going students mental health and stress for the present study 60 student were selected by sampling method. The age range of sample was 20-25 years. Pre-post research design was used for this study for statistical analyses Mean, SD and T test was used. The results indicate that there is effect of yoga on mental health and stress among college going students. Yoga can improve the psychological conditions for monitoring and managing stress & help mental balance.

**Keywords: Yoga, Mental Health, Stress, College Students**

#### Introduction:-

Yoga is a comprehensive mind-body practice that is particularly effective self-regulation, mood management, fostering resilience and promotion of well-being. Yoga is a system for improving mental health. Yoga's potential as a key component of integrative and complementary mental health is now being recognized internationally.

Mental health as defined by Kornhauser (1965) commutates those behavior, perceptions and feeling that determine a person's overall level of personal effectiveness, success, happiness and



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excellence of function as a person. Mental health is a critical factor for the well-being of an individual. Whether it is student life or professional life without sound mental health it becomes difficult to excel in their respective fields. The nature of education and knowledge become more complex as one moves upward in the academic hierarchy.

Yoga functions like a self-soothing technique in that it alters the stress response system, helping to "tame" and quiet down the nervous system. In this way, the mental benefits of yoga are witnessed with the reduction of stress by way of decreased cortical levels in our body.

Larson (2000) explains this stress as an interaction between environmental stressors students appraisal and reaction for the same time.

### Statement of the problem:-

Effect of yoga on mental health and stress among college going students.

### Objective:-

- (1) To find out the effect of yoga on mental health among college going students.
- (2) To find out the effect of yoga on stress among college going students.

### Hypothesis:-

- (1) There will be positive effect of yoga on mental health among college going students.
- (2) There will be positive effect of yoga on stress among college going students.

### Sample:-

For the present study 60 college going students were selected by sampling method from jalna. The age range of present sample is 20-25.

### Variables:

Independent variable: Yoga

Dependent variables: (1) Mental health



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### (2) Stress

#### Research Design:-

Research design is used for pre-post present research this study.

#### Tools:-

In the present study following psychological test were used

##### Mental Health Inventory (MHI):

MHI constructed by Dr. Jagdish and Dr. A. K. Shrivastav. 56 items are in the questionnaire and each of the items has four responses.

1. Almost /always true
- 2 sometime true
- 3 Rarely true
- 4 Never true.

Overall a mental health reliability coefficient is .73 & mental health & construct validity of the inventory is determined by finding coefficient of correlation between scores on mental health inventory and general health questionnaire.

#### Procedure:-

For the present study 60 college going students was selected as a sample from Jalna district. In pre-test mental health scale & stress index were individually administrated on 60 students of different colleges. After pre test some yoga technique practice taken on 60 students of six day given by trained person & after post yoga training was done & data were collected.

#### Result & Discussion:-

Table no.1 show mean, SD & t value of pre-test & post-test on mental health.

Test	N	Mean	SD	T Value	Significant
Pre-Test	30	105.90	3.08	3.13	0.05
Post-Test	30	111.51	4.23		



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The result table no.1 show that pre-test & post-test mean differences on mental health. Pre-test mean is 105.90 and SD. Is 3.08 & post-test mean is 111.51 & sd.is 4.23 and t value is 3.14 which show significant on 0.05 level, which show significant difference between pre-post test therefore hypo.1 **There will be positive effect of yoga on mental health among college going students is accepted.**

**Table no.2 show Mean, SD and t value of pre-test post test on stress.**

Test	N	Mean	SD	T Value	Significant
Pre-Test	30	125.14	1.95	2.88	0.05
Post-Test	30	131.61	5.14		

The result table no.2 shows that pre & post test mean difference on stress. Pre test mean is 125.14 and SD is 1.95 and post-test mean is 131.61 and SD is 5.14 and t value is 2.88 which significant on 0.01 level.

**There will be positive effect of yoga on stress among college going students is accepted.**

### Conclusion:-

Positive effect of yoga on mental health & stress among college going students Yoga practices increase mental health & reduce stress level among college going students.

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### Yoga Attitude of Sport and Non-Sport students

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#### Abstract:

The present investigation aim is to study of yoga attitude among sport and non-sport students of Aurangabad district in Maharashtra. The sample consists of 120 sport and non-sport students. Which are 60 male (30 sport students and 30 non-sport students) and 60 Female students (30 sport students and 30 non-sport students). Using random sampling method. A 2x2 factorial design was used to analyzing the data. The Yoga attitude scale developed and standardized by Mahesh Kumar Muchhal Was used. The overall impression from the results shows there were not significant differences found between sports and non-sport students. But significant difference found between male and female students.

**Keywords:** Yoga attitude, sport student, non-sport student.

#### Introduction:

According to psychologist and physical educationalist, sport students having specific psychological and physical characteristics. For this way researcher was decide to assess what is the yoga attitude of sport students and non-sports students.

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is an art as well as a science. It is a science, because it offers practical methods for controlling body and mind, thereby making deep meditation possible. And it is an art, for unless it is practiced intuitively and sensitively it will yield only superficial results. The



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word yoga is drawn from the Sanskrit root "yuj" meaning to bind the yoke. Psychological interpretation of the term yoga could then be union of cognition with action.

### Definition of Yoga?

"Yoga is an art, a science and a philosophy. It touches the life of man at every level, physical, mental, and spiritual. It is a practical method for making one's life purposeful, useful and noble".

There are eight stages of yoga have been suggested to purify body and mind. These eight stages are:

**Yama (Social discipline) :**It means restraint and it has five moral practices namely

1. Non-violence.
2. Truthfulness.
3. Non-stealing.
4. Celibacy.
5. Non-acquisitiveness.

**Niyama (Individual discipline):**Rules of conduct towards self- include certain virtues which are physical as well as psychological. There are five virtues such as

- 1) Cleanliness.
- 2) Contentment.
- 3) Austerity.
- 4) Self-study.
- 5) Surrender to superpower.

**Asana (Posture) :** It means keeping the body in a specific manner to gain stability for the body and tranquility for the mind. The practice of asana trims the body and disciplines the mind. Thus asanas regulate both physical and psychological functions.

**Pranayama (Breath control) :**Pranayama is a set of practices designed to control prana within the human body by means of various breathing techniques, meditative visualizations and physical locks. This stimulates and harmonizes vital aspect of body, that is breathing.

**Pratayahara (Discipline of the senses) :**Instead of directing the sense organs outward that is seeking worldly pleasure attention has to be drawn inward, thus keeping the sensory systems under restraint.



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**Dharana (Concentration)** :Dharana refers to the fixing of concentration so that all similar mental modifications on an object are confined to a particular place in the mind.Sustained attention, called concentration lays a strong foundation for self-actualization.

**Dhyana (Meditation)** :Dhyana is the ability to merge with the object on which you are concentrating.This stage is the penultimate stage and is just before samadhi. Dhyana is a much deeper term and has a very profound meaning than the word 'meditation'.

**Samadhi (self-realization)** :Samadhi may be attained through deep, continuous, and correct meditation. In yoga this is regarded as the final stage, at which union with the divine is reached (before or at death). At this stage the individual transcends to the highest level cutting across all barriers.

### Significance of Yogasanas:

Yogasanas are well directed actions for the maintenance of sound health. Body and thinking are closely interrelated. Therefore both body and thoughts should be fully taken care of yogic postures facilitate the process of elimination of residual matter from the body which is thus kept in perfectly good health.

### What is the Yogic Attitude

The Yogic attitude makes us learn to face both the pleasurable, and the un-pleasurable events, with the same detachment. In fact, by this attitude, we can utilize painful events to develop greater inner strength.

With Yogic attitude, we will find that with the change in our perspective, we work more efficiently in whatever we do, our decision making is better, and the prospects of all-round growth, begin to look brighter in our working life. Then, we can make stress either a problem or a challenge. If we look at stress as a problem, the solution may necessarily have to come from outside. If we face stress as a challenge, then we are able to handle it through Yoga training, and our changed perspective on life.

### Operational definition:

**Sport Student:** "An individuals who always interested to participated in sport activity and competition is a sport student".

**Non-sport Student:** "An individuals who is not interested to participated in sport activity and competition is a non-sport student".

### Statement of the Problem:



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The purpose of the present investigation is to study the Yoga attitude of sport and non-sport students.

### Objectives:

Following objectives has been investigated in the present investigation.

1. To study the Yoga attitude of sport students and non-sport students.
2. To study the Yoga attitude of male and female students.

### Hypotheses:

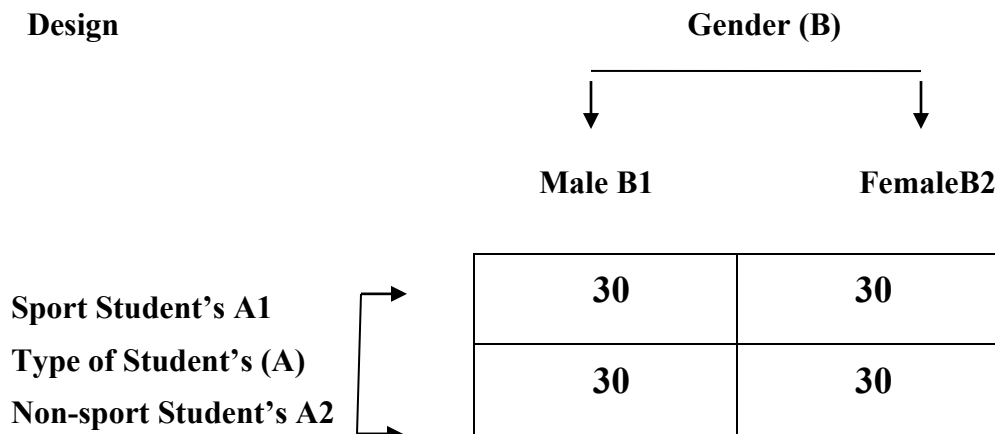
1. Sport students would exhibit significantly positive yoga attitude than non-sport students.
2. Male students would exhibit significantly positive yoga attitude than Female students.

### Methodology:

#### Sample:

The sample consists of 120 sport and non-sport students. Which are 60 male students (30 sport students and 30 non-sport students) and 60 Female students (30 sport students and 30 non-sport students). Using random sampling method. The sample was collected from various senior colleges of Aurangabad city.

### Design





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## 2x2 Factorial Design Used.

### Independent variable:

#### (A) Type of students

- 1) Sport students.
- 2) Non-sport students.

#### (B) Gender of students

- 1) Male
- 2) Female

### Dependent variable:

Yoga attitude.

**Tools:** Yoga attitude scale. Developed and standardize by **Mahesh Kumar Muchhal.**

### Statistical Treatment of Data:

At the first stage data were treated by descriptive statistical techniques i.e. Mean and Standard Deviation.

At the second stage data were subjected to 2 x 2 factorial design (ANOVA). Finally, the analysis was done by using SPSS software.

