



REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631 (UIF)

UGC APPROVED JOURNAL NO. 48514

VOLUME - 8 | ISSUE - 9 | JUNE - 2019



PHYSICAL EDUCATION NEED AND IMPORTANCE OF THE STUDY

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ABSTRACT:

Amusements and sports exercises have turned out to be mainstream. As of late reasonable acknowledgment has been given in our nation for games. A tyrant body has been made to encourage the mindfulness towards games and rounds of both genders at all levels and ages including urban and provincial set-ups. It is an open door for the adolescents to show their physical ability and aptitudes. Sports and recreations augment the psychological skyline of the members. They increment the general force of the individuals who partake in games and improves the assurance through the advancement of the body. The games exercises help in cultivating and building up a nationalistic standpoint among the young people. The aftereffects of the different rivalries in the Olympic game are of a profound enthusiasm to individuals everywhere throughout the world. The Olympic has thought given the Olympic diversions and one of a kind spot in global connections. Thus, the region and Asian amusements, are best models in enlarging the viewpoint and expel obstructions in the middle of countries.



Physical instruction executive is the focal figure of whole physical training software engineer. Understudies are being pulled in towards her for the straightforward reason that exercises sorted out by him give them ideal extension to express their self-want. Subsequently today the physical instruction executive needs to perform obligations, for example, bestowing abilities in different exercises, directing practice sessions in various exercises, leading mass drills, assuming significant job in different elements of the establishments, arranging and sorting out various developers of physical training, guarding sports hardware in authority and upkeep of records, setting up the understudies for competitions and so on., execution of these and different obligations, for example, discipline arrangement and support of various hardware, play areas lead to overwhelming outstanding task at hand on them. All these make weight on the physical instruction chief. The drawn out pressure prompts loss of energy, fervor and feeling of mission for his work. This is where he never again lives to work however works just to live. The outcome is 'burnout'.

Physical exercise and physical condition live in two unique areas. We go for delivering a body, which participates in every single dexterous interest and in the making of excellence, changing wellness from rubbish into sense and from an inane word into an instructive origination. There is close association between the matter of instruction and the advancement of genuine wellbeing. Instruction of the body is a parallel procedure to the training of the brain. Physical instruction will be significantly more than the offer training of the body. Etymologically, physical training is instruction of the total character.

KEYWORDS: *Physical instruction , physical training , sports exercises.*

INTRODUCTION

Need and Importance of the Study

There are several reasons why the researcher is interested in undertaking this research study with the physical education directors at degree college level.

1. The physical education is very important branch of teaching profession. A physical education director is one who is involved in teaching the theory and practice connected with the physical and mental development of the students. This specific segment unquestionably decides the quality of output that is to be absorbed by the society in general, college system in particular.

2. It is matter of common experience that ,the intelligent, professionally inclined, service oriented people are not taking up the job of teaching physical education. By and large, teaching profession has become a last resort to many, if not all , and physical education has no exception to this. Added to that the job of physical education teacher is treated with a wrong notion when compared to general teachers.

3. It is a matter of common experience that, the intelligent, professionally inclined, service oriented people are not taking up the job of teaching physical education. By and large, teaching profession has become a last resort to many, if not all, and physical education has no exception to this. Added to that the job of physical education teacher is treated with a wrong notion when compared to

general teachers.

4. The number of student in degree colleges has been increasing year by year due to opening of more colleges with greater facilities. But there is no proportionate increase in the number of physical education director in terms of teacher-pupil ratio. As a result, college authorities compel the existing physical education director to undertake a heavy workload. Added to that, sports facilities provided is also not in proportion with increase in students strength. This further disheartens the physical education director in carrying his legitimate work. Hence, he becomes frustrated of job stress, and more of social pressure, hence, an acute burnout.

STATEMENT OF THE PROBLEMS:

The present study was conceived under the title "Burnout Problems Among Physical Education Directors of Degree College of North Karnataka"

DELIMITATION OF THE STUDY:

1. The study was delimitation to the survey method and burnout problems of physical education Directors.

2. The study was delimitation to Degree college of North Karnataka .

3. The study was delimitation to Physical Education Directors.

4. The study was delimitation to Different age groups such as 30-60 years of physical education directors.

5. It was delimitation to the response to the questionnaire through the interpreter.

6. A study was delimitation to government, aided and private of north Karnataka.

LIMITATION OF THE STUDY:

The questionnaire in itself has its own limitation.

