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## Comparative study of personality of different level physical fitness in secondary school boys

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### Abstract

The purpose of this study to find out the personality of different level physical fitness in secondary school boys. For the Present study as a source of data were taken from different Academic coaching classes of Amravati town. For the present study researcher was selected 60 subjects. Before selecting subjects a researcher conducted AAHPERD youth physical fitness test on 100 subjects of secondary school boys. The subjects were selected by purposive sampling method. The criterion measures adopted for the study measuring the physical fitness components and personality factor are given below. To measure the physical fitness AAPHER Youth Physical Fitness Test was conducted and Personality was measured with the help of High school personality questionnaire (HSPQ) by S.D. Kapoor, S.S. Srivastava and G.N. P. Srivastava. The collected data were analyzed by using one way ANOVA. In all cases 0.05 level of significance was fixed to test the hypothesis set for this study. All finding related to personality traits there are difference in mean value. But these differences are not significant in any one of above personality traits.

**Keywords:** Personality, Physical Fitness and Students.

### Introduction

Physical activities and sports play an important role in the development of personality of an individual of personality of an individual. The aim of physical education is to strive for optimum development of an individual in all spheres of life and thus, physical activities play pivotal role in development of one's personality. Book Walter clearly illustrates the role of physical education and physical activities in shaping up the personality of an individual, and mentally integrated and adjusted individual through guided instructions and participation in selected total- body sports, rhythmic and gymnastic activities conducted according to social and hygienic standards''.

As one participates in physical activities of his own volition, it provides a free, pleasurable immediate and natural expression of his innate desires. Such exercise unfolds the hidden talents and desires, and helps in shaping up the personality. Physical activities meet the basic needs of human being, such as the sense of security, the sense of belonging, happiness, experience, etc. Physical activities also provide recreation which goes a long way in producing perfectly happy, satisfied and balanced individual, having pleasing and energetic personality, having zest for life experiences.

One of the primary and apparent aspects of one's personality is his physical appearance. Children as well as adults, boys as well as girls, all are very much concerned as to how they look. Adolescents spend quite some time before the mirror to put on their best appearance. Physical activities are conducive to the growth and development of the physique. Robust and athletic physique does enhance one's personality. Poise, grace, agility and the manner one carries himself, have great impact on one's personality. An individual is able to develop appropriate neuron-muscular coordination for such movements through physical activities and rigorous training only. Workouts in gym are becoming a must for all the youngsters of today, who are becoming more and more conscious about their bulging biceps, broad shoulders, expanded chest, and trim waistline. Actors like Am old Schwarzenegger and Sylvester Stallone are their ideals; their blowups are pinned up in each youngster's wardrobe quite prominently.

All physical activities must be learned and that involves analytic thinking, analyzing and interpreting new situations. This, mental exercise enhances the intellectual abilities of the

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participants and broadens their mental horizon. One also learns to control and regulate one's emotions while participating in competitions as well as during practice sessions. Sports persons are not unduly disturbed by their emotions, they learn to take the successes and failures, achievements and disappointments as part of the game and accept the same in their stride. Unutilized energy undoubtedly has harmful effect on one's personality makeup. Physical activities and sports provide an interesting and challenging outlet for such energy as well as for blowing out other emotional storms building within.

Participation in sports and other physical activities provides avenues for social interactions, and lays foundations for amicable relationship. Success in such activities also provides social recognition, status, social acceptance and respect. Sports team comprises athletes coming from different, and many times, diverse social, economical and cultural matrix. Physical activities and sports provide opportunities of interaction between athletes coming from different regions, speaking different languages, belonging to different caste and religion, and thus help an individual to develop multi-dimensional personality. The inculcation of qualities like honesty, sincerity, fair play, punctuality, dedication, obedience of rules, respect for elders, and moral values through sports is responsible for development of sound and ideal character, a very essential attribute of personality. One cannot succeed or achieve any goal unless one sincerely strives to achieve the same. In sports, one learns to make sincere efforts, which reflect positively in the development of an individual's personality. Group effort, loyalty to the team and strong ties are much in evidence in sports and physical activities. The varied experiences and opportunities provided by sport situations make valuable contribution in development of one's personality. Participation in physical activities and sports enables us to develop tolerant attitude toward other players as well as spectators. Participation in sports and physical activities provides many such situations where tolerance pays. Adherence to the code of discipline is fundamental not only to the learning of any physical activity, but also for effective participation in sports. Team spirit or joint efforts are the primary characteristics of any athletic Endeavour. Cohesiveness is one of the pre-requisites for team's success. As a member of the team one learns the habit of adjustment in order to achieve the goal. Members of a sport team may be many, their role in the play field may be different, but it is their joint effort, cooperation and helping each other that produces the results. In the play fields as well as off the play fields, a member of the team

learns to adjust socially and emotionally with other team members. All these are attributes of a well-developed personality.