## Result and conclusion:

**Table No. 1**  
**Descriptive statistics for Dependent variable Yoga attitude.**

Independent Variables	Descriptive statistics	Yoga attitude
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<b>Sport Students</b>	Mean	23.43
	SD	2.53
<b>Non-sport student</b>	Mean	22.63
	SD	2.49
<b>Male Students</b>	Mean	23.75
	SD	2.51
<b>Female Students</b>	Mean	22.31
	SD	2.35
<b>Total</b>	Mean	23.03
	SD	2.53

**Table No- 2**

### Summary of ANOVA Dependable variable Yoga attitude.

Source	Ss	df	Ms	F
<b>(A) Type of Stu.</b>	19.200	1	19.200	3.262 (NS)
<b>(B) Gender of Stu.</b>	61.633	1	61.633	10.472 **
<b>AXB</b>	.300	1	.300	.051 (NS)
<b>W-Error</b>	682.733	116	5.886	
<b>Total</b>	64428.000	120		

\* Significant at 0.05 Table value= 3.92. \*\* Significant at 0.01 Table value = 6.85 .NS= Non Significant

In the above table the main effect (A) which is represent factor of student type (Sport/Non-sport) F value 3.262 and df = 1, 116. This is not significant at 0.05 Level. The mean score of sport students was 23.43 and non-sport students mean score was 22.63. The F value denotes that the sport students were not differs from non-sport students toward yoga attitude.

In the present study first hypothesis was "Sport students would exhibit significantly positive yoga attitude than non-sport students". Present result do not supported to the 1<sup>st</sup> hypothesis that's why this hypothesis is rejected in the presents study.

In the above table the main effect (B) which is represent factor of student gender (Male/Female) F value 10.472 and df = 1, 116. This is highly significant at 0.01 Level. The mean score of male



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students was 23.75 and non-sport students mean score was 22.31. The F value denotes that the male students were different from female students toward yoga attitude.

In the present study first hypothesis was "Male students would exhibit significantly positive yoga attitude than Female students." Present result supported to the 2<sup>nd</sup> hypothesis that's why this hypothesis is accepted in the present study.

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ISSN: 0474-9030 Vol-68, Special Issue-14

*National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"*

*Sponsored by ICSSR*

*Held on (01 February 2020, Saturday)*

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## Impact of Physical Education in Promoting Social Values among Youth

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### **Abstract**

*The purpose of this study is to investigate the impact of physical education in Promoting social values among youth. Physical education plays a vital role in Educating the youth regarding the importance of social values in their life. Reviewed literature Investigated that the importance of association in educating both minds and body. Further, it also encourages the social values among youth that allow them to develop the social relations with their community. Moreover, the benefits of physical education and sports can influence both Academic learning and physical activity of the youth.*

***Keywords: Physical Education, Social Values, Youth, Academic Learning.***

In present era, education and sports is an important a part of education. It contributes on to development of physical competence and fitness. It also helps the youth to remember of the price of leading a physically active lifestyle. The healthy and physically active youth is more likely to be academically motivated, attentive, and promising. In other words, we can say that physical education and sports is exclusive to the school core curriculum. It is the only programmers that provide the opportunities to youth to learn motor skills, progress mental and Physical fitness. The benefits of physical gained from physical activity such as disease prevention, safety and injury avoidance, decreased morbidity and



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premature mortality, and Increased mental health. The physical education is only the course where youth learn about aloof the benefits gained from being physically active as well as the skills and knowledge to incorporate safe, satisfying physical activity into their lives, in addition, how to interact with others (National Association for Sport and Physical Education, 2001). Moreover, it is observed those physical education sessions should be easy to get from preschool until secondary. It target to affect a spread of physical activities and encourage those that are lack of leaning to require up planned competitive sports. This involves discard conventional methods of education Teaching and focusing more on the individuals' needs and skills, as an alternate of the enjoyment of physical activity. As time for education is usually limited within the varsity time schedule and curriculum, its content must be valuable and resourceful (Fox and Harris, 2003). Further Gonzalez et al. (2010) believed that curricular physical education within any sport, not only talent development scheme but a high development in social values among Youth. Therefore, the aim of this study is to research the role of education in Promoting social values among youth.

### **Physical Education Programmer**

Physical education curriculum can offer youth with the appropriate knowledge, skills, Behaviors and confidence to be physically active for life. Moreover, physical education is the Basis of a school's physical activity programmed. In the same vein, participation in physical Activity is correlated with academic advantages like improved concentration, memory, and Classroom behavior. According to World Health Organization (2001), it includes development Of physical abilities and physical conditioning; motivating the students to continue sports and Physical activity; and providing recreation activities.

### **Development of Physical Abilities and Physical Conditioning**

Physical education facilitates to build up and practice physical fitness entails basic motor skills (Barton et al. 1999) and gets hold of the competency to perform various physical activities and Exercises. Physical fitness builds mentally sharper, physically comfortable and also able to deal with the day-to-day demands (Jackson, 1985). Further, endurance, flexibility, strength and Coordination is the key components of physical fitness. Moreover, to execute the physical Exercises and sport youth must be developed basic motor skills.



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Motivating the Students to Continue Sports and Physical Activity Teachers always motivate the youth to contribute in sports and physical activities as well as Academic education programmers'. Further, they always direct and instruct them, sports and Physical activity is vital part of academic education. They have also guided the youth; we cannot think wholesome development of human personality without sports and education. Moreover, they need also to manage a gathering during which discusses their parents about the importance of sports and physical activity also as academic education. Further, teachers must engage parent or relations in physical activity, for instance, by giving youth Physical activity 'homework' which might be performed along side the parent's viz., family Walks after supper or playing within the park (WHO, 2001)

### **Providing recreation activities**

Institutions must focus on implementation of physical activity course which facilitate to make enjoyable participation to all youth in physical activity programmers which provides the youth with a collection of ideas for active games and activities and the skills and fitness to play them (Fox and Harris, 2003) in order to reduce the stress, anxiety, drug abuses and obesity. The present study focuses on physical education and sports helps to promote the social values among youth. Physical education and sports are considered as an essential part of education and culture. It build up the abilities, will-power, moral values and self-discipline of every human being as an entirely integrated member of society. The contribution of physical activity and the practice of sports must be certify that the throughout life by means of a global, lifelong and democratized education. It contributes to the preservation and enhancement of mental and physical health, gives a nourishing leisure-time activity and also helps to an individual to overcome the drawbacks of present stressful living. At the community level, they build up social qualities, social relations and also fair play, which is vital not only to sport itself but also to life in society. Education system must allocate the required position and applicable to physical education and sport in order to create a balance and strengthen between physical activities and other components of education. Physical education and sport course must be intended to suit the requisites and personal attributes of those follow them, as well as the institutional, cultural, socio-economic and climatic conditions of each country. In the process of education in general, physical



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education and sport programmers must, by virtue of their content and their timetables, help to create habits and behavior patterns beneficial to full development of the human personality. Further, voluntary people, given appropriate training and supervision, can make an Invaluable contribution to the inclusive expansion of sport and promote the participation of the Inhabitants in the training and association of physical and sport activities. In addition, it also Focuses on adequate and sufficient facilities and equipment which meet the needs of exhaustive and safe participation in both in-school and out-of-school programmers regarding physical Education and sport. Physical education as a generic term is linked with socio-cultural, Educational and social values, psycho-social qualities, socialization, inclusion, moral codes of Behavior, cognitive and physical development, well-being, healthy diet and other benefits to be Derived from engagement in regular physical activity (Bailey, 2005). To conclude, education in General and physical education in particular, should respond to the needs of optimally developing individuals' capabilities and provide opportunities for personal fulfillment and social Interactions, fundamental in human co-existence.

### **Limitations and Future Research**

The major limitations of this study are that lack of participation of students in physical activities. In future research, school management should organize the seminar and workshop in which Impact of Physical Education and Sports in Promoting Social Values among Youth Aware the students about the importance of physical activity programmers. Further school management should also make compulsory the physical activity programmers. In future research should also include broader aspects of physical activity and assess the multidimensional nature of self-esteem. Further, this study is conceptual in nature; empirical study should be done in order to improve the generalisability of the findings.

### **Acknowledgments**

The author appreciates all those who participated in the study and helped to facilitate the Research process.



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## Relationship between Emotional intelligence and Performance

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### ABSTRACT

*The main aim of the study was to search for the relationship between Emotional Intelligence and Performance of employees in Zeon Solutions Pvt. Ltd. Which provides IT services? In this study, Emotional Intelligence was assessed using the Wong and Law Emotional Intelligence Scale (WLEIS). A single Questionnaire consisting 16 questions was used to gather data on Emotional Intelligence and data on Employee Performance was collected by using companies "Yearly Performance Appraisal System". The data were collected from 60 employees consisting of 35 employees of Junior level (Junior Software Engineer) and 25 employees of mid-level (Software Engineer). First, Means and Standard Deviations were computed from obtained scores then Product moment co-relation were computed. Regression analysis for the significant values was done. Result indicated that there is positive correlation between Emotional Intelligence and Performance.*

**Keywords:** *Emotional intelligence,*

### Introduction:

For the efficient and effective working on any organization, the performance of employee should always be above expected level and should be continuously improved. Also specifically IT industry is mainly driven by human resources rather than mere machines and work is cognitive in nature. In this industry, employees having good functional skill do not always perform better but other factors like mental stability, handling stress, self motivation, teamwork and social skills plays important role. These other factors fall under the umbrella of Emotional Intelligence.



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Hence employees improving on Emotional Intelligence should be able to improve their performance as well.

### **Emotional Intelligence:**

The concept of emotional intelligence (EI) was first proposed by Mayer & Salovey (1990) which was then popularized by Goleman: Why it can matter than IQ? Since then, this area has got much attention in the field of leadership, Human resource management and organizational behavior.

### **Definition of Emotional Intelligence:**

Emotional Intelligence is defined as the subset of social intelligence that involves the ability to monitor one's own and others feeling and emotions, to discriminate among them and to use this information to guide one's thinking and action. Their model includes features of intelligence, adjustability an encouragement.

### **Five Categories of Emotional Intelligence:**

- I. Self –awareness**
- II. Self-regulation**
- III. Social skill**
- IV. Empathy**
- V. Motivation**

### **Effect of Emotional Intelligence:**

- Performance at work**
- Physical health**
- Mental health**
- One's relationships**

### **Performance:**

Every employee need to perform at workplace to meet the organization's goal and objectives. It is not only required for the employee to sustain his/her job but to keep organization in business.

### **Definition of performance:**





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“The accomplishment of a given task measured against preset known standards of accuracy, completeness, cost, and speed.

### **Measurement of performance:**

In Zeon Solution Pvt. Ltd. the performance of employees is against different competencies that are required to effectively work on given task as per their role and responsibilities. The performance is measured twice a year through Zeon's Performance Management System. Managers rates employees on the said competencies separately and using that, come out with final rating.

