



P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2016; 3(5): 495-497  
© 2016 IJPESH  
www.kheljournal.com  
Received: 26-07-2016  
Accepted: 27-08-2016

**Satheesh B**  
Research Scholar, Department of  
Physical Education, Karpagam  
University, Coimbatore,  
Tamil Nadu, India

**Dr. S Suthakar**  
Head (i/c) Department of  
Physical Education, Karpagam  
University, Coimbatore,  
Tamil Nadu, India

## Comparative study of the psychological well-being and self-confidence between the bicycle beneficiaries and non-beneficiaries of the secondary school children

**Satheesh B and Dr. S Suthakar**

### Abstract

The purpose of the study was to know the use of bicycles for the routine travel on psychological wellbeing and self-confidence among the secondary school students. Descriptive survey research was used. The data was collected randomly on the selected 240 secondary school students of Kanakapura Taluk, Ramanagara District, Karnataka State. The Psychological Wellbeing scale developed by Dr. Devendra Singh Sisodia and Pooja Chowdhary (2012) and Agnihotri's Self Confidence Inventory developed by Rekha Agnihotri were used on the selected sample. The significant differences were found in the Psychological Well Being and Self Confidence between the bicycle beneficiaries and non-beneficiaries. The statistical techniques used in the study were mean, standard deviation and t-test. It was concluded that there was a significant difference in the Psychological Wellbeing and Self-Confidence between the bicycle beneficiaries and non-beneficiaries. The bicycle beneficiary students had better well-being and more self-confidence than the bicycle non-beneficiary students.

**Keywords:** psychological well-being, self-confidence, bicycle beneficiaries

### Introduction

Being physically active plays an essential role in ensuring health and well-being. Physical activity benefits many parts of the body like the heart, skeletal muscles, bones the immune system and the nervous system and it reduces many risk factors such as reducing blood pressure, lowering body mass index (WHO). The physical inactive plays a major role in causing many diseases, such as diabetes, heart disease and many cancers. The World Health Organization (WHO) estimates that the physical inactive is the fourth-leading risk factor for the global mortality (WHO, 2011) [5]. Generally physical inactive is responsible for 6% of deaths. For a year around 3.2 million deaths including 2.6 million in the low and middle income countries and 670,000 of these deaths are premature.

Cycling can promote both physical and mental health and wellbeing. Regular cycling helps people to lose weight, reduce stress and improve their general fitness levels. As a form of active transport it is probably one of the easiest forms of exercise. Beyond personal health benefits cycling reduces every days expenditure and help the environment to reduce the pollution and greenhouse gas emissions.

There is a wealth of evidence for the benefits of cycling. Pucher *et al* (2010) reported a statistically significant negative correlation between the levels of cycling activity and obesity. Anderson *et al* (2000) reported that the people did not cycle to work experienced a 39% of higher death rate compared to those work it. The given potential relative ease of cycling daily for active transport then there is a potentially significant role for transport planning involving the provision of cycle-friendly infrastructure and strategies to raise the physical activity levels which contribute to the overall public health improvements (Bristol Government of U.K., 2011). To achieve universalisation of the elementary education the Government of Karnataka has implemented many programs and policies out of which distribution of bicycles to the girls students studying in VIII standard in the academic year 2007-08 for below the poverty line was a mentionable one. Further the Government of Karnataka distributed free bicycles of around 10,77,559 during 2011-12 for the girls studying in VIII standard of Govt. & Aided schools excluding girls studying in the schools coming under the corporation limit areas and

**Correspondence**  
**Satheesh B**  
Research Scholar, Department of  
Physical Education, Karpagam  
University, Coimbatore, Tamil  
Nadu, India

students with hostel facility and bus pass. Self-confidence is an attitude which allows individuals to have positive yet realistic views of themselves and their situations. Self-confident people trust their own abilities to have a general sense of control in their lives. They will be able to do what they wish, plan, and expect. Self-confidence is defined as having a positive realistic self-image. Self-confidence is the ability to handle criticism, show affection and be optimistic. Self-confident people have a positive outlook and think positive about themselves. Cycling has a positive effect on the emotional health in improving the levels of well-being, self-confidence and tolerance to stress while reducing tiredness and difficulties. The researcher explores the study to assess the effect of cycling benefits on the psychological well-being and self-confidence among the secondary school children.

**Objectives of the Study**

To compare psychological-wellbeing and self-confidence between the bicycle beneficiaries and non-beneficiaries of secondary school children.

**Hypotheses**

It was hypothesized that there was not any significant difference between the psychological-wellbeing and self-confidence between the bicycle beneficiaries and non-beneficiaries of the secondary school children.

**Methodology**

Descriptive survey research was used. Data was collected randomly from the selected 240 secondary school boys and girls of the rural areas of Kanakapura Taluk, Ramanagara District, Karnataka State. The Psychological Wellbeing Scale developed by Dr. Devendra Singh Sisodia and Pooja

Chowdhary (2012) and Agnihotri’s Self Confidence Inventory developed by the Rekha Agnihotri were used on the selected sample. The statistical techniques used in the study are mean, standard deviation and t-test.

**Method of the study**

Descriptive survey research was used.

**Population of the Study**

Population of the present study involves the secondary school students of VIII, IX and X standard of Government High Schools of Kanakapura Taluk of Ramanagara District, Karnataka State.

