PHYSICAL HEALTH STATUS AND ADJUSTMENT OF HIGHER SECONDARY STUDENTS IN TIRUNELVELI DISTRICT

G.Ganapathypandian
M.Ed., Scholar,
M.E.T College of Education,
Chenbagaramanputhur,
Kanyakumari District

P. Shirlin
Assistant Professor,
M.E.T College of Education,
Chenbagaramanputhur,
Kanyakumari District

Abstract

The present study was conducted to know the physical health status and adjustment of higher secondary school students in Tirunelveli District. The investigator collected data from 420 higher secondary school students. The data obtained were analysed by using appropriate statistical techniques such as mean, standard deviation, t-test, ANOVA and correlation. The obtained results showed that there exists a substantial positive correlation between physical health status and adjustment of higher secondary school students.

Introduction

Physical health means normal condition and his birth right. It is the result of living in accordance with the natural law pertaining of the body, mind and environment. Recently a broader concept has been encouraging in many countries that of improving the overall "quality of life". Which is include factors such as those determining health, happiness, education social and intellectual attainments, freedom of action, justice and freedom from oppression. Also mental health and physical health are interrelated. A mentally health person feels satisfied with himself and feels happy, calm and cheerful. He is well adjusted and understands the needs of other and tries to be courteous in his dealings with others. Further he feels all problems and tries to solve them intelligently. To a laymen health implies a sound mind in a sound body, in a sound family, in a sound environment. According to world health organisation health is a state of could be to physical, mental and social wellbeing and next newly on absence of disease or infirmity.

Physical health education also known in many common wealth countries as physical training is an education course related to the physical health of the human body. It is given during primary and secondary and higher secondary school students and encourages psychomotor learning in a movement exploration setting to promote health. Adjustment is a harmonious relationship of an individual to his environment which affords him comfortable life devoid of strain, stress conflict and frustration. Therefore Adjustment involves effective adaptation. It consists of the reduction of inner needs, stress, and strain. It is unique pattern and depends upon the personality and individual differences and needs, so his needs and consequently his adjustment.

Need and Signification of Study

The health status is considered as "physical health and freedom from diseases" One of the basic requirements for good physical health status is to live in a clean and healthy environment. Unfortunately this is almost impossible today because our entire environment is

under threats by all kinds of pollutants. Therefore, in the present era of competitions it is high time for all of use to think about required skills, attitudes and practices to ensure positive health status to all. Preventing and curing these defects and ailments by promoting intelligent ways of living together.

Disturbance in physical health and adjustment have seem presently in all civilized societies. India is a multi-culture, multi case and religious society. It is again divided based on the status of economic conditions of the people. These socio-economic factors create many hindrances for the adolescents to adjust with each other in home, school and society. The students belonging to rural and urban families have certain type of adjustment problems. Hence it is the duty of teachers and parents to guide their children properly so in physical health status and adjustment. During the developmental stage of adolescence there are a lot of factors affect the physical health status of an individual. Adjustment is the one of the main factor for adjustment.

Review of Related Literature

Anand (2009) conducted a study on mental health of higher secondary school students. The samples of the study included 260 higher secondary school students. He used aMental health scale for data collection. He analysed the data by using correlation and chi-square. The result revealed that mental health of adolescents, their academic achievement and the educational and occupational status of the parents had a positive correlated.

Singh, Kumari and Kumar (2008) conducted a study on physical health behaviour as a function and residence. The objective of this study was to find the physical health behaviour of the students. The sample included in 400 students whose age ranged from 16-18 years. The tools used were physical health battery and socio economic status scale. The findings showed that there was a difference in physical health behaviour of urban and rural students. There was alsodifferencein physical health behaviour of the students belonging to upper and middle class students.

Vamadeveppa (2005) conducted a study on adjustment of over achievers and under achievers in biology. The main objective of this study was i) to find out whether over and under achievers in biology differ significantly in their adjustment. The data were collected from 430 university science students of chitradurga district, by stratified random sampling technique. The tools used were group test of intelligence by Ahuja and adjustment inventory by Singa. Data were analysed by usingappropriate statistical techniques.The findings of the study were i) there was negative and significant relationship between adjustment problem and intelligence ii) Under achievers had poor adjustment whereas over achievers have good adjustment.

Gupta and Sinha (2011) conducted a study on the Effect of working women on Academic Anility and overall Adjustment of school children. The major objectives were to make a comparative study between the school children of working and non-working mother on academic anxiety and overall adjustment. For this study the experimental method was used. A sample of 1100 girls were selected from different schools.. The tools used were Adjustment inventory by Singh (1981). The findings of the study should certain effects of maternal employment on the adjustment of girls.

