Chapter 5

Discussion of the Results
DISCUSSION OF THE RESULTS

The present study is a modest effort to throw light on, the impact of personal and social adjustment, physical fitness, academic achievement, and sports performance. The scholar has collected the data above mentioned variables by using California test of personality AAPH ER youth fitness test along with 100mt, shot put and long jump as a tool to assess the adjustment problems and fitness of the students. To assess the academic achievement, the marks of the board examination of the selected samples have been obtained. The hypotheses formulated for the present study were empirically tested.

The discussion of the results is based on the analysis and interpretation of the data so the investigator has categorized the present study into four sub-headings:

1. Personal and social adjustment.
2. Physical fitness
3. Academic Achievement.

1. PERSONAL AND SOCIAL ADJUSTMENT

The analysis of the data reveals that rural and urban students differ significantly on the personal and social adjustment obtained from “California test of personality” regarding the six dimensions of personal adjustment like sense of reliance, sense of personal freedom, feeling
of belonging with drawl-tendencies and nervous symptoms. The urban students are found to be self reliant than the rural students. They are also having high sense of personal worth, personal freedom and feeling of belonging. But rural students are having high with-drawl tendencies and nervous symptoms than urban students. The rural and urban students also found to be significantly differ in four dimensions of social adjustment like social standards social skills. Anti-social tendencies and family relations. But no significant difference has been found in school relations and in community relation between rural and urban students. It has been revealed from the data that the urban students are having high social standard and social skills and the rural students are higher in antisocial-tendencies. Urban girls are found to be high on personal and social adjustment than rural girls. It has been found that urban girls are more self reliant, than rural girls. Urban girls are also high on personal freedom and feeling of belonging. But rural girls are having high withdrawal-tendencies and nervous symptoms than urban girls.

In the dimensions social adjustment, urban girls are having high social standard, social skills family relation and community relations than rural girls. It further shows that rural girls are high on anti-social tendencies and nervous symptoms. But both rural and urban girls do not differ on school relations both groups are well related to schools. Urban boys are also found to be high on personal and social adjustment than rural boys. In the dimensions of personal adjustment, the urban boys are superior to rural boys on sense of
personal worth, sense of personal freedom and feeling of belonging and rural boys are high on with drawl-tendencies and nervous-symptoms. But both are equally self reliant.

Urban boys are also socially well adjustment than rural boys the analysis of the data found that urban boys are having high social standards, social skills, family relation. They are having high school relations and family relation. But there is no difference between rural and urban boys in anti-social tendencies. Both are found to be anti-social, the findings of the present study are in line with the findings of the researches conducted earlier by Shukla, P.C.(1981)studied Adjustment' Problems at Plus Two Level The study was designed to investigate the adjustment problems of boys and girls from rural and urban areas studying at 2+ level. For this purpose it was hypothesized that (i) the rural and urban students will differ in their adjustment problems; and (ii) a significant difference in the adjustment problems is found in the boys and girls. 100 students of 2+ level were selected at random from eight intermediate colleges in the district of Sitapur (U.P.). They were selected in terms of sex (boys and girls) and rural and urban students in equal proportions. The results confirmed that: (i) there is a significant difference between rural and urban students in their adjustment problems.. The rural students have more problems of adjustment than the urban students, (11) the boys and girls differ significantly among themselves in respect of their adjustment problems". 
2. PHYSICAL FITNESS

The data of physical fitness test was obtained from the fitness test battery viz AAHPER youth fitness test. The data reveals that rural and urban students differ significantly on different items of physical fitness test battery. The rural students are found to be higher on pull-ups (boys) flexed arm hang (girls) sit-ups, shuttle run, and 600 yard run-walk where as urban students are high on standing broad jump and 50 yard. So the analysis of the data reveals that rural students are higher on physical fitness than urban students.

This finding were supported by przeweda (1985) Dutkiewicz, 1990 Szopa et al. 1985 concerning rural children superiority over urban children in the level of run endurance development and of an opposite characteristic in the of speed abilities. In addition, the difference of frequency movement points to smaller speed abilities of rural children. According to the suggestion presented in some research works (Wolans ki and Parizkowa 1976, Szopa et al. 1985, 1996), such a situation can be the result of specific environmental stimuli.

In girls category the both groups found to be significantly differ in physical fitness. Comparison between rural and urban girls on different items of physical fitness reveals that rural girls are high on flexed arm hang-sit-ups, shuttle run, 50-yard dash and 600 yard run-walk. Where as urban girls are higher on standing broad jump. So the rural girls are having high physical

The study comprises 2000 samples (1000 rural girls and 1000 urban girls) of two districts of Tamil Nadu. It was found that the haemoglobin content as well as physical fitness components were better in rural girls as compared to the urban girls.

In boys section both rural and urban boys were compared on different items of physical fitness, the rural and urban boys differ significantly on pull-ups, sit-ups shuttle run, standing Broad jump, 50-yard and 600-yard Run-walk. The analysis of the data also reveals that rural boys are high on pull-ups, sit-ups, shuttle run and 600-yard run-walk, whereas urban boys are high on standing Broad jump and 50-yard dash. Therefore the analysis of the data pertaining to the physical fitness shows that rural boys are having high physical fitness than urban boys.

3. ACADEMIC ACHIEVEMENT

Rural and urban students have been compared on academic achievement by obtaining marks of the selected samples of Board Examination. The analysis revealed that urban students are having high academic achievement than rural students. Both boys and girls were also compared on academic achievement, in which urban girls are found to be higher on academic achievement than rural girls.
Urban girls are also having high academic achievement than both rural and urban boys. This finding is supported by Verma and Srivastava in 1997 studied "Academic Achievement and value pattern of Athletes of Vidya Bhariti". Founded that the female athlete taken together at national level were significantly higher in their academic achievement in comparison to male athletes.

Urban boys are also found to be high on academic achievement than rural boys. So the hypotheses formulated for the present study may be accepted.

4. SPORTS PERFORMANCE

The rural and urban students were compared on sports performance by 100mts race shot put and long jump.

The data thus obtained revealed that urban students are high on sports performance than rural students. The data further revealed that urban students are found to be high on shot put and long jump. Where as rural students are high on 100mt. Girls of both rural and urban areas were also compared on different items of sports performance, such as 100mt, shot put and long jump. It has been found from the analysis of the data that the rural girls are high on 100mt race and urban girls are high on shot put. But there is no significant difference between rural and urban girls in long jump. It further reveals that there is no significant difference between rural and urban girls in sports performance. So the hypothesis no.14 of the present study stands rejected. The analysis of the data shows that
urban boys are high on long jump and shot put where as rural boys are high on 100mt. Therefore the urban boys were found to have high sports performance than rural students. The findings of the study were supported by the finding of the research conducted by Singh Darshan in 1992 "The sports achievements of secondary school of Punjab." Investigator worked on 300 schools selected through stratified random sampling technique. The schools were classified as category I, II & III schools based on the performance, physical facilities and, coaching facilities.

Major findings of the study are:

1. Performance in track and field events of category I schools was better than those of category II and category III schools, whereas no significant difference was found between the sport performance of category II & III schools.

2. The maximum - physical facilities schools had better track and field performance than the minimum - physical facilities schools and the mediocre - physical facilities schools performed better than minimum physical facilities schools. However no significant difference was fouled in the sports performance of maximum and mediocre physical facilities schools.

3. The maximum coaching - facilities schools, had better performance in track and field events than the mediocre and minimum facilities schools, but no significant difference was
found between the sports - achievements of mediocre and minimum facilities school.

The study found that the rural and urban students differ in sports performance. So, the hypothesis formulated for the study is accepted.