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Personal and social adjustment, physical fitness, academic achievement and sports performance of rural and urban students of district Srinagar

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Abstract

The present study was carried out to compare the Personal and Social adjustment, Physical Fitness, Academic Achievement and Sports performance of Rural and Urban Students of District Srinagar. A sample of 2000 students from 25 higher secondary schools was randomly selected from both rural and urban areas of district Srinagar. The research tool employed for the assessment of sample subject's personal and social adjustment was California test of personality (CTP), AAHPER youth fitness test for the assessment of physical fitness, Achievement cards for the assessment of academic achievement and sports events (100mt race, long jump & shot put) for assessment of sports performance. The major findings were: (1) the analysis of the present study revealed that there is significant difference in personal and social adjustment, physical fitness, Academic achievement and sports performance between rural and urban students of district Srinagar. The analysis of the data found that the urban students are having better personal and social adjustment than the rural students.

Keywords: Personal adjustment, social adjustment, physical fitness, academic achievement and sports performance

Introduction

Physical Fitness, ability of the human body to function with vigour and alertness, without undue fatigue, and with ample energy to engage in leisure activities, and to meet physical stress. Muscular strength and endurance, cardio- respiratory integrity, and general alertness are the overt signs of physical fitness. "Wealth of the nation resides in the health and vitality of its people. Every nation is becoming increasingly concerned about the physical fitness of its people recognizing that physical fitness is fundamental and contributory to happy and useful living in any capacity." (John E. Nixon and Ann E. Jewtt, 1969.) [25].

A person being physically fit and socially acceptable can achieve and reach up to national and international performance level. Bucher has said that "physical education is an integral part of education process, is a field of Endeavour that has its aim as the improvement of human performance through the medium of physical activities that has been selected with a view to realize this outcome." Healthy leaving and physical fitness are closely connected. Being physically fit not only helps people live healthy lives it also helps people be happier. People who make physical activity and exercise a part of their daily lives when they are young are more likely to keep it in their lives as they grow older and benefit from it throughout their lifespan. Physical activity is defined as any movement that spends energy. Exercise is a subset of physical activity, but it is an activity that is structured and planned. While many children engaged in physical activity, usually by playing with their friends, the amount of physical activity they get as they grow into adolescents usually declines. The health Centers for Disease Control and Prevention (CDC), doing some kind of physical activity or exercise on a regular basis helps to increase strength and flexibility, improve endurance, control weight, increase bone mass, and improve self-esteem, as well as reduce stress, anxiety, depression and the risk of developing high blood pressure. Physically fit means having strong legs, having oxygen uptake and having powerful heart. These qualities are termed as leg strength fitness, Aerobic fitness and cardiac fitness. Physically fit person, with healthy body having sound mind can achieve better in academic field.

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Besides playing a child should have to perform better in the studies to achieve the goal in academic field.

Academic achievement of pupils is of paramount importance, particularly in the present socio-economic and cultural contest. In the schools great emphasis is placed on academic achievement right from the beginning of formal education. The school has its own systematic hierarchy which is largely based on achievement and performance. The school performs the function of selection and differentiation among students and opens avenues for advancement again. Primarily in terms of academic achievement the effectiveness of any educational system is gauged to the extent the pupils involved in the system achieve better. To maximize the academic achievement within a given setup is, therefore the goal of every educationist researcher, teacher or an educational administrator. The behavioural 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 adjustment beings when a need is felt and ends when it is satisfied. A hungry man, for example, is stimulated by his physiological state to seek food; he eats and thereby reduces the stimulation condition that impelled him to activity. He is then adjusted to this particular need. Social adjustments are similar. In most cultures people want to be recognized and approved by their fellows. When a man is criticized, that need is thwarted. In response, he may try various ways to regain approval: or he may belittle the critic or argue that someone else is to blame. The latter behaviours do not really bring approval, but they are adjustments of a sort because they tend to reduce the feeling of distress. Adjustment processes concerning human beings have hand-in-glove relationship with human nature. It is adjustment which is responsible for the organization of behaviour.

Objectives of the study

The following objectives have been formulated for the present study

1. To study the personal and social adjustment, physical fitness, academic achievement, and sports performance of rural and urban students of District Srinagar.
2. To compare the personal adjustment of rural and urban students of District Srinagar.
3. To compare the social adjustment of rural and urban students of District Srinagar.
4. To compare the personal adjustment of rural and urban Girls of District Srinagar.
5. To compare the social adjustment of rural and urban Girls of District Srinagar.
6. To compare the personal adjustment of rural and urban Boys of District Srinagar.
7. To compare the social adjustment of rural and urban Boys of District Srinagar.
8. To compare the physical fitness of rural and urban students of District Srinagar.
9. To compare the physical fitness of rural and urban Girls of District Srinagar.
10. To compare the physical fitness of rural and urban boys of District Srinagar.
11. To compare the academic achievement of rural and urban students of District Srinagar.
12. To compare the academic achievement of rural and urban Girls of District Srinagar.
13. To compare the academic achievement of rural and urban boys of District Srinagar.

