

Personal and social adjustment, physical fitness, academic achievement and sports performance of rural and urban students of Srinagar (J&K)

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■ ABSTRACT

The present study was carried out to compare the personal and social adjustment, physical fitness, academic achievement and sports performance of rural and urban students of Srinagar. A sample of 2000 students from 25 Higher Secondary schools was randomly selected from both rural and urban areas of Srinagar. The research tool employed for the assessment of sample subject's personal and social adjustment was California test of personality (CTP), AAHPER youth fitness test for the assessment of physical fitness, Achievement cards for the assessment of academic achievement and sports events(100 mt race, long jump and shot put) for assessment of sports performance. The major findings were: (1) the analysis of the present study revealed that there was significant difference in personal and social adjustment, physical fitness, academic achievement and sports performance between rural and urban students of district Srinagar. The analysis of the data revealed that the urban students were having better personal and social adjustment than the urban students.

■ **Key Words** : Personal adjustment, Social adjustment, Physical fitness, Academic achievement, Sports performance

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Physical fitness is the ability of the human body to function with vigour and alertness, without undue fatigue and with ample energy to engage in leisure activities, and to meet physical stress. Muscular strength and endurance, cardio-respiratory integrity, and general alertness are the overt signs of physical fitness. "Wealth of the nation resides in the health and vitality of its people. Every nation is becoming increasingly concerned about the physical fitness of its people recognizing that physical fitness is fundamental and contributory to happy and useful living in any capacity." (John E. Nixon and Ann E. Jewtt, 1969.)

A person being physically fit and socially acceptable can achieve and reach up to national and international performance level. Bucher has said that "physical education is an integral part of education process, is a field of endeavour that has its aim as the improvement of human performance

through the medium of physical activities that has been selected with a view to realize this outcome." Healthy living and physical fitness are closely connected. Being physically fit not only helps people live healthy lives, it also helps people be happier. People who make physical activity and exercise a part of their daily lives when they are young are more likely to keep it in their lives as they grow older and benefit from it throughout their lifespan. Physical activity is defined as any movement that spends energy. Exercise is a subset of physical activity, but it is an activity that is structured and planned. While many children engaged in physical activity, usually by playing with their friends, the amount of physical activity they get as they grow into adolescents usually declines. The health Centers for Disease Control and Prevention (CDC), doing some kind of physical activity or exercise on a regular basis helps to increase strength and flexibility, improve