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A study of well-being of teacher trainees of general education and physical education

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Abstract

The main purpose of the study was to find out comparison between Physical education and General Education in relation to Physical well being, Mental well being, Social well being, Emotional well being and Spiritual well being. For the present study the data were collected from B.V.D. University and different colleges of Pune University for this study. The age of the subjects were ranged from 18-25 years.

Keywords: Physical well being (PWB), mental well being (MWB), social well being (SWB), emotional well being (EWB) and spiritual well being (SWB)

Introduction

Well-Being: Well-being welfare or wellness is a general term for the condition of an individual or group, for example their social, economic, psychological, spiritual or medical state; a high level of well-being means in some sense the individual or group's experience is positive, while low well-being is associated with negative happenings.¹

Physical Well-Being: Physical exercise (physical well-being) is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including strengthening muscles and the cardiovascular system honing athletic skills, weight loss or maintenance, and merely enjoyment. Frequent and regular physical exercise boosts the immune system and helps prevent the "diseases of affluence" such as heart disease, cardiovascular disease, Type 2 diabetes, and obesity.² It may also help prevent depression, help to promote or maintain positive self-esteem, improve mental health generally, and can augment an individual's sex appeal or body image, which has been found to be linked with higher levels of self-esteem. Childhood obesity is a growing global concern, and physical exercise may help decrease some of the effects of childhood and adult obesity.³ Health care providers often all exercise the "miracle" or "wonder" drug—alluding to the wide variety of proven benefits that it can provide. In the United Kingdom two to four hours of light activity are recommended during working hours. This includes walking and standing.⁴

Mental health (Mental well-being): Is a level of psychological well-being, or an absence of a mental disorder, it is the "psychological state of some-one. Who is functioning at a satisfactory level of emotional and behavioral adjustment". From the perspective positive psychology, mental-health may include an individual's ability to enjoy life and create a balance

¹ <http://www.thefreedictionary.com/wellbeing>

² Stampfer MJ, Hu FB, Manson JE, Rimm EB, Willett WC; Hu; Manson; Rimm; Willett "Primary Prevention of Coronary Heart Disease in Women through Diet and Lifestyle". *New England Journal of Medicine* 343 (1): 16–22. doi:10.1056/NEJM200007063430103. PMID 10882764 (2000)

³ Hu FB, Manson JE, Stampfer MJ, Colditz G, Liu S, Solomon CG, Willett WC; Manson; Stampfer; Colditz; Liu; Solomon; Willett "Diet, lifestyle, and the risk of type 2 diabetes mellitus in women". *The New England Journal of Medicine* 345 (11): 790–(2001).

⁴ "WHO: Obesity and overweight". Retrieved 25 Dec.2015

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between life activities and efforts to achieve psychological resilience. According to World Health Organization “WHO” mental health includes "subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others. “WHO” further states that the well-being of an individual is encompassed in the realization of their abilities, coping with normal stresses of life, productive work and contribution to their community. However, cultural differences, subjective assessments, and competing professional theories all affect how "mental health" is defined. A person struggling with his or her mental behavioral health may face, stress, depression, anxiety, relationship problems, grief, addiction, earning disabilities, mood disorders, therapists. The new field of global mental health is "the area of study” research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide".⁵

Social well-being: This issue's theme includes three articles on research activities that have drawn on ideas from social networking to drive innovative designs. The focus covers the design, development, and study of social technologies at the level of individuals, groups, and organizations. Although the tools described here are all intended for individuals, each article highlights how new technologies and technical competencies will further push our understanding of human social-networking drives and desires.⁶

Spiritual well-being: The spiritual dimension is understood to imply a phenomenon that is not material in nature, but belongs to the realm of ideas, beliefs, values and ethics that have arisen in the minds and conscience of human beings, particularly ennobling ideas. Ennobling ideas have given rise to health ideals, which have led to a practical strategy for Health for all that aims at attaining a goal that has both a material and non-material component. If the material component of the strategy can be provided to people, the non-material or spiritual one is something that has to arise within people and communities in keeping with their social and cultural patterns. The spiritual dimension plays a great role in motivating people’s achievement in all aspects of life. Since the inclusion of spiritual health within WHO's purview, a number of other significant organizations have also attended to spirituality and incorporated reference to it in key documents, including the United Nations action plan Agenda 21 which recognizes the right of individuals to "healthy physical, mental, and spiritual development".⁷

Emotional well-being: Is a term that has seen increasing use in recent decades. The implications of decreased emotional well-being are related to mental health concerns such as stress, depression, and anxiety. These in turn can contribute to physical ill-health such as digestive disorders, sleep disturbances, and general lack of energy. On the positive side, enhanced emotional well-being is seen to contribute to upward spirals in increasing coping ability, esteem, performance and productivity at work, and even longevity. Emotional well-being is also one of two aspects of personal well that can be

measured in quantitative quality of life assessments, the other being 'life evaluation', the evaluation of one's life in general against a scale. It is a term receiving attention from many groups from new-age therapists to management, from outdoor recreation enthusiasts to careers for the elderly. It is also of interest to many parents, youth workers, school teachers, anti-bullying campaigners and those thinking about retirement, as well as to psychologists and other health professionals.⁸

Methodology

For the purpose of this study 80 male students were collected from B.V.D.U. and different colleges of Pune University. The age of the subjects were ranging from 18-25 years.