**Sample of the Study**

In the study the researcher used simple random technique of probability sampling. It is secondary school boys and girls. For this 240 students are selected randomly. There were 120 bicycle beneficiaries who are given bicycles from the government and these beneficiaries are coming to school by bicycle around 3 to 5 kms daily for 3 months and 120 non-beneficiaries do not have any bicycle facilities because they are nearby to the school for less than 1 km in the sample.

**Statistical Techniques Applied**

In the study t-test was used to compare the Psychological Wellbeing and Self Confidence between the secondary school bicycle beneficiaries and non beneficiaries.

**Analysis and Interpretation**

To test the null hypothesis the, t-test is used and obtained results are shown in the Table as below.

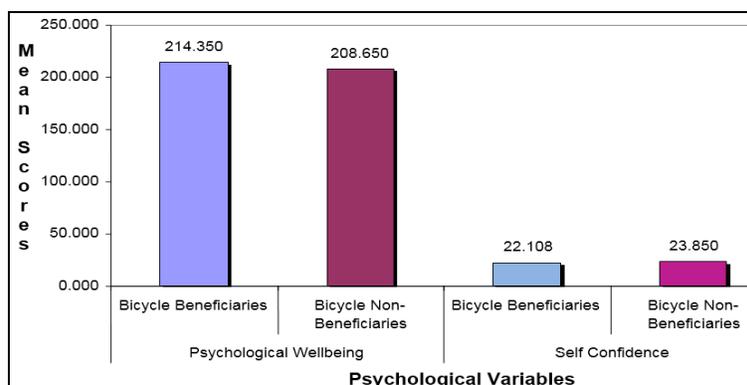
**Table 1:** Comparison between the Psychological Well Being and Self Confidence between the secondary school bicycle beneficiaries and non-beneficiaries.

Group		N	Mean	Standard Deviation	‘t’ Value
Psychological Wellbeing	Bicycle Beneficiaries	120	214.350	20.631	2.20*
	Bicycle Non-Beneficiaries	120	208.650	19.465	
Self Confidence	Bicycle Beneficiaries	120	22.108	4.301	3.03**
	Bicycle Non-Beneficiaries	120	23.850	4.599	

\* Significant at 0.05 level. \*\* Significant at 0.01 level

The Table shows that the mean, standard deviation, ‘t’ value and level of significance of the secondary school bicycle beneficiaries and non-beneficiaries. The obtained ‘t’ values 2.20 and 3.03 are greater than table value 1.97 at 0.05 level and 2.59 at 0.01 level (df=238) and it is significant. So, the stated null hypothesis related to the psychological wellbeing and self-confidence are rejected and an alternate hypothesis is

accepted that “there was a significant difference in the psychological wellbeing and self-confidence between the secondary school bicycle beneficiaries and non-beneficiaries. It concludes that the bicycle beneficiaries have a better psychological well-being and self-confidence than the non-beneficiaries.



**Fig 1:** Bar graph shows comparison of psychological variables between the secondary school bicycle beneficiaries and non-beneficiaries.

### **Discussion of Results**

It was found that there was a significant difference in the psychological well-being and self-confidence between the secondary school bicycle beneficiaries and non-beneficiaries. The bicycle beneficiaries had a better psychological wellbeing and also good self-confidence than the non-beneficiaries.

### **Conclusion**

The findings of the research have shown the bicycle beneficiaries have a better psychological well-being and self-confidence than the non-beneficiaries. The cycling is important source of the physical activity. It is found that the cycling is a great way of exercise and to achieve healthy levels of fitness and activity. Using bicycle to go around as an active travel to school by the children is a great way of staying active. Cycling is a healthy and low-impact exercise that also can be enjoyed by children. Cycling has numerous advantages and can directly affect the quality of life as it provides the benefits in all physical, emotional, ecological and psychological. Active travel to school by cycling will give good health and active lifestyle and it can contribute to the development in lifelong healthy lifestyle and also develops self-confidence among the children.

### **Educational Implication and Recommendations of the Study**

- The present study suggests that the cycling exercises have important role to play in developing the psychological wellbeing and self-confidence among the children.
- The study will throw a light on the youth population about the routine use of bicycle and the active travel not only benefits the individual and also to the environment.
- The study gives a feedback for the bicycle users regarding the benefits of wellbeing, the mechanism may help in gaining health and saving money as well as the precious time and contributes totally to the clean and healthy environment.
- This result will strengthen the idea of preserving environment through bringing awareness about the active travel from government, non-government organizations and eco-friendly clubs.
- The infrastructure, programs and policies needed to improve the bicycling facilities in rural as well as urban areas. Thus, the challenge in the competitive society is to encourage the more widespread use of these measures to promote the active travel and improve the wellness of the younger students and as well as the aged people.
- The pedaling not only strengthens mental ability to cope up with the situations but also to bring a level of self-confidence among the school children.

### **References**

1. Alexander JK, Peterson KL. Cardiovascular effects of weight reduction. *Circulation*. 1972; 45:310.
2. Chougule SN. Effect of Selected Asanas and Aerobic Exercises on Selected Health related Physical fitness variables of Upper primary School Girls. Completed research M. Phil. Degree. 2006.
3. Guidelines for Exercise Testing and Prescription. American College of Sports Medicine- Lea and Fabiger. 1988, 168-169.
4. World Health Organization slide set, Global Health Risks: Selected figures and tables.'
5. World Health Organization, Global Recommendations on Physical Activity for Health (WHO). 2011.