Competitive situations are inherent in sports and physical activities. One learns to excel and out-beat the others while following the rules of the game. Unless the aim or the goal to be achieved is clear, the physical effort or the athletic Endeavour would be directionless. To set realistic goals is one of the fundamental principles of sports. Setting realistic goal enables an individual to organize his way of living in different life situations in a better way. Aggression and hostility, to some extent, is necessary for any successful athletic Endeavour, at the same time, too much or too less of the same would hamper the performance and jeopardize the results. Similarly, fickle and temperamental behavior is beyond comprehension of any sincere athlete. Participation in physical activities and sports trains an athlete to manage and control his aggression and temper, which help in the development of a balanced personality.

While making efforts to win, an athlete also learns to face failure. He learns to overcome and correct his mistakes and try again for success. Pessimistic and negative approach is alien to sport environment and an individual develops a positive outlook towards life, which leaves a permanent impression on his personality. Successful sport performance also contributes to self-confidence of the athlete. He has to face many problems, some on the play field and some off the play field; Sport settings quite often pose many challenging situations. Through dedicated effort and foresight, an individual learns to solve the problems and to face the challenges of the life with full confidence. Perseverance and persistence are two important attributes of an athletic performance. These traits provide stability to an individual and are helpful in developing his personality.

## Materials and Methods

### Source of Data

For the Present study as a source of data were taken from different Academic coaching classes of Amravati town.

### Selection of Subject

For the present study researcher was selected 60 subjects from different coaching classes from Amravati town.

Before selecting these 60 subjects a researcher conducted AAHPERD youth physical fitness test on 100 subjects of secondary school boys form different Academic coaching classes of Amravati town. This is given in following table-1.

**Table 1:** Selection of Subjects

Sr. No.	Name of Coaching Class	No. of Subjects actually Tested	High Level Physical Fitness (Group-A)	Medium Level Physical Fitness (Group-B)	Low Level Physical Fitness (Group-C)
1.	Shri Datta Coaching Class	25	3	5	4
2.	Aim Coaching Class	25	8	9	3
3.	Jain Coaching Class	25	2	2	3
4.	Pioneer Coaching Class	25	5	3	3
5.	Telkhade Coaching Class	25	2	1	7
	Total	100	20	20	20

### Sampling Method

The subjects were selected by purposive sampling method.

### Criterion measures

The criterion measures adopted for the study measuring the physical fitness components and personality factor are given

below.

### 1. Physical Fitness

To measure the physical fitness AAPER Youth Physical Fitness Test was conducted with its six test items:

Sr. No.	Test Items	Elements Tested
i.	Pull Ups	Muscular Strength (Dynamic) and muscular endurance of Arm and shoulders.
ii.	Sit Ups	Muscular Strength and Endurance (Trunk)
iii.	Shuttle Run	Speed and Agility
iv.	Standing Long Jump	Explosive Strength of Legs
v.	50 yard Dash	Speed of lower extremities and explosive strength
vi.	600 yard Run and Walk	Cardio-vascular endurance

**2. Personality:** Personality was measured with the help of High school personality questionnaire (HSPQ) by S.D. Kapoor, S.S. Srivastava and G.N. P. Srivastava.

**Statistical Analysis**

**Discussion of Findings**

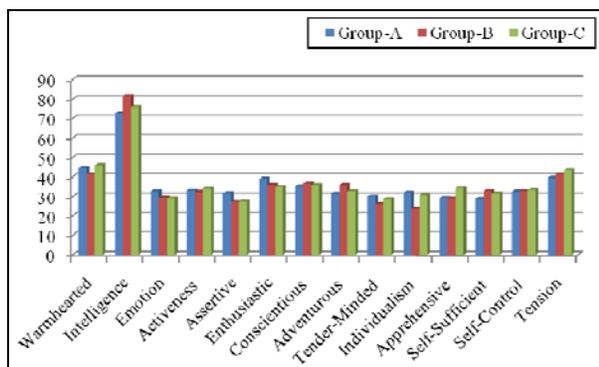
The collected data were analyzed by using one way ANOVA. In all cases 0.05 level of significance was fixed to test the hypothesis set for this study. Mean scores of all selected variables are presented in Table - I.