14. To compare the sports performance of rural and urban students of District Srinagar.
15. To compare the sports performance of rural and urban area Girls of District Srinagar.
16. To compare the sports performance of rural and urban boys of District Srinagar.

Sample

For the present study 2000 students from 25 higher secondary institutions located in rural and urban areas of district Srinagar has constituted the sample.

The sample higher secondary institutions in the district Srinagar were identified from the list obtained from the Directorate of School Education Kashmir and the list of the selected samples participated in different sports tournaments was confirmed from the records available in District youth services and sports office Srinagar.

The sample for the present study was drawn randomly from each segment. Among the two thousand selected samples, 155 subjects had played at national level tournaments in which 79 were boys and 76 were girls. The 319 subjects played at District level tournaments including 162 boys and 157 girls. The total numbers of the subjects played at school level tournaments was 1526 in which 759 were boys and 767 were girls. The selected samples were in the age group of 15-18 years.

Tools used

California test of personality questionnaire (CTP) used as to compare the personal and social adjustment of rural and urban students of district Srinagar.

AAPHER youth fitness test was used as tool to measure the physical fitness of the subjects.

To compare the academic Achievement of the selected subjects, the investigator has collected marks of the selected subjects from the official records of the respective institutions. The achievement cards contained Board Examination marks (10th class). The percentage of these marks has been computed in order to compare academic achievement of rural and urban students of district Srinagar.

100mt race, Shot put and Long jump used as tool to assess the sports performance of the subjects.

Statistical treatment

In order to accomplish the objectives of the present study, the data collected was subjected to suitable statistical analysis using percentage, mean, S.D. and t-test.

The following tables show mean difference in personal and social adjustment, physical fitness, academic achievement and sports performance of rural and urban students of both govt and private higher secondary institutions of district Srinagar.

Table 1: Mean Comparison of Rural and Urban Students on total Personal Adjustment. (N=1000 in each group)

Variables	Sample	Mean	S.D	t-value	Level of significance
Urban	1000	46.2	8.0	6.73	0.01*
Rural	1000	40.544	9.57		

Table 1: Shows mean comparison of Rural and Urban students on total personal Adjustment. The tables reveals that there is significant differences between Rural and Urban students on personal Adjustment at 0.01 level. It further shows that urban students are superior in personal Adjustment than rural students.

Table 2: Mean Comparison of Rural Urban Students on total Social Adjustment.

Variables	Samples	Mean	SD	t-test	Level of significance
Urban	1000	48.19	8.17	8.38	0.01*
Rural	1000	44.33	9.64		

Table: 2 shows mean comparison of the rural and urban students on total social adjustment. The table shows that rural and urban students differ significantly at 0.01 level on total social Adjustment. The table further indicates that urban students are high on social adjustment than the rural students.

Table 3: Mean Comparison of Rural and Urban Girls on total Personal Adjustment. (N=500 in each group)

Variables	Samples	Mean	S.D	t-value	Level of significance
Urban	500	45.42	7.964	9.61	0.01*
Rural	500	39.26	10.25		

Table 3 Shows mean Comparison of rural and urban girls on total personal Adjustment. The table shows that the rural and urban girls differ significantly at 0.01 level on total personal adjustment. It has to be found that urban girls are higher in total personal adjustment than rural girls.

Table 4: Mean Comparison of Rural and Urban Girls on total Personal Adjustment. (N=500 in each group)

Variables	Samples	Mean	S.D	t-value	Level of significance
Urban	500	45.42	7.964	9.61	0.01*
Rural	500	39.26	10.25		

Table 4 Shows mean Comparison of rural and urban girls on total personal Adjustment. The table shows that the rural and urban girls differ significantly at 0.01 level on total personal adjustment. It has to be found that urban girls are higher in total personal adjustment than rural girls.

Table 5: Mean Comparison of rural and urban boys on total personal adjustment. (N=500 in each group)

Variables	Samples	Mean	S.D	t-value	Level of significance
Urban	500	46.98	7.98	7.56	0.01*
Rural	500	41.82	8.66		

Table 5 Shows mean comparison of Rural and an urban boy on total personal Adjustment. The table reveals that the Rural and Urban boys differ significantly at 0.01 level on total personal adjustment. The analysis of the data further indicates that urban boys are having high personal Adjustment than Rural boys.

