



Assessment Of Unemployed Rural Youth Problems And Intervention Of Physical Activities On Selected Fitness Components

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Abstract: The reason of the study was to find out Assessment of unemployed rural youth problems and intervention of physical activities on selected fitness components. The study is formulated as a true random group design, consisting of two phases namely Phase –I : Status Analysis, 500 unemployed youth from the rural area will be selected in Thiruvallur district random through a questionnaire made for this purpose with due Standardization Process. Phase –II: Intervention of physical activities after the status analysis, 50 unemployed rural youth will be selected as subjects random for the experimental group and control group each consisting of 25 will be tested on the selected physical fitness components namely cardiovascular endurance, flexibility, prior to and after the experimental training. The group one participated in the physical activities and group two control group they did not participant any specific training, except their own regular activities. Experimental group one underwent of six weeks physical activities training, section lasted 45 minutes. The fitness components were measured by cardiovascular endurance-12 minutes cooper test, flexibility-sit and reach prior and immediately after the training period. The collected data were analyzed statistically through ANOVA. The result of the study showed that physical activities training shown better significant improvement than the control group.

Index Terms - Unemployed rural youth assessment, Physical activities, Cardiovascular endurance, Flexibility.

I. INTRODUCTION

Pharr, Moonie, and Bungum (2012) examined the impact of employment status and unemployment duration on perceived health, access to health care and health risk behaviors. Data from Nevada's 2009 Behavioural Risk Factor Surveillance System (BRFSS) were analyzed. They compared participants who were unemployed (greater than and less than one year) to those who were employed and those who were voluntarily out of the labour force (OLF). Ebele M Onwuka et al. (2020) This study examined the implications of youth unemployment and violent crimes on the economic growth of Nigeria. O O Ajaegbu et al. (2012) Rising youth Unemployment and Violent Crime in Nigeria. Olayinka K. Binuomoyo et al. (2020) Much of the problems of unemployment in the past have been placed on the inadequacy of the country's schooling system to be able to impact needed skills. Pradeep Banandur et al. (2020) Relationships and mental health have a bidirectional effect. The effect of relationships on mental health is stronger than vice versa. We analyzed two-year case records of 8595 beneficiaries aged 15-35 years attending youth guidance centres (Yuva Spandana Kendras) in Karnataka, India to understand factors affecting relationship issues. Hirbaye Mokona et al. (2020) The high rate of unemployment among young adults in Ethiopia (25.3%) is a public health concern. The risk of mental health problems like depression is higher among the unemployed than among the employed. Contact Grand H.-L. Cheng et al. (2020) Employability may play an important role in the job seeking behavior and well-being among unemployed youth. To date, the literature has tended to study the indicators of employability

individually, without considering the intertwinement among them. The present research (N = 447 unemployed youth [16 to 24 years] in Hong Kong) addressed this gap. Nor Bayah Abdul Kadir et al. (2021) Mindfulness is one of the most widely regarded constructs of human development and positive psychological experiences representing a significant area of growth within the larger field of positive psychology. P. B. Mhaladi et al. (2022) This is a qualitative study which assessed suicidal ideation among the youth in the Kweneng district of the Republic of Botswana. George Asumadu et al. (2022) Youth unemployment has been a challenge for many governments in developing economies including Ghana. Lu Mian et al. (2022) Recently, the use of digital skills as a tool to alleviate unemployment concerns of university graduates has gained considerable attention among governments in developing economies. L. Madlenakova et al. (2022) The paper deals with the problems of unemployed youth and graduates. It highlights the social and psychological aspects of unemployment in this at-risk group.

1.1 Hypotheses

1. It is hypothesized that rural youth could be successfully selected at random and their unemployment problems could be assessed.
2. Physical activities training on would have better significant improvements on selected fitness components than the control group among unemployed rural youth.

1.2 Limitation

The following uncontrollable factors associated with the study are considered as limitations of the research study.

