



HEALTH OUTCOMES BETWEEN PHYSICAL AND NON-PHYSICAL EDUCATION STUDENTS

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Abstract: The purpose of the study was to find out the differences of selected components of health outcomes, between physical and Non-Physical Education (NPEdu) students. The findings of the study reveal that Physical Education Students was better Perceived general health as compared to Non-Physical Education (NPEdu) Students. The Result of the study indicates that, there was significant difference of Physical functioning sub scale of health outcomes between Physical Education and Non-Physical Education (NPEdu) Students. The Result of the study indicates that, there was significant difference of Mental health sub scale of health outcomes between Physical Education and Non-Physical Education (NPEdu) Students. The findings of the study reveals that Physical Education Students was sound Mental health as compared to Non-Physical Education (NPEdu) Students. The Result of the study indicates that, there was significant difference of Health outcome (Combine sample) between Physical Education and Non-Physical Education (NPEdu) Students. The findings of the study reveals that Physical Education Students was better Health outcome (Combine sample) as compared to Non-Physical Education (NPEdu) Students.

INTRODUCTION

The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity. The importance of a physical activity program is linked to a higher quality of life as well as academic achievement. It is well documented that regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weights, reduces anxiety and stress, increases self-esteem and may improve blood pressure and cal activity and who have regular, sequential physical education are stronger students – physically and mentally. Numerous provide data that adequate physical and physical activity strengths academic achievement. A recent study by the California State Department of Public Instruction provide compelling evidence that the physical well-being of students has direct impact on their ability to achieve academically. Physical education provides students with the knowledge and skills that will enable them to achieve and maintain a physically active and healthful life, not only during their time in school but for a lifetime. Health and physical education are integral components of a balanced educational program. Regular physical activity can help children and adolescents **improve cardiorespiratory fitness**, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions

METHODS

The purpose of the doctoral study was to find out the differences of health outcomes, between physical and Non-Physical Education (NPEdu) students. Total 300 physical education and 300 other students selected for the study and their age ranged between 18-30years. The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses. This study involves a cross sectional, comparative study of physical and Non-Physical Education (NPEdu) students. The research design of the study is to descriptive research design. The study depends mainly on primary source of data. The data was collected through respondents in physical and Non-Physical Education (NPEdu) students the Instructions was given to the sports person before filling the questionnaires. The data was collected through questionnaires. The instruction was given by the investigator to the students before filling these questionnaires. In assessing the Health outcomes, the Outcome Study: Short-form 36 (MOS SF-36) that was developed by Ware, Snow, Kosinski, Gandek (1993) was used. T-test, was considered statistically technique throughout the study. The level of significant was set-up at 0.05 level.



Table-1

Illustration of Statistical comparison of the Perceived General Health sub scale of Health Outcomes between Male Physical Education and Male Non-Physical Education (NPEdu) Students ..

Sr. No.	Health outcomes	Students	No.	Means	SDs	T-ratios
1.	Perceived general health	Physical Education	196	26.71	6.78	3.60 *
		Non-Physical Education (NPEdu)	165	24.73	6.12	

Table -1 depicted Mean scores, Standard deviation and t-ratio of Perceived general health sub scale of health outcomes between Male Physical Education and Male Non-Physical Education (NPEdu) Students ..

Figure-1 The Mean scores and Standard deviation of Perceived general health sub scale of health outcomes between Male Physical Education and Non Male physical education students.