Variables which were used in this study are as under:

Physical well-being, Mental well-being, Social well-being, Emotional well-being and Spiritual well being
To measure personal appraisal about the Well-being of the subjects, belongings with Well-being scale (Dr. Ripenjeet Kaur) was used. The questionnaire was divided into five parts, Physical well-being (PWB), Mental well-being (MWB), Social well-being (SWB), Emotional well-being (EWB) and Spiritual well-being (SWB). The inventory contains total 35 items, these questions/ statements are divided in five well-being contents namely Physical well-being, Mental well-being, Social well-being, Emotional well-being and Spiritual well-being. There were seven questions for each well-being aspect. Standard well-being scale was used to assess and compare the well-being of Physical education and General education students.

Independent “t” test was employed; the level of significant was set at 0.5 level.

Observation and Discussion

The data was collected on 80 subjects and were computed by “t” test statistical technique. The result pertaining to these data have been depicted in following table.

Comparision of Physical education and General education in relation to physical well-being, mental well-being, social well-being, emotional well-being and spiritual well-being are presented in the table below:

Variable	Group	Mean	S.D.	T ratio
Physical well being	Physical Education	24.75	3.56	1.94
	General Education	26.42	4.15	
Mental well being	Physical Education	25.57	2.91	0.79
	General Education	26.3	5.09	
Social well being	Physical Education	25.9	3.11	0.26
	General Education	25.67	4.58	
Emotional well being	Physical Education	26.27	3.43	0.63
	General Education	25.75	3.90	
Spiritual well being	Physical Education	25.12	3.42	2.96*
	General Education	27.52	3.86	

Discussions on Findings

The result of present study reveals that in physical well-being the mean score of the Physical Education Teacher trainees was 24.75 (points) and General Education Teacher trainees was 26.42 (points). The General Education Teacher trainees have greater mean in relation to Physical Well-being because they show high level of Well-being as compared to Physical

⁵About.com “What is Mental Health”? Retrieved June 1, 2007, from About.com (2006, July 25).

⁶Churchill E.F. Guest Editors “introduction social networks and social networking” (Volume:9, Issue:5) p.1419 (2005)

⁷ World Health Organization Publication: Year 1991. Issue 9290211407. Chapter 4: “The Spiritual Dimension”.(1991)

⁸ “Emotional Well Being & Mental Health”. Harvard Health Publications: Harvard medical School. Harvard University. Retrieved 16 December 2010.

Education Teacher trainees.

The result of present study reveals that in mental well-being the mean score of the Physical Education Teacher trainees was 25.57 (points) and General Education Teacher trainees was 26.3 (points). The General Education Teacher trainees have greater mean in relation to Mental Well-being because they show high level of Well-being as compared to Physical Education Teacher trainees.

The result of present study reveals that in social well-being the mean score of the Physical Education Teacher trainees 25.9(points) and General Education Teacher trainees was 25.67 (points). The General Education Teacher trainees have greater mean in relation to Social Well-being because they show high level of Well-being as compared to Physical Education Teacher trainees.

The result of present study reveals that in emotional well-being the mean score of the Physical Education Teacher trainees 26.27 (points) and General Education Teacher trainees was 25.75 (points). The Physical Education Teacher trainees have greater mean in relation to Emotional Well-being because they show high level of Well-being as compared to General Education Teacher trainees.

The result of present study reveals that in spiritual well-being the mean score of the Physical Education Teacher trainees 25.12 (points) and General Education Teacher trainees was 27.52 (points). The General Education Teacher trainees have greater mean in relation to Spiritual Well-being because they show high level of Well-being as compared to Physical Education Teacher trainees.

Insignificant difference was found between Physical Education and General Education Teacher trainees in relation to Physical Well-being.

Insignificant difference was found between Physical Education and General Education Teacher trainees in relation to Mental Well-being.

Insignificant difference was found between Physical Education and General Education Teacher trainees in relation to Social Well-being.

Insignificant difference was found between Physical Education and General Education Teacher trainees in relation to Emotional Well-being.

Significant difference was found between Physical Education and General Education Teacher trainees in relation to Spiritual Well-being.

Now it is clearly revealed that the Physical Well-being, Mental Well-being, Social Well-being and Emotional Well-being of Physical Education Teacher trainees and General Education Teacher trainees were not significantly differ, it might be because these two groups show same level of Well-being in these Well-being related components i.e. Physical Well-being, Mental Well-being, Social Well-being and Emotional Well-being of all Physical Education Teacher trainees and General Education Teacher trainees were same. But only Spiritual Well-being was significant of General Education and Physical Education Teacher trainees i.e. General Education Teacher trainees was high level of Spiritual Well-being as compared to Physical Education Teacher trainees.

Conclusion

Within the limitations of the present study, the following conclusions were drawn:

- The teacher trainees of Physical education and General education were having similar level of physical wellbeing, mental well-being, social well-being and emotional well-

being.

- Amazingly, the teacher trainees of General education have superior level of spiritual well-being than the teacher trainees of Physical education.

The teacher trainees of Physical education need improvement in spiritual well-being aspect.

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