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## A correlational study of psychological and physical fitness well: Being of sportspersons

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### Abstract

The study was designed to measure the relationship between six measures of psychological well being namely alienation social non-conformity, discomfort, expression, and defensiveness and general well being and nine different measures of physical fitness namely extend flexibility, dynamic flexibility, shuttle run, hand grip, leg lift cable jump, pull ups, balance and 600 m run.

**Keywords:** Flexibility, expression, discomfort, psychological, defensiveness

### Introduction

It is a common saying that “health is wealth”. Especially for the sports persons, a good health is necessary, because most of the skills displayed on the ground are physical in nature. The mind-body relationship which is nowadays studied in sports psychology. No doubt mental health has special significance in sports psychology and hence it is necessary to understand the factors influencing mental health because if factors influencing mental health are made known then such atmosphere could be provided to the sportsperson so that they can develop both physical as well as psychological health which might help in developing the sports skills with much accuracy. Thus physical fitness and psychological well being equally responsible for developing different kinds of skills on the play field. Life circumstances can influence one mental health from birth. Individuals who experience positive circumstances are generally emotionally secure and successful in school and are able to establish healthy interpersonal relationships, negative circumstances such as poverty, poor physical health, unemployment, abuse, neglect and unresolved childhood loss generally precipitate fillings of hopelessness, helplessness and worthlessness.

### Methodology

The study was designed to measure the relationship between six measures of psychological well being namely, alienation, social non- conformity, discomfort, expression, and defensiveness and general well being and nine different measures of physical fitness namely extend flexibility, dynamic flexibility, shuttle run, hand grip, leg grip, cable jump, pull ups, balance and 600 m run. For the purpose total sample of study was 366. All of them were sportsperson. The criterion for labelling them as sportsperson was that the subject might have represented either a college or university at district or state level. Hence, while selecting the samples, two approaches were used. First, partly purposive sampling technique was done and list of male and female sportsperson were prepared.

Afterwards, by using random sampling technique – random number tables – the subjects were selected. In the final effective sample there were 366 subjects of which 186 were females and 180 were males. Their age range was 21 years to 26 years and their educational standard was graduates or pursuing post – graduation. The study deals with psychological well being, general well being, and physical fitness, five different measures of psychological well being were included in the study. For measuring all these factors, standardized tools were used. There are a large number of variables which were measured in the study. For physical fitness a few subtest from Fleishman physical fitness test battery were used in the study. For psychological screening inventory by Lanyon.

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**Statistical analysis**

Physical fitness and psychological well being both are necessary to be a good sportsperson. In the study, there were six different measures of psychological well – being, and nine different measures of physical fitness. Even through it was not the main purpose of the study to examine the differences in the means of the group of males and group of females and search weather the differences is significant or not, however, since both the groups were involved for these groups, means and standard deviations were computed, which are given in table 1.

In addition to the means and standard deviations obtained by

the group of males and group of females, t test was used to search whether the two groups differ significantly from each other or not.

This is co relational study. Hence, correlation coefficient between six factors of psychological general well being and nine factors of physical fitness were computed. These correlation coefficients were computed independently for the groups of males as well as the groups of females. The correlation coefficients between the six measures of psychological and general well being and nine measures of physical fitness for the group of males are presented in the following table.

**Table No. 1**  
Means and SDs obtained by males and females on six measures of psychological well being and nine measures of physical fitness.

		Males	Females	t
Alienation	$\bar{X}$	10.10	10.42	1.10
	S	2.80	2.88	
Social non - Conformity	$\bar{X}$	13.23	7.90	22.20**
	S	2.58	1.91	
Discomfort	$\bar{X}$	10.73	11.06	1.27
	S	2.44	2.89	
Expression	$\bar{X}$	12.63	9.64	7.47**
	S	4.74	2.65	
Defensiveness	$\bar{X}$	11.37	12.74	5.27**
	S	2.88	1.94	
General Well Being	$\bar{X}$	11.70	9.71	7.65**
	S	2.63	2.16	
Extent Flexibility	$\bar{X}$	3.70	3.42	2.00*
	S	1.62	1.04	
Dynamic Flexibility	$\bar{X}$	3.57	3.19	3.45**
	S	1.18	1.12	
Shuttle Run	$\bar{X}$	16.97	21.84	16.23**
	S	2.41	3.47	
Hand Grip	$\bar{X}$	35.93	30.29	13.75**
	S	3.43	4.32	
Leg lift	$\bar{X}$	46.50	38.71	8.95**
	S	9.08	7.53	
Cable Jump	$\bar{X}$	26.47	44.13	18.58**
	S	8.81	9.60	
Pull Ups	$\bar{X}$	3.63	1.48	16.53**
	S	1.54	0.91	
Balance	$\bar{X}$	36.40	40.55	5.46**
	S	7.34	7.44	
900 Meter Run	$\bar{X}$	140.00	149.97	11.33**
	S	7.20	9.48	

**Table No 2**  
Correlation coefficients between six different measures of psychological well-being and nine measures of physical fitness (Males).

Factors	EF	DF	SR	HG	LL	CJ	PU	B	600 MR
Alienation	-.84	-.79	.86	-.78	-.89	-.60	-.82	-.81	.72
Social non - Conformity	.14	.09	-.10	.10	-.18	.32	-.09	-.01	-.07
Discomfort	-.85	-.79	.87	-.79	-.85	-.63	-.78	-.76	.72
Expression	-.57	-.52	.57	-.61	-.80	-.32	-.71	-.67	.49
Defensiveness	-.64	-.56	.65	-.66	-.75	-.42	-.74	-.69	.56
General Well Being	.94	.86	-.98	.86	.85	.77	.84	.90	-.77

EF = Extent - Flexibility      DF = Dynamic - Flexibility      SR = Shuttle Run  
 HG = Hand Grip                  LL = Leg Lift                                  CJ = Cable Jump  
 PU = Pull Ups                      B = Balance                                  600 MR = 600 Meter Run

**Discussion**

As a result, there were many such relationships which were having negative correlation coefficients but the correlation coefficients supported the assumption. The group of males supported the assumption of study, but the groups of females failed to supports the assumption. Alienation indicates negatives aspect of psychological well being, so it is expected to be related negatively to extend flexibility. Four different measures of physical fitness were also negatively associated to alienation. These four measures of physical fitness are leg lift, cable jump, pull ups and balance. All the relationships were significant and high. It is so because psychological well being is positively related to physical fitness.

**Conclusion**

For achieving supremacy in sports or games is not only related to physical abilities. In addition to them psychological factors are necessary. So it is concluded that psychological factors such motivation intelligence, anxiety etc. It should be included. While considering different tests of physical fitness, the test of physical fitness should be used and then the degree of physical fitness should be determined. Morale could be built up among the members of the team. So that, the sportsperson play for the success of the team, and not for success of the individual.

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