### **Competencies in Performance Management System:**

Below are the competencies against which the performance of employees is evaluated:

- I. **Functional Expertise:** It includes how employee work on task related to functional part of his/her job profile. E.G. Technical skill required for working on IT projects.
- II. **Communication and Reporting:** It includes the skill of employee on verbal and written English, inter team communication like providing status/information, asking queries etc.
- III. **Customer focus:** It includes how much employee understands customer's needs, show willingness and takes efforts in fulfilling those needs. It also includes how employee takes feedback/criticism from customers and uses it for further improvement.
- IV. **Teamwork:** It includes how much importance employee gives to teamwork and how well he/she works with his/her peer group/team member. It includes his/her behavior towards others.
- V. **Professionalism, Work Attitude and Habits:** It includes how much employee is self organized, follows companywide process, self-motivated and works on continuous improvements.

### **Relation Emotional Intelligence category and Competencies:**

Looking at categories of Emotional Intelligence and different Competencies used for measuring performance, following mapping can be done:

- “Functional” competency can be mapped with “Self awareness “and “self regulation” category of emotional intelligence as “Functional” competency deals with cognitive



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ability & mental state of employee and affects his/her performance under this competency if the emotions are not managed properly.

- "Communication and Reporting "competency can be mapped with "Self –regulation" "Social Skills", and "Empathy" as this competency requires employee communicating with other's effectively and timely.
- "Customer Focus" competency can be mapped with "Self –regulation", "Social Skills", "Empathy" as this competency requires employee to work with others effectively understand & respect individuals and build good rapport/working relationship with others.
- "Professionalism, work attitude and Habits" competency can be mapped with "self-awareness", "Self-regulation", "Motivation" as this competency requires employee to be self-organized, motivated and striving for continues employments .

Hence looking at the mapping it seemed to have co-relation between Emotional Intelligence and performance.

### Review of Literature:-

**Brett Anthony Hayward (et al 2005)** performed research to investigate the relationship between employee performance, leadership and emotional intelligence in a south African parastatal. It was found that there is a very strong significant linear relationship between emotional intelligence and transformational leadership. This research therefore adds a new dimension to employee performance, leadership and emotional intelligence, since no similar study has been conducted. As this research takes place in the South African context, it contributes to the bank of findings to the concept.

**Praveen M.Kulkarni (et al, 2009)** performed the study to understand the performance level of managers and supervisors at an automobile retailer in the city of Belgaum, the study focus on understanding the emotional intelligence of the managers and supervisors and its link to their performance level on the job. The finding of the study indicates that emotional intelligence has an impact on the performance level of the managers and supervisors.



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**Zainab Naseer (et al 2011)** performed study to the find impact of Emotional Intelligence on Team Performance in Higher Education Institutes. In this study. I was assessed using the Wong and Law Emotional Intelligence Scale(WLEIS).Results indicate that emotional intelligence had positive impact on performance.

### **Method:**

#### **Aim of the study:-**

The purpose of this study was to see the relationship between Emotional Intelligence and Performance of employees in Zeon Solutions Pvt. Ltd. O that if there is positive relation found organization can work on improving performance of employees by helping employees in improving their Emotional Intelligence skills.

#### **Hypothesis:-**

There is a significant positive correlation between Emotional Intelligence and Performance of Employees of Zeon Solutions Pvt. Ltd.

#### **Sample:**

Total sample of the study was 60 employees out of which 35 are Junior Software Engineer and 25 are Software Engineer working in Zeon Solution Nagpur.

#### **Tools Used For Data Collection:**

1. **Emotional Intelligence Scale:** The questionnaire was constructed by Wong and Law (WLEIS).The questionnaire consists of 16 questions with ratings of 1to7,1being low and 7being high.

**Reliability and Validity of tool:** The Cronbach Alpha reliability coefficient is between 0.83&0.90.It is highly valid tool.



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2. **Performance of Employee:** The data was obtained through Zeon Solution's "Yearly Performance Appraisal System". The employees were evaluated by their managers on five competencies and final score were obtained. Each competency had questions underneath it and the rating for each question was from 1 to 5 where 1 being low and 5 being high.

The competency and number of questions under competency are as follows:

Competency	No of questions
Functional Expertise	5
Communication and Reporting	5
Customer Focus	3
Teamwork	2
Professionalism, work attitude and Habit	4

### **Variables:**

- Emotional Intelligence
- Performance

### **Procedure of data collection:**

The data was collected from the company i.e. Zeon Solutions Pvt.Ltd. The subjects were approached according from the company. The Employees were provided with questionnaire with instructions. The responses were collected online. The score on performance were made available by concerned authority of company from their "Yearly Performance Appraisal system" for the subjects.

### **Research Design**

It was correlation study between Emotional Intelligence and Performance of an employee

### **Statistical Treatment of Data:**

Mean and Standard Deviation were computed for Emotional Intelligence and Performance. Product Moment Correlation was calculated.



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### Statistical Interpretation of Results:-

Present study was conducted to measure the strength of association between the Emotional Intelligence of employees of Zeon Solutions. Before computing the correlation coefficient between the Emotional Intelligence & Performance, the mean & Standard Deviation obtained on the Emotional Intelligence & Performance. These Means & Standard deviation are displayed in the below table:

**Table** – Showing Mean and SD values of performance appraisal and Emotional Intelligence of employees

	Emotional Intelligence	Performance
Mean	81.83	66.48
Standard Deviation	16.96	7.59

The Mean of Emotional Intelligence is 81.83 & Standard Deviation is 16.96 & for Performance, Mean is 66.48 & Standard Deviation is 7.59.

**Table :-** Showing correlation between Emotional Intelligence & Performance.

	Performance
Emotional Intelligence	0.23*

\*Significant at 0.05 level.

It was hypothesized that there is significant positive co-relation between Emotional Intelligence and Performance. When Pearson Product moment co-relation was calculated the correlation coefficient<sup>®</sup> was found to be 0.23 with "df" 58 and is significant at 0.05 level. It means there is a significant positive co-relation between Employee Performance & Emotional Intelligence and hence the hypothesis is accepted.

### **Discussion:**



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The aim of the study was to study the co-relation between Emotional Intelligence and performance. Emotional Intelligence is believed to be one of the major in the performance of an individual in every field. Since, in IT field not only the individual competency but the interpersonal skill and teamwork plays an effective role in the productivity & performance of resources. As the performance not only depends on the ability but the motivation, social skills, empathy and managing emotions of oneself in critical situations, the positive relation of Emotional Intelligence and performance was expected.

It was hypothesized that there is significant positive co-relation between Emotional Intelligence and performance and result of the study supports the assumption.

As IT domain deal with stress, complexity and interpersonal relationship between individual, team and customers, emotional intelligence is critical to high performance, a person who knows how to stay motivated under stress, motivate others, manage complex interpersonal relationships, his/her others and build team who are recognized specialists on a product or service are likely to get better results (Goleman,2005)

Hence the study indicates that if the emotional intelligence of an employee is improved, it can be resulted in better performance at work place.

### **Conclusion:-**

On the basis of result of the study, it was found that there is significant positive relationship between Emotional Intelligence and Performance.

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## Study of Cognitive Style among Individual and Team Game Players

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### Abstract

*Main purpose of this study was to compare the cognitive style among individual game players and team game players, and second was to examine interaction effect between individual and team game players according to type of game (individual game and team game) and gender of player (male player & female player). A sample of 300 players (150 individual game players and 150 team game players) was selected through simple random sampling method of probability sampling. For this study Cognitive Style Inventory (CSI) developed by Praveen Kumar Jha (2001) was used for data collection. Mean, SD, and two way ANOVA etc. statistics techniques were used for data analysis and interpreting.*

*The results show that, significant difference between individual and team game players in terms of cognitive style. The results show that, individual game players have more intuitive style than team game players in terms of cognitive style. The results also show that male players have more systematic style than female players for their cognitive style. The results further show that male individual game players have more intuitive cognitive style than female individual game players and male team game players have more systematic cognitive style than female team game players. The gender difference in terms of cognitive style is found in individual and team game players.*

**Keywords:** *Cognitive Style Game Players*



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### Introduction

Games or sports play crucial role in our personality development and they are also helpful to enrich our physical and mental health. Games are superior and advanced manifestation of our culture (Alegaonkar, 2010).

For success or failure in any sport, innate characteristics of sport persons are more important than the characteristics of that sport itself. Several psychologists believe that quality of performance and participation in sport are determined by personality (Cox,&Devon, 2000).

Sport performance is influenced by various factors in modern sport era, such as anthropometric, biomechanical, physical, physiological, psychological, social-economical, environmental, technical etc. Personality is central factor in these psychological factors and there are huge differences among us in the ways we think, feel and behave in response to particular situations (Devon, 2000; Allport, 1987; Rotter, 1956; Bandura, 1925).

Coaches can make more precise decisions in choosing athletes talent for certain sports by having knowledge of their personality and they can act more wisely in guiding their athletic abilities and planning for improving their strengths and coping with their weaknesses (Rathore, 2012).

Sport persons on field and off field behavior is also a matter of keen interest among general public. Whether players' particular behaviour pattern or temperament may contribute in success of particular type of game along with sound physical health is a topic of applied research. Common sense also suggests that playing a particular type of game for a long duration may results in to a particular behavior, cognitive style along with positive aspects of personality.

### Cognitive Style

Cognitive styles are characteristics of self-consistent, mode of function which individual's show in their perceptual and intellectual activity (Witkin, 1977). Cognitive style refers to information processing habits such as perceiving, thinking, remembering and problem solving (Goldstein and Black Man.1978). It is innate and affects a wide range of individual functioning.



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In education, cognitive style refers to how the students acquire knowledge (cognition) how they process information (conceptualization) and how it is applied in problem solving (Epstein, 1994).

Keen (1973), McKenney and Keen (1974), and Botkin (1974) described the two extremes styles of cognitive style. Many researchers address the same basic elements identified earlier as the systematic and intuitive styles (Sargent, 1981; Martin, 1983; Buzan 1983; Wonder &1984).

1) *Systematic Style*: An individual who typically operates with a systematic style uses logical, rational, sequential and a well-defined step-by-step approach when solving a problem; looks for an overall method or pragmatic approach; and then makes an overall plan for solving the problem.

2) *Intuitive Style*: The individual, whose style is intuitive, uses spontaneous, holistic, visual approach and an unpredictable ordering of analytical steps when solving a problem, relies on experience patterns characterized by universalized areas or hunches and explores and abandons alternatives quickly.

The present study is concerned with the cognitive style among district level individual and team game players.

### **Objectives**

1. To find out cognitive style among district level individual and team game players.
2. To compare the cognitive style among district level individual and team game players.
3. To find out the gender differences among district level individual and team game players in terms of their cognitive style.

### **Hypothesis**

1. Team game players would experience higher systematic cognitive style than individual game players.



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2. Female players would experience higher systematic cognitive style than male players.
3. Individual game players would experience higher intuitive cognitive style than team game players.
4. Male players would experience higher intuitive cognitive style than female players.
5. There would be significant interaction between types of players and gender in terms of the cognitive style.

### Method

- **Sample**

In the present study, researcher was select total 300 samples; out of them 150 was individual game players, male players (75) and female players (75) and 150 was team game players, male players (75) and female players (75). Samples was selected from colleges of Aurangabad, Beed and Jalana district affiliated to Dr. BabasahebAmbedkarMarathwada University, Aurangabad by random sampling method for each category.

