

ANALYSIS OF PSYCHOLOGICAL FITNESS VARIABLES OF RURAL AND URBAN HIGH SCHOOL BOYS OF TUMKUR DISTRICT

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Abstract: The purpose of the study is to know the psychological fitness among high school boys and the objective of the study is to compare the psychological fitness components such as self esteem and anxiety between urban and rural high school boys of Tumkur District, Karnataka. To achieve the purpose of the study, one hundred high school boys studying in secondary schools situated at urban and rural areas of Tumkur District with the age ranging 13-15 years were randomly selected. Sinha's Comprehensive Anxiety Test (SCAT) developed by Sinha and Sinha was used to find out the anxiety and Brief Self Esteem Inventory developed by Ken illiams (2000) was used to assess the self esteem of high school boys. The statistical technique of independent 't' test was applied to test the stated null hypotheses and the level of significance was fixed at 0.05 and 0.01 level of confidence. The statistical procedure was completed with the help of SPSS Package and MS Excel 2010. The result concludes that there exists significant difference in Self Esteem and Anxiety between urban and rural high school boys of Tumkur District. The urban students had better psychological fitness when compared with rural students. There are indications from the research that the environment plays a determining role in self-esteem and anxiety of students.

IndexTerms - Psychology, Anxiety, Self Esteem, High School Boys, Urban, Rural

1. INTRODUCTION

Sports psychology, the most youthful of the sport science, is fretful with the psychological influence obtained from participation. Today numerous outlets and Coaches hope for sport psychology for a focused edge by looking for psychological training Programme, keeping in mind, the end goal to study among the rest things, is to approach to competitive stress manage, improve confidence, central concentration and increase communication skill and team harmony. Childhood is considered one of the most important stages in every man's life. During this stage, a child's abilities develop his talents by nature and it gets convenient and submissive. The study on the analysis of psychological concepts of children is most important criteria for recognizing health of children at adolescent age.

Anxiety is a generalized mood condition that can often occur without an identifiable triggering stimulus. Anxiety symptoms are common to children, with 10-20% of school-aged children experiencing anxiety symptoms. A larger number of children experience stress that does not qualify as an anxiety disorder.

Self-esteem encompasses beliefs, emotions such as triumph, despair, pride and shame. A person's self-esteem may be reflected in his/her behavior, such as in assertiveness, shyness, confidence or caution. Self-esteem can apply specifically to a particular dimension. Physical education teachers and coaches can emphatically impact self-esteem and furnish children with progressing impetus to take part and by prevail in physical movement tries. In this manner, the self-esteem is a perspective that should be improved and the investment in recreations and games have to be a motivation in the evaluation.

Reddy; Kannekanti; and Hamza (2015) compared self esteem among secondary school students of urban and rural locality and insignificant difference in the self esteem of urban and rural students. Alam (2013) determined the test anxiety, self-esteem and academic performance among adolescents and found negative relationship between scholastic performance and positive relationship with scholastic performance and also found urban students have least test anxiety, better self-esteem and excellent scholastic performance in contrast with their rural counterparts. Sridevi (2013) contrasted anxiety between the urban and rural kids and infers that rural students were more in anxiety than urban students in both general and test anxiety.

By understanding of the quality of motor and cognitive development and psychological fitness one can get the basic information for formulations and implementations of physical education and sports training programmers thus optimize the performance ability at a given age and prevent the possible harmful effects of training at urban and rural settings. Hence the present study was intended to know the psychological fitness between urban and rural high school boys of Tumkur District in Karnataka, India.

2. PURPOSE AND OBJECTIVE

The purpose of the study is to know the psychological fitness among high school boys and the objective of the study is to compare the psychological fitness components of self esteem and anxiety between urban and rural high school boys of Tumkur District, Karnataka.

3. HYPOTHESES

It is hypothesized that there is no significant difference in the selected psychological variables (Self Esteem and Anxiety) of the high school boys studying in urban and rural locale of Tumkur District in Karnataka.

4. METHODOLOGY

4.1 Selection of Subjects : To achieve the purpose of the study, one hundred high school boys studying in secondary schools situated at urban and rural areas of Tumkur District with the age ranging 13-15 years were randomly selected.

4.2 Selection of variables and criterion measures

The following variables were selected for the purpose of the study:

1. Sinha's Comprehensive Anxiety Test (SCAT): It was developed by Sinha and Sinha was used to find out the anxiety among high school boys. It contains 90 items. The validity was determined by computing the coefficient of correlation and it was 0.62 and reliability was determined by test retest method and it was found 0.92.

2. Brief Self Esteem Inventory: It was developed by Ken Williams (2000) was used to assess the self esteem of high school boys. The inventory having 10 areas (appearance, competence, intelligence, personality, success, unconditional worth, self forgiveness, acceptance of weakness, self-love and freedom from guilt) It contains 20 items. The content validity and reliability were found by the authors satisfactory.