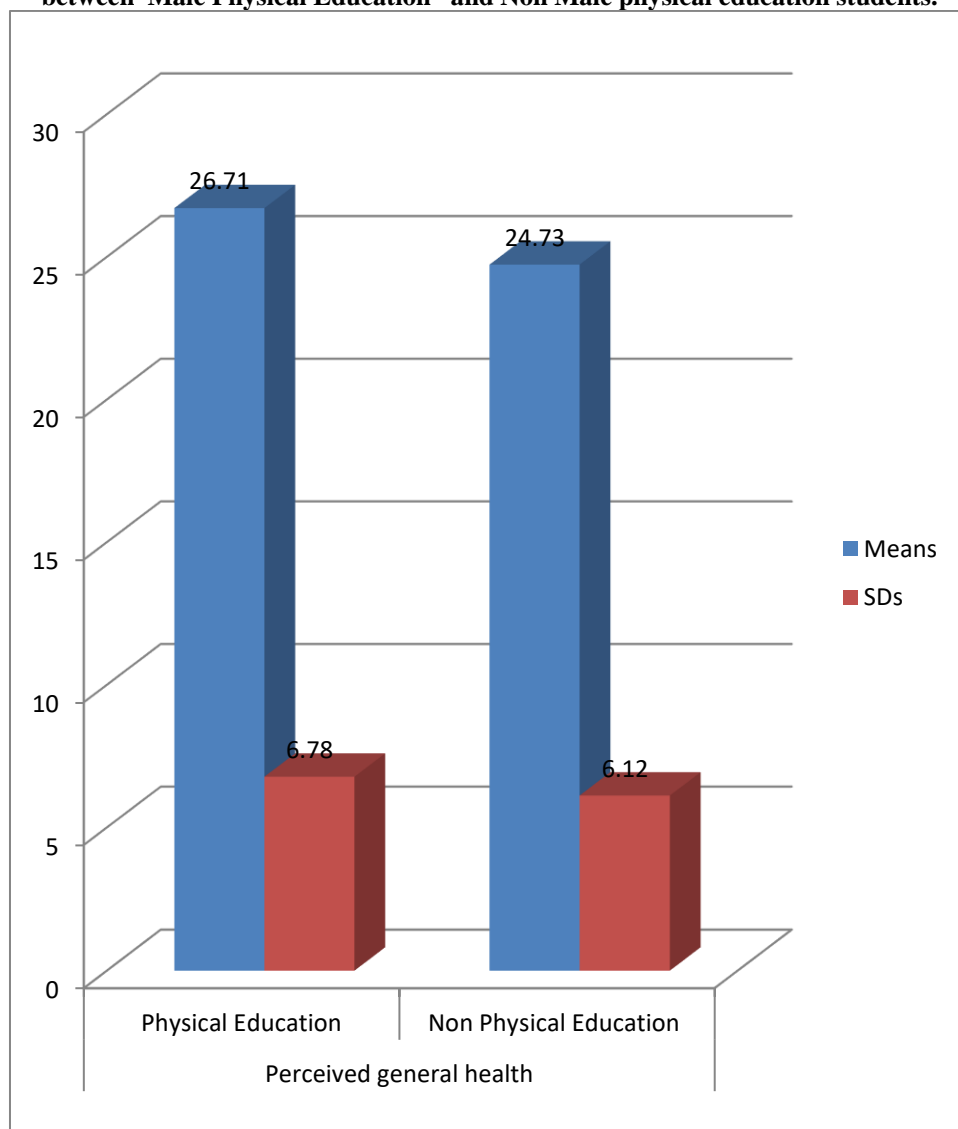




Table -2

Illustration of Statistical comparison of the mental health sub scale of Health Outcomes between Male Physical Education and Non Male physical education students

Sr. No.	Health outcomes	Students	No.	Means	SDs	T-ratio
1.	Mental health	Physical Education	196	6.12	1.15	1.65 NS
		Non-Physical Education (NPEdu)	165	5.78	1.05	

Table -2 depicted Mean scores, Standard deviation and t-ratio of Mental health sub scale of health outcomes between Male Physical Education and Non-Physical Education (NPEdu) Students .