- **Research design**

In the present study 2 x 2 factorial design have been used types of players (individual and team game players) x gender of the player (male and female players).

- **Variables**

In this present research, types of players (individual and team game players) and gender of players (male and female players) are independent variables and cognitive style is dependent variables.

- **Research Tool(Cognitive Style Inventory)**



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Cognitive style inventory (CSI) developed by Dr. Praveen Kumar Jha (2001). It is a bio-dimensional measure of systematic style and intuitive cognitive style consisting of 20 items each. The full length split half reliability of CSI was 0.653 and for systematic and intuitive cognitive styles are 0.83 and 0.78 ( $p < 0.01$ ) respectively.

### • Statistical Techniques

The research data was analyzed statistically by using Mean, SD, and ANOVA as per the need of the study.

### Results

**Table 1** Descriptive statistics - mean and SD of individual and team game players regarding systematic cognitive style variable

DVs	Types of Players	Gender	Mean	SD	N
SCS	Individual Game Players	Male	75.60	8.05	75
		Female	72.94	8.20	75
		Total	74.27	8.21	150
	Team Game Players	Male	85.42	8.79	75
		Female	70.10	8.62	75
		Total	77.76	11.59	150
	Total Players	Male	80.51	9.74	150
		Female	71.52	8.51	150
		Total	76.02	10.18	300

**Table 2** Summary of the ANOVA results for types of players and gender as independent variables and systematic cognitive style as dependent variable

Source	SS	df	MS	F	$\eta^2$
Type of players (A)	915.25	1	915.25	12.88**	.042
Gender (B)	6057.01	1	6057.01	85.28**	.224



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A X B	3008.33	1	3008.33	42.35**	.125
Within error	21023.28	296	71.02		
Corrected total	31003.88	299			
Total	1764716	300			

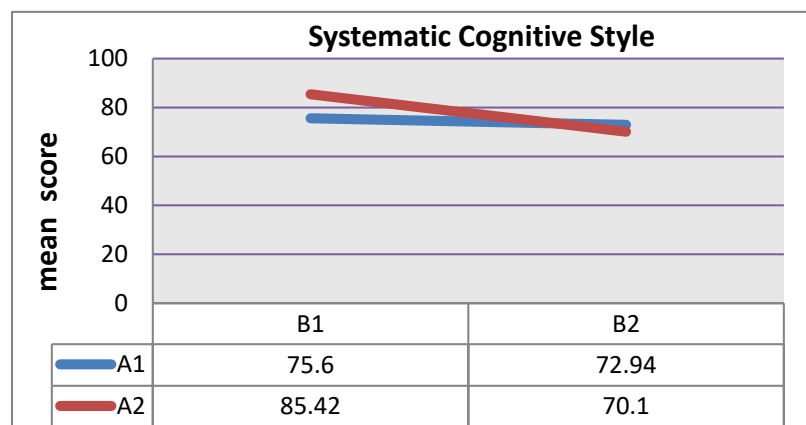
\*\*  $F_{.01(1,296)} = 6.70$ , \* $F_{.05(1,296)} = 3.86$ , NS = Not significant

Table 2 shows that, the  $F$  ratio for the first main effect of types of players on systematic style is significant,  $F_{(1,296)} = 12.88$ ;  $p < 0.01$ . It reveals that the systematic cognitive style of team game players ( $M = 77.76$ ) is significantly greater than individual game players ( $M = 74.27$ ).

The  $F_{(1,296)} = 85.28$ ;  $p < 0.01$ , an indicator of the second main effect of gender on systematic cognitive style is also significant. It is observed that (table 1), male players mean score ( $M = 80.51$ ) of systematic cognitive style is higher than the female players ( $M = 71.52$ ).

The  $F_{(1, 296)} = 42.35$ ;  $p < .01$ , an indicator of types of players and gender interaction upon systematic style, is found to be statistically significant. This suggests that there is relationship between types of players and systematic cognitive style and it is moderated by gender.

**Line graph showing interaction profile of types of players and their gender (AxB) regarding systematic cognitive style (SCS) variable**







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**Table 3** Descriptive statistics - mean and SD of individual and team game players regarding intuitive cognitive style variable

DVs	Types of Players	Gender	Mean	SD	N
ICS	Individual Game Players	Male	85.17	7.51	75
		Female	73.41	7.56	75
		Total	79.29	9.55	150
	Team Game Players	Male	71.54	8.32	75
		Female	70.22	8.61	75
		Total	70.88	8.46	150
	Total Players	Male	78.36	10.44	150
		Female	71.82	8.23	150
		Total	75.09	9.94	300

**Table 4** Summary of the ANOVA results for types of players and gender as independent variables and intuitive cognitive style as dependent variable

Source	SS	df	MS	F	$\eta^2$
Type of players (A)	5300.40	1	5300.40	82.44**	.218
Gender (B)	3207.87	1	3207.87	49.89**	.144
A X B	2043.63	1	2043.63	31.78**	.097
Within error	19030.66	296	64.29		
Corrected total	29582.57	299			
Total	1721135	300			

\*\*  $F_{.01(1,296)} = 6.70$ , \* $F_{.05(1,296)} = 3.86$ , NS = Not significant

As shown in above table 4, when the individual game players and team game players were compared on their mean score of intuitive cognitive style, the derived  $F_{(1,296)} = 82.44$ ;



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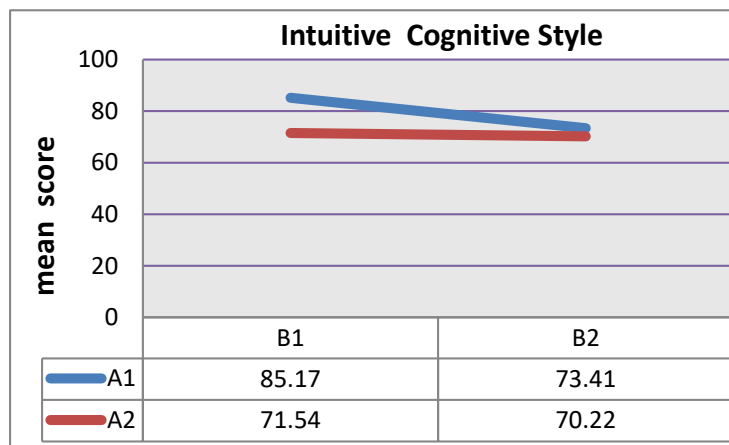


$p < .01$ , indicated that there is significant difference between the individual game players and team game players in their intuitive cognitive style.

When male and female players were compared on their scores on intuitive cognitive style, the derived  $F(1, 296) = 49.89, p < .01$ , indicated that there is statistically significant gender difference on the intuitive cognitive style of the participants.

The results show that the interaction between types of players and gender is significant on intuitive cognitive style,  $F(1, 296) = 31.78; p < .01$ . This suggests that there is relationship between types of players and intuitive cognitive style and it is moderated by gender.

**Line graph showing interaction profile of types of players and their gender (AxB) regarding intuitive cognitive style (ICS) variable**



### Conclusions

1. It has been found that individual game players have more intuitive style than team game players in terms of cognitive style.
2. It is found that the male players have more systematic style than female players for their cognitive style.



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3. It has been found that the male individual game players have more intuitive cognitive style than female individual game players.
4. It has been found that the male team game players have more systematic cognitive style than female team game players.

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## Effect of Meditation on Self Confidence

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### *Abstract*

*The aim of present study was to find out effect of meditation on self-confidence of students. Subjects were included in this study special kind of secondary school in Marathwada Region. Total 100 students have been tested – 50 meditators (25 female and 25 male) and 50 non-meditators students (25 female and 25 male). Subjects were attending the I, II and III class of high school. Age range was 15–18. Sample selected for this study purposive sampling method. Age rang of subject 18 to 25 years. A summary of two way ANOVA shows that main effect Type of students is highly significant ( $F= 45.156$ ,  $df 1$  and  $396$ ,  $p < .01$ ). This Quasi-experimental study suggests that, Meditation helps to improve Self confidence and Mental Health of College students.*

***Key Words: Meditation, Self Confidence, Students***

### **Introduction:**

In popular usage, the word "meditation" and the phrase "meditative practice" are often used imprecisely to designate broadly similar practices, or sets of practices, that are found across many cultures and traditions. Some of the difficulty in precisely defining meditation has been the need to recognize the particularities of the many various traditions. There may be differences between the theories of one tradition of meditation as to what it means to practice meditation. The differences between multiple various traditions, which have grown up a great distance apart from each other, may be even starker. The defining of what 'meditation' is has caused difficulties for modern scientists. Scientific reviews have proposed that researchers attempt to more clearly define the type of meditation being practiced in order that the results of their studies be made





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clearer. Taylor noted that to refer only to meditation from a particular faith (e.g., "Hindu" or "Buddhist") is not enough, since the cultural traditions from which a particular kind of meditation comes are quite different and even within a single tradition differ in complex ways. The specific name of a school of thought or a teacher or the title of a specific text is often quite important for identifying a particular type of meditation.

The term meditation refers to a broad variety of practices (much like the term sports) that includes techniques designed to promote relaxation, build internal energy or life force (qi, ki, prana, etc.) and develop compassion, love, patience, generosity and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration single-pointed analysis, meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity.

The word meditation carries different meanings in different contexts. Meditation has been practiced since antiquity as a component of numerous religious traditions and beliefs. Meditation often involves an internal effort to self-regulate the mind in some way. Meditation is often used to clear the mind and ease many health issues, such as high blood pressure, depression, and anxiety. It may be done sitting, or in an active way - for instance, Buddhist monks involve awareness in their day-to-day activities as a form of mind-training. Prayer beads or other ritual objects are commonly used during meditation in order to keep track of or remind the practitioner about some aspect of the training. Meditation has a calming effect and directs awareness inward until pure awareness is achieved, described as "being awake inside without being aware of anything except awareness itself." In brief, there are dozens of specific styles of meditation practice, and many different types of activity commonly referred to as meditative practices.

The self is a composite of a person's thoughts and feelings, strivings and hopes, fears and fantasies, his views of what he is, what he has been, what he might become, and his attitudes pertaining to his worth. Self-confidence is a positive attitude of oneself towards one's self-concept. It is an attribute of perceived self. Self confidence refers to a person's perceived ability to tackle situations successfully without leaning on others and to have a positive self-evaluation. In the words of *Basavanna (1975)* "self confidence refers to an individual's perceived ability to act effectively in a situation to overcome obstacles and to get things go all right".

### **Objective of the study:**

1. To investigate the impact of meditation on Self Confidence.



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2. To investigate the impact of gender on Self Confidence.
3. To investigate the interaction effect of meditation and gender on Self Confidence.

### Hypothesis:

1. There will be significant effect of Meditation on Self Confidence.
2. There will be significant effect of Gender on Self Confidence.
3. There will be significant interaction effect of meditation and gender on Self Confidence.

### 3) Methodology:

#### Variables under the study:-

In the present study following variables were treated as independent and dependent variables.

