

FITNESS AWARENESS IN PRIMARY SCHOOL TEACHERS

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Abstract:- The purpose of the study was to collect information about fitness awareness of school teacher, a section of educated mass. Fitness is now a very popular term ever one wants to be keep fit in this modern highly technological society. India slowly but steadily growing its fitness awareness. Total 130 school teachers were servant from seven schools in West Bengal State in India. A fitness awareness questionnaire was development from the previous work and with the help of the experts. In the fitness awareness questionnaire there were eight subunits as stated here, unit I-Rest and Sleep, unit ii-Diet, unit iii- Exercise , unit iv-Stress, unit- v-Avoid smoking, alcohol and drugs , unit vi-To maintains a healthy body weight , unit vii -Protect from disease and injury, unit viii- maintenance of fitness. - Most of the school teacher was aware about fitness. But they were not involved themselves that much for the maintenance as a whole. A nation wise campaign for the maintenance of fitness is recommended.

Keyword:- Fitness; fitness awareness; Primary school teachers.

1. INTRODUCTION

Fitness was commonly defined as the capacity to carry out the day's activities without undue fatigue. However, as automation increased leisure time, changes in lifestyles following the industrial revolution rendered this definition insufficient. In current contexts, physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations.

Fitness is generally defined as the ability of a person to live a happy, well-balanced life. It embraces the physical, intellectual, social, and spiritual aspects of a person's life. It is a relative term, depending on individual circumstances and for what a person needs to be fit. These components interact and are interdependent so that if any component deviates from normal it affects the overall fitness and ability of an individual to meet the demands made by his or her way of life.

The term fitness now changes into wellness. The idea of fitness is not a new one each and every ancient civilization (India, Greek, China etc.) gave more important or fitness which was found in the remains of that civilization. In India we have a long history of this fitness awareness. In that time Harappa Mohenjo-Daro civilization one big swimming pool with very wide roles were excavated rollicks found in the time of

vaidick civilization the Ayurveda or science of life was born in Ayurveda there are many sloker are on health, maintainers a good health, food, balance diet, exercise and effect of regular exercise were there they applied, exercise, for preventive curative and rehabilitee measures.

For physical health they used Vayama (exercise) and for mental health they introduce yoga. They understand how to maintain long and healthy life (Ayur). Their idea was very much similar with the modern day's health and fitness concept. Other ancient civilization such as Greeks, China etc. also gave same important to health and fitness awareness. In Greeks the expression of high level of fitness was exposed through the ancient Olympic Games.

Awareness is the state or ability to perceive, to feel, or to be conscious of events, objects or sensory patterns. In this level of consciousness, sense data can be confirmed by an observer without necessarily implying understanding. More broadly, it is the state or quality of being aware of something. In biological psychology, awareness is defined as a human's or an animal's perception and cognitive reaction to a condition or event.

2. METHODOLOGY

This project work was organized in India and the state of west Bengal eastern part of the country. According to conventions to the researcher the data were collected from the seven schools. To observe the

fitness awareness the researcher selected a small segment of educated population in India. The population was secondary school teachers (male and female both).

From the sever schools total 130 teachers fitness awareness response were recorded by the questionnaire method. But four incomplete questions set were eliminated finally. The age range of school teachers was 25 to 60 years the mixture and junior and senior teachers. The percentile method was used in this project on the basis of teacher's opinion.

The Watkinson's questionnaire booklet was used in and A. j. Stones percentile methods are used in this projects. In the fitness awareness questionnaires there are 3 types of answer agree, undecided disagree. The researcher his self with the help of his follow classmate counted the answers the entire question under the eight units.

