Chapter 3
CHAPTER –III

METHODOLOGY

In the contemporary world to make the social sciences, education and physical education more scientific, objectives, valid authentic and advance, systematic and well planned research work are essential. One of the most pre-requisite of any research study is the appropriate data without which no worthwhile study is possible. According to the objectives of the study the investigator had to plan the entire process of research work in terms of research design to collect appropriate data.

In this regard, Mouley (1964) remarks, “scientific problems can be resolved only on the basis of data and a major responsibility of the scientist is to set up a research design capable of providing data necessary to the solution of the problem, while the unity of the research makes it impossible to say that one aspect is more crucial than another. The collection of data is of paramount importance in the conduct of research, since obviously no solution can be more adequate than the data on which it is based”. In this chapter research design is systematically presented by the selection of subjects (sampling), the selection of variances, tools used, collection of data and its reliability. The administration of test and statistical techniques employed to analyze the data.

For the present study random sampling method was used for the collection of data, an attempt has been made to compare the psychological variables of teachers. The concept of framework within
which the study was conducted has been undertaken through the following steps:

**Sample**

The sample of the subject consisted of two hundred (N=200) male and female, married and unmarried physical education teachers living in joint or nuclear family belonging to western Uttar Pradesh of different private and government senior secondary schools of rural and urban areas were selected as the universe of the investigation.

**Data collection**

Data was collected through the questionnaires that were distributed to the physical education teachers who were working in the private and government senior secondary school. List of schools were collected from the D.I.O.S. offices of western Uttar Pradesh. These schools were situated in the both rural and urban areas. The subjects were contacted through the principal of each school and the procedure was explained. The aim of the research and its significance in teaching learning process was explained to them. A sincere and honest cooperation was obtained from them.

The education level of government school teachers was graduate/post-graduate with C.P.Ed, D.P.Ed, B.P.Ed, M.P.Ed, degree. The education level of private school teachers was from graduate to post graduate degree with or without C.P.Ed, D.P.Ed, B.P.Ed, and M.P.Ed. Degree. The female teacher’s husband mostly was in government service, some of them were in private service and some
were involved in their business. The male teacher’s wives were in
government service, some in private service and some were involved in
their business and house wife.

The scales along with personal data were administered on the
teachers individually at schools, prior to data collection teachers were
informed about the purpose of the study and they were assured that
their responses would be kept strictly confidential and will be used for
the research purpose only.

TOOLS OF PSYCHOLOGICAL WELL-BEING SCALE

The psychological well-being scale (PWBS) developed by
Nishizawa (1996) was used to assess psychological well-being of the
school teachers. The scale comprised of (40) statements, which
measure eight (8) dimension of psychological well-being.

1. They are good mental health.
2. Poor mental health.
3. Social supports.
4. Social stressors.
5. Work supports.
7. Personal supports.
8. personal stressors;

Each factor consists of five items. The PWBS was found to serve
a reliable and valid indicator of people well-being in that Cronbach
Alpha 0.7-0.8; test-retest reliability (month interval) 0.79; Convergent
validity with Goldbergs 12-item GHQ (r=0.83) and Kozma and Stones’ MUNSH (r=0.82).

**TOOL OF FAMILY ADJUSTMENT INVENTORY**

To measure family adjustment, marital satisfaction scale developed by Barunda Amritraj and Indra Jai Prakash, (1985), was used. The scale consists of 30 questions related to social, emotional, interpersonal and sexual sources of satisfaction in marriage. The split half reliability correlating odd even items applying Spearman Brown formula was 0.94. Test-retest reliability was found to be 0.96. Validity of the test was found to be 0.77.

**TOOL OF ASPIRATION LEVEL**

To know Aspiration level among the male and female physical education teachers, inventory developed by Ansari & Ansari (1964) was used. The test comprises eleven parts, one being on each page. The subjects were supposed to write letters for symbols according to the key which was provided at the top of the page and it was to be finished within 60 seconds. There were 11 pages and 75 blanks square on each page. Respondent were supposed to write in the columns expected before starting to fill the blank square with the alphabet as described in the booklet. The time was given was of one minute for each page. In this way he had to full fill all the 11 pages.

Najmul Huq (1964), found the split-half reliability of the test to be .93. He also reported that level of aspiration as measured by L.A. Coding Test is related to success and failure in a real life situation.
and therefore may be taken as indicative of a generalized tendency of personality characteristic of the individual.

The study was designed to find out difference in physical education teachers working in government and private in rural and urban areas living in joint and nuclear family in the variables of psychological well-being, aspiration level, and family adjustment. The researcher also tried out relationship between these variables on the same population.

**Data Analyses**

In the earlier chapters the investigator has recounted the theoretical framework related to the variables and set of objectives of the present study, research design, procedure of data collection and statistical treatment have also been discussed. In the present chapter assuming the population of the sample to be normally distributed ‘z’ test was computed to examine the differences among the physical education teachers of either sex working in government or private institutions situated in rural or urban areas. Further product moment of correlation coefficient was computed by applying t-test to ascertain the correlation among the variables, psychological well being, family adjustment and aspiration level of Physical education teachers working in government and private institutions situated in rural or urban areas living in joint or nuclear family.