



## RECREATIONAL INTEREST AND SOCIAL COMPETENCE OF HIGHER SECONDARY STUDENTS - A CORRELATION ANALYSIS

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### ABSTRACT

This research article briefly describes the recreational interest and social competence of higher secondary students. In order to study the problem, the survey method was used to collect the data. The population of the present investigation is all the higher secondary school students in Tenkasi Educational District. From the population 300 students were randomly from ten higher secondary schools. The finding reveals that that the level of Recreational Interest and Social Competence of higher secondary students are found to be moderate. The research reveals that there is a significant relationship between recreational interest and social competence of higher secondary students.

**KEYWORDS** : Recreational Interest, Social Competence, Higher Secondary Students.

### Introduction

Recreation is an activity of leisure, leisure being discretionary time. The "Need to do something for recreation" is an essential element of human biology and psychology. Recreational activities are often done for enjoyment, amusement or pleasure and are considered to be 'fun'<sup>[1]</sup>. Recreational Interest refers to the scores achieved by the higher secondary students in Recreational Interest scale. Refreshment in body or mind, as after work, by some form of play, amusement, or relaxation Any form of play, amusement, or relaxation used for this purpose, as games, sports, or hobbies. Refreshment of one's mind or body after work through activity that amuses or stimulates. During latest adolescence as they have to spend more of their in educational pursuits they find it difficult to spend time in recreations<sup>[2]</sup>. An individual's recreational interest is largely determined by his socio-economic conditions. Recreational activities also offer people a great way to socialize and meet others they would normally not have contact with in their daily lives. Participate in sports clubs and organized recreational activities enjoy better mental health, are more alert, and more resilient against the stresses of modern living. Participation in recreational groups and socially supported physical activity is shown to reduce stress, anxiety and depression, and reduce symptoms of Alzheimer's disease. Violent crime also decreases significantly when participation in community activities increases<sup>[3]</sup>. Social competence is a complex, multidimensional, contextual and developmental construct. Social competence in social interaction is very significant and crucial for adaptive functioning and social development of adolescents (Devassy, Viju & Raj John Michele 2013). Social competence is the ability of an individual to behave in way that are skilled and effective (Sarita Sanwal 2013). Recreational programs teach discipline, mechanic of teamwork and fair play. After the recreational activity of children, they may refresh and study their subjects daily more interest. Concentrate on recreational activities, their social competence may increase for do their recreational activities, the higher secondary students interact with the society.

### Need and significance of the study

Recreation contributes to mental health of adolescents by providing them opportunity to express their pent up emotional feelings and ease their tensions which develop in classroom teaching, in addition to all this recreation develops creativity and engages adolescent's mind in constructive activities. Recreational activities have tremendously increased with the socio-economic development and technological development in the country. Recreational after school programs offers children an opportunity to let off some steam and to distress child. The closed classroom atmosphere and a day full of textbooks and writing cause the child to repress his natural enthusiasm. He curbs his energy when he is required to sit quietly in class and learn.

Social competence is a complex, multidimensional concept consisting of social, emotional, cognitive and behavioral skills, as well as motivational and expectancy sets needed for successful social adaptation. Social competence is the foundation upon which an expectation for future interaction with others is built, and upon which individuals develop perceptions of their own behavior. Growing concerns of obesity and child diabetes make it necessary for children to indulge in some strenuous exercises that will allow them to work up some sweat. Social competence is defined as the ability to handle social interactions effectively. It refers to getting along will with others, being able to form and maintain close relationships and responding in adaptive ways in social settings. Thus the investigator selected this study.

### Objectives of the study

1. To find out the level of Recreational Interest and Social Competence of higher secondary students.
2. To find whether there is any significant difference between Day scholar and Hosteller higher secondary students in their recreational interest and social competence.
3. To find whether there is any significant relationship between Recreational Interest and Social Competence of higher secondary students.

### Hypotheses

1. There is no significant difference between Day scholar and Hosteller of higher secondary students in their Recreational Interest and Social competence.
2. There is no significant relationship between Recreational Interest and Social Competence of higher secondary students.

