

# RELATIONSHIP OF PHYSICAL FITNESS AND WELLNESS OF COLLEGE GOING BOYS

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**Abstract :** The purpose of the study was to study the relationship of physical fitness and wellness. For this 50 boys from 'Symbiosis College of Arts and Commerce, Pune' of age group between 18 to 22 years old (Those who participate in any sports at inter-collegiate level) were selected using simple random sampling method. Wellness Inventory Questionnaire was administered for measuring different dimensions of wellness, and for measuring physical fitness- physical fitness tests were conducted. Descriptive statistics and Correlation coefficient was used to analyze and interpret data. It was concluded that there was no significant correlation (no relationship) between physical fitness and wellness.

**Key words:-** Physical fitness, wellness, wellness inventory, fitness tests, coefficient of correlation

## INTRODUCTION

The transition from high school to college brings about vast changes and challenges for many college students. One major challenge many students face when entering college is staying fit. The hectic college life often leads students to become more sedentary and make poorer meal choices. Doing so contributes to students becoming unhealthy. Obesity rates continue to rise yearly among the college crowd. Other reasons for being unhealthy, unfit, and unwell can be use of technologies, less participation in sports and physically challenged activities.

Physical fitness is defined as 'the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.' In order to complete all of these tasks, one must consistently address their fitness levels. This requires proper conditioning through both structured exercise and leisurely activities.

Wellness is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, and spiritual well-being. Wellness includes social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. Each of these seven dimensions act and interact in a way that contributes to our own quality of life (social wellness, emotional wellness, spiritual wellness, environmental wellness, intellectual wellness, physical wellness, and occupational wellness).

Now a day if we see college going boys, they like to keep good physique, for which they are engaged in weight training, but it will make them only physically fit, what about wellness? Wellness is way different concept than fitness. We can't determine that the one who is physically fit can have a good wellness also or vice-versa.

## OBJECTIVES

- 1) To measure physical fitness of college students.
- 2) To measure wellness of college students through wellness inventory.
- 3) To analyze data and find relationship between physical fitness and wellness.

## HYPOTHESIS

**H 1:** There will be significant relationship between Physical fitness and wellness.

## METHODOLOGY

**Research method:** The descriptive (correlation) survey method was used.

**Sampling method:** Simple random sampling method was used.

**Population and sample:** (N=50) boys from 'Symbiosis College of Arts and Commerce, Pune' of age group between 18 to 22 years old, Those who participate in any sports at inter-collegiate level, were selected.

**Procedure:** 1) wellness inventory was finalised and was given to solve. 2) After two days fitness tests were conducted. 3) Data was collected and was analyzed.

## DATA COLLECTION TOOLS

Sr.No	Component to measure	Name of test
1	Wellness	Wellness inventory
2	C.V. Endurance	Three minute Step up test
3	Abdominal strength & endurance	Bent knee sit ups test
4	BMI	Omron machine
5	Flexibility	Sit and reach test

*Statistical analysis:* Descriptive statistics and coefficient co-relation (Spearman's).

## DATA ANALYSIS

**Table no. 1**  
*Descriptive Analysis of Physical Fitness Tests and Wellness Inventory*

	BMI	Sit Ups.	Sit & Reach	CVE Score	Wellness Marks
Mean	20.96	27.54	39.38	40.43	88.74
Standard Error	0.578	0.528	1.133	0.153	0.696
Median	21.607	28	40	40.404	89
Mode	17.445	30	35	41.427	94
Standard Deviation	4.088	3.732	8.010	1.080	4.919
Minimum	12.985	20	25	38.503	78
Maximum	30.022	35	54	42.503	96
N	50	50	50	50	50

**Table no. 2**  
*Descriptive analyses of Physical Fitness and Wellness*

Description	Fitness	Wellness
Mean	200.00	88.74
Std. Deviation	16.94	4.92
N	50	50

**Table no. 3**  
*Correlation coefficient*

	Fitness	Wellness
Spearman's rho	1.000	0.179
Sig. (2-tailed)	-	0.215
N	50	50

## INTERPRETATION

Descriptive statistics was used to find out mean, median, mode, standard deviation and standard error of mean. The mean value of fitness is 200.00 and standard deviation is 16.94, whereas, the mean value of wellness is 88.74 and standard deviation is 4.92. Spearman's correlation was used to correlate the physical fitness score and the wellness inventory score to find the relationship between physical fitness and wellness of boys. The coefficient correlation of fitness and wellness was 0.179. The correlation was not significant at 0.05 level ( $r = 0.215$ ). So, from above all tables it can be concluded that there is no significant correlation between fitness and wellness. Hence the hypothesis was rejected.

## CONCLUSION/ DISCUSSION

Within the limitation of the present study and considering the collected data the conclusions may be drawn that there was no direct correlation seen between physical fitness and wellness. As both the concepts are different and needs different parameters to work up-on, developing only one factor will not be enough. Both physical fitness and wellness are essential factors, so needs to be worked up on.

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