

## The perception of university employees towards Physical fitness assessment programme

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### Abstract

The objective of this study was to examine the attitude of Sant Gadge Baba Amravati University's employees towards Physical Fitness Assessment Camp, Which is organised by the Physical and Sports department of the S. G. B. Amravati university every in the University campus. A sample of 100 employees from administrative and academic division was selected through quota sample method for the study. An Attitude Scale prepared by the investigator himself on the basis of "Likert Attitude Scale" (1932) was used as a tool for data collection. Mean, S. D. and T- Test was used to analyse the data. Followings were the main findings of the study: - 1) employees working in Sant Gadge Baba Amravati university, have more positive attitude towards physical fitness. 2) Academic employees have showed more positive attitude towards physical fitness in comparison to administrative employees. 3) The male employees has more positive attitude towards physical fitness in comparison to female employees.

**Keywords:** attitude, physical education teacher, health and physical fitness camp

### Introduction

The aim of any university is "The promotion and maintenance of high degree of physical, mental and social well-being of employees". Having a healthy body is considered to be of great importance for any employee. From the professional point of view of society, too, the remaining health of an employee is considered to be important, because if a person is sick or disease affected, he can pose a risk for the society directly or indirectly. The healthy employee works well and helps production and adds to the comfort of life. The welfare of the 'self' and that of 'society' lies in healthful living and not in sick attitude towards life. Employee's physical fitness leads to social health and social health to national health.

In an university setting, the relationship between supervisor and employees, employees to his co-employees and co-operation from higher authorities and officers motivate the employees to develop healthy attitude towards physical fitness in order to maintain and increase their work productivity.

As the first step towards creating the healthy attitude towards physical fitness, Amravati University's Physical Department conducts a Health and Fitness assessment camp for the students and employees in the university campus Every Year As purpose

- i) To promote health and happiness of workers,
- ii) To detect sign of emotional stress and strain and to secure relief of stress and strain where possible,
- iii) The treatment of employees suffering from mental illness,
- iv) Rehabilitation of those who become ill.

Hence according to the efforts of Amravati University, all the universities should take necessary steps as to develop the positive attitude towards physical fitness among its employees by promoting health and fitness camp in the University.

The programme, whether traditionally on the job or off the job, have overlapping purpose and multiple benefit for employees and their dependents. Therefore the management of health programmes for cost containment must be integrated

and the focus must be on preventive measures for the cost-benefit ratio to be positive. Basic objectives of an employer sponsored programme are to:

- Provide guidance, motivation, encouragement and a means for employees and dependents to achieve and maintain their optimum level of fitness and wellness.
- Protect employees against health hazards in their work environment and personal lines.
- Facilitate job placement and insure the suitability of individual according to their physical capacities, mental abilities, and emotional make up to work they can perform with an acceptable degree of efficiency and without endangering their health and safety or that of their fellow workers.
- Maintain record-keeping and reporting system to measure and evaluate the "fitness and wellness" of employees and dependents as well as to comply with legal, insurance and organisation requirements.

The healthy environment and facilities provided by the management at the workplace also motivate the employees to develop healthy attitude towards physical fitness in order to maintain and increase their health status and work productivity, which is helpful in promoting the economic status of employees as well as of the university.

### Thus Universities management shall always strive to

- Create awareness among the employees about the virtues of physical fitness and the need to release stress and tension of the present day fast-paced life through sports and cultural activities.
- Properly maintain the sports facilities viz. football, volleyball, playground etc. to the satisfaction of the university employees who are the end-user of these facilities.
- Organise inter-department sports tournaments in aspect of all disciplines of sports and culture.



**Table 3:** Table showing significance of difference between mean attitude scores of male and female employees towards Physical Fitness Camp.

Respondents	N	Mean	S.D.	't'-Value	Level of Significance
Male Employees	50	153.71	14.21	1.52 Not Significant	0.05
Female Employees	50	152.8	15.16.		

\* Critical value at 0.05 level = 1.98 Df = 98

From the above table no.- 3, it is revealed that attitude towards health and physical fitness camp of male and female employees does not differ significantly. The mean scores of both group does not differ at 0.05 level of significance and 98 degree of freedom ('t'- value = 1.52 which is less than table value 1.98). Hence the null hypothesis is accepted. Hence it is concluded that male and female employees working in S.G.B. Amravati University, are not differ significantly in respect to their attitude towards physical fitness camp.

**Table 4:** Table showing significance of difference between means attitude scores of Administrative and Academic employees towards Physical Fitness

Respondents	N	Mean	S.D.	't'-Value	Level of Significance
Administrative Employees	50	154.8	16.30	3.12* Significant	0.05
Academic Employees	50	151.71	12.08		

\* critical value at 0.05 level = 1.98 Df = 98

From the above table no.- 4, it is revealed that attitude towards Health and Physical Fitness camp of Administrative and Academic employees differ significantly. The mean scores of both groups differ at 0.05 level of significance and 98 degree of freedom ('t'- value = 3.12\* which is greater than table value 1.98). Hence the null hypothesis is rejected and alternate hypothesis is accepted. Hence it is concluded that Administrative and Academic employees working in S.G.B. Amravati University, differ significantly in respect to their attitude Physical Fitness.

**Findings of the Study**

**These following were the main findings of the study**

1. The employees working in Amravati University has a favourable attitude towards Physical Fitness Assessment Programme.
2. The administrative employees were better in their attitude towards Physical Fitness Assessment programme in comparison to academic employees.
3. The male employees has more positive attitude towards Fitness Assessment Programme in comparison to female employees.
4. There was no significant relationship found between the male and female employees in their attitude towards Physical Fitness Assessment Programme.
5. There was significant relationship found between the administrative and academic employees in their attitude towards Physical Fitness Assessment Programme.

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