1. As such any opinion that might be given by the subject in form of responses is also one of the limitation of the study.

2. The education background is also one of the limitation of the study.

3. Valid and reliable burnout measurement tool was used in this study will be considered as limitation for this study.

4. The responses of selected physical education director of degree colleges will be considered.

5. A type of working management of physical education director of degree college's was considered.

6. Data was to be collected by burnout and its dimensions (i. e. non-accomplishment, depersonalization, emotional exhaustion, friction, task avoidance, distancing, neglecting and easy going).

HYPOTHESIS

1. It was hypothesized that there would not be significant difference in Socio-Economic status on different Physical Education Director.

2. It was hypothesized that there would not be significant difference in Physical Education Director due to the Variation in their

different leads of Educational Qualifications.

3. Effects of differ significantly in terms of proneness to burnout of Physical Education Director on Emotional Exhaustion.
4. Effects of Extroversion and Introversion Personality types differ significantly in terms of proneness to burnout of physical education director on Emotional Exhaustion.
5. Effects of extroversion and Introversion Personality types differ significantly in terms of proneness to burnout of Physical Education Director on Depersonalization.
6. Effects of Extroversion and Introversion Personality types differ significantly in terms of proneness to burnout of Physical Education Director on personal Accomplishment.

SIGNIFICANCE OF THE STUDY

The study may be contribute in the following ways

- 1 This study will help to bring to light the Physical Education Director Problems.
- 2 This study will help to bring out status of promotion for with Physical Education Director.
- 3 This study will help to bring out status of teaching Curriculum, coaching and trading Physical Education for with Director.
- 4 This study will help to be useful to the policy makers.
- 5 This study will help to bring out the truth about the Physical Education Director abode.
- 6 This study will help to bring out the influence of Scio-Economic status.
- 7 This study will help the administration of the Karnataka Government.
- 8 This study will help future researcher or investigators.
- 9 This study will useful for understanding the existing situation of physical education director .

DEFINITION OF TERMS

1. Burnout
2. Physical Education
3. Physical Education Directors
4. Degree Colleges

Burnout

Burnout is a state of emotional, mental, and physical exhaustion and diminished interest. It is caused by excessive and prolonged stress when one overwhelmed and unable to meet constant demands. It may lead to poor health, loss of interest in teaching, a motivations, helplessness, cynicism, hopelessness and resentment among pre-service as well as in-service teachers. Burnout in college students and their teachers is an issue condemn for bringing about qualitative chichi in education at all levels various demands of college life and third probable adverse impact on students' learning and teachers teaching are responsible for burnout. It has a negative impact' on one learned and reality of students well as teachers' Community members, Principals and Education Officers pay less attention to burnout in college students and teachers.

Physical Education

Physical Education has existed since ancient times, but it wasn't until several hundred years ago that the term itself (abbreviated as physed or PE) come into being. Its earliest known use comes. Oddly enough, from a 1748 book titled "Critical Reflections on Poetry, Painting, and Music," cannot some years prove more favorable than others to the physical education of children". A few decade after these words were published, gymnasiums opened across Europe, especially in Germany, where gymnastics associations (or turnvereins) fostered physical health as well as civic involvement and cultural enrichment.

Physical Education Directors

Physical education director should also enjoy full civic life with all political rights. They have a right to adequate emoluments, social position and attractive conditions of service, professional independence and adequate social insurance.

Whoever adopts teaching as a profession assumes the obligation to conduct himself in accordance with the ideals of the profession. A director is constantly under the scrutiny of his students and society at large. Therefore, leader should see that there is no incompatibility between his precepts and practice. The profession further, requires that, the director should be calm, patient and communicative by temperament and amiable in disposition.

Degree Colleges

An academic degree is a qualification awarded to students upon successful completion of a course of study in higher education. Normally, at a college or university these institution commonly degree at various levels typically /offer including bachelor's, master's and doctorates, often alongside other academic certificates, and professional degrees. The most common undergraduate degree is the bachelor's degree, although in some countries lower qualifications are titled degrees (e.g associate degree in the US or foundation degrees in the UK) while in others a higher-level first degree is more usual.

RESULTS:

Table: 1 The pair wise comparisons of interaction effect of location (rural and urban) and types of Managements (aided, unaided and government) on the dimension of burnout i.e. distancing scores of physical education director of degree colleges of North Karnataka is presented below.

