



A Co- Relational Study Among Physical Fitness, Personality Dimensions & Mental Health of Adolescent Girls

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ABSTRACT

The aim of this study was to co-relate physical fitness, personality dimensions & mental health of adolescent girls of Maharashtra State. The study was conducted on 150 samples belonging to different schools from Nagpur District of Maharashtra State in the south zone of India. The age of the samples ranged from 13-18 years and all the samples were selected from random basis. To measure physical fitness of selected girls, Cooper's JCR Test (1963) was used. To find out the personality, Junior Eysenck Personality Inventory (J.E.P.I) was preferred & for mental health of selected subjects, mental health inventory prepared by Agashe and Helode (1996) was adopted. Results indicate that there will be positive relationship between physical fitness & E dimension of personality; but mental health & N dimension of personality will not show its relationship with physical fitness.

Keywords : Physical fitness, Mental Health, Personality Dimensions & Adolescent Girls.

INTRODUCTION

The term mental health is so common in the daily usage that psychologists are facing difficulties in defining it more accurately from the standpoint of their science. As a result, different points of view regarding the concept of mental health are prevailing in the psychological literature (Soddy, 1952, 1956; Berrien, 1952; Strong, 1965; Carroll, 1964). The main obstructed in defining the term mental health is owing to the disagreement regarding the components of normal human behavior. What is viewed, as a normal behaviour in one culture may not be acceptable in another culture. Another difficulty in proper conceptualization of the term mental health is that it is not a separate entity or permanent state like a physical health. It is a dynamic process where a living person strives to achieve balance between internal demands and requirements of a changing environment. Likewise some experts say it can be described but not defined (Jahoda, 1958 and Smith, 1961). Some other experts are of the opinion that mental health has different meanings to different people but it does connote certain common ideals. Physical fitness is a tremendously important issue in modern life, worthy of our serious attention. Why that assertion is true and what we need to attend to will become clearer as Part 3 unfolds. At the outset, let it suffice to quote a statement that is now generally agreed to in all the allied medical professions, as well as in the sport, fitness, and physical-education professions:

There is now little doubt that regular physical activity of the appropriate frequency, intensity, and duration produces significant health benefits. Most important is the achievement of those specific fitness components which help reduce the risk of hypokinetic conditions including heart disease, back pain, diabetes, osteoporosis, and obesity. (Corbin, 1987, p.50).

Reductions in the physiological and psychometric estimates of coronary-prone behavior have accompanied exercise; however, a randomized 4-year trial with post-MI patients showed no change in Type A-Type B characteristics as diagnosed by the Jenkins Activity Survey. A decrease in Type A behavior was related to improved fitness in men, but no effect was seen in women in another study. Exercise has been associated with acute reductions in anger, an important characteristic of Type A behavior, and longer-term increases in tolerance of frustration.

METHODOLOGY

To conduct the study 150 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 from random basis.

To assess the 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.

To measure personality dimension of selected girls, 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 mental health of selected girls, mental health inventory prepared by Agashe and Helode was adopted. This inventory was highly reliable and valid to evaluate mental health of school going students.

RESULT & DISCUSSION

**TABLE NO. 1
CORRELATION MATRIX (GIRLS)**

	Fitness	E	N	Mental Health
Fitness	1 150	.209** 150	-.007 150	.038 150
E	.209** 150	1 150	-.094 150	-.022 150
N	-.007 150	-.094 150	1 150	-.052 150
Mental Health	.038 150	-.022 150	-.052 150	1 150

**Corelation is significant at .01 level

From table no. 1, result found that , relationship of mental health and physical fitness with personality dimension in girls, it was noticed that physical fitness having significantly positive relationship with E dimension of Eysenckian personality model. But mental health and n dimension of personality has not showing its relationship with physical fitness fitness.

CONCLUSION

The final conclusion's found that physical fitness showed its positive significant relationship with extraversion personality dimension; but mental health & N dimension of personality will not show its relationship with physical fitness.

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