**Results**

**Table I:** Mean scores of all selected variables

Variables	Group-A	Group-B	Group-C
Warmhearted	44.66	41.45	46.16
Intelligence	72.695	81.61	75.81
Emotion	32.51	29.32	29.055
Activeness	32.92	32.27	34.13
Assertive	31.64	26.975	27.48
Enthusiastic	38.96	35.87	34.9
Conscientious	35.24	36.74	35.75
Adventurous	31.4	35.87	32.535
Tender-Minded	30.045	26.105	28.715
Individualism	31.84	23.695	30.795
Apprehensive	29.175	29.03	34.275
Self-Sufficient	28.79	32.775	31.52
Self-Control	32.39	32.655	33.26
Tension	39.59	41.33	43.43

The analysis of the data shows the results of the study of personality factors, warmhearted, intelligence, emotion, activeness, assertive, enthusiastic, conscientious, adventurous, tender-minded, individualism, apprehensive, self-sufficient, self-control and tension.



**Graph 1:** Comparison of Mean of personality of different level physical fitness in secondary school boys

**Table 3:** Analysis of variance of personality of different level physical fitness in secondary school boys

Variables	Source of Variation	SS	df	MS	F
Warmhearted	Between Groups	231.59	2	115.79	0.62
	Within Groups	10673.41	57	187.25	
Intelligence	Between Groups	818.80	2	409.40	1.69
	Within Groups	13838.15	57	242.77	
Emotion	Between Groups	147.89	2	73.94	0.61
	Within Groups	6864.22	57	120.42	
Activeness	Between Groups	35.64	2	17.82	0.16
	Within Groups	6518.02	57	114.35	
Assertive	Between Groups	262.15	2	131.08	0.80
	Within Groups	9286.20	57	162.92	
Enthusiastic	Between Groups	179.82	2	89.91	0.51
	Within Groups	10096.65	57	177.13	
Conscientious	Between Groups	23.27	2	11.63	0.11
	Within Groups	6243.97	57	109.54	
Adventurous	Between Groups	215.94	2	107.97	1.18
	Within Groups	5209.53	57	91.40	
Tender-Minded	Between Groups	160.70	2	80.35	0.55
	Within Groups	8329.52	57	146.13	
Individualism	Between Groups	785.62	2	392.81	2.70
	Within Groups	8307.83	57	145.75	
Apprehensive	Between Groups	356.94	2	178.47	1.44
	Within Groups	7088.32	57	124.36	
Self-Sufficient	Between Groups	166.05	2	83.03	0.68
	Within Groups	6933.69	57	121.64	
Self-Control	Between Groups	7.95	2	3.98	0.03
	Within Groups	6987.74	57	122.59	
Tension	Between Groups	147.89	2	73.94	0.59
	Within Groups	7172.08	57	125.83	

\* Significant at .05 level of significance F .05 (2, 57) = 3.159

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor warmhearted. The calculated 'F' was 0.62 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor warmhearted. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor intelligence. The calculated 'F' was 1.69 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor intelligence. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor emotion. The calculated 'F' was 0.61 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor emotion. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor activeness. The calculated 'F' was 0.16 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor activeness. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between

the means of high level, medium level and low level physical fitness students of personality factor assertive. The calculated 'F' was 0.80 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor assertive. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor enthusiastic. The calculated 'F' was 0.51 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor enthusiastic. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor conscientious. The calculated 'F' was 0.11 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor conscientious. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor adventurous. The calculated 'F' was 1.18 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor adventurous. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor tender-minded. The calculated 'F' was 0.55 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor tender-minded. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor individualism. The calculated 'F' was 2.70 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor individualism. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor apprehensive. The calculated 'F' was 1.44 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor apprehensive. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor self-sufficient. The calculated 'F' was 0.68 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor self-sufficient. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical

fitness students of personality factor self-control. The calculated 'F' was 0.03 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor self-control. Therefore, there is no need of post hoc test.

Table-2 reveals that there was significant difference between the means of high level, medium level and low level physical fitness students of personality factor tension. The calculated 'F' was 0.59 where as tabulated 'F' was 3.159. Calculated 'F' less than the tabulated 'F', which shows insignificance in high level, medium level and low level physical fitness students of personality factor tension. Therefore, there is no need of post hoc test.

All finding related to personality traits there are difference in mean value. But these differences are not significant in any one of above personality traits. In this study researcher try to find out effects of physical fitness on different personality traits.

### Conclusion

In this study researcher has taken different personality traits such as warmhearted, intelligence, emotion, competitive, aggressive consciousness, self-sufficient, anxiety, self-esteem, self-control, tension and depression etc. from this study he found that there is no significant difference in this personality traits.

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