

Physical Health Among standard Students

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ABSTRACT

Physical health is an essential part of someone's overall health which includes everything ranging from physical fitness to overall wellness. Health is a state of a complete well – being thus physical health makes an individual mechanically fit to carry out his daily activities without any problem. This research paper aims to investigate the physical health among XI Standard students. The study included the categorical variables gender, locality and type of schools. 80 students from various Government, Government Aided and Private Schools in and around Salem district were involved. Normative survey method was adopted and stratified sampling technique was employed for the study. Physical health scale was prepared by the investigator that included 30 items. The data collected were subjected to the statistical technique like Percentage analysis, t – test and F- test. The finding of this study reveals that government school students have higher mean scores than the government aided and private school students in physical health.

Keywords: Physical health, XI Standard students. School.

INTRODUCTION

“If wealth is lost, nothing is lost, if health is lost, everything is lost”. A healthy mind rests only in a healthy body. Mind rests only in a healthy body. Man's happiness in life depends upon good health, vigor and vitality. Life without health is a misery, merely a virtual death.

Health of the citizens is the responsibility of the nation, for this purpose, the state sets up health service, health centres, hospitals, maternity and child welfare centers and schemes. Health instruction is so important that it should be an integral part of school education. Physical health can be defined

as an essential part of overall health of an individual, which includes everything ranging from physical fitness to overall wellbeing.

REVIEW OF RELATED LITERATURE

Camila Angelica Asahi Mesquita and Bruna Camilo Turi-Lynch.,(2018)analysed health-related physical fitness among undergraduate students in physical education.Results showed that male students had higher levels of physical fitness than women and a significant portion of undergraduate students in Physical Education.

Jesse Calestine, Melissa Bopp,Christopher M. Bopp and Zack Papalia.,(2017) studiedCollege Student Work Habits are Related to Physical Activity and Fitness. Results showed that the majority (76%) of participants reported meeting current PA guidelines. Hours of studying and social media use were both positively associated with body fat. Course load was negatively associated with vigorous activity. Results also showed study time was negatively associated with cardiovascular endurance, positively associated with hip flexibility and sedentary behavior. Higher GPA was associated with a higher BMI and a higher credit load was associated with less vigorous physical activity.

Bezyak, Jill and Clark, Alena.,(2016) assessed physical and mental health among college students. Findings indicated current reports of depression, anxiety, and somatic symptoms, along with interest in strategies to decrease stress, increase physical activity, and improve eating habits.

Madhivadhini.,(2013) studied physical health and study involvement of XI Standard students. Results showed that the male and female XI Standard students do not differ in their physical health. Results also showed that Tamil and English medium XI Standard students o not differ in their physical health.

STATEMENT OF THE PROBLEM

The statement of the problem as entitled as“**PHYSICAL HEALTH AMONG XI STANDARD STUDENTS**”.

OPERATIONAL DEFINITIONS OF THE TERMS

PHYSICAL HEALTH

‘A sound body will have a sound mind’. Good health is the base for ones studies and knowledge. The students who are weak in studies causes of unhealthiness also include some percent. Healthiness is the pillar of the society. It starts from the students.

XI STNADARD STUDENTS

The students in high school, who passed 10th standard and promoted to next class is called, XI Standard students.

OBJECTIVES OF THE STUDY

- ✚ To find the level of physical health among XI Standard students.
- ✚ To study the significant differences between physical health of XI standard boys and girls
- ✚ To study the significant differences between physical health of XI standard rural and urban Students.
- ✚ To find out the significant differenceamong the physical health of XI standard students from various schools.

HYPOTHESES OF THE STUDY

- ✚ The level of physical health among XI standard students is moderate.
- ✚ There is no significant difference in the physical health of XI standardboys and girls.
- ✚ There is no significant difference in the physical health of XI standard rural and urban students.
- ✚ There is no significant differenceamong the physical health of XI standard Students from various schools.

RESEARCH METHOD

- **Method**

Normative survey method was adopted for the study.

- **Sample**

Stratified random sampling technique was employed, 80 students were taken from Government, Government Aided, and Private schools in Namakkal district only.