#### 1. Independent variables.

I) Meditation, (Meditators and not-meditators)

II) Gender (Male and Female)

#### 2. Dependent variables.

I) Self Confidence

### Research Design:

2X2 factorial design is use

### Sample:

Subjects were included in this study special kind of secondary school in Marathwada Region . Total 100 students have been tested – 50 meditators (25 female and 25 male) and 50 non-meditators students (25 female and 25 male). Subjects were attending the I, II and III class of high school. Age range was 15–18. Sample selected for this study purposive sampling method.



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Age rang of subject 18 to 25 years. The investigator himself expounded in details and significance of this research to the participating students.

### Tools:

#### 1. Self Confidence inventory:

Self Confidence Inventory (1987) in Hindi developed by the Rekha Agnihotry was used. It contains 56 items. Reliability coefficient by spilt half method is 0.95, by K-R formula is 0.94 and by test retests method 0.88. Validity coefficient of this test is 0.82.

### Statistical Techniques:

In the first stage Mean were calculate and the second stage SD were calculate. 'f' test also was used. As per the research design the collected data is analyzed by employing above statistical test. Further the result have been interpreted and discussed logically to

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Meditation	4678.560	1	4678.560	23.594	.000
Gender	2500.000	1	2500.000	12.607	.001
meditation * Gender	104.040	1	104.040	.525	.471
Error	19036.400	96	198.296		
Total	226128.000	100			



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The table shows that subjects from sports and non-sports differ significantly among themselves on the dependant variable self-confidence. A summary of two way ANOVA shows that main effect Type of students is highly significant ( $F= 45.156$ ,  $df$  1 and 396,  $p < .01$ ). According to these result hypotheses no.1 "There will be significant difference of self-confidence among students of both engaged in sports and non-sports. Has been accepted.

### Summary and Conclusion:

This Quasi-experimental study suggests that, Meditation helps to improve Self confidence and Mental Health of College students.

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### Impact of Personality Type on Job Satisfaction of College Teachers

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#### Abstract:-

The purpose of this study was to describe the relationship between personality type on job satisfaction of extension agents in teaching profession. 200 senior college teachers has been selected for this study which was equally classified in High Personality type A 100 & Personality type B 100 teachers. To classify the personality types the ABBP scale, constructed by UpinderDhar and Manisha Jain (2001) Ankur Psychological Agency Lucknow. It contains 36 items. To assess the level of job satisfaction the JS scale, constructed by Dr. Amar Singh & Dr. T.R. Sharma (1999) National Psychological Corporation, KacheriGhat, Agra. Results show that Personality type A teachers would exhibit higher job satisfaction than Personality type B teachers".

**Keywords:- Personality Type, Job Satisfaction & College Teacher.**

#### Introduction:-

There are various elements that impact job satisfaction. For instance one late investigation even found that if undergrads' majors matched with their jobs, this relationship anticipated consequent job satisfaction. Be that as it may, the principle impacts can be condensed along the measurement recognized previously.

Representative job satisfaction and inspiration can be considered through a few wide methodologies versus substance or need based speculations, process hypotheses and support speculations. Nonetheless, the term worker inspiration is a perplexing and troublesome term to characterize; accordingly an exact meaning of this idea is slippery as the thought includes the qualities of individual and circumstance just as the impression of that circumstance by the individual (Ifinedo 2003; Rosenfeld and Wilson 1999). An association's exuberance, regardless of whether open or private, originates from the inspiration of its representatives, in spite of the fact that their capacities play similarly as critical a job in deciding their work



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execution their inspiration (Lewis, Goodman and Fandt 1995). Golembiewski (1973) alludes to inspiration as the level of availability of an association to seek after some assigned objective and infers the assurance of the nature and locus of the powers actuating the level of status. To Kelly, J. (1974) inspiration has to do with the powers that keep up and change the bearing, quality and force of conduct. As indicated by Hoy and Miskel (1987), worker inspiration is the mind boggling powers, drives, needs, strain states, or different instruments that begin and keep up willful action coordinated towards the accomplishment of individual objectives. To put it plainly, Dessler (2001) characterized inspiration as the force of an individual's longing to participate in some movement. From the above definitions a few issues are inferred that manage what begins and empowers human conduct, how those powers are coordinated and supported just as the results they realize (execution).

### Job Satisfaction

The more joyful individuals are inside their job, the more fulfilled they are said to be. Job satisfaction isn't equivalent to inspiration, in spite of the fact that it is unmistakably connected. Job configuration means to upgrade job satisfaction and execution; strategies incorporate job pivot, job amplification and job improvement. Different effects on satisfaction incorporate the administration style and culture, worker contribution, strengthening and self-ruling work gatherings. Job satisfaction is a significant trait which is often estimated by associations. The most well-known method for estimation is the utilization of rating scales where workers report their responses to their jobs. Questions identify with pace of pay, work duties, assortment of assignments, special open doors the work itself and colleagues. A few examiners pose yes or no inquiries while others request to rate satisfaction on 1-5 scale (where 1 speaks to "not in any way fulfilled" and 5 speaks to "incredibly fulfilled").

### Definitions

A general attitude towards one's job; the difference between the amount of rewards worker receive and the amount they believe they should receive. Stephen P. R.

Job satisfaction has been characterized as a pleasurable enthusiastic state coming about because of the examination of one's job a full of feeling response to one's job and a frame of mind towards one's job. Weiss (2002) has contended that job satisfaction is a frame of mind yet brings up that scientists ought to obviously recognize the objects of subjective assessment





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which are influence (feeling), convictions and practices. This definition proposes that we structure frames of mind towards our jobs by considering our emotions, our convictions, and our practices.

### A History of Personality Typing

Since antiquated occasions, people have looked to clarify conduct by arranging characters into unmistakable types. In Ancient China, the arrangement of crystal gazing portrayed individuals into twelve particular creature types. The present Western crystal gazing utilizes twelve particular signs also.

One of the most seasoned referred to personality composing techniques is known as the Enneagram which classifies characters into 9 numbered types. It is thought to have establishes in the consecrated geometry created by the Pythagoreans 4,000 years back, and traveled through culture and time to the times of Plato, to obscure Judaism in the Cabalistic conventions of the Tree of Life, and into current days.

In old Greece, the extraordinary doctor Hippocrates accepted as quite a while in the past as 400 BC that individuals could be typed in four unmistakable classifications. These were named "Melancholic", "Sanguine", "Choleric", and "Apathetic" after different natural liquids that were thought to impact the personality. Every wa additionally connected to one of the four components fire, air, water and earth. These types were additionally called "humors", and are currently alluded to as "Gatekeepers "Craftsmans", "Optimists" and "Realists".

**Furnham, A., Petrides, K. V., Jackson, C. J., Cotter, T. (2002)** investigated the relationships between personality traits and aspects of job satisfaction. In Study 1, job applicants (n=250) completed the Eysenck Personality Profiler and the Work Values Questionnaire (WVQ), which requires respondents to rate various work-related facets according to the extent to which they contribute to their job satisfaction. These facets were combined into two composites (hygiene and motivator) based on previous research. The three personality superfactors accounted for a small percentage of the variance in importance ratings (about 5%). In Study 2, employees (n=82) completed a measure of the 'Big Five' personality traits and the Job Satisfaction Questionnaire (JSQ), which assesses both what respondents consider as important in their work environment as well as their satisfaction with their current job. Importance ratings were again combined into two composites while job satisfaction ratings were factor analyzed and three factors, differentiated along hygiene versus



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motivator lines, emerged. Personality traits again accounted for a small percentage of the total variance both in importance ratings and in levels of job satisfaction. It is concluded that personality does not have a strong or consistent influence either on what individuals perceive as important in their work environment or on their levels of job satisfaction.

**Long, J. L., Swortzel, K. A. (2007)** describe the relationship between personality type, demographic characteristics, and job satisfaction of extension agents in the Mississippi State University Extension Service. The Job Satisfaction Index developed by Brayfield and Rothe (1951) was sent to 180 extension agents. Demographic data was also collected from these agents and MBTI profiles that were already on file in the personnel office were used in the study. Based on 143 usable responses to the job satisfaction survey, agents were found to be very satisfied with jobs regardless of position, gender, age, race, or length of service. Only a small percentage of agents were dissatisfied with their jobs. This study also found the best predictor for job satisfaction to be the age of the agent. With only a small percentage of variance in job satisfaction scores found, additional research needs to be conducted to identify other variables that might influence job satisfaction of extension agents.

**Hardman, T. R., Leary, P. A., Toth, P. E. (1996)** examined the relationship between the personality types and personal characteristics and job satisfaction of female school principals in West Virginia. Personality type was operationally defined as respondent scores on the Myers-Briggs Type Indicator (MBTI) and job satisfaction was defined as respondent scores on the Mohrman-Cooke-Mohrman Job Satisfaction Scale. Findings were analyzed using Analysis of Variance (ANOVA) and Duncan's Multiple Range Test. Findings include the observation that younger female principals had significantly higher extrinsic job satisfaction scores than older ones, and that the perceived level of support was significantly and positively related to overall job satisfaction.

### Statement of the Problem:-

"To study the Impact of Personality Type on Job Satisfaction of College Teachers".

### Purpose and Objectives:-

The purpose of this study was to describe the relationship between personality type, on job satisfaction of extension agents in teaching profession.



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The objectives of the study were as follows.

1. To identify the individual Personality Type of extension agents in Job Satisfaction of college teachers.
2. To determine the level of individual Job Satisfaction of college teachers.
3. To determine the best predictive indicator for Job Satisfaction scores.
4. To find out whether there are individual differences in Job Satisfaction in terms of Personality type.

### Hypothesis:-

"Personality Type A teachers would exhibit higher Job Satisfaction than Personality Type B teachers".

### Sample:-

Initially 300 subjects were taken for this study from the population and 200 senior college teachers has been selected for this study which was equally classified in High Personality type A 100 & Personality type B 100 teachers. The teaching experience of the teachers was ranged from 5 to 15 years and it was selected from marathwada region irrespective of gender & area of living from Arts, Commerce & Science granted faculties. The sampling was simple random (a type of probability sampling). The efforts were made to have the sample as representative as possible in terms of gender, education. All the subjects were similar kind of socio-economic status.

### Variables:-

- 1) Personality Type is independent variables in this study.
- 2) Job satisfaction is dependent variables in this study.

### Measurement Tools:-



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- 1. Type A/B behavioral pattern scale:** - To classify the personality types the ABBP scale, constructed by UpinderDhar and Manisha Jain (2001) Ankur Psychological Agency Lucknow. It contains 36 items.
- 2. Job Satisfaction Scale:** - To assess the level of job satisfaction the JS scale, constructed by Dr. Amar Singh & Dr. T.R. Sharma (1999) National Psychological Corporation, KacheriGhat, Agra.

### Statistical Analysis: -

For the each subject, initially data of each group were separately scrutinized by employing frequency distribution, descriptive statistics i.e. mean and S.D. The statistical analysis was mainly consisted of 't' test on job satisfaction with the help of SPSS including the search for the univariable outliers.

