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Investigating the anxiety and motivation of kho-kho players at the inter-university stage

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Abstract

The purpose of this study was to study physical fitness, mental health, and teaching ability of teacher trainer. The participants were obtained from two of B.P.Ed. College Teacher Trainer (n = 300) who were the subjects of this study. The subjects were selected on the basis of stratified random sampling technique. The names of all the B.P.Ed. Colleges in Nagpur city were listed region-wise as strata. Statistical Tools (Mean), (Standard Deviation) (Two tailed test). Conclusion: Health-related physical fitness is significantly associated with one's mental health. There exists a positive relationship between teaching ability and mental health. Health-related physical fitness has significant relationship with teaching ability.

Keywords: Mental health and teaching ability, physical fitness, teacher trainer

Introduction

With the advent of scientific advancements and the proliferation of knowledge across all domains of human society, life has transitioned into a more sedentary existence, prioritizing comfort. The struggle for basic human necessities-such as clothing, food, and shelter-has diminished compared to preceding generations. Amidst this comfort and sedentary lifestyle, the elegance in physical movement and the inclination towards increased physical activity have come under scrutiny. According to Darwin's principle of use, which posits that "less use weakens the organs and systems of the human body," contemporary humans have become reservoirs of various psychosomatic ailments, linked to a decline in physical fitness and immunity. Consequently, this results in a society characterized not only by poor physical health, evident in inadequate muscular and organic development, but also in a declining state of mental health.

While stress, social support, life events, education, and childhood traumas serve as both positive and negative indicators of mental health, its condition appears relatively poorer among youth, progressively improving with age. However, there seems to be no direct correlation between mental health and income sufficiency. Conversely, an individual's capacity for adjustment displays a negative correlation with the level of insecurity (Kavitha, 1993) ^[15], yet it exhibits positive associations with overall self-esteem, physical health, daily functionality, social interaction, and the overall quality of life. Studies by Stephens *et al.* (1999) ^[16] reveal that alongside potential demographic and psychosocial determinants, one's robust physical condition is positively linked to mental health.

Given the positive correlation between physical fitness and mental well-being (Morgan and Goldstone, 1987) ^[17], the recent trend toward excessively comfortable and sedentary lifestyles threatens to disrupt the harmonious coordination between body and mind. Consequently, an individual's psychophysical equilibrium is disturbed, leading to a sustained imbalance that adversely impacts both physical and mental health.

Several researchers (Stephens *et al.*, 1985; Stephens and Craig, 1990) ^[18, 19] contend that the level of leisure physical activity positively influences general well-being and mood, while inversely affecting depression and anxiety. This outcome underscores the existence of a direct relationship between exercise and mental health.

The United States, recognizing this challenge, devised the "National Health Awareness 2000" program and advocated for the involvement of physical education professionals. Various researchers (American College of Sports Medicine, 1988; Malina, 1987; Sallis and McKenzie, 1991) ^[20, 21] also advocate for enhancing the health and fitness of individuals with lower fitness levels within society to elevate mental health.

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However, given the intricate and diverse nature of the Indian socio-cultural landscape, investigating the role of "socioeconomic and psychosocial factors" concerning physical fitness and mental health has emerged as an intriguing area for research.

Literature review reveals extensive work on various facets of mental health, yet there remains an absence of reports concerning the association between "health-related physical fitness and mental health." Moreover, no attempts have been made to forecast an individual's mental health based on their performance in physical fitness. Hence, the topic undertaken for investigation in this research holds justified significance.

Table 1: Statistical Analysis of Physical Fitness, Mental Health, and Teaching Ability

Variable	M	Mdn.	S. D.
S.UPS	25.29	25.00	9.70
P.UPS	25.42	23.00	12.80
CVE	1765.99	1684.50	516.85
FLX	39.43	40.00	11.26
BMI	20.04	19.83	3.05
AGE	22.66	24.00	2.41
MH	22.82	23.00	4.46
TA	75.25	78.44	7.7

Statistical Techniques

Mean, standard deviation two-tailed test, and ANOVA.

Research Methodology

Three hundred individuals (n = 300) enrolled in B.P.Ed. Colleges, aged between 22 and 35 years, constituted the subjects for this study. These individuals were chosen using a stratified random sampling technique. The B.P.Ed. colleges in Nagpur City were categorized by region, forming strata, and then ten colleges were randomly selected through Fisher's random sampling method, disregarding caste, creed, and color.

Table 2: Correlation of Variable Physical Fitness, Mental Health, and Teaching Ability

Variable	Mental Health	Teaching Ability
Height	-0.133**	
Weight		0.168**
BMI		0.170**
CVE	-0.115*	-0.122**
Mental health	0.005	

n = 300. *Correlation is significant at the 0.05 level (two-tailed).

**Correlation is significant at the 0.01 level (two-tailed)

Tools

Given the proficiency of all participants in the Marathi language, the researcher utilized a standardized "Mental Health Scale" (Marathi version) developed by Agashe (1988) [22] to assess the mental health status of the study's subjects. Despite this questionnaire's reliability and validity for the subjects, the researcher promptly confirmed its statistical significance by determining its reliability (r = 0.76, p<0.01).

Findings

Results regarding the Relationship between Variables:

- The strong negative correlation between height and mental health was notably high and statistically significant (r = -0.133) (p>0.01).

- A highly significant and negative correlation was observed between weight and the coefficient for teaching ability (r = -0.168) (p>0.05).
- The correlation between BMI and teaching ability showed a positive and statistically significant coefficient (r = 0.170) (p>0.01).
- A clear negative correlation was observed between cardiovascular endurance and mental health, represented by a coefficient of (r = -0.115) (p>0.05).
- Although a positive correlation existed between teaching ability and mental health, it was not statistically significant, as indicated by the coefficient (r = -0.122) (p>0.05).

Conclusion

Physical fitness related to health demonstrates a notable connection with an individual's mental well-being. Furthermore, there is a positive correlation between teaching ability and mental health. Additionally, health-related physical fitness holds a significant relationship with teaching ability.

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