Interactions	Aided rural	Unaided rural	Government rural	Aided urban	Unaided urban	Government urban
Mean	15.76	15.58	12.10	16.73	16.85	14.23
SD	3.67	4.80	4.97	4.77	4.35	3.92
Aided rural	-					
Unaided rural	p=0.9990	-				
Government rural	p=0.0010*	p=0.0009*	-			
Aided urban	p=0.9195	p=0.8144	p=0.0001*	-		
Unaided urban	p=0.8621	p=0.7212	p=0.0001*	p=0.9999	-	
Government urban	p=0.6501	p=0.7187	p=0.1436	p=0.0762	p=0.0455*	-

*p<0.05

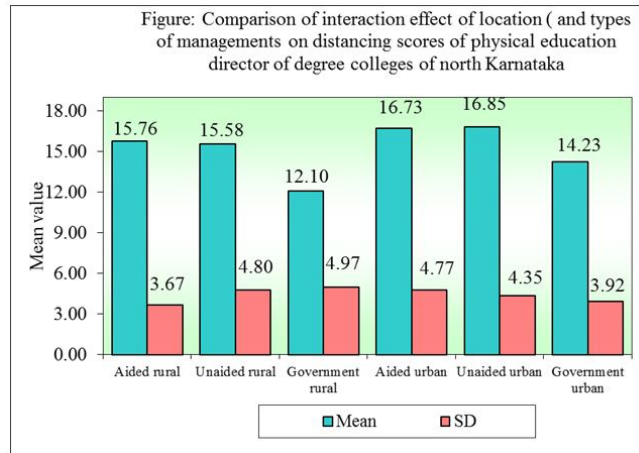
From the results of the above table, it clearly showed that,

- Physical education director of rural aided degree colleges and rural unaided degree colleges do not differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural aided degree colleges and rural unaided degree colleges have similar distancing scores.
- Physical education director of rural aided degree colleges and rural government degree colleges differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural aided degree colleges have higher distancing scores as compare to physical education director of rural government degree colleges.
- Physical education director of rural aided degree colleges and urban aided degree colleges do not differ significantly with distancing scores at 5% level of significance. It means that, the physical

education director of rural aided degree colleges and urban aided degree colleges have similar distancing scores.

- Physical education director of rural aided degree colleges and urban unaided degree colleges do not differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural aided degree colleges and urban unaided degree colleges have similar distancing scores.
- Physical education director of rural aided degree colleges and urban government degree colleges do not differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural aided degree colleges and urban government degree colleges have similar distancing scores.
- Physical education director of rural unaided degree colleges and rural government degree colleges differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural unaided degree colleges have higher distancing scores as compare to physical education director of rural government degree colleges.
- Physical education director of rural unaided degree colleges and urban aided degree colleges do not differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural unaided degree colleges and urban aided degree colleges have similar distancing scores.
- Physical education director of rural unaided degree colleges and urban unaided degree colleges do not differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural unaided degree colleges and urban unaided degree colleges have similar distancing scores.
- Physical education director of rural unaided degree colleges and urban government degree colleges do not differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural unaided degree colleges and urban government degree colleges have similar distancing scores.
- Physical education director of rural government degree colleges and urban aided degree colleges differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural government degree colleges and urban aided degree colleges have different distancing scores.
- Physical education director of rural government degree colleges and urban unaided degree colleges differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural government degree colleges and urban unaided degree colleges have different distancing scores.
- Physical education director of rural government degree colleges and urban government degree colleges do not differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural government degree colleges and urban government degree colleges have similar distancing scores.
- Physical education director of urban aided degree colleges and urban unaided degree colleges do not differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of rural government degree colleges and urban aided degree colleges have similar distancing scores.
- Physical education director of urban aided degree colleges and urban government degree colleges do not differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of urban aided degree colleges and urban government degree colleges have similar distancing scores.
- Physical education director of urban unaided degree colleges and urban government degree colleges differ significantly with distancing scores at 5% level of significance. It means that, the physical education director of urban unaided degree colleges have different distancing scores as

compared to urban government degree colleges. The mean scores are presented in the following figure.



Hypothesis:

There is no significant interaction effect of location (rural and urban) and types of Managements (aided, unaided and government) on the dimension of burnout i.e. distancing scores of physical education director of degree colleges of North Karnataka.

To achieve this hypothesis, the two way ANOVA with interaction design was performed and the results are presented in the above figure.