1. The subject's body type will not be taken into consideration.
2. The homogeneous characters of the subjects, hereditary, will not be considered.
3. Certain factors like daily routine, diet and climate conditions will not consider for this study.

1.3 Delimitation

The following delimitations will be taken into consideration during this study.

1. The present study restricted only youth from Thiruvallur district rural areas.
2. The age of the subjects selected for the study is between 15 to 35 years.
3. The duration of the experimental period will be restricted to 6 weeks.
4. The physical activities group for the study will be delimited to with 25 subjects.

1.4 Objectives of the Study

- a. To measure the youth unemployment problem for rural youth.
- b. To measure the fitness variables among unemployed rural youth.
- c. To identify training is more suitable to improve the selected fitness variables among rural area unemployed youth.

1.5 Significance of the Study

- a. This study will help the unemployed youth to identify their unemployment problem.
- b. The results of the study will help the unemployed youth to understand physical activity programme.
- c. This study will help the unemployed rural youth to improve their fitness level.

2. RESEARCH METHODOLOGY

The study is formulated as a true random group design, consisting of two phases namely Phase –I : Status Analysis, 500 unemployed youth from the rural area will be selected in Thiruvallur district random through a questionnaire made for this purpose with due Standardization Process. Phase –II: Intervention of physical activities after the status analysis, 50 unemployed rural youth will be selected as subjects random for the experimental group and control group each consisting of 25. Will be tested on the selected physical fitness components namely cardiovascular endurance, flexibility, prior to and after the experimental training. The group one participated in the physical activities and group two control group they did not participant any specific training, except their own regular activities. Experimental group one underwent of six weeks physical activities training, section lasted 45 minutes. The fitness components were measured by cardiovascular endurance-12 minutes cooper test, flexibility-sit and reach prior and immediately after the training period. The collected data were analyzed statistically through ANOVA.

2.1 Population and Sample

To achieve the purpose of the study 500 unemployed youth from the rural area will be selected in Thiruvallur district random through a questionnaire made for this purpose with due Standardization Process. After the status analysis, 50 unemployed rural youth will be selected as subjects for the experimental group and control group each consisting of 25 youth unemployed random at the Thiruvallur District.

2.2 Data and Sources of Data

For this study primary data has been collected from the subjects of unemployed rural youth During the training period the experimental group all two underwent 6 weeks of physical activities training, in addition to their daily routine activities as per the schedule. After completion of 6 weeks of physical activities training cardiovascular endurance, flexibility the participants were retested as per the test exercise.

2.3 Test Tools

The assessment Phase one measured Demographic Profile through questionnaire. The fitness components was measured by cardiovascular endurance-12 minutes cooper test, flexibility-sit and reach prior and immediately after the training period.

2.4 Training Programme

During the training period the experimental group all two underwent 6 weeks of physical activities training, in addition to their daily routine activities as per the schedule. The duration of training was planned for 45 minutes that is from 7.00 Am to 7.45 Am on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday each session 45 minutes training consist of 5 minutes warm-up exercise, 30 minutes steps workouts and finally end up with 10 minutes cool down and stretching exercise for recovery purpose. After completion of 6 weeks of physical activities training cardiovascular endurance, flexibility, the participants were retested as per the test exercise.

2.5 Statistical tools and econometric models

This study the proper ANOVA statistics used in Excel software/In this study used rural unemployed youth so full accommodation and food expenses main cost of this study and test tool equipment expenses First aid kit, field visit expenses, assessment expenses, training expenses economically faced.

2.6 Six Weeks Training Programme Schedule

Days-Physical Activity, Monday-Recreation game, Tuesday-Basic conditioning, Wednesday-Game involvement, Thursday-Game related training, Friday-Game related skills, Saturday-Organised Competition.