### Results & Discussion

**“Personality type A teachers would exhibit higher job satisfaction than Personality type B teachers”.**

Table Showing Mean & S.D. Values forPersonality Type of Teachers on Job Satisfaction			
Personality Type	No of Teachers	Mean Score of the Teachers on Job Satisfaction	S.D Score of the Teachers on Job Satisfaction
Type A	100	64.02	11.31
Type B	100	59.65	11.23

Mean and S.D. Values showing in table forPersonality Type of Teachers on Job Satisfaction.It depicts that the mean score of the (64.02) Personality type A teachers found higher than the mean score of the (59.65) Personality type B teachers on job satisfaction.

**Thus the results support to hypothesis no 1 stating that““Personality type A teachers would exhibit higher job satisfaction than Personality type B teachers”.**

Type A teachers possesses the quality of complaining work in time, doing more work in lesser time. Also they cannot rest unless they finish the given job. Type B teachers takes more



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time to complete the work, faces the problem of efficiency and they unable to finish the work in given time in comparably to the Type A teachers that's why job satisfaction features more to Type A teachers than for Type B teachers.

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## Subjective Well-being and Stress among Diabetic Patients

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### **Abstract:**

*The purpose of the present investigation was to find out the relationship between subjective well-being and stress among diabetic patients. This study was conducted on 60 diabetic patients working in different government offices. In the present study occupational stress and well-being tests were administered. For the measurement of occupational stress Occupational Stress Index (Srivastava and Singh, 1981) was used. Subjective well-being was assessed with the help of Carol Ryff's Scale. All diabetic patients were type II patients and scrutinized by medical practitioners. The statistics employed are correlation, t-test analysis. The results of correlation indicate that well-being is significantly and negatively correlated with stress (total). There is a gender difference in terms of subjective well-being and stress.*

**Keywords:** Subjective well-being, Stress, Diabetic patients

### **INTRODUCTION**

Every human being expects pleasure and happiness. Happiness is a study matter of positive psychology. Positive psychology is a recent branch of psychology that studies the strengths and virtues that enable individuals and communities to thrive. Positive psychologists seek to find and nurture genius and talent, and to make normal life more fulfilling, not simply to treat mental illness.





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Several humanistic psychologists—such as Abraham Maslow, Karl Rogers, and Erich Fromm- developed various theories and practices that involved human happiness. Philosophers and religious thinkers often define happiness in terms of living a good life, or flourishing, rather than simply as an emotion. On the contrary it is found that stress hurts such emotions and person becomes get sick. The present study examined the subjective well-being and stress of the diabetic patients.

Subjective well-being can be simply defined as the individual's current evaluation of his/her happiness. Such an evaluation is often expressed in affective terms; when asked about subjective well-being, participants will often say, "I feel good" (Schwartz & Strack, 1999).

These evaluations may be primarily cognitive (e.g., life satisfaction or marital satisfaction) or may consist of the frequency with which people experience pleasant emotions (e.g. joy) and unpleasant emotions (e.g., stress).

Researcher has identified a number of attributes that correlate with happiness: relationships and social interaction, extraversion, marital status, employment, health, democratic freedom, optimism, religious involvement, income and proximity to other happy people.

### **OBJECTIVES OF THE STUDY**

- To study the relationship between subjective well-being and stress of diabetic patients.
- To examine major sex differences in the relationship between these constructs.
- To formulate recommendations plan for a happy and healthy conditions for living a better life and to suggest suitable measures for improving happiness.

### **HYPOTHESES**

In the course of analysis and discussion following hypothesis are formed for testing purpose based on the empirical data:

- i) Subjective well-being is significantly and negatively related to stress.
- ii) Males are more likely to find meaning in well-being than female Adults.



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iii) Females are more likely to find meaning in stress than male Adults.

### REVIEW OF LITERATURE

The primary purpose of this study is to review recent research examining the beneficial effects of stress on psychological well-being.

It includes studies that show the relative effect of stress on Subjective well-being. However, it should be noted that although over the past few years a lot of research involving Subjective well-being has been carried out, not much has been done in Indian context and research in these fields has a long way to go.

Subjective well-being is universal and discussed in both medical science and behavioral and social science. Low Level of Subjective well-being could be seen as psychological crisis which causes high stress in different ways and people suffers psychologically, emotionally which may have serious impact on their personality, self-concept, marital and personal adjustment.

Since the emergence of the field over five decades ago, the SWB literature has progressed rapidly. First, as recent surveys show, psychologists and other social scientists have taken huge steps in their understanding of the factors influencing people's SWB.

SWB, in fact, is 'a broad category of phenomena that includes people's emotional responses, domain satisfactions, and global judgements of life satisfaction' (Diener et al., 1999: p. 277). Specifically, reported SWB consists of two distinctive components (cf. Diener, 1994: p. 106): an *affective* part, which refers to both the presence of positive affect (PA) and the absence of negative affect (NA), and a *cognitive* part.

### METHOD

This section describes the method used to study the variables and test the hypotheses. Thus, it is a description of the sample selected, the tools used and the procedure employed.

The data is collected from diabetic patients who are scrutinized by medical doctors from Nashik city. Total 60 diabetic patients, 30 males and 30 females, all were government employees, were contacted and the age limit was determine that the range between 45 years to 55 years. Requested all of them to fill-up two psychological tests. All ethical considerations were followed. In this study Survey method has was used.



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**Tools:** -Subjective well-being will be measured with the help of The Ryff Scales of Psychological Well-Being and stress is measured with the help of Occupational Stress Index (A. K. Srivastava & A. P. Singh 1981).

### 1. The Ryff Scales of Psychological Well-Being

Well-being is a dynamic concept that includes subjective, social, and psychological dimensions as well as health-related behaviors. The Ryff Scales of Psychological Well-Being is a theoretically grounded instrument that specifically focuses on measuring multiple facets of psychological well-being.

#### Scoring: -

Responses are totaled for each of the six categories (about half of the responses are reverse scored, which is indicated on the master copy of the test). For each category, a high score indicates that the respondent has a mastery of that area in his or her life. Conversely, a low score shows that the respondent struggles to feel comfortable with that particular concept.

#### Reliability and Validity:-

The multidimensional structure of psychological well-being, as measured by the Ryff inventory, has been tested and validated on a nationally representative sample of English-speaking adults age 25 and older.

Internal consistency (often measured by Cronbach's alpha) refers to the probability of responses from a set of items in a scale to be the same. The short version of the Ryff instrument has low internal consistency and is not recommended for high-quality assessment of psychological well-being. See Table 7 below.

#### Procedure

Before conducting the study the entire process and the objective of the study was explained to the diabetic patients. Then the questionnaires were given to the patients, after which their responses were obtained.

### 2. Occupational Stress Index (A. K. Srivastava & A. P. Singh 1981) ,



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This scale was developed by Snavstava& Singh. In this study only 15 items were used from the full scale, which is related with role overload, role ambiguity and role conflict. Reliability and validity is successively .84 and .72.

### RESULT

From the study, we obtained:

Table 1: A relation between Subjective Well-being and Stress

Variable	Mean	SD	r Value	Sig.
Subjective well-being	122.30	16.02	-.72	0.01
Stress	72.34	11.22		

According to above table it is found that the Pearson's r value between SWB and Stress is -.72 which is significant on 0.01 level and indicates negative relationship. It means that SWB and Stress has a negative association..

Table: 2 :Gender Differences in Subjective Well-Being

Variable	Group	Mean	SD	t Value	Sig.
Subjective well being	Female	113.76	24.23	4.02	0.01
	Male	102.56	21.22		

Table: 3 :Gender Differences in Stress

Variable	Group	Mean	SD	t Value	Sig.
Stress	Female	78.12	12.03	3.26	0.01
	Male	72.34	11.22		



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On the basis of table no. 2 and 3 it is observed that the t value are 4.02 and 3.26 for SWB and stress respectively. These values are significant on 0.01 level and indicates difference between male and female. The mean is high on SWB and stress and interprets that according to manual that high value represent the high tendency of the trait and conclude that females have high SWB and stress is also high in females than males.

Hypothesis no. 2 is rejected but no. 3 is accepted.

### **FINDINGS ANALYSIS AND DISCUSSION**

This study looked to see if there was a relationship between subjective well-being and stress of diabetic patients. In previous studies it was found that stress has been linked to a greater sense of well-being (Koenig, Smiley, & Gonzales 1999). The findings of our study alsodemonstrate such a relationship. Once more, these results show that stress is an important inverse correlate of subjective well-being.

A second hypothesis was that males would test to be more subjective well-being than females. This research was supported in this study. It was also shown that women were more likely to have a higher level of stress.

### **CONCLUSIONS**

This study sought to find a relationship between subjective well-being and stress among diabetic patients. It also sought to demonstrate a higher level of stress as well as subjective well-being in women than men..

### **LIMITATIONS**

- Though the sample was chosen very carefully. It was obviously very small in size.
- Within this experiment, the stress of sample participants is not reflective of the overall population.



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- Equal weightage was assigned to each statement while evaluating Stress and SWB, which should be avoided since some statements demand more importance and weightage than others.

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## The effect of parental encouragement on development of emotional intelligence of adolescents

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### Abstract:-

*The basic aim of present study is to measure and compare the emotional intelligence of adolescents. Find out the relationship between parental encouragement and emotional intelligence. For the purpose of the study, 280 adolescents were chosen from various schools in Aurangabad city. Emotional intelligence scale constructed by Anukool hyde & etal was used for data collection and Parental encouragement scale by R.R. Sharma used for sampling distribution which is criterion of experiencing high parental encouragement and experiencing low parental encouragement based adolescents. Results drawn throughout correlation method and Two-way ANOVA, it indicate that there are no significant gender differences on emotional intelligence ( $F=2.081$ ). Thus, gender has no influence on emotional intelligence. It concludes that there is no difference between boys adolescents and girls adolescents in terms of their emotional intelligence. Emotional intelligence and parental encouragement are found to be positively and significantly correlated ( $r=0.68$ ,  $P < 0.01$ ). Thus, High parental encouragement adolescents develop significantly better emotional intelligence than low parental encouragement adolescent.*

**Keyword: - Parental encouragement, Emotional intelligence and adolescents.**

### Introduction:-

The family is a place in which children learn to interpret reality (Way and Rossmann 1996b). Parents serve as significant interpreters for children of information about the world and children's abilities (Hall, Kelly, Hansen, and Gutwein 1996). Researchers have studied the influence of parents and the family on children's career choice and development. Much of this research has demonstrated links between career development and such factors as socioeconomic status, parents' educational and occupational attainment, and cultural background. This research highlights a different body of research that considers the effects of family relationships. It also



## OUR HERITAGE

ISSN: 0474-9030 Vol-68, Special Issue-14

*National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"*

*Sponsored by ICSSR*

*Held on (01 February 2020, Saturday)*

*Organized by: Department of Psychology, Sports and Physical Education  
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studies attachment theory, which suggests that close relationships provide experiences of security that promote exploration and risk taking (Ketterson and Blustein 1997), and social learning theory, which views "early experiences as a basis for developing career self-efficacy and interests as well as career goals and choices throughout life" (Altman 1997, p. 241). This research looks at the ways in which parenting styles, family functioning, and parent-child interaction influence career development. All adolescents must begin to master the emotional skills necessary to manage stress and be sensitive and effective in relating to other people. These skills have been called "emotional intelligence" (Goleman, 1994). Emotional intelligence involves self-awareness, but above all, relationship skills-the ability to get along well with other people and to make friends. Professionals who can help adolescents develop emotional intelligence provide them with resources that will help them succeed as adults in both their personal and professional lives. However, one does not have to look to the future for the benefits; youth without relationship skills are at greater risk than their peers who have these skills for a number of problems, including dropping out of school (Olweus, 1996). What follows is a brief description of the most important skills for adolescents to begin to master as part of their emotional development.