### Methodology

The researcher used the survey method for the present study. For data collection, the investigator used the standard tool of 'Social competence scale' prepared and validated by Thanapathy and Thamodharan in 2012 it consists of 25 items and 'Recreational Interest Scale' which comprises of 50 items developed and validated by Radhakrishnan (investigator) and Anandaraj (Research Supervisor) in 2016. The investigator has selected the sample by random sampling technique for the present study. It comprises 300 higher secondary students studying in Tenkasi Educational District. The date were analyzed by using Mean, Standard Deviation, 't' test and Pearson and product moment correlation.

### Analysis of data

The data were subjected to statistical treatment leading the findings which may satisfy requirements of the objectives of the study.

**Table 1: level of Recreational Interest and Social Competence of higher secondary students with regard to accommodation**

| Variable    | Recreational Interest |      |         |      |      |      | Social Competence |      |         |      |      |      |
|-------------|-----------------------|------|---------|------|------|------|-------------------|------|---------|------|------|------|
|             | Low                   |      | Average |      | High |      | Low               |      | Average |      | High |      |
|             | N                     | %    | N       | %    | N    | %    | N                 | %    | N       | %    | N    | %    |
| Day scholar | 12                    | 5.6  | 180     | 83.5 | 24   | 11.1 | 32                | 14.8 | 136     | 63   | 48   | 22.2 |
| Hosteller   | 11                    | 13.1 | 69      | 82.1 | 4    | 4.8  | 15                | 17.9 | 61      | 72.6 | 8    | 9.5  |

It is inferred from the above table that 5.6% of day scholar students have low, 83.5% of them have moderate and 11.1% of them have high level of recreational Interest. 11% of hosteller students have low, 82.1% of them have moderate and 4.8% of them have high level of recreational Interest.

14.8% of day scholar students have low, 63% of them have moderate and 22.2% of them have high level of social competence. 17.9% of hosteller students have low, 72.6% of them have moderate and 9.5% of them have high level of social competence.

**Ho1:** There is no significant difference between Day scholar and Hosteller higher secondary students in their Recreational Interest and Social Competence.

**Table 2 Difference between Day scholar and Hosteller higher secondary students in their Recreational Interest and Social Competence**

| Variable              | Group       | Number | Mean  | SD    | 't' value | Remarks |
|-----------------------|-------------|--------|-------|-------|-----------|---------|
| Recreational Interest | Day Scholar | 216    | 76.13 | 8.444 | 2.838     | S       |
|                       | Hosteller   | 84     | 73.26 | 6.090 |           |         |
| Social Competence     | Day Scholar | 216    | 82.51 | 9.205 | 2.815     | S       |
|                       | Hosteller   | 84     | 79.37 | 7.125 |           |         |

(at 5% level of significance the table value of 't' is 1.96, S-Significant) It is inferred from the above table that there is significant difference between Day scholar and Hosteller higher secondary students in their Recreational Interest and Social Competence.

**Ho2:** There is no significant relationship between Recreational Interest and Social Competence of higher secondary students.

**Table 3: Relationship between Recreational Interest and Social Competence of higher secondary students**

| Variables                                   | N   | Calculated 'r' value | Remarks |
|---|-----|----------------------|---------|
| Recreational Interest and Social Competence | 300 | 0.339                | S       |

(at 5% level of significance, the table value of 'r' is 0.115, S-Significant)

It is inferred from the above table that there is significant relationship between Recreational Interest and Social Competence of higher secondary students.

**Findings of the study**

The major findings derived from the study are:

1. The level of Recreational Interest and Social Competence of higher secondary students are found to be moderate with regard to accommodation.
2. The Day scholar students are better than Hosteller students in their Recreational Interest and social competence.
3. There is significant relationship between Recreational Interest and Social competence of higher secondary students.

**Conclusion**

Recreational Interest is the important component for adolescent to develop their skills and also it enable individuals to participate in social activities. Social competence is an important asset which is required to have a successful and happy life. This study has been conducted to determine the Recreational Interest and Social Competence of Day scholar and Hosteller, how they spend their time. The finding of the study has identified differences in students Recreational Interest and social competence. The day scholar

students engage in outdoor activities while hosteller students spend their time at hostel. That case results from fact that day scholar students live in a more liberated way in their family live and they are provided with several and varied activities at home and outdoor places. Hostellers spend their leisure time mostly at hostel. Consequently, it has been identified differences in Day scholar and Hosteller students' leisure time period, activity possibilities, where and how they spend their leisure time. Therefore School, Hostel administrators and parents are to recognize the deficiencies on that matter and provide students with more beneficial opportunities to meet their needs.

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