Table: 2 The results of two way ANOVA between effect of location (rural and urban) and types of Managements (aided, unaided and government) on the dimension of burnout i.e. neglecting scores of physical education director of degree colleges of North Karnataka is presented below.

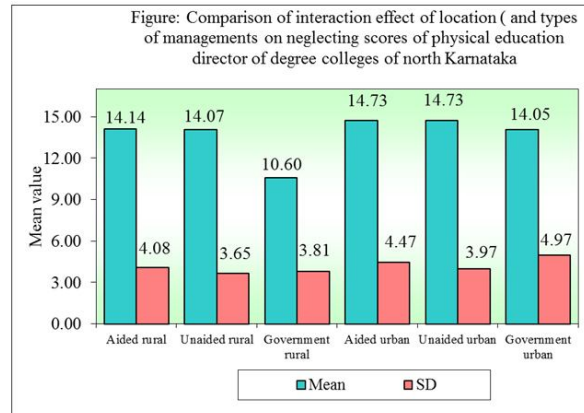
Sources of variation	Degrees of freedom	Sum of squares	Mean sum of squares	F-value	p-value	Signi .
Main effects						
Location	1	176.98	176.98	10.2578	0.0015	S
Management	2	295.29	147.65	8.5577	0.0002	S
2-way interaction effects						
Location x Management	2	134.13	67.07	3.8873	0.0216	S
Error	294	5072.38	17.25			
Total	299	5678.78				

The result of the above table, it clearly shows that,

- The main effect of location (rural and urban) on the dimension of burnout i.e. neglecting scores of physical education director of degree colleges of North Karnataka is found to be significant (F=10.2578, p<0.05) at 5% level of significance. Hence ,the null hypothesis is rejected. It means that, the physical education director of rural and urban degree colleges of north Karnataka have different neglecting scores
- The main effect of types of managements (aided, unaided and government) on the dimension of burnout i.e. neglecting scores of physical education director of degree colleges of North Karnataka is found to be significant (F=8.5577, p<0.05) at 5% level of significance. Hence, the null hypothesis is rejected. It means that, the physical education director of aided, unaided and government degree colleges of North Karnataka have different neglecting scores
- The interaction effect of location (rural and urban) and Managements (aided, unaided and government) on the dimension of burnout i.e. neglecting scores of physical education director of

degree colleges of North Karnataka is found to be significant ($F=3.8873, p<0.05$) at 5% level of significance. Hence, the null hypothesis is rejected.

If F is significant, to know the pair wise comparisons of interaction effect of location (rural and urban) and Managements (aided, unaided and government) on the dimension of burnout i.e. neglecting scores of physical education director of degree colleges of North Karnataka by applying the Tukeys multiple posthoc procedures and the results are presented in the following table.



Hypothesis:

There is no significant interaction effect of location (rural and urban) and types of Managements (aided, unaided and government) on the dimension of burnout i.e. neglecting scores of physical education director of degree colleges of North Karnataka.

To achieve this hypothesis, the two way ANOVA with interaction design was performed and the results are presented in the above figure.

Table: 3 The pair wise comparisons of interaction effect of location (rural and urban) and types of Managements (aided, unaided and government) on the dimension of burnout i.e. easy going scores of physical education director of degree colleges of North Karnataka is presented below.

Interactions	Aided rural	Unaided rural	Government rural	Aided urban	Unaided urban	Government urban
Mean	15.97	15.51	13.37	15.59	15.36	14.59
SD	3.80	3.03	4.51	4.55	3.65	4.12
Aided rural	-					
Unaided rural	p=0.9955	-				
Government rural	p=0.0193*	p=0.0500*	-			
Aided urban	p=0.9979	p=0.9990	p=0.0347*	-		
Unaided urban	p=0.9806	p=0.9990	p=0.0500*	p=0.9997	-	
Government urban	p=0.6394	p=0.8905	p=0.6187	p=0.8354	p=0.9338	-

*p<0.05

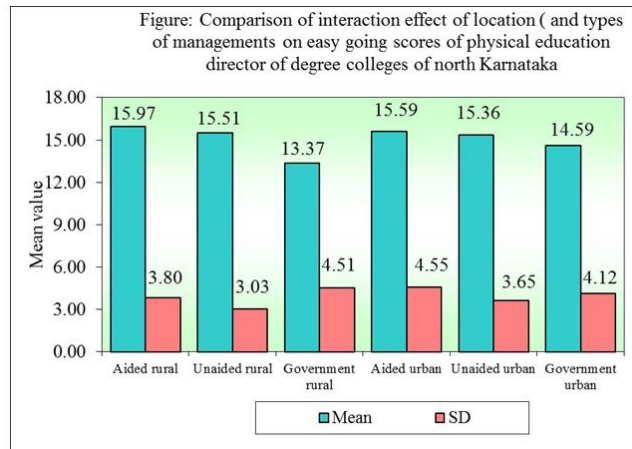
From the results of the above table, it clearly showed that,

