

Study on Physical Fitness of Physical Education and General Education Teachers with Different Levels of Teachers Adjustment in Secondary Schools

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Abstract – The present study is to investigate the fitness of teachers with totally different levels of adjustment. This study was chosen as descriptive survey technique. The population of the study comprised of secondary school teachers working in government, non-public aided and unaided establishments of Bangalore Division. The sample comprised of 150 physical education teachers and 150 general education teachers selected by stratified random sampling technique. The Mangal's Teacher Adjustment Inventory developed by Dr. S.K. Mangal was used to assess the adjustment level of teachers in the present study. The physical fitness variables such as Muscular Strength and Endurance of Arms and Shoulder measured by Pull Ups test in numbers; Muscular Strength and Endurance of Trunk measured by Bent Knee Sit Ups in seconds; Agility measured by Shuttle Run test in second; Explosive strength of Legs measured by Standing Broad Jump in meters; Speed measured by 50 Yard Dash in second. and Cardiovascular Endurance measured by 600 Yard Run in minutes. F test (One-way ANOVA) was used to examine the significant differences in the Physical Fitness in relation to their Adjustment levels. The ANOVA result shows that adjustment was influenced on improving the physical fitness of teachers.

Keywords: Physical Fitness, Adjustment, Teachers, General Education, Physical Education.

1. INTRODUCTION

Every individual should understand the importance of condition. In alternative words, one should have elementary information of anatomy and physiology. This elementary information permits person to grasp condition. Condition is that the capability of someone to operate steady and swimmingly once a scenario arises. Physical fitness is the ability to carry out daily tasks vigor and alertness, without undue fatigue, and with ample energy to engage in a leisure time pursuits and to meet the above average physical stresses encountered in emergency situations. Physical fitness is the basic foundation of most of the activities by an individual in his daily life. Adjustment means, the process of adapting or becoming used to a new situation. Maladjustment means inability to react successfully and satisfactorily to the demands of one's environment. It implies that an individual's failure to meet social or cultural expectations. According to Shaffer, "Adjustment is the process by which living organism maintains a balance between its need and the

circumstances that influence the satisfaction of these needs". Adjustment implies a satisfactory adaptation to the demands of day to day life and keeping a balance between need and capacity to realize needs. For teachers in their profession adjustment in one of the important elements/factor in achieving their goal. This adjustment comes in their profession in various levels, like Time table, school are colleges rules and regulations are in matter of adjustment with other teachers, are adjustment with schools administration management ext, in aspect of all these matters adjustment is very important factor in teachers profession.

Therefore, it's worrying to seek out that several of today's academics area unit discontented with their jobs. A teacher, who is proud of his job, plays a polar role within the upliftment of society. Well-adjusted and satisfied teacher can contribute a lot to the well being of his/her pupils. A displeased teacher can become irritable and may create tensions which can have negative influence on the

students' knowledge development and it therefore affects their academic growth. Hence the researcher planned to study the physical fitness of the physical education and general education teachers working with different levels of adjustment.

2. OBJECTIVES OF THE STUDY

The objective of the present study is to study the physical fitness of teachers working with different levels of adjustment.

3. STATEMENT OF HYPOTHESES

Ho₁ There is no significant difference in the selected physical fitness of teachers working with different levels of teacher's adjustment.

4. RESEARCH METHODOLOGY

4.1 Research Design: The present study was chosen as descriptive survey method.

4.2 Selection of Subjects:

Population: The inhabitants of the study comprised of physical education and general education teachers working in secondary schools of Bangalore division, Karnataka state.

Sample of the Study: The test comprised 300 (150 physical education and 150 general education teachers teaching core subjects) secondary school teachers selected by stratified random sampling technique.

4.3 Selection of Variables: The following variables were considered for the study:

Sl. No.	Variables	Tests	Measures
A	Physical Fitness		
1.	Muscular Strength & Endurance of Arms & Shoulder	Pull Ups	In Nos.
2.	Muscular Strength and Endurance of Trunk	Bent Knee Sit Ups	In Nos.
3.	Agility	Shuttle Run	In Secs.
4.	Explosive power of Legs	Standing Broad Jump	In Meters
5.	Speed	50 Yard Dash	In Secs.
6.	Cardiovascular Endurance	600 yards run	In minutes.
B.	Psychological Variable		
	Teacher Adjustment	Mangal's Teacher Adjustment Inventory developed by Dr. S.K. Mangal	In Scores

4.4 Description of Mangal's Teacher Adjustment Inventory:

1. Mangal's Teacher Adjustment Inventory having 253 questions with five factors of broad areas of teacher adjustment that is adjustment with academic and general environment of the institution; socio-psychological adjustment; Professional relationship adjustment; Personal life adjustment; and financial adjustment and job satisfaction. In the scoring scheme it has been planned to assign score 2 for the response indicating adjustment, score 1 for the undecided (?) response and zero for the response indicating lack of adjustment or maladjustment. The reliability of the Inventory was estimated through test and re-test method the reliability of the test was 0.99 and it is reliable for the study. In the present study three different categories of adjustment taken were as adjustment; average adjustment and maladjustment

4.5 Statistical Techniques Used: F test (One-way ANOVA) was used to examine the significant differences between among groups. In all the cases 0.05 and 0.01 levels was fixed to test the stated hypothesis.

5. RESULTS AND DISCUSSION

The 'F' value of in Physical Fitness scores among different adjustment levels of physical education and general education teachers in general are given in Table-1.

Table-1: Table shows One-Way ANOVA Analysis on selected Physical Fitness of teachers among different levels of adjustment.

