

Vol 2 Issue 9 March 2013

Impact Factor : 0.1870

ISSN No :2231-5063

Monthly Multidisciplinary Research Journal

Golden Research Thoughts

Chief Editor
Dr.Tukaram Narayan Shinde

Publisher
Mrs.Laxmi Ashok Yakkaldevi

Associate Editor
Dr.Rajani Dalvi

Honorary
Mr.Ashok Yakkaldevi

IMPACT FACTOR : 0.2105

Welcome to ISRJ

RNI MAHMUL/2011/38595

ISSN No.2230-7850

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

International Advisory Board

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Mohammad Hailat Dept. of Mathmatcal Sciences, University of South Carolina Aiken, Aiken SC 29801	Hasan Baktir English Language and Literature Department, Kayseri
Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Department of Chemistry, Lahore University of Management Sciences [PK]
Janaki Sinnasamy Librarian, University of Malaya [Malaysia]	Catalina Neculai University of Coventry, UK	Anna Maria Constantinovici AL. I. Cuza University, Romania
Romona Mihaila Spiru Haret University, Romania	Ecaterina Patrascu Spiru Haret University, Bucharest	Horia Patrascu Spiru Haret University, Bucharest, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pintea, Spiru Haret University, Romania
Anurag Misra DBS College, Kanpur	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Titus Pop	George - Calin SERITAN Postdoctoral Researcher	Nawab Ali Khan College of Business Administration

Editorial Board

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India	Iresh Swami Ex - VC. Solapur University, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University, Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yalikal Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU, Nashik
Salve R. N. Department of Sociology, Shivaji University, Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust),Meerut	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Ph.D , Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra
	Sonal Singh	

**Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.isrj.net**



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

SATINDER PAUL

Assistant Professor, Akal College of Physical Education, Masutana Sahib, Sangrur, (Punjab)

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

Title :A CO- RELATIONAL STUDY AMONG MENTAL HEALTH, PERSONALITY DIMENSIONS & PHYSICAL FITNESS
OF ADOLESCENT BOYS Source:Golden Research Thoughts [2231-5063] SATINDER PAUL yr:2013 vol:2 iss:9

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

*Correlation is significant at .05 level

**Correlation 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.

REFERENCES:

- Allport G.W. : Pattern and growth in personality, New York Holt, Rinerhart and Winston, 1961.
Bernard M.W. : Mental hygiene for classroom teachers., New York M. Graw Hill 1952.
Caroll H.A. :Mental hygiene the dynamics of adjustment , prentice hall New Jersey, 1964.
Cratty B.J. :Psychology and physical activity, Englewood, cliffs, N.J. prentice hall, 1968
Folkins C.H. Lynch, S et al : Psychological fitness as a function of physical fitness, Arch phys. Med Rehabil 53; p. 503-508, 1972.
Jahoda M.: Current concept of positive mental health, New York basic book, 1958.
Kamlesh M.L.:A comparative study of extraversion and neuroticism in track 7 field athletes, Research Bi Annual for movement, 3(1) 1983.
Tillman, K: Relationship between physical fitness and selected personality traits, Res. Q. 36: p. 483-489, 1965.



SATINDER PAUL

Assistant Professor, Akal College of Physical Education, Masutana Sahib, Sangrur, (Punjab)

Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished research paper.Summary of Research Project,Theses,Books and Books Review of publication,you will be pleased to know that our journals are

Associated and Indexed,India

- ★ International Scientific Journal Consortium Scientific
- ★ OPEN J-GATE

Associated and Indexed,USA

- EBSCO
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Databse
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database

Golden Research Thoughts
258/34 Raviwar Peth Solapur-413005,Maharashtra
Contact-9595359435
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com
Website : www.isrj.net