### **Concept: Emotional intelligence:-**

Emotional intelligence (EI) is the area of cognitive ability involving traits and social skills that facilitate interpersonal behavior. Intelligence can be broadly defined as the capacity for goal-oriented adaptive behavior; emotional intelligence focuses on the aspects of intelligence that govern self-knowledge and social adaptation. According to Salovey and Mayer, the four branches of their model are, "arranged from more basic psychological processes to higher, more psychologically integrated processes. For example, the lowest level branch concerns the (relatively) simple abilities of perceiving and expressing emotion. In contrast, the highest level branch concerns the conscious, reflective regulation of emotion" (1997). Goleman describes emotional intelligence as "managing feelings so that they are expressed appropriately and effectively, enabling people to work together smoothly toward their common goals." According to Goleman, the five major skills that make up emotional intelligence are:

- 1) Self-Awareness
- 2) Self-Management
- 3) Motivation
- 4) Empathy



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### 5) Social Skills

The effect of sex role typing is especially hazardous to personal and social adjustment when it conforms to the traditional sex – role stereotype. In the case of boys, it leads to an unwarranted feeling of superiority –a superiority complex based on the belief that all who are male are automatically superior to all who are female. In girls it leads to an unwarranted feeling of inferiority – an inferiority complex based on the traditional belief that all females are inferior to all males regardless of abilities and achievements. In neither case do children see themselves realistically. The wider the gap between their real selves and their idealized selves, the greater the chance that maladjustments will develop. Traditional sex role typing almost always leads to sex-cleavages when they develop, the effects on children are similar to those that result from discrimination due to racial, religious or other differences (Bohan, 1973, Gordon and Hall, 1974).

In present study researcher to find out the impact of parental encouragement on emotional intelligence.

#### **Problem:-**

To study the association between parental encouragement in developing emotional intelligence of adolescents

#### **Aim of the study:**

Present study aims at to study the effect of parental encouragement on development of emotional intelligence of adolescents.

#### **Objectives of the Study:**

##### **Major objectives of study are as follows:**

- 1) To measure emotional intelligence of male & female adolescents and search whether they differ from each other or not.
- 2) To find out the association between parental encouragement and emotional intelligence of adolescent.

#### **Hypothesis Tested In The Study:**

Assuming that the other factors are kept constant the following hypothesis were framed.



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- 1) Female adolescent develop significantly better emotional intelligence than male adolescent.
- 2) High parental encouragement adolescents develop significantly better emotional intelligence than low parental encouragement adolescent.

### **Sample:**

The sample for the study will be selected from Aurangabad district Maharashtra The 350 subject were selected from various junior college in Aurangabad city. Similarly 350 subjects from rural area will be selected from various junior colleges of rural area. Their age range will be 14 to 16 years. Male-Female ratio will be 1:1. *On the basis of parental encouragement scale gave all off above both sample, and final stage distributed 140 high parental encouragement adolescents and 140 low parental encouragement adolescents 280 sample were selected by purposive sampling method.*

### **Tools Used :**

A brief description of tests and used for data collection are given below.

#### **1. Emotional Intelligence Scale :( E.I.S)**

The emotional intelligence scale (E.I.S.) was developed by Anukool hyde, sanjyot pethe and upinder dhar. It contains 34 items with five alternatives for response. In this scale high score indicate that high emotional intelligence. 1) Strongly Agree 2) Agree 3) Uncertain 4) Disagree 5) Strongly disagree. Ten factors of emotional intelligence are included in this scale. They are : A) Self awareness B) Empathy C) Self-motivation D) Emotional stability E) Managing relations F) Integrity G) Self-development H) Value-orientation I) Commitment J) Altruistic behaviors.

**Reliability:** The reliability of the scale was determined by calculating reliability coefficient on a sample of 200 subjects. The split half reliability coefficient was found to be 0.88.

**Validity :** Besides face validity, as all items were related to the variable under focus, the scale has high content validity. It is evident from the assessment of judges/experts that items of the scale are directly related to the concept of emotional intelligence. In order to find out the validity from the coefficient of reliability (Garrett, 1981), the reliability index was calculated which indicated high validity on account of being 0.93.



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### **2. Parent Encouragement Scale (PES) :**

The parents encouragement scale (PES) was developed by Dr. R.R. Sharma. The parental encouragement scale (PES) has been developed to measure the degree/ amount of encouragement which a child receives from his parent and also to categorize the students in terms of the degree amount of their parental encouragement. It has been designed for the student population upon higher secondary stage. **Reliability :** The reliability of the scale was measured firstly by split half method and the value was found to be 0.83. Secondly two test retest reliabilities were determined one after an interval of 2 weeks and the other of 4 weeks. The values of these two reliabilities were found to be 0.73 and 0.76 respectively.

**Validity :** The validity of the PES was ascertained by correlating the scores of this scale with iniyal and Agrawal's PES. The coefficient of correlation was found to be 0.68. This indicates that the scale is fairly a valid tool.

### **Procedure of Data Collection :**

Data collection procedure has been done by norms of sample and tools.

**Variables Under Study :-** 1. There are three major variables which were treated as independent variable sex, parental encouragement. 2. There are two dependent variables namely emotional intelligence.

### **Design of study :**

Of the several variables mentioned about the first three were treated as independent variables and the remaining as dependent variables. Thus, a balanced 2x2 factorial design was used.

- 1) Parental encouragement:- (A) :- (A<sub>1</sub>) High PE and (A<sub>2</sub>) Low PE
- 2) Sex:- (B<sub>1</sub>) Male and (B<sub>2</sub>) Female

### **Statistical Treatment of Data :**

At the first stage the data will be treated by mean and standard deviation. At the second stage data will be treated by two way ANOVA finally a orthogonal comparison test will be applied to analyzed the data and search whether the inter group mean differences are significant or not.



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**Table No.01:**

**Shows difference between boys and girls adolescents for dependent variable emotional intelligence.**

Group	N	Mean	SD	t	Significant level
Boys adolescents	140	121.41	14.861	0.88	NS
Girls adolescents	140	123.02	15.65		

$P=0.05=1.96$        $0.01=2.57$

In the above table the mean value of Boys adolescents is 121.41 and SD is 14.86 as well as the mean value of Girls adolescents is 123.02 and SD is 15.65. obtained t value is 0.88 which is not significant. Hence, it is concluded that there is no difference between boys adolescents and girls adolescents in terms of their emotional intelligence. And rejects second hypothesis "Female adolescent develop significantly better emotional intelligence than male adolescent"

**Table no.2**

**Showing the association between emotional intelligence and parental encouragement of adolescents.**

Dvs	Mean	Std. Deviation	N
Parental encouragement	43.8393	23.94	280
Emotional intelligence	122.2107	15.26	280

**Table No.2 shows Correlation between emotional intelligence and parental encouragement of adolescents.**

Method	Parental encouragement	Emotional intelligence
Pearson Correlation	1	0.683(**)
Sig. (1-tailed)		0.01
Sum of Squares and Cross-products	159963.768	69689.482
Covariance	573.347	249.783
N	280	280

\*\* Correlation is significant at the 0.01 level (1-tailed).





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An attempt has also been made to observe the relationship between emotional intelligence and parental encouragement. In terms of the present emotional intelligence inventory high score indicate more emotional intelligence level. In the above table researcher analyzes the correlation between emotional intelligence and parental encouragement. The total sample is 280 and mean is 43.83, SD is 23.94 for parental encouragement and the mean for emotional intelligence is 122.21, SD is 15.26. Researcher employed Pearson product moment correlation the  $r$  is 0.683 which is seen large and its significant on 0.01 level. It indicates that there is a positive relationship between emotional intelligence and parental encouragement. Since high score indicates high emotional intelligence, the results support hypothesis no. 3 stating 'High parental encouragement adolescents develop significantly better emotional intelligence than low parental encouragement adolescent'. In sum this hypothesis is found to be significant and it's confirmed. Because when adolescents experience more parental encouragement they develop better emotional intelligence than who experience low parental encouragement. In order supportive results found to three way underrate analysis of variance showing significant difference about emotional intelligence(table no.2), main effect is parental Encouragement i.e high and low. The  $F(df=1,279)$  value is 201.17, which is significant on 0.01 level. Hence its indicate that high and low adolescents showing significant difference about emotional intelligence.

### On the basis of statistical analysis, following results were drawn:-

1) There are no significant gender differences on emotional intelligence ( $F=2.081$ ). Thus, gender has no influence on emotional intelligence. It concludes that there is no difference between boys adolescents and girls adolescents in terms of their emotional intelligence. Thus Hypothesis No.01 is rejected.

3. Emotional intelligence and parental encouragement are found to be positively and significantly correlated ( $r=0.68$ ,  $P < 0.01$ ). Thus, High parental encouragement adolescents develop significantly better emotional intelligence than low parental encouragement adolescent' and Hypothesis No.2 is supported.

### Conclusions:-

- 1) There is no difference between boys adolescents and girls adolescents in terms of their emotional intelligence.
- 2) High parental encouragement adolescents develop significantly better emotional intelligence than low parental encouragement adolescent.





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## Stress Management Technique for Athletes During Sports: A Critical Review

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### ABSTRACT

*Stressors have a major influence upon mood, our sense of well-being, behavior, and health. Acute stress responses in young, healthy individuals may be adaptive and typically do not impose a health burden. However, if the threat is unremitting, particularly in older or unhealthy individuals, the long-term effects of stressors can damage health. This paper attempts to look at the strategies for sports coaches in managing stressful situations in sports competitions. This paper therefore, writes in the introduction, the concepts of stress, competition based stress, management, stress management in sports, stress in sports psychology. The paper also examines the sources of stress. It looks critically at the levels of stress in competitive sports. The relationship between psychosocial stressors and disease is affected by the nature, number, and persistence of the stressors as well as by the individual's biological vulnerability (i.e., genetics, constitutional factors), psychosocial resources, and learned patterns of coping. Psychosocial interventions have proven useful for treating stress-related disorders and may influence the course of chronic diseases. The paper also highlights some specific stress management strategies which sports coaches have to employ to aid excellent performance in sports competition. It also identifies the educational implications of stress management in sports competitions.*

*Keywords: Psychosocial stressors, Stress responses, Sports, psychosocial interventions, Stressor interactions, Stress management.*

### INTRODUCTION:

The wider the usage of the term 'stress', the more elusive its meaning. Modern definitions of stress all recognize that it is a personal experience caused by pressure or demands on an individual, and impacts upon the individual's ability to cope or rather, his/her perception of that ability. Work-related stress occurs when there is a mismatch between the demands of the job and the resources and capabilities of the individual



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Worker to meet those demands. Subjective and self reported evaluations of stress are just as valid as 'objective' data, such as statistics on accidents or absenteeism. A recent report by the National Association of Mental Health distinguishes between stress and pressure, where Pressure can be defined as a subjective feeling of tension or arousal that is triggered by a potentially stressful situation. However, where pressure exceeds an individual's ability to cope, the result is stress. Stress and common mental health problems typically have complex and multiple causes and cannot be attributed solely to events in the workplace. Certainly, unemployment is as bad or worse for our health, while the fact of having a job, however imperfect it may be, brings positive psychological effects. Barley and Knight argue that the rise in the popularity of stress amongst the general public is largely attributable to its 'broad based explanatory value, as it can be invoked to account for a variety of negative environmental factors, feeling states, physical sensations and cognitions'. Cooper suggests that it is, in part, a result of an increasingly modern and mobile society, where traditional ties of community, family, neighbors, friends etc. are no longer so strong. Furthermore, during the 1990s, we have seen a rise in imposed stress as a result of massive downsizing in companies in both the private and public sectors. This has resulted in heavier workloads, job insecurity and a changing balance between men and women in the workforce. Other factors might include greater pressure, a faster pace of life and increased materialism in industrial and post-industrial societies. However, given the 'high levels of mortality and morbidity in many non-industrialized societies, it is very hard to see any basis for the claim that such a lifestyle is any less stressful'. In sports psychology, stress is seen as a form of arousal which is specifically linked with specification task expectation of the demand which a situation places on individual performing in competitive sports. Stress is viewed from different perceptiveness. Some psychologists or teachers or even the coaches consider stress management to be an 'essential ingredient for excellent performance. Other believes that stress has devastating effects on performance psychological point of view; stress could be good or bad. This depends on its level and the caliber of the person affected. Stress is a central concept for understanding both life and evolution. All creatures face threats to homeostasis, which must be met with adaptive responses. Our future as individuals and as a species depends on our ability to adapt to potent stressors. At a societal level, we face a lack of institutional resources (e.g., inadequate health insurance), pestilence (e.g., HIV/AIDS), war, and international terrorism that has reached our shores. At an individual level, we live with the insecurities of our daily existence including job stress, marital stress, and unsafe schools and neighborhoods. These are not an entirely new condition as, in the last century alone, the world suffered from instances of mass starvation, genocide, revolutions, civil wars, major infectious disease epidemics, two world wars, and a pernicious cold war that threatened the world order. Although we have chosen not to focus on these global threats in this paper, they do provide the backdrop for our consideration of the relationship between stress Management during Sports. A widely used definition of stressful situations is one in which the demands of the situation threaten to exceed the resources of the individual. It is clear that all of us



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are exposed to stressful situations at the societal, community, and interpersonal level. How we meet these challenges will tell us about the health of our society and ourselves. Acute stress responses in young, healthy individuals may be adaptive and typically do not impose a health burden. Indeed, individuals who are optimistic and have good coping responses may benefit from such experiences and do well dealing with chronic stressors. In contrast, if stressors are too strong and too persistent in individuals who are biologically vulnerable because of age, genetic, or constitutional factors, stressors may lead to disease. This is particularly the case if the person has few psychosocial resources and poor coping skills. In this chapter, we have documented associations between stressors and disease and have described how endocrine-immune interactions appear to mediate the relationship. We have also described how psychosocial stress. Others could be lack of sleep, poor nutrition, uncertainty, lack of realization, inability to estimate the actual performance response, break down of personal Play or performance form.

### PSYCHOLOGICAL ASPECTS OF STRESS

The most widely studied stressors in children and adolescents are exposure to violence, abuse (sexual, physical, emotional, or neglect), and divorce/marital conflict. McMahon et al. also provide an excellent review of the psychological consequences of such stressors. Psychological effects of maltreatment/abuse include the dysregulation of affect, provocative behaviors, the avoidance of intimacy, and disturbances in attachment. Survivors of childhood sexual abuse have higher levels of both general distress and major psychological disturbances including personality disorders. Childhood abuse is also associated with negative views toward learning and poor school performance. Children of divorced parents have more reported antisocial behavior, anxiety, and depression than their peers. Adult offspring of divorced parents report more current life stress, family conflict, and lack of friend support compared with those whose parents did not divorce. Exposure to nonresponsive environments has also been described as a stressor leading to learned helplessness. Studies have also addressed the psychological consequences of exposure to war and terrorism during childhood. A majority of children exposed to war experience significant psychological morbidity, including both post-traumatic stress disorders (PTSD) and depressive symptoms. For example, Nader et al. found that 70% of Kuwaiti children reported mild to severe PTSD symptoms after the Gulf War. Some effects are long lasting: found that 43% of Lebanese children continued to manifest post-traumatic stress symptoms 10 years after exposure to war-related trauma. Exposure to intense and chronic stressors during the developmental years has long-lasting neurobiological effects and puts one at increased risk for anxiety and mood disorders, aggressive dyscontrol problems, hypo-immune dysfunction, medical morbidity, structural changes in the CNS, and early death.



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### CAUSES OF STRESS

Stress is caused by various factors - not all of which are work-related of course, (which incidentally doesn't reduce the employer's obligation to protect against the causes of stress at work). Causes of stress - known as stressors - are in two categories: external stressors and internal stressors.

**External stressors-** physical conditions such as heat or cold, stressful psychological environments such as working conditions and abusive relationships, eg., bullying.

**Internal stressors-** physical ailments such as infection or inflammation, or psychological problems such as worrying about something. From the above, it is easy to see that work can be a source of both external and internal stressors. sports competition is more important than proposing for an elimination of stress. Rushall (1.985) in Eze (2002) listed some specific stress management methods or techniques which had aided excellent performance in sports competition as follows:

- (i) Positive thinking towards ones expected achievement.
- (ii) Mental practice of the skill .or pattern of play as a perception of self as a spectator and as a perception self as active participant
- (iii) Mental rehearsal the skill is mentally rehearsed over and before the actual physical performance.
- (iv) Imagery practice this involves going through the process of imagining its perfect form. There and blocking out any stress provoking thought.
- (v)Development self confidence before and during the competition and engaging in positive self statement.
- (vi) Eliminating inhibitory messages and statements.
- (vii) Developing the awareness of muscles this may be the kinaesthetic sense through practically going over a skill without actual performance.
- (viii) The coach or teacher should adhere to the use of cueing words for example- hit, jump, volley, kick harder, drive in anticipation for an action and calming down words like relax, cool it down and concentrate.
- ix) Believing in oneself and one's ability is very effective in managing stress.
- (x) Meditation -this requires mental and body discipline and mental concentration.
- (xi) Relaxation -this assists the conservation of energy.



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(xii) Bio-feedback - this enhances self regulation. It is claimed that optimal self regulation is the key to successful sports performance as the individual is not struggling with his movement, no muscular tension; perfection is experienced through graceful movement which minimizes outlay of movement. The under lining process is to move the athlete form an external locus of control to an internal one. Special attention should be given to the athletes with low level of stress because they easily show signs of fatigue. For concentration and blocking out stress provoking thought, the implication for coach or physical educator is to provide activities that should be interesting to them, he allows the athletes to choose games that they like to engage in before the actual competition. Meditate:

A few minutes of practice per day can help ease anxiety. **“Research suggests** that daily meditation may alter the brain’s neural pathways, making you more resilient to stress. It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention on reciting -- out loud or silently -- a positive mantra such as “I feel at peace” or “I love myself.” Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

### **Breathe Deeply:**

Take a 5-minute break and focus on your breathing. Sit up straight, eyes closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your abdomen and work its way to the top of your head. Reverse the process as you exhale through your mouth. “Deep breathing counters the effects of stress by slowing the heart rate and lowering blood pressure,” psychologist Judith Tutin, says. She's a certified life coach in Rome, GA.

### **Be Present:**

“Take 5 minutes and focus on only one behavior with awareness,” Tutin says. Notice how the air feels on your face when you’re walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food. When you spend time in the moment and focus on your senses, you should feel less tense.

### **Reach Out:**

Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

### **Tune In to Your Body:**

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels. “Simply be aware of places you feel tight or





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For 1 to 2 minutes, imagine each deep breath flowing to that body part. Repeat this process as you move your focus up your body, paying close attention to sensations you feel in each body part.

### **Decompress:**

Place a warm heat wrap around your neck and shoulders for 10 minutes. Close your eyes and relax your face, neck, upper chest, and back muscles. Remove the wrap, and use a tennis ball or foam roller to massage away tension.

### **Laugh Out Loud:**

A good belly laugh doesn't just lighten the load mentally. It lowers cortisol, your body's stress hormone, and boosts brain chemicals called endorphins, which help your mood. Lighten up by tuning in to your favorite sitcom or video, reading the comics, or chatting with someone who makes you smile. Crank up the Tunes: Research shows that listening to soothing music can lower blood pressure, heart rate, and anxiety. "Create a playlist of songs or nature sounds (the ocean, a bubbling brook, birds chirping), and allow your mind to focus on the different melodies, instruments, or singers in the piece," Benninger says. You also can blow off steam by rocking out to more upbeat tunes or singing at the top of your lungs!

### **Get Moving:**

You don't have to run in order to get a runner's high. All forms of exercise, including yoga and runner's high. All forms of exercise, including yoga and walking, can ease depression and anxiety by helping the brain release feel-good chemicals and by giving your body a chance to practice dealing with stress. You can go for a quick walk around the block, take the stairs up and down a few flights, or do some stretching exercises like head rolls and shoulder shrugs. Be Grateful: Keep a gratitude journal or several (one by your bed, one in your purse, and one at work) to help you remember all the things that are good in your life. coach in Greenville, NC.

## **CONCLUSION**

Stress management in sports competition means how someone copes, controls and reduces the occurrence of the negative conflict of stress. The main sources of stress are the hopes of the athlete; what he hopes to achieve or win in the competition; the fear of failure, anger, frustration, injury, discomfort which he would like to avoid. Other stressful situation includes crowd's demand, muscular tension, over motivation and inability to cope with sensory information. The teacher/coach should increase the control of emotion in individual

athlete and group situations. The Coach/Teacher should adhere to the use of cueing words, Participants should be grouped together for the purpose of reducing excessive level of stress and should concentrate and block out stress provoking thought. Special attention should be given to the athletes with low level of stress; imagery practice should be adhered to. Mental rehearsal should be observed by the athletes before the actual physical performance.





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*National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"*

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Held on (01 February 2020, Saturday)

**Organized by:** Department of Psychology, Sports and Physical Education  
Shivaji College, Hingoli-431513 (Maharashtra)



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