Physical Variables	Fitness	Groups	Sum of Squares	df	Mean Squares	F Value	Level of Sig.	P Value
Muscular Strength & Endurance (Arm & Shoulder) (In Nos.)		Between Groups	29.152	2	14.576	2.673	Not Significant	0.071
		Within Groups	1619.515	297	5.453			
		Total	1648.667	299				
Muscular Strength & Endurance (Trunk) (In Nos.)		Between Groups	195.680	2	97.840	7.083	Significant at 0.01	0.001
		Within Groups	4102.320	297	13.813			
		Total	4298.000	299				
Agility (In Secs.)		Between Groups	24.742	2	12.371	2.841	Not Significant	0.060
		Within Groups	1293.126	297	4.354			
		Total	1317.869	299				
Explosive Strength of Legs (In Meters)		Between Groups	0.033	2	0.017	0.256	Not Significant	0.775
		Within Groups	19.210	297	0.065			
		Total	19.243	299				
Speed (In Secs.)		Between Groups	9.186	2	4.593	6.131	Significant at 0.01	0.002
		Within Groups	222.486	297	0.749			
		Total	231.672	299				
Cardiovascular Endurance (In Minutes)		Between Groups	12.896	2	6.448	7.021	Significant at 0.01	0.001
		Within Groups	272.770	297	0.918			
		Total	285.667	299				

Group: Adjustment, Average and maladjustment; N=300 (5; 157 and 138); Table value at 0.05(df=2, 297) =3.03; Table value at 0.01(df=2, 297) =4.68

The table-1 shows that the obtained 'F' ratios 7.083, 6.131 and 7.021 for muscular strength & endurance of trunks, speed and cardiovascular endurance are greater than the table value of 4.68 for df '2 and 297' required for significance at 0.01 level of confidence. The results of the study indicated that "there is significant difference in the muscular strength & endurance of trunks, speed and cardiovascular endurance among teachers working with different levels of adjustment. To determine the significant difference in the said criterion variables among these paired means, the 'Scheffe's test was applied as Post hoc analysis and the results are presented in Table-2.

Table-2: LSD Post Hoc Analysis on Physical Fitness among teachers with different levels of Adjustment.

Physical Fitness Variables	Adjustment levels			Mean Difference & Levels	Critical Difference
	Adjustment	Average	Maladjustment		
Muscular Strength & Endurance (Trunk) (In Nos.)	26.000	22.063		3.937	4.196
		22.063	20.913	1.150*	1.078
	26.000		20.913	5.087*	4.204
Speed (In Secs.)	8.228	7.931		0.297	0.977
		7.931	8.283	0.352*	0.251
	8.228		8.283	0.055	0.979
Cardiovascular Endurance (In Minutes)	2.772	3.351		0.579	1.082
		3.351	3.722	0.371*	0.278
	2.772		3.722	0.950	1.084

Table-2 shows significant paired mean differences on muscular strength & endurance trunk between average adjustment & maladjustment; and adjustment & maladjustment teachers and the values is 1.150 and 5.087 which are greater than the critical difference value at 0.05 level of confidence. It concludes that "there is significant difference in muscular strength & endurance of trunk between average adjustment & maladjustment; and adjustment & maladjustment teachers. The better adjusted teachers had better muscular strength when compared with average adjusted and maladjusted teachers.

Table-2 shows significant paired mean differences on speed between average adjustment & maladjustment teachers and the value is 0.352 which is greater than the critical difference at 0.05 level of confidence. It concludes that "there is significant difference in speed between average adjustment & maladjustment teachers. Table-2 also shows significant paired mean differences on endurance between average adjustment & maladjustment teachers and the value is 0.361 which is greater than the critical difference value at 0.05 level of confidence. It concludes that "there is significant difference in endurance between average adjustment & maladjustment teachers.

The better adjusted teachers had better speed and endurance when compared with average adjusted and maladjusted teachers.

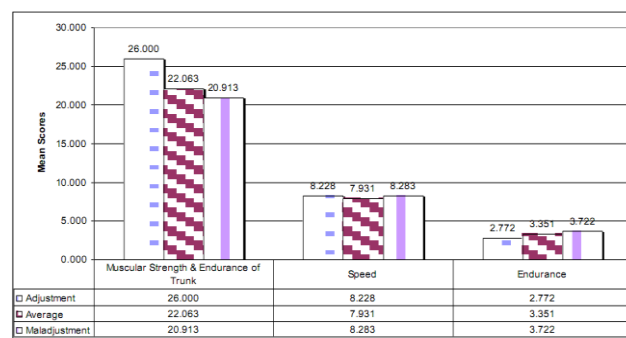


Fig.1 : Comparison of mean scores of Physical Fitness variables of general and physical education teachers with different levels of adjustment.

6. FINDINGS OF THE STUDY

The following are the most important findings of the study:

1. There is no significant difference in the Muscular Strength & Endurance of Arms and Shoulder, Agility, Explosive power of legs Physical Education and General Education teachers working different levels of teacher's adjustment.
2. There is a significant difference in the Speed of Arms and Shoulder, Agility, Explosive Power of Physical Education and General Education teachers working different levels of adjustment. The well-adjusted teachers have better speed when compared with average adjusted and maladjusted teachers.
3. There is a significant difference in the cardiovascular Endurance of Physical Education and General Education teachers working different levels of adjustment. The well-adjusted teachers had more endurance when compared with average adjusted and maladjusted teachers.

7. CONCLUSION

Physical activates not only improve physical strength, but also improve adjustment levels and well-being, Exercise not only makes you physically fitter but it also improves mental wellbeing. The result shows that there was significant difference in the muscular strength & endurance of trunk, speed and cardiovascular endurance among different levels of adjustment except muscular strength and endurance of shoulder, agility y and explosive power. The study reveals that participation of physical activities and sports not only for physical education teachers but also for general education teachers effects on physical fitness and also improve their adjustment levels due to continues

involvement in physical activities for better teaching profession.

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