Table 6: Mean Comparison of rural and urban boys on total personal adjustment. (N=500 in each group)

Variables	Samples	Mean	S.D	t-value	Level of significance
Urban	500	46.98	7.98	7.56	0.01*
Rural	500	41.82	8.66		

Table 6 Shows mean comparison of Rural and urban boys on total personal Adjustment. The table reveals that the Rural and Urban boys differ significantly at 0.01 level on total personal adjustment. The analysis of the data further indicates that urban boys are having high personal Adjustment than Rural boys.

Table 7: Mean Comparison of rural and urban Students on total Physical Fitness. (N=1000 in each group)

Variables	Samples	Mean	S.D	t- value	Level of Significance
Urban	1000	51.17	7.97	4.24	0.01*
Rural	1000	53.10	7.01		

Table: 7 Shows mean comparison of Rural and Urban students on physical fitness. The analysis of data in table clearly shows that rural and urban students differ significantly at 0.01 level on physical fitness. It further revels that rural students are superior to urban students on physical fitness.

Table 8: Mean Comparison of rural and urban girls on total Physical Fitness. (N=500 in each group)

Variables	Samples	Mean	S.D	t-test	Level of Significance
Urban	500	46.77	4.82	19.6	0.01*
Rural	500	52.67	4.74		

Table 8 shows mean comparison of rural and urban Girls on physical fitness. It has been revealed from the table that the rural and urban girls differ significantly at 0.01 level. The table further reveals that rural girls are superior to urban girls on physical fitness.

Table 9: Mean Comparison of Rural and Urban Boys on total Physical Fitness. (N=500 in each group)

Variables	Samples	Mean	S.D	t-value	Level of significance
Urban	500	52.57	8.08	3.88	0.01*
Rural	500	55.52	8.69		

Table 9 Shows mean comparison of urban and rural area boys on physical fitness. The table reveals that urban and rural boys differ significantly at 0.01 level. It further shows that rural boys are having high physical fitness than

Table 10: Mean Comparisons of rural and urban Students on academic achievement. (N=1000 in each group)

Variables	Sample	Mean	S.D	t- test	Level of Significance
Urban	1000	63.73	15.83	18.92	0.01*
Rural	1000	51.18	13.96		

Table 10 Shows mean comparison of Rural and Urban students on Academic Achievement. The table indicates that there is significant difference in academic achievement between rural and urban students at 0.01 level. It has been revealed from the table that urban students are higher in academic achievement than rural students.

Table 11: Mean Comparisons of rural and urban girls on academic achievement. (N=1000 in each group)

Variables	Sample S	Mean	S.D	t-value	Level of Significance
Urban	500	65.51	16.17	19.53	0.01*
Rural	500	50.27	3.85		

Table 11 Shows mean comparison of rural and urban girls on Academic Achievement. The table reveals that rural and urban girls differ significantly at 0.01 level. It further reveals that urban girls are having higher academic achievement than rural girls.

Table 12: Mean Comparisons of rural and urban boys on academic Achievement. (N=500 in each group)

Variables	Samples	Mean	S.D	t-test	Level of Significance
Urban	500	61.83	15.27	10.44	0.01*
Rural	500	52.22	14.01		

Table 12 Shows mean comparison of Rural and Urban boys on academic Achievement.

The table makes clear that rural and urban boys differ significantly at 0.01 level on academic achievement. It further revealed that the urban boys are higher in academic achievement than rural boys.

Table 13: Mean Comparison of Rural and Urban Students on Sports Performance. (N=1000 in each group)

Variables	Samples	Mean	S.D	t-value	Level of Significance
Urban	1000	38.90	30.02	9.66	0.01*
Rural	1000	35.30	4.05		

Table 13 Shows mean comparison between Rural and Urban students on sports performance.

The analysis in the table makes it clear that the rural and urban students differ significantly at 0.01 level. It further reveals that urban students are higher in sports performance than rural students.

Table 14: Mean Comparison of rural and urban girls on Sports Performance. (N=500 in each group)

Variables	Samples	Mean	S.D	t-value	Level of Significance
Urban	500	34.67	2.93	0.97	Not Significant
Rural	500	34.66	2.72		

Table 14 Shows mean comparison of rural and urban girls on sports performance. The table reveals that there is no significant difference between rural and urban girls in sports Performance.

Table 15: Mean Comparison between rural and urban boys on Sports Performance.(N=500 in each group)

Variables	Samples	Mean	S.D	t-value	Level of Significance
Urban	500	41.10	5.09	8.53	0.01*
Rural	500	35.75	2.34		

Table: 15 Shows mean comparison of Rural and Urban boys on sports performance. The analysis of the data in table shows that rural and urban boys differ significantly at 0.01 level on sports performance. The table further reveals that urban boys are having high sports performance than rural boys.

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