4.3 Statistical Analysis

The statistical technique of independent 't' test was applied to test the stated null hypotheses and the level of significance was fixed at 0.05 and 0.01 level of confidence. The statistical procedure was completed with the help of SPSS Package and MS Excel 2010.

5. ANALYSIS AND INTERPRETATION OF DATA

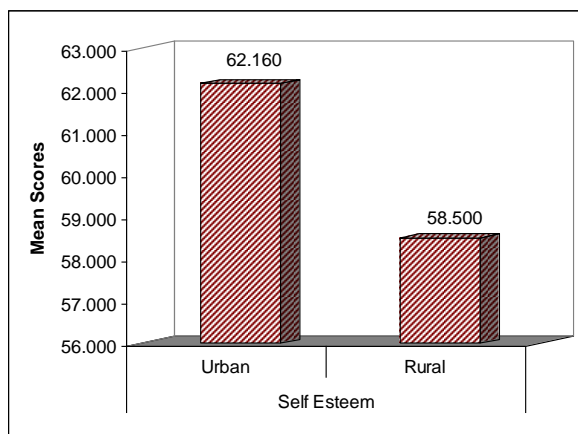
't' test Results: The independent 't' test was used to find out the significant differences in the said psychological fitness and obtained results have been shown in the following Table-1.

Table-1: Comparison of selected Psychological Fitness between urban and rural high school boys of Tumkur District.

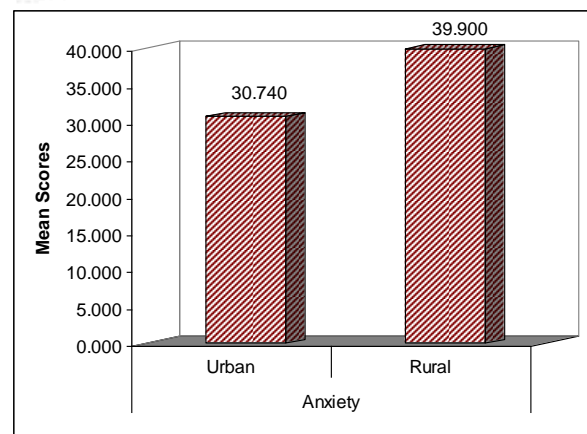
Criterion Variable and Groups		N	Mean	Standard Deviation	't' Value and sig. level	Sig.
Self Esteem	Urban	50	62.160	5.701	2.76**	P=0.007
	Rural	50	58.500	7.464		
Anxiety	Urban	50	30.740	12.258	3.72**	P=0.000
	Rural	50	39.900	12.370		

@Not Significant; **Significant at 0.01 level. (Table 't' value 0.05=1.98; 0.01=2.63)

Table-1 shows independent 't' test result on selected Psychological fitness between urban and rural high school boys of Tumkur District. The obtained 't' values 2.76 and 3.72 are greater than table value 2.63 at 0.01 level and it is found significant. So, stated null hypothesis is rejected and an alternate hypothesis has been accepted that "there is significant difference in the self esteem and anxiety between urban and rural high school boys of Tumkur District." The results found that urban high school students had better self esteem and less anxiety when compared with rural high school boys.



(a) Self Esteem



(b) Anxiety

Fig.1. Bar graph shows the comparison of Psychological Fitness (Self Esteem and Anxiety) between urban and rural high school boys

6. DISCUSSION OF RESULTS

The result concludes that urban high school boys had good self esteem and low anxiety when compared with rural high school boys. The 't' test result shows significant difference in the Self Esteem between urban and rural high school boys and proved that urban boys ($\bar{x}=62.160$) were better self esteem when compared to rural boys ($\bar{x}=58.500$). This may be due to training and facilities availed in the urban locality. The 't' test result also proves shows significant difference in the Anxiety between urban and rural high school boys and proved that urban boys ($\bar{x}=30.740$) were less anxiety when compared to rural boys ($\bar{x}=39.900$). This may be due to lack of counseling, facilities and life style in rural locality. Similar results were found in Sridevi (2013) and contrary results conducted by Reddy, Kannekanti and Hamza (2015) and Alam (2013).

7. CONCLUSION

The result concludes that there exists significant difference in Self Esteem and Anxiety between urban and rural high school boys of Tumkur District. The urban students had better psychological fitness when compared with rural students. There are indications from the research that the environment plays a determining role in self-esteem and anxiety of students. Perhaps rural communities are aware of what they have given up, and yet, they have not yielded on some values that they consider especially important. For their children, these values might be the kinds of support essential for thriving, support which enhances self-esteem as well as learning attainment. Rural parents should ensure that their home provides children to sufficient emotional support and encouragement for their wisdom. School atmosphere should be supportive for the emotional development and mental health of the children. Children should be free to utter their feelings.

8. REFERENCES

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