- Physical education director of rural aided degree colleges and rural unaided degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical

education director of rural aided degree colleges and rural unaided degree colleges have similar easy going scores.

- Physical education director of rural aided degree colleges and rural government degree colleges differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural aided degree colleges have higher easy going scores as compare to physical education director of rural government degree colleges.
- Physical education director of rural aided degree colleges and urban aided degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural aided degree colleges and urban aided degree colleges have similar easy going scores.
- Physical education director of rural aided degree colleges and urban unaided degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural aided degree colleges and urban unaided degree colleges have similar easy going scores.
- Physical education director of rural aided degree colleges and urban government degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural aided degree colleges and urban government degree colleges have similar easy going scores.
- Physical education director of rural unaided degree colleges and rural government degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural unaided degree colleges have similar easy going scores as compare to physical education director of rural government degree colleges.
- Physical education director of rural unaided degree colleges and urban aided degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural unaided degree colleges and urban aided degree colleges have similar easy going scores.
- Physical education director of rural unaided degree colleges and urban unaided degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural unaided degree colleges and urban unaided degree colleges have similar easy going scores.
- Physical education director of rural unaided degree colleges and urban government degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural unaided degree colleges and urban government degree colleges have similar easy going scores.
- Physical education director of rural government degree colleges and urban aided degree colleges differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural government degree colleges and urban aided degree colleges have different easy going scores.
- Physical education director of rural government degree colleges and urban unaided degree colleges differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural government degree colleges and urban unaided degree colleges have different easy going scores.
- Physical education director of rural government degree colleges and urban government degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural government degree colleges and urban government degree colleges have similar easy going scores.
- Physical education director of urban aided degree colleges and urban unaided degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of rural government degree colleges and urban aided degree colleges have similar easy going scores.

- Physical education director of urban aided degree colleges and urban government degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of urban aided degree colleges and urban government degree colleges have similar easy going scores.
- Physical education director of urban unaided degree colleges and urban government degree colleges do not differ significantly with easy going scores at 5% level of significance. It means that, the physical education director of urban unaided degree colleges and urban government degree colleges have similar easy going scores. The mean scores are also presented in the following figure.



Hypothesis:

There is no significant interaction effect of location (rural and urban) and types of Managements (aided, unaided and government) on the dimension of burnout i.e. easy going scores of physical education director of degree colleges of North Karnataka.

To achieve this hypothesis, the two way ANOVA with interaction design was performed and the results are presented in the above figure.

CONCLUSION:

- The physical education director of rural government degree colleges and urban aided degree colleges have similar depersonalization scores
- The physical education director of urban aided degree colleges and urban government degree colleges have similar depersonalization scores
- The physical education director of urban unaided degree colleges and urban government degree colleges have similar depersonalization scores
- The physical education director of rural and urban degree colleges of North Karnataka have different emotional exhaustion scores
- The physical education director of aided, unaided and government degree colleges of North Karnataka have different emotional exhaustion scores
- The physical education director of rural aided degree colleges and rural unaided degree colleges have similar emotional exhaustion scores
- The physical education director of rural aided degree colleges have similar emotional exhaustion scores as compare to physical education director of rural government degree colleges
- The dimensions of burnout i.e. Friction with task avoidance, distancing, neglecting and easy going scores of physical education director of degree colleges of North Karnataka are independent on each other
- The dimensions of burnout i.e. Task avoidance and neglecting scores of physical education director of degree colleges of north distancing are dependent on each other

- The dimensions of burnout i.e. Task avoidance, neglecting and easy going scores of physical education director of degree colleges of North Karnataka are independent on each other
- The dimensions of burnout i.e. Distancing and easy going scores of physical education director of degree colleges of north distancing are dependent on each other
- The dimensions of burnout i.e. Distancing and neglecting scores of physical education director of degree colleges of North Karnataka are independent on each other

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