- **Tool**

Physical health scale was prepared by the investigator that included 30 items.

- **Data analysis**

The collected data were analyzed by using statistical technique like percentage analysis, t - test and F - test.

DATA ANALYSIS OF THE STUDY

HYPOTHESES OF TESTING.

HYPOTHESIS 1

The level of physical health of XI Standard students is average

TABLE – 1

LEVEL OF PHYSICAL HEALTH OF XI STANDARD STUDENTS WITH REFERENCE TO TOTAL SAMPLE

VARIABLES	LOW		MODERATE		HIGH	
	N	%	N	%	N	%
PHYSICAL HEALTH	17	21.25	39	48.75	24	30.00

From the above table shows that XI Standard students are in moderate level of physical health. Hence the hypothesis is accepted.

HYPOTHESIS 2

There is no significant difference in the physical health of XI standard boys and girls

TABLE - 2

MEAN DIFFERENCES IN PHYSICAL HEALTH OF XI STUDENTS BASED ON GENDER

VARIABLE	GENDER	MEAN	SD	“t” VALUE	S / NS
PHYSICAL HEALTH	Boys (36)	56.92	11.28	1.45	NS
	Girls (44)	60.27	9.01		

NS – Not Significant

From the above table, it is found that significant differences are not noted in this case. Hence it is concluded that the hypothesis is accepted.

Result

XI Standard boys and girls students do not differ in their physical health.

HYPOTHESIS 3

There is no significant difference in the physical health of XI Standard rural and urban students.

TABLE - 2

**MEAN DIFFERENCES IN PHYSICAL HEALTH OF XI STUDENTS BASED ON
LOCALITY**

VARIABLE	LOCALITY	MEAN	SD	't' VALUE	S / NS
PHYSICAL HEALTH	Rural (50)	57.84	10.11	1.04	NS
	Urban (30)	60.30	10.25		

NS – Not Significant

From the above table, it is found that significant differences are not noted in this case. Hence it is concluded that the hypothesis is accepted.

Result

XI Standard rural and urban students do not differ in their physical health.

HYPOTHESIS 4

There is no significant difference among the physical health of XI Standard Students from various schools

VARIABLE		SUM OF SQUARES	df	MEAN SQUARE	F VALUE	S / NS
PHYSICAL	Between Groups	145.101	2	72.550	0.696	NS
	Within Groups	8023.387	77	104.200		

HEALTH	Total	8168.488	79			
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NS – Not Significant

From the above table, it is found that significant differences are not noted in this case. Hence it is concluded that the hypothesis is accepted.

Result

Different schools of XI Standard students do not differ in their physical health.

MAJOR FINDINGS OF THE STUDY

- ✚ XI standard students are in moderate level of physical health.
- ✚ XI Standard boys and girls do not differ in their physical health.
- ✚ XI Standard girls mean score (60.27) have higher than the boys mean score (56.92) in physical health.
- ✚ XI Standard rural and urban students do not differ in their physical health.
- ✚ XI Standard urban students mean score (60.30) have higher than the rural students mean score (57.84) in physical health.
- ✚ Different schools of XI Standard students do not differ in their physical health.
- ✚ XI Standard government school students have higher mean scores (60.29) than the government aided and private school students mean scores (58.92) and (57.18) in physical health.

DISCUSSION OF THE STUDY

Camila Angelica Asahi Mesquita and Bruna Camilo Turi-Lynch.,(2018)analysed health-related physical fitness among undergraduate students in physical education.Results showed that male students had higher levels of physical fitness than women and a significant portion of undergraduate students in Physical Education.This study is contradictory to the present study as well as XI standard girls mean score have higher than the boys mean score in physical health.

Madhivadhini (2013) reported that the male and female XI Standard students do not differ in their physical health. These findings are in same as the present study has found that XI Standard boys and girls do not differ in their physical health.

CONCLUSION

The finding of this study reveals that XI standard students are in moderate level of physical health and government school students have higher mean scores than the government aided and private school students in physical health.

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