2.7 Statistical Technique

Assessment of unemployed rural youth status analyzed demographic profile in frequency distribution after the status analysis. The data obtained were analyzed by Analysis of Covariance (ANCOVA) to assess the significant difference among the group between the pre-test and post-test on Fitness variables to find out the assessment of unemployed rural youth problems and intervention of physical activities on selected fitness components.

3. RESULTS AND DISCUSSION

TABLE: I
ASSESSMENT OF UNEMPLOYED RURAL YOUTH DEMOGRAPHIC PROFILE IN FREQUENCY DISTRIBUTION

S.NO	Statement	Options	N	%
1	Education qualification	Illiterate	-	-
		Primary	100	20%
		Middle	130	26%
		Metric	120	24%
		Graduate	150	30%
2	Daily activities	Reading Books	50	10%
		Watching TV	100	20%
		Watching Mobile	300	60%
		Sleeping	20	4%
		If any	30	6%
3	Liked to do	Own Business	250	50%
		Job	150	30%
		No Idea	100	20%
4	Played Sports and Games	Yes	225	40%
		No	275	60%

5	Spending time /hours/day for playing games and sports	Every day	50	10%
		Once per week	190	38%
		Every after day	15	3%
		Several times Per month	230	46%
		Less often	15	3%
6	Habituated to drug and alcohol	Yes to both	100	20%
		Only to drug	80	16%
		Only to alcohol	200	40%
		I am not habituated	120	24%
7	Financially supported by	Family	220	44%
		Relatives	-	-
		Friends	80	16%
		Other sources	200	40%
8	Get guilty of unemployed	Yes	235	47%
		No	265	53%
9	Reason for unemployed	Lack of opportunity	290	58%
		Lack of skill	100	20%
		Lack of knowledge	45	9%
		Not interested to anything	65	13%
10	Confidence in getting job	Yes	210	42%
		No	290	8%

From the frequency distribution table it clearly states that unemployed youth educational qualification with higher factors is Graduates (30%) and least factor Primary with (20%).

Second distribution of unemployed youth is daily activities. The maximum factor is watching mobile (60%) and minimum factor is sleeping (4%).

Third assessment of unemployed youth is discussed about what they liked to do. Maximum factor is to Own business (50%) and minimum factor is No ideas what they want to do (20%).

Fourth factor is about play games and sports. Many respondent to No with highest factor of (60%) and rest with (40%) responded No.

Fifth factor about spending time to play games and sports. The maximum number of responded to several times per month (46%) and minimum number of responded to every other day (3%), less often (3%).

Habituated to drug and alcohol. Maximum scored by only alcohol (40%) and minimum scored by only to drug (16%).

The unemployed youth is financially supported by. Family with highest factor (44%) and Relatives with last lowest factor (0%).

Felt guilty of being unemployed youth. Maximum factor affected No (53%) and minimum factor with Yes (47%).

Reasons to be unemployed by youth. Maximum (58%) due to lack of opportunity and minimum (9%) due to knowledge.

