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Relationship between self-concept and physical fitness of high school boys

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Abstract

The Purpose of this study was to examine the relationships between self-concept and physical fitness of high school boys. For the purpose of the investigation, twenty subjects were selected randomly from high school boys in Amravati. The age level of the subjects ranged from 13 to 14 years. The Self-concept and physical fitness variables were selected for the present investigation. Self-concept was assessed with the help of Swatva Bodh Parikshan (SBP) Self-Concept Questionnaire constructed and standardized by Dr. G. P. Sherry, Dr. R. P. Verma and Dr. P.K. Goswami. Physical fitness was assessed with the help of AAPHER Youth Physical Fitness Test. The subjects were statistically analysed by using descriptive and differential analyses. Mean and Standard Deviation were calculated for descriptive analysis and the Pearson product moment technique was used for differential analysis. To test the hypothesis given by the researcher the level of significance was set at 0.05. Result: Muscular strength and positively correlated with self concept for school boys. Speed was negatively correlated with self concept for school boys. But agility, explosive strength and cardio vascular endurance not correlated with self concept for school boys. Combine physical fitness was positively correlated with self concept for school boys.

Keywords: Self-concept, physical fitness

Introduction

Physical fitness simply is the ability of your body systems to work together efficiently. Being efficient means a being able to do daily activities with the least amount of effort. A fit person is able to carry out the typical activities of living, such as work, and still have enough energy and vigor to respond to emergency situations and to enjoy leisure time activities. As a child you probably were very active and through little, if any, of improving or maintaining your fitness. However, as you get older you most likely will be less active and will need to develop a plan for regular physical activity. But getting fit and staying fit can be fun. The activities you choose can be those that you like doing best and those that are best for you ^[1].

The physical fitness is considered as the ability of an individual to perform a specific physical task at a high level of effort. It does not only cover the physical aspect but also has many other aspects on which the physical fitness varies. The statement issued by American Medical Association clearly defines physical fitness as “fitness for living rests first of all upon a solids foundation of basis good health. Fitness for living implies freedom from disease; enough strength, agility, endurance and skill to meet the demands of daily living; reserves sufficient to withstand ordinary stresses without strain; and mental and emotional adjustments appropriate to the nature of the individual. Physical fitness is but one element of total fitness.

Methodology

Selection of Subjects

For the purpose of the investigation, twenty subjects were selected randomly from high school boys in Amravati. The age level of the subjects ranged from 13 to 14 years.

Criterion Measures

The Self-concept and physical fitness variables were selected for the present investigation. Self-concept was assessed with the help of Swatva Bodh Parikshan (SBP) Self-Concept Questionnaire constructed and standardized by Dr. GP Sherry, Dr. RP Verma and Dr. PK.

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Goswami. Swatva-Bodh Parikshan, is a forty-eight item test, yielding scores in eight different dimensions of the self-concept and on the total. Thus, the present test provides eight separate measures of self-concept. The statements of the test are simple and declarative about self, see-king responses in “Yes” or “No”. Responses are obtained on an answer-sheet and the test booklet can be used again and again. There is no time for completing the test, but the respondent is advised to complete the test as quickly as possible. Generally it takes a respondent about 20 minute to complete the test. A high score on this test indicates a bright self-concept while a low score shows a poor self-concept. Physical fitness was assessed with the help of AAPHER Youth Physical Fitness Test was conducted with its six test items namely pull-ups, sit-ups, shuttle run, standing long jump, 50 yard dash, 600 yard run and walk. Elements Tested: muscular strength (dynamic) and muscular endurance of arm and shoulders, muscular strength and endurance (trunk), speed and agility, explosive strength of legs, speed of lower extremities and explosive strength and cardio-vascular endurance.

Statistical Analysis

The subjects were statistically analysed by using descriptive and differential analyses. Mean and Standard Deviation were calculated for descriptive analysis and the Pearson product moment technique was used for differential analysis. To test the hypothesis given by the researcher the level of significance was set at 0.05, which was considered as reliable and adequate for the present study. The mean and standard

deviation scores of self-concept and physical fitness of high school boys were given in the following tables.

Finding of the Study

The high school boys data obtained on independent variable were correlated with the dependent variables in order to find out the relationship between the dependent and independent variables. The analysis of data pertaining to this is presented in following tables.