Figure-2 The Mean scores and Standard deviation of Mental health sub scale of health outcomes between Male Physical Education and Male Non-Physical Education (NPEdu) Students

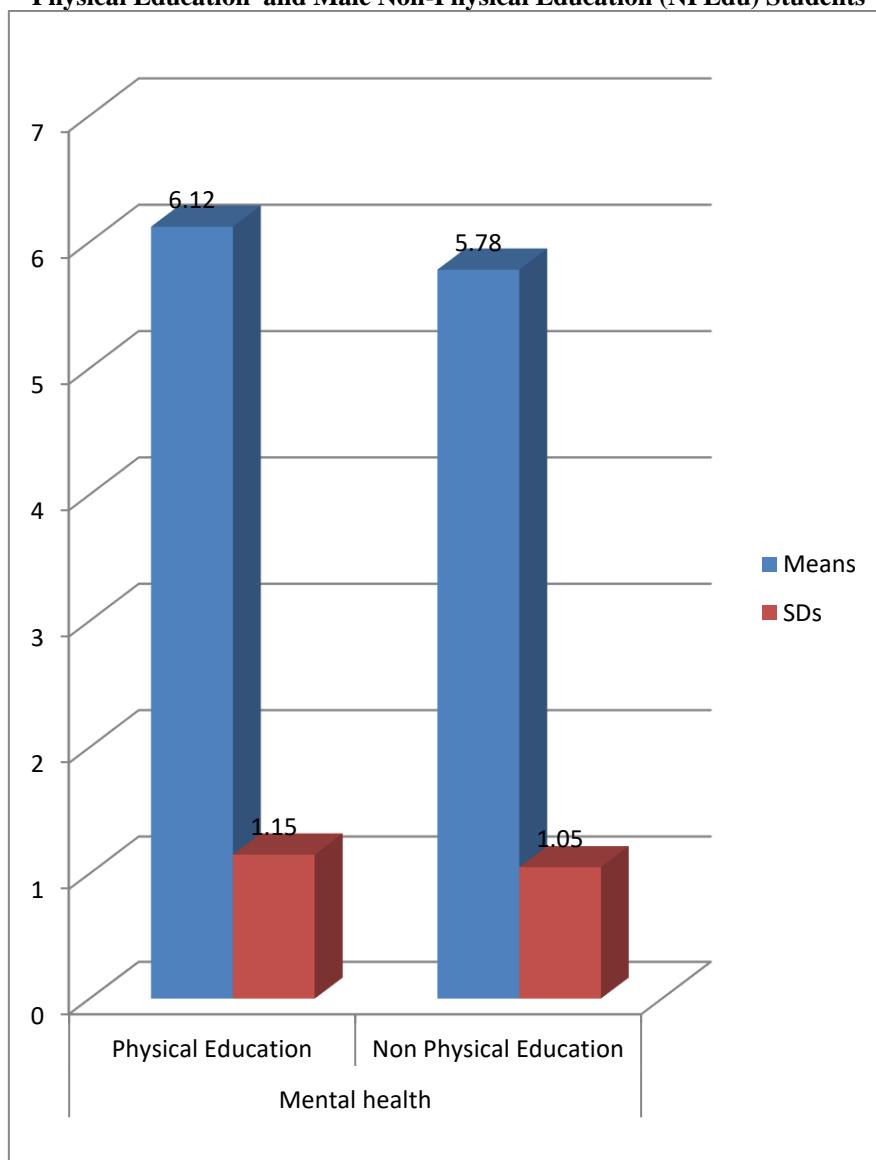




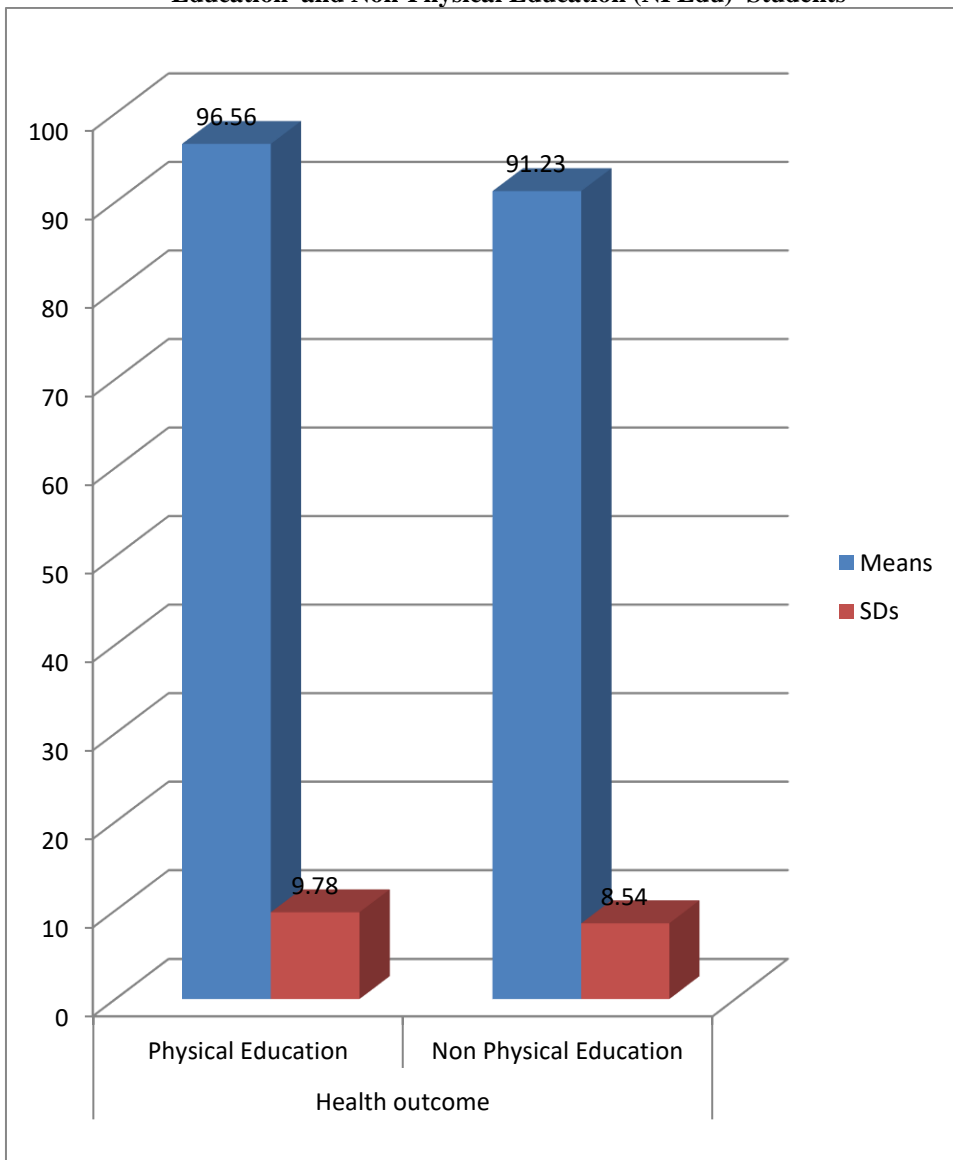
Table -3

Illustration of Statistical comparison of Health Outcomes between Male Physical education and Non-Physical Education (NPedu) Students

Sr. No.	Health outcomes Combine sample	Students	No.	Means	SDs	T-ratio
1.	Health outcome	Physical Education	196	96.56	9.78	6.22*
		Non-Physical Education (NPedu)	165	91.23	8.54	

Table -3 depicted Mean scores, Standard deviation and t-ratio of Health outcome (Combine sample) sub scale of health outcomes between Male Physical Education and Male Non-Physical Education (NPedu) Students .

Figure-3 The Mean scores and Standard deviation of Health outcome (Combine sample) between Male Physical Education and Non-Physical Education (NPedu) Students





DISCUSSION

The Male physical education students obtained 26.71 mean score of Perceived general health and Non Male physical education students were obtained 24.73 mean scores, whereas, the physical education students obtained 6.78 Standard Deviations of Perceived general health and Non Male physical education students were obtained 6.12 Standard Deviation. The Result of the study indicates that, there was significant difference of Perceived general health sub scale of health outcomes between Male Physical Education and Non Male physical education students. The findings of the study reveal that Physical Education Students was better Perceived general health as compared to Non Male physical education students. The physical education students obtained 6.12 mean score of