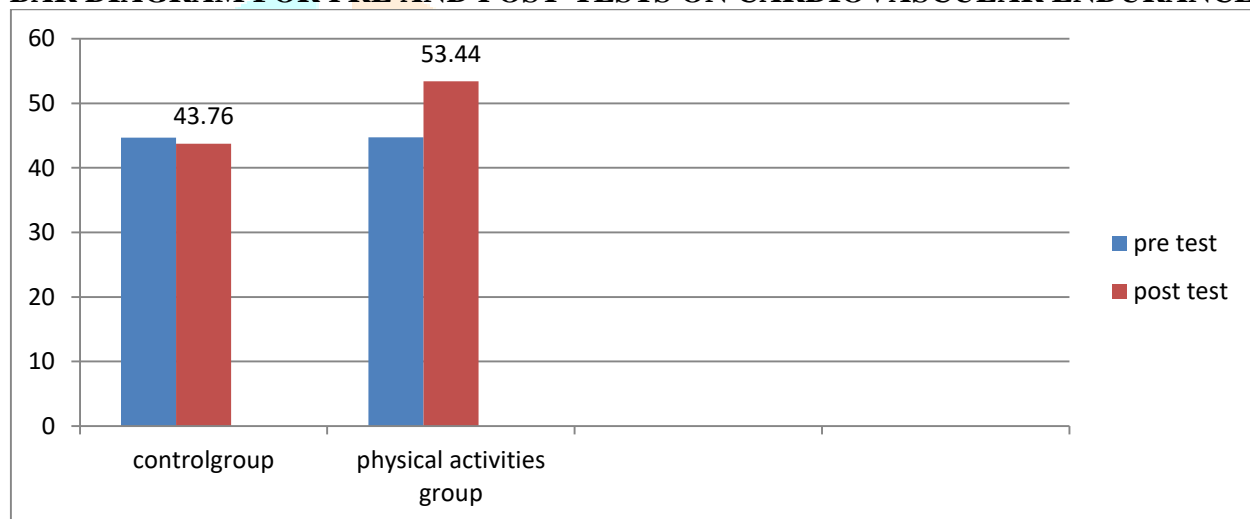
Confidence in getting job. Responded to maximum of yes (42%) and minimum of No (58%).

3.1 FITNESS COMPONENTS

TABLE-III
COMPUTATION OF ANALYSIS OF COVARIANCE FOR PRE AND POST-TESTS DATA ON
CARDIOVASCULAR ENDURANCE
(Scores in Meters)

Test	Control Group	Physical Activities Group	Sv	Ss	Df	MS	F
Pre Test	44.68	44.76	Between	0.08	2	0.04	0.001
			Within	-1828	47	-38.89	
Post Test	43.76	53.44	Between	1171.28	2	585.64	91.64
			Within	2852.72	47	60.69	
Adjusted	44.97	54.64	Between	1169.76	2	584.88	9.39
			Within	2864.71	46	62.276	
Mean gain	1.00	8.76					

FIGURE-I
BAR DIAGRAM FOR PRE AND POST-TESTS ON CARDIOVASCULAR ENDURANCE



*Significant the table F required for 2 and 47(df) and 2 and 47(df) = 3.32

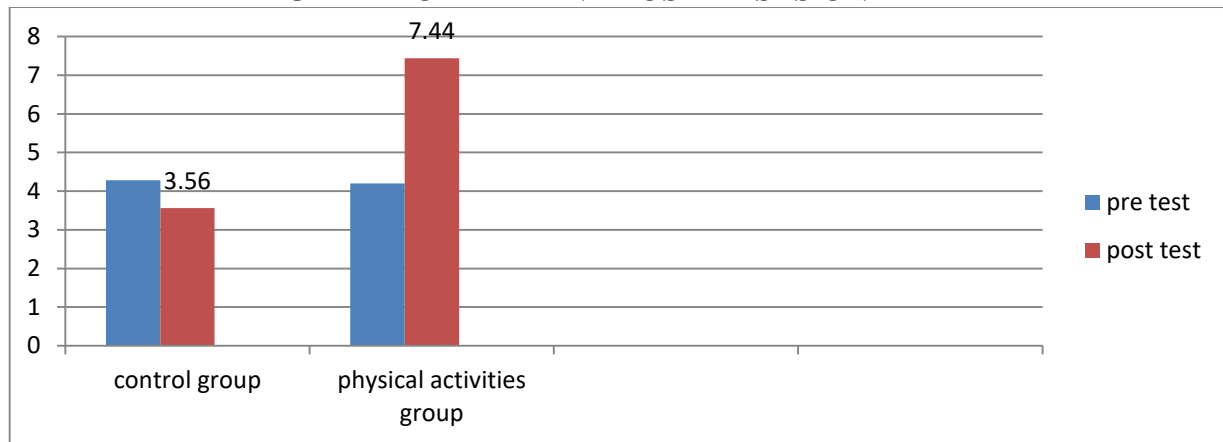
The pre-test scores of group I (control group), group II (physical activities) on cardiovascular endurance were 44.68, 44.76 respectively. The post-test scores of group I (control group), group II (physical activities) on cardiovascular endurance were 43.76, 53.44 respectively. The order adjusted mean scores of group I (control group), group II (physical activities) on cardiovascular endurance were 44.97, 54.64 respectively. The mean gain value in the group I (control group), group II (physical activities) were 1.00, 8.76 respectively. The obtained F value on pre-test scores 0.01 was less than the required F value of 3.32 to be significant at 0.05 levels. The post-test scores analysis proved that there were significant differences between the control group and physical activities group, as the obtained F value 9.64. This proved that the differences between the post-test means of the subjects were there was significant improvement between control group and physical activities group due to physical activities training among unemployed rural youth.