3. STATISTICAL PROCEDUR

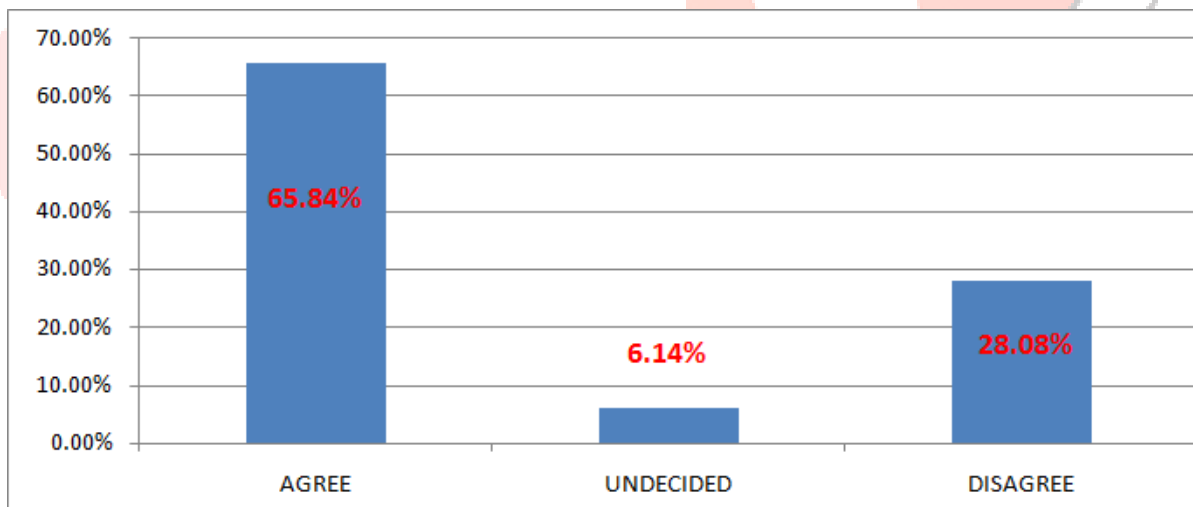
The percentage of response (agree, disagree, undecided) were calculated and made graphical presentation to know the nature of response.

4. RESULT

Fitness is a very common word in this modern high speed age. To maintain a balance between the demands of high speed in each and every work fitness is essential to everybody. So most of educated person those who want to achieve successes in their respective fields are very much aware about fitness or in other word fitness conscious. In this project the researcher selects d small section of educated within his reach. There is no such previous Indian data in the internet sources which may help the present researcher s endeavor.

School teacher are the are responsible member of socially who can propagate the fitness awareness to the tacks and care rows of the student. The questionnaire divided into eight units: unit-I Rest and sleep. Unit-ii diet, Unit -iii Exercise, Unit-iv-Stress, Unit-v-Avoid alcohol and drugs, Unit-vi- Injury maintain a healthy body weight unit-vii-Protect from disease and Unit-viii-Maintain fitness. Total 45 questions were asked and gathered information about fitness. Total data were collected and expressed by graphical plot in percentage.

Fig. 1 Presentation of the Subjects Opinion



5. DISCUSSION

Fitness is now a household word. In a educated family every one may have some idea about fitness. In the modern speedy word fitness is essential and everyone needs fitness. The school teachers are not the exception as a responsible part of this society. Fitness awareness from the school teachers may create a long lasting

effect to student as an individual and for a future responsible citizen as a whole. It was said that fit people make a fit nation.

The reflection of that idea one may observe in the Olympic medal tally. On the other hand fitness decreases the health coast of a nation. The prevention is better than cure is a century old sentence. To prevent disease and injury

fitness provides strong support. The teachers of the back bone of a nation and they are the producer of healthy citizen. In the present study the researcher wanted to observe physical fitness awareness among the school teacher with the help of some experts the scholar developed a questionnaire consisting of eight sub-areas to know the fitness awareness.

In the most the cases the teachers are aware of fitness but in practical life most of them were not practicing properly to maintain their level of fitness. The reflections of their mental set up were reflected in their answers. The researcher may conclude that school teachers are moderate aware about fitness. To make them fully aware a nationwide publicity, incentive skim, and encouragement should be started as early as possible.

6. CONCLUSION

Most of the responses in this study agreed that regular exercise is good for health and essential for the maintenance of level of fitness. But below 50 % (45.38%) were practicing regularly deferent forms of exercises. This study very much aware about the ill effect of smoking alcohol, drugs. A very high percentage of the subjects in this study were having smoking habits through the strongly agree that smoking injuries to health.

The subject were agree that 'prevention is better that cure and most of them were in favors to introduced periodical medical cheek up camp in the school level for the students and other stuff member. These studies were agreed that maintenance of fitness is essential for successful life and fit people are the base of a fit nation.

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