Table 1: Mean and Standard Deviation of self-concept and physical fitness of high school boys

Variables	Mean	SD
Self-concept	29.65	3.17
Muscular strength	5.20	1.82
Muscular endurance	26.25	5.74
Agility	10.65	0.56
Explosive Strength	5.09	0.50
Speed	8.97	1.42
cardio-vascular endurance	2.63	0.63

The analysis of the data shows the results of the study of selected variables, self concept, muscular strength, muscular endurance, agility, explosive strength and cardio-vascular endurance. The mean ± Standard deviation of self concept in the test were (29.65 ± 3.17), muscular strength (5.20 ± 1.82), muscular endurance (26.25 ± 5.74), agility (10.65 ± 0.56), explosive strength (5.09 ± 0.50), speed (8.97 ± 1.42), and cardio-vascular endurance (2.63 ± 0.63) respectively.

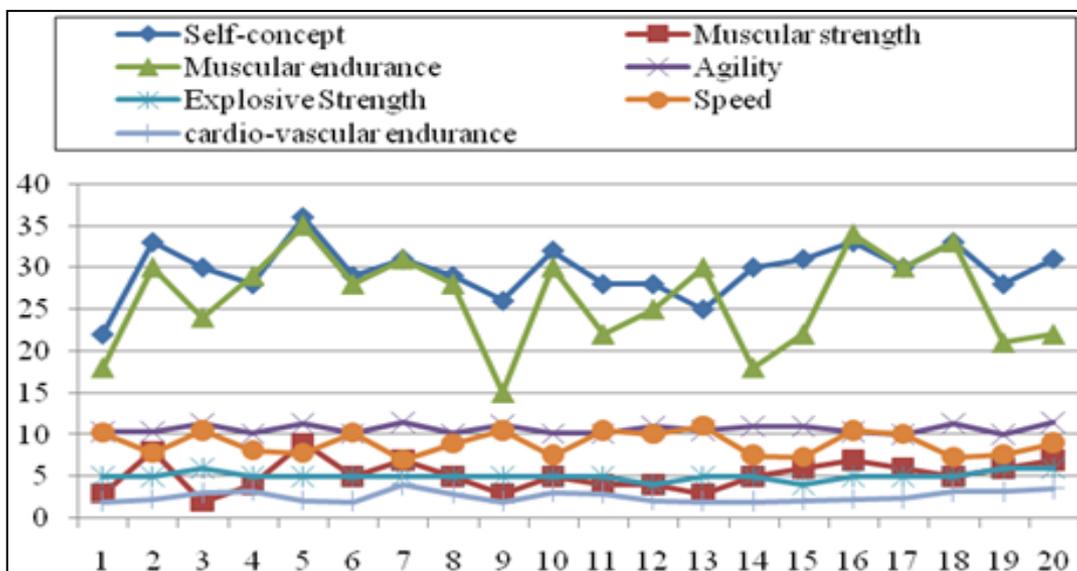
Table-2: Relationship between self-concept and physical fitness of high school boys

Variables Correlated	Coefficient of Correlation (r)	Multiple R
Muscular strength	0.760*	0.868*
Muscular endurance	0.625*	
Agility	0.304	
Explosive Strength	0.002	
Speed	-0.534*	
cardio-vascular endurance	0.203	

*Significant at .05 level of confidence N=20 r.05 (18) = 0.444

Table-2 clearly indicates that there exists a significant relationship between muscular strength (0.760), muscular endurance (0.625), speed (-0.534) and combine physical fitness (0.868) as the correlation coefficient values were

found higher than the tabulated value at.05 level of significance. It is therefore; evident that muscular strength, muscular endurance, speed and combine physical fitness is influenced by self-concept of high school boys.



Graph 1: Showing the correlation of self-concept with physical fitness components

Conclusions

On the basis of analysis of data as well as in the view of observation, along with the objective and within the limitation of the present study the following conclusions were drawn:

1. Muscular strength was positively correlated with self concept for school boys.
2. Muscular endurance was positively correlated with self concept for school boys.
3. Speed was negatively correlated with self concept for school boys.
4. Agility, explosive strength and cardio vascular endurance not correlated with self concept for school boys.
5. Combine physical fitness was positively correlated with self concept for school boys.

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