



DEEP STUDY OF GROWTH AND DEVELOPMENT FOR ADOLESCENCE GIRLS IN NAGPUR DISTRICT

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Abstract: The purpose of present study was to assess a Deep Study of Growth and Development for Adolescence girls in Nagpur District. For the purpose of this study 315 subjects were selected from three Selected Tehsil that were Katol, Saoner and Kondhali. One Hundred Five subjects were selected from each tehsil. From each state, 35 subjects from U-14, 35 from U-16 and 35 from U- 18 were selected. The age of subjects ranged from 13 to 18 years. The Purposive sampling was use in selection of subjects in Selected Tehsil. The study was delimited to the 'Life Style Assessment Inventory' by S.K. Bawa and Sumanpreet Kaur. The different life style components selected for the purpose of present study are Health Conscious Lifestyle (HCL), Academic Oriented Lifestyle (AOL), Career Oriented Lifestyle (COL), Socially Oriented Lifestyle. The data was analyzed by using mean, standard deviation, percentage analysis of variance and post hock tests. And to compare the Lifestyle Assessment and Adjustment Inventory of deferent levels of girls of selected tehsil, Analysis of variance (ANOVA) were used at 0.05 level of significance. Result indicates that there was no significant difference among U - 18 girls of different tehsil in relation to life style assessment. Result indicates that there was no significant difference among U - 18 girls of different Tehsil relation to life style assessment. Result indicates that there was no significant difference among U - 16 girls of different tehsil in relation to life style assessment. Result indicates that there was no significant difference among U - 14 girls of different tehsil in relation to life style. Result indicates that there were no significant difference among U - 14 girls of different tehsil in relation to lifestyle assessment.

Keywords: Adolescence, Lifestyle, Emotional

Introduction:

Modern competitive sports of today's demand more emphasis on the training of psychological aspects of sports. The high level performance seen in competition is nothing but perfect optimum harmonious relationship between one psychological preparedness and technical preparation. It is that psycho-physical condition of the organism which causes an individual to work and strive to fulfill his needs. In the field of physical education and sports, no athlete can win or even show better performance without optimum anxiety level and motivation. However the need of these factors will vary from sports to sports depending upon the nature and demand of the sports.

The application of psychological principles to the improvement of performance in sports has received greater attention in these days. There are certain accepted psychological principles which have to be applied so that the athletes and players are able to show their performances.

Coaches, physical educationists and sports scientist have always expressed a great need to know more about those psychological principles which are helpful in improving the motor skill of players.

Definiton:

Lifestyle: According to People Millionaire, "A way of life or style of living that reflects the attitudes and values of a person or group.

Emotional :According to 'Ethan Z Leave' "Emotional wellness is closely connected to the other dimensions of wellness. In the most basic sense, it refers to the individual's ability to handle emotions in a constructive way in order to enable individual to maintain a positive emotional state.

Statement of the problem :

In the present investigation, the resereach scholar has selected, Deep Study of Growth and Development for Adolescence girls in Nagpur Ditriect.

Hypothesis:

It is hypothesized that there would be a significant difference in lifestyle and adjustment variables of the different levels of girls from Selected Nagpur.

Limitations:

The present study was restricted to Nagpur District only. In study 315 subjects were selected from three Selected Tehsil that were Katol, Saoner and Kondhali. One Hundred Five subjects were selected from each tehsil. From each state, 35 subjects from U-14, 35 from U-16 and 35 from U-18 were selected. the age group of 13 to 18 years. Only the study was delimited to the 'Life Style Assessment Inventory' by S.K. Bawa and Sumanpreet Kaur.

Methodology:

The present Investigation was carried out on 315 subjects were selected from three Selected Tehsil that were Katol, Saoner and Kondhali. One Hundred Five subjects were selected from each tehsil. From each state, 35 subjects from U-14, 35 from U-16 and 35 from U-18 were selected. the age group of 13 to 18 years. For the purpose of characterizing Lifestyle elite girls of three tehsil, "Life Style Assessment Inventory" were selected by the Purposive sampling method.

Procedure of data collection:

Administration of questionnaire

Before administering the questionnaire, the scholar consulted different people who were expert in the area personally and their sincere cooperation was solicited. Scholar visited to Selected States of Katol, Saoner and Kondhali. Teacher of concerned tehsil was requested to cooperate in the completion of the study and they were explained about the objective of the study. Before the administration of questionnaire, necessary instructions were passed to the girls. The research scholar motivated the respondent by promising to send a separate abstract of the conclusions of study to each of them. Confidentiality of responses was guaranteed so that the trainees do not camouflage their real feelings. No time limit for filling in of questionnaire was set but the subjects were made to respond as quickly as possible once the instructions were clearly understood by them. The inventory contained total 60 items, these

questions/statements evenly divided in sixpart. Life Style contents namely Health Conscious Lifestyle (HCL), Academic Oriented Lifestyle (AOL), Career Oriented Lifestyle (COL), Social Oriented Lifestyle (SOL).

Analysis of data and interpretation of the result:

The data was analyzed by using mean, standard deviation, percentage analysis of variance and post hoc tests.

To compare the Lifestyle Assessment and Adjustment Inventory of different levels of girls of selected tehsil, Analysis of variance (ANOVA) were used at 0.05 level of significance.

Table-1

Average Life Style Assessment Scores of 13 to 18 Girls of Katol (In Percentage)

	No. of Subjects	Percentage (%)
Excellent	0	0%
Good	08	22.857
Average	12	34.285
Below Average	10	28.571
Need Improvement	05	14.285
Total	35	100%

Table-1 revealed that Average Life Style Assessment of all 13 - 18 girls of Katol were good 22.857%, average 34.285% below average 28.571% and need improvement 14.285%.

Table-2 Average Life Style Assessment Scores of 13 to 18 Girls of Saoner (In Percentage)

	No. of Subject	Percentage (%)
Excellent	0	0%
Good	07	20%
Average	11	31.428%
Below Average	10	28.571%
Need Improvement	07	20%
Total	35	100%

Table-2 revealed that Average Life Style Assessment of all 13 to 18 girls Saoner were good 20%, average 31.428% below average 28.571% and need improvement 20%.

Table-3 Average Life Style Assessment Scores of 13 to 18 Girls of Kondhali (In Percentage)

	No. of Subject	Percentage (%)
Excellent	0	0%
Good	6	17.142%
Average	9	25.714%
Below Average	16	45.714
Need Improvement	04	11.428%
Total	35	100%

Table-3 revealed that Average Life Style Assessment of 13 to 18 girls of Kondhali were good 17.142%, average 25.714% below average 45.714% and need improvement 11.428%.

Discussion of finding:

The data was analyzed by using mean, standard deviation, percentage analysis of variance and post hock tests. Result indicates that there was no significant difference among U - 18 girls of different tehsil in relation to life style assessment. Result indicates that there was no significant difference among U - 18 girls of different Tehsil relation to life style assessment. Result indicates that there was no significant difference among U - 16 girls of different tehsil in relation to life style assessment. Result indicates that there was no significant difference among U - 14 girls of different tehsil in relation to life style. Result indicates that there were no significant difference among U - 14 girls of different tehsil in relation to lifestyle assessment. Result indicates that there was no significant difference among U - 14 girls of different tehsil in relation to adjustment inventory.