TABLE-IV
COMPUTATION OF ANALYSIS OF COVARIANCE FOR PRE AND POST-TESTS DATA ON
FLEXIBILITY
(Scores in Centimeters)

Test	Control Group	Physical Activities Group	Sv	Ss	Df	MS	F
Pre Test	4.28	4.2	Between	0.08	2	0.04	0.001
			Within	-316.96	47	-6.743	
Post Test	3.56	7.44	Between	188.18	2	94.09	95.47

			Within	46.32	47	0.985	
Adjusted	2.45	6.39	Between	194.15	2	97.07	19.56
			Within	228.22	46	4.96	
Mean gain	0.72	3.24					

FIGURE-II
BAR DIAGRAM FOR PRE AND POST-TESTS ON FLEXIBILITY



***Significant the table F required for 2 and 47(df) and 2 and 47(df) = 3.22**

The pre-test scores of group I (control group), group II (physical activities) on flexibility were 4.28, 4.2 respectively. The post-test scores of group I (control group), group II (physical activities) on flexibility were 3.56, 7.44 respectively. The order adjusted mean scores of group I (control group), group II (physical activities) on flexibility were 2.45, 6.39 respectively. The mean gain value in the group I (control group), group II (physical activities) were 0.72, 3.24 respectively. The obtained F value on pre-test scores 0.01 was less than the required F value of 3.22 to be significant at 0.05 levels. The post-test scores analysis proved that there were significant differences between the control group and physical activities group, as the obtained F value 95.47. This proved that the differences between the post-test means of the subjects were there was significant improvement between control group and physical activities group due to physical activities training among unemployed rural youth.

4. CONCLUSIONS

Within the limitation and delimitations set for the present study and considering the results obtained, the following conclusion were drawn.

1. The rural youth could be successfully selected at random and their unemployment problems could be assessed.
2. Among the subjects, (0%) Illiterate, (20%) Primary, (26%) Middle, (24%) Metric, (30%) Graduate, expressed that their educational qualification assessed.
3. Among the subjects, (60%) expressed that their daily activities of watching mobile phone got affected.
4. Among the subjects, (50%) Own business, (30%) Job, No idea (20%). expressed that their unemployed youth is discussed about what they liked to do assessed.
5. Among the subjects, (60%) No expressed that their play games and sports got affected.
6. Among the subjects, several times per month forty percentages expressed that their spending time to play games and sports got affected.
7. Among the subjects, (20%) yes both, only to drug (16%), only alcohol (40%), expressed that their Habituated to drug and alcohol got affected.
8. Among the subjects, (44%) Family, (0%) Relatives, (16%) Friends, (40%) Other sources expressed that their unemployed youth is financially supported got assessed.
9. Among the subjects, (53%) No that their Felt guilty of being unemployed youth got affected.
10. Among the subjects, (58%) lack of opportunity expressed that their Reasons to be unemployed by youth got affected.
11. Among the subjects, (58%) No expressed that their Confidence in getting job got affected.
12. The fitness components were significantly improved by physical activities training better than the control group among unemployed rural youth.

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