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## **A CO- RELATIONAL STUDY AMONG MENTAL HEALTH, PERSONALITY DIMENSIONS & PHYSICAL FITNESS OF ADOLESCENT BOYS**

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### **Abstract:**

*The purpose of this study was to co-relate mental health, personality & physical fitness of adolescent boys of Maharashtra State. A total of 150 samples belonging to different schools from Nagpur District of Maharashtra State. The age of the samples ranged from 13-18 years and all the samples selected from random basis. To measure mental health of selected subjects, mental health inventory prepared by Agashe and Helode (1996) was preferred. To find out personality, Junior Eysenck Personality Inventory (J.E.P.I) was adopted & for physical fitness Cooper's JCR Test (1963) was used. Results found that there will be significant negative relationship between mental health and physical fitness. Physical fitness will showing there negative relationship with neuroticism and neuroticism will shown negative relationship with extraversion.*

### **KEYWORDS:**

co- relational , Mental Health , Physical Fitness , adolescent .

### **INTRODUCTION**

The experts in the field of physical education and sports seem to be more nearer to the concept of total education in that they talk of both physical and mental education.

While the evidence for the link between physical disease and psychiatric illness has accumulated in this century, the knowledge that mood and psychologic functioning can be improved in physically healthy individuals by improving their physical fitness has been acquired mainly in the last two decades. In view of the high prevalence of mental ill health and the suffering and cost it entails, any treatment that has only a few risks and side effects and is inexpensive merits scrutiny by physicians. A case can be made that vigorous physical exercise is such a treatment.

Numerous studies show that people who exercise vigorously tend to rate themselves less distressed on self-rating scales of anxiety or depression, tend to show a better self-concept, and score higher on scales of adjustment than do those who do not exercise.

However, a few studies have yielded discordant results. For example, Colt et al found among nonlife runners a higher prevalence of primary affective disorders than among a group of orthopedic patients who had been rated by other investigators using the same interview schedule.

Some other studies suggest that the deliberate pursuit of vigorous exercise may have only small effects on changes in personality and adjustment. Werner and Gottheil administered the Cattell 16 Personality Factor test (16PF) to more than 500 cadets entering the United States Military Academy. More than 300 of the cadets had one previous sports letter award and were classified as athletes; more than 100 who had not participated in an athletic sport at least shortly before entering the academy were labeled as non athletes. Athletes showed significantly more favorable personality traits, and were described as being, among other things, more sociable, dominant, enthusiastic, and adventurous. During their stay in the academy all cadets participated in athletics. The authors had assumed that after regular exercise the non athletes would begin to resemble the college athletes; however, this did not occur. The personality

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differences between the two remained largely unchanged in spite of participation by all in a vigorous athletic program.

#### MATERIAL & METHODS:

##### Participants:-

To conduct the study one hundred fifty subjects belonging to different areas of Maharashtra has been selected. The age group of the sample ranged from 13-18 years and all the samples were selected on random basis.

##### Measures:-

To assess the mental health of selected subjects, mental health inventory prepared by Agashe and Helode was preferred. This inventory was highly reliable and valid to evaluate mental health of school going students.

To measure personality dimension of selected subjects, J.E.P.I inventory developed by B.J. Eysenck has been preferred. The Hindi version of Eysenck J.E.P.I. inventory prepared by Helode(1985) was used.

For measuring physical fitness Cooper's JCR Test (1963) was used and in this test there are three items such as vertical jump, chin-up & shuttle run.

##### Procedure:

To assess mental health, mental health inventory was administered and in this inventory there are 36 questions which are related to ego strength, philosophy of life and self acceptance. This questioner distributed to selected subjects and after completion of inventory they were collected and scoring was done as mentioned by the authors.

After some time, J.E.P.I. inventory was administered to each subject in a group of 10-15 subjects in the classroom. This inventory consists 50 questions are there, in that 20 questions for extrovert-introvert, 20 questions for neuroticism and 10 questions for L score i.e. tendency to tell lie. This inventory is highly valid and reliable for school going students. The responses given on the J.E.P.I. inventory was scored with the help of three scoring key prescribed by the author. Investigator got results on three personality dimensions i.e. extraversion, neuroticism, and lie score; were utilized for present study.

#### RESULT AND DISCUSSION:

The statistical data of Compression on mental health among tribal and non tribal girls has been presented in table no.1

Table No. 1

Correlation matrix

	Fitness	E	N	Mental Health
<b>Fitness</b>	1 150	.020 150	-.129* 150	-.175** 150
<b>E</b>	.020 150	1 150	-.131* 150	-.006 150
<b>N</b>	-.129* 150	-.131* 150	1 150	.163** 150
<b>Mental Health</b>	-.175** 150	-.006 150	.163** 150	1 150

\*Corelation is significant at .05 level

\*\*Corelation is significant at .01 level

From table no. 1 result indicates that mental health shows that their negative relationship with physical fitness at significant level. But there is significant positive relationship between mental health and neuroticism personality dimension. Physical fitness has shown its negative relationship with neuroticism. Extraversion also has shown its negative co relationship with neuroticism dimension at significant level.

**CONCLUSIONS:**

There is significant negative relationship between mental health and physical fitness. Physical fitness was showing there negative relationship with neuroticism and neuroticism was shown negative relationship with extraversion.

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