Statement of the Problem

A study on physical health status and adjustment of higher secondary students in tirunelveli district

Objectives of the Study

1. To find out the relationship between physical health status and adjustment of higher secondary school students.
2. To find out whether there is any difference in the physical health status of higher secondary school students with regard to the demographic variables viz., gender, locality of the school, and type of family.
3. To find out whether there is any difference in the physical health status of higher secondary school students with regard to the demographic variables viz. religion, community and type of school.
4. To find out whether there is any difference in the adjustment of higher secondary school students with regard to the demographic variables viz., gender, locality of the school, and type of family.
5. To find out whether there is any difference in the adjustment of higher secondary school students with regard to the demographic variables viz. religion, Community and type of school.

Hypotheses of the Study

1. There is no significant difference between physical health status and adjustment of higher secondary school students.
2. There is no significant difference in the physical health status of higher secondary school students with regard to the demographic variables viz., gender, and locality of school, and type of family.
3. There is no significant difference in the physical health status of higher secondary school students with regard to the demographic variables viz., religion, community and type of school.
4. There is no significant difference in the adjustment of higher secondary school students with regard to the demographic variables viz., gender, and locality of school, and type of family.
5. There is no significant difference in the adjustment of higher secondary school students with regard to the demographic variables viz., religion, community and type of school.

Methodology

Method

The investigator adopted survey method of research to study the present topic.

Population

The population of the present study is the higher secondary school students in Tirunelveli District.

Sample

The sample of the present investigation consisted of 420 higher secondary school students selected from various higher secondary schools located in Tirunelveli District.

Tools

The major tools of the study were:

1) Physical health status scale check list (developed by GANAPATHY PANDIAN and SHIRLIN)
2) Adjustment scale (developed by SREELATHA and MUKUNDAN 1992)

Statistical Techniques

The collected data were analysed by using statistical techniques like mean, standard deviation, t-test, ANOVA and correlation.

Analysis and Interpretation Of Data

For analysis and interpretation of data, the study has been analysis and given in different tables

Hypothesis 1

There is no significant difference between physical health status and adjustment of higher secondary school students. The extend of relationship between physical health status and adjustment of higher secondary school students was found correlation on a sample of 420.

Table –1 Data and results of Correlation between Physical health status and Adjustment of higher secondary school students

Variables correlated	N	r	Verbal Interpretation	Level of Significance
Physical health status and Adjustment	420	0.48	Substantial Positive Correlation	0.01 level

Table 1 indicates that the correlation between physical health status and adjustment on a sample of 420 students in higher secondary school students. This indicates that there is substantial positive correlation between two variables. The calculation 'r' value (0.48) is greater than the table value 0.148 at 0.01 level. Hence it can be inferred that there is a significant relationship between physical health status and adjustment and higher secondary school students. Therefore, on the basis of the results given in the table 0.01hypothesis1 which stated that "There is no significant correlation between physical health status and adjustment of higher secondary school students" is not accepted.

Hypothesis 2

There is no significant difference in the physical health status of higher secondary school students with regard to the demographic variables viz, gender, locality of school, and type of

family. The difference between genders, locality of school, and type of family in their physical health status was found using t-test on a sample of 420 school students.

Table 2 Data and Results of t-Test Comparison of Physical Health Status of School Students on the Demographic Variables between Gender, Locality of the School and Type of Family

S.No.	Physical health status		N	Mean	S D	't' value
1	Gender	Male	195	22.63	4.561	0.095 (NS)
		Female	225	22.58	4.780	
2	Locality of the school	Rural	242	22.80	4.919	1.019 (NS)
		Urban	178	22.33	4.318	
3	Type of family	Joint	189	22.09	4.680	2.040 (S)
		Nuclear	231	23.02	4.638	

Table 2 has shown that the obtained 't' value for the variable physical health status of the higher secondary school students in terms of their Gender, Locality of the school are less than the table value 1.96 at 0.05 level of significance. Hence it can be inferred that the higher secondary school students do not differ in their Physical health status with respect to the Gender and Locality of the school. Therefore the null hypotheses are accepted.

Table 2 has shown that the obtained 't' value for the variable physical health status of the higher secondary school students in terms of their type of family is greater than table value 1.96 at 0.05 level of significance. Hence it can be inferred that the higher secondary school students differ significantly in their Physical health status with respect to their type of family. Therefore the null hypothesis is not accepted.

Hypothesis 3

There is no significant difference in the physical health status of higher secondary school students with regard to the demographic variables viz., religion, community and type of school. The difference among religion, community, and type of school in their physical health status was found using ANOVA on a sample of 420 school students.

Table – 3 Data and Results of ANOVA Comparison of Physical Health status Scores of Higher Secondary School Students Based on the Demographic Variables Religion, Community and Type of School

S.No.	Physical health status		SS	df	MS	F
1	Religion	Between Groups	33.268	2	16.634	0.760 (NS)
		Within Groups	9121.329	417	21.874	
2	Community	Between Groups	138.392	4	34.598	1.592 (NS)
		Within Groups	9016.206	415	21.726	
3	Type of school	Between Groups	94.018	2	47.009	2.164 (NS)
		Within Groups	9060.580	417	21.728	

Table 3 has shown that the obtained 'F' value of the variable physical health status higher secondary school students in terms of their Religion, Community and Type of school are greater than table value 3.02 at 0.05 level of not significance. Hence it can be inferred that the higher

secondary school students do differ in their Physical health status with respect to the Religion, Community and Type of school. Therefore the null hypotheses are not accepted.

Hypothesis 4

There is no significant difference in the adjustment of higher secondary school students with regard to the demographic variables viz., gender, locality of school, and type of family.

The difference between genders, locality of the school, and type of family in their adjustment was found using t-test on a sample of 420 school students.

Table 4 Data and Results of t-Test Comparison of Adjustment of Higher Secondary School Students Based on Demographic Variables Between Gender, Locality of the School, Type of Family

S.No.	Adjustment		N	Mean	S D	't' value
1	Gender	Male	195	30.09	5.006	1.615 (NS)
		Female	225	30.92	5.537	
2	Locality of the school	Rural	242	30.63	5.359	0.434 (NS)
		Urban	178	30.40	5.249	
3	Type of family	Joint	189	29.50	5.386	3.681 (S)
		Nuclear	231	31.39	5.098	

Table 4 has showed that the obtained 't' value of the higher secondary school students in terms of their Gender and Locality of the school are less than table value 1.96 at 0.05 level of significance. Hence it can be inferred that the higher secondary school students do not differ in their Adjustment with respect to the Gender and Locality of the school. Therefore, the null hypotheses are not accepted. Table 4 has showed that the obtained 't' value of the higher secondary school students in terms of their type of family greater than table value 1.96 at 0.05 level of significance. Hence it can be inferred that the higher secondary school students do differ in their Adjustment with respect to the type of family. There for the null hypothesis is accepted.

Hypothesis 5

There is no significant difference in the adjustment of higher secondary school students with regard to the demographic variables viz., religion, community and type of school.

The difference between religion, community and type of school in their adjustment was found using t-test on a sample of 420 school students.

Table – 5 Data and Results of ANOVA Comparison of Adjustment of Higher Secondary School Students based on the Demographic Variables Religion, Community and Type of School

S. No.	Adjustment		SS	df	MS	F
1	Religion	Between Groups	99.964	2	49.982	1.781 (NS)
		Within Groups	11702.500	417	28.064	
2	Community	Between Groups	144.308	4	36.077	1.284 (NS)
		Within Groups	11658.157	415	28.092	
3	Type of school	Between Groups	204.988	2	102.494	3.685 (S)
		Within Groups	11597.476	417	27.812	

Table 5 has showed that the obtained 'F' value of the higher secondary school students in terms of their Religion, Community are less than table value 3.02at 0.05 level of significance. Hence it can be inferred that the higher secondary school students do not differ in their adjustment with respect to the Religion and Community. Therefore the null hypotheses not accepted.

Table 5 has showed that the obtained 'F' value of the higher secondary school students in terms of their Type of school are greater than table value 3.02 at 0.05 level of significance. Hence it can be inferred that the higher secondary school students do differ in their adjustment with respect to the type of school. Therefore the null hypothesis is accepted.

Findings of the study

1. There is exist substantial positive correlation between physical health status and adjustment of higher secondary school students.
2. There is no significant difference in the physical health status of higher secondary school students with respect to demographic variables viz., gender, and locality of school, religion, and community and type of school.
3. There is significant difference in the physical health status of higher secondary school students with respect their type of family
4. There is no significant difference in the adjustment of higher secondary school students with respect to the, gender, and locality of school, religion and community.
5. There is significant difference in the adjustment of higher secondary school students with respect to the type of family and type of school.

Conclusion

For human beings there are two ecological system the internal environment of men and the external environment in which he exists. The internal environment pertains to each and every component of organs and organ system and its harmonious functioning with in the body system. The health status of man is the outcome of a continual adjustment and readjustment between the internal and external environments. Both of these systems health and adjustment always go to gather.

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