Chapter 6

Summary, Conclusion and Suggestions
SUMMARY

Physical fitness is the body's capacity to carry out work and protect itself against disease, infection and the effects of physical and mental stress. The level of fitness needed is related to the level of stress the body must overcome. Specific types of physical fitness are needed for every person's body to meet special demands. It is known fact that adding regular physical activity to one's daily routine will improve health and well-being.

The main objective of the present study was to investigate the Personal and social adjustment, Physical fitness, Academic Achievement and Sports performance of rural and urban students of district Srinagar.

For the present study 2000 students from rural and urban areas schools both Govt and Private of District Srinagar were selected at random as sample of the study, the age of the subjects ranged from 15-18 years.

AAHPER youth fitness test along with 100mt race, long jump and shot-put was used as tool to measure the physical fitness and sports performance of the students, respectively.
California test of personality was administered to obtain personal and social adjustment of the subjects.

The raw score of the fitness test and score of the sports performance were converted into standard scores in order to obtain the composite score.

To compare the Academic Achievement of the selected subjects the investigator has collected marks of the selected subjects from the official records of the concerned institutions. The achievement cards contained Board Examination marks of 10th class. The percentage of these marks has been computed in order to find out the academic achievement of rural and urban students of district Srinagar. T-test was employed to compare the personal and social adjustment, physical fitness, academic achievement and sports performance of rural and urban students of district Srinagar.

The analysis of the present study revealed that there is 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 found that the urban students are having better personal and social adjustment than the rural students. Further, the data reveals that rural and urban students differ significantly in all the 6 Dimensions of personal adjustment viz. self-reliance, sense of personal worth, Feeling of belonging, with-drawl tendencies and Nervous Symptoms. The analysis of the data also found that the urban student have found
to be higher in self reliance, sense of personal worth, sense of personal freedom, and feeling of belonging, than rural students. But rural students have found to be high on withdraw tendencies and nervous symptoms. It indicates the urban students are having high social adjustment than rural students.

Both rural and urban students were compared on different items of AAHPER youth fitness test battery, the rural student proved to be significantly superior to urban student in pull-ups (boys) flexed arm hang (girls), sit-ups, shuttle run and 600-yard run-walk. Where as urban students are higher in standing broad jump and 50 yard dash. Urban students are also found to be superior in academic achievement than rural students.

The analysis pertaining to the sports performance showed that urban students are having better sports performance than rural students.
CONCLUSIONS

The conclusions of the study are based on the analysis and interpretation of the data so the investigator has categorized the present study into sub-headings, so the following conclusions were drawn:

1. PERSONAL AND SOCIAL ADJUSTMENT.
   a. Personal adjustment.

   The present study reveals that rural and urban students differ significantly in all the 6 Dimensions of personal adjustment. It further reveals that there is significant difference between rural and urban students on self-reliance, sense of personal worth, Feeling of belonging, with-drawl tendencies and Nervous Symptoms. Whereas both groups significantly differ on sense of personal freedom. It indicates that urban students have found to be higher in self reliance, sense of personal worth, sense of personal freedom, and feeling of belonging, than rural students. But rural students have found to be high on with-drawl tendencies and nervous symptoms. It further shows that urban students are superior in personal Adjustment than rural students. The analysis of the data shows that there is significant difference between rural and urban girls in personal adjustment. In girls group, it has been found that rural and urban girls differ significantly on self-Reliance, Sense of personal worth, Felling of belonging, with-drawl tendencies, nervous symptoms, and sense of personal freedom, so the urban girls are higher on total personal
adjustment than rural girls. The present study found that there is significant difference between rural and urban boys on sense of personal worth, sense of personal freedom, with-drawl tendencies, nervous symptoms, and feeling of belonging.

The analysis of the data indicates that there is significant difference between rural and urban boys on sense of personal worth, sense of personal freedom, with-drawl tendencies and nervous symptoms, and differ on feeling of belonging. The data shows that rural boys are lower in three dimension of personal adjustment than urban boys like sense of personal worth, sense of personal freedom, and feeling of belonging. Whereas rural boys are higher on with-drawl tendencies nervous and symptoms than urban boys. The data further shows that Rural and Urban boys do not differ significantly on self Reliance of personal adjustment.

The analysis of the data further indicates that urban boys are having high personal Adjustment than Rural boys.

b. Social adjustment

In social adjustment rural and urban students differ significantly on four dimensions of social Adjustment viz. social standards, social skills, anti-Social tendencies and in family relations. But there is a no significant difference in school relations and community relations between the two groups. It further revealed that urban students are superior to rural students in social standards, social skills and family relations, whereas rural students are found to
be higher in Anti-Social tendencies. The data further indicates that urban students are high on social adjustment than the rural students. In girls group the data indicates that there is significant difference between rural and urban Girls on social standards, social skills, anti-social tendencies, family relations and community relations. But there is no significant difference in school relations between rural and urban girls. It has been revealed that urban girls are high in social standards, social skills, family relations and community relations. Whereas rural girls are high on anti-social tendencies. It further reveals that the Urban Girls are having high social Adjustment than the rural area girls. In boys section the analysis of the data makes it clear that there is significant difference between Rural and Urban boys on social standard and school relations, and they differ on social skills, family relations and community relation. But there is no significant difference in anti-social tendencies between Rural and urban boys. It further shows that urban boys are higher in five dimensions like in social standard, social skills, school-relations, family relations and community relation. The analysis also reveals that urban boys are high on total social adjustment than rural boys.

2. PHYSICAL FITNESS

It has been found from the analysis that the rural and urban students differ significantly on physical fitness. It has also been revealed that the rural and urban students differ significantly on pull-ups (boys) flexed arm hang (girls) shuttle run and 600-yard run-walk. Whereas the rural and urban students do not differ significantly on
standing broad jump. It further reveals that the rural students are higher on pull-ups and flexed arm hang, sit-ups, shuttle run and 600-yard run walk while as urban students are high on standing Broad Jump and 50 yard-dash.

It further revels that rural students are superior to urban students on physical fitness. It has been revealed that the rural and urban girls differ significantly on flexed-arm hang sit-ups, shuttle run, standing broad jump, 50-yard dash and 600-yard run-walk. The data further shows that rural girls are high on flexed arm hang, sit-ups, shuttle run, 50-yard and 600-yard run walk, whereas urban girls are high on standing broad jump. The data further reveals that rural girls are superior to urban girls in physical fitness. In boys group the rural and urban boys differ significantly on pull-ups, standing Broad jump shuttle run, and 50-yard, sit-ups, and 600-yard Run-walk. The analysis of the data also revels 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. So the rural boys are having high physical fitness than urban boys.

3. ACADEMIC ACHIEVEMENT.

It has been found from the present study that the urban students have possessed 63.67% while as rural students are having 51.18% in academic achievement. So the urban students are having high academic achievement than rural students. It further reveals that
urban girls have secured 65.51% and rural girls have secured 50.27% in academic achievement. So the urban girls are higher in academic achievement than rural girls. The analysis of the data makes it clear that rural and urban boys differ significantly on academic achievement. It further revealed that the urban boys have possessed 61.83% while as rural boys are having 52.22%. So the analysis of the data indicates that urban boys are higher in academic achievement than rural boys.

4. SPORTS PERFORMANCE.

In sports performance rural and urban students were found to be significantly differ on 100mt and shot put, and long jump. It further shows that urban students are high on 100mts, shot put and long jump than rural students. It further reveals that urban students are higher in sports performance than rural students. In girls section 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. The rural and urban boys differ significantly on 100mt, shot put and long jump. It further revealed that urban boys are high on shot put and long jump than rural boys. Whereas rural boys are high on 100mt. The study further reveals that urban boys are having high sports performance than rural boys.

So the study concludes that the urban students are better in personal and social adjustment than rural students. So it has been
proved from the present study that the adjustment problem is less among the students of urban areas of district Srinagar. In urban areas the students falling in the age category of 15-18 years are well adjusted both personally and socially. But in rural areas of district Srinagar the mal-adjustment has been observed among the students falling in the same age category.

In physical fitness the rural students have been found physically fit than urban students, the fact is that the rural students are habitual of working in the fields and farms, they also walking long distances from home to school and from one field to another. In this way the rural students maintain their physical fitness.

It has also been found that the urban students are having high sports performance and academic achievement than rural students, because all the facilities are not available in the rural areas of district Srinagar.
SUGGESTIONS

Physical fitness represents the capacity to live most vigorously and effectively with one's own resources. In other words, physical fitness is that state which characterizes the degree of which the person is able to function. Physical activity and Exercise benefit both the body and the mind in numerous ways.

Regarding the adjustment point view, a child must get a congenial environment free from all stress and tensions.

At early stages, everyone should educate their children about the social moral values, there should be a lot of exposure to the environment so that a child can adjust itself well in all environments. Every facility of modern education should be provided to all the students of both rural and urban areas. The following suggestions have been recommended by the investigator:

A. SUGGESTIONS FOR FUTURE RESEARCH:

1. The study may be replicated on a large sample.

2. A similar study may be undertaken on other groups like college and university students.
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3. Psychological tests should be made available to all the schools for the preliminary screening of the subject.

4. The further studies may be taken at division and state level on a large sample.

5. The similar study may be conducted on all international players of J&K state.

B. SUGGESTIONS FOR IMPROVEMENT:

1. All the schools in rural and urban areas must be provided with gyms for the students, with a fitness class in the school time-table.

2. All the schools in rural areas should provide Modern technique and better equipments to the students so that they can learn rules and techniques of different games and Sports. They should be fully aware of the benefits about the participation in the sports activities and different tournaments.

3. Rural schools should provide better infrastructure and organize coaching camps to improve the performance of the students in the field of games and sports.
4. Authorities should take some progressive measures to improve the life of the rural areas of district Srinagar because the people of these areas are still backward and living rural life as it was before decades.

5. All the heads of the private institutions of rural area should improve the standard of education in their schools. There should be fitness and sports classes in the school scheduler.

6. The J & K Govt. has recently introduced the physical education as a subject at 10 + 2 level. Almost all the Govt. schools have this subject in the school schedule. Both rural and urban area private schools should also introduce physical education as subject so that the students may get awareness about the physical education programmes, physical fitness and health.

7. The present study should be undertaken in all the rural areas of J & K at school and college levels. So that the adjustment problem may be identified in each and every part of the state and measures should be taken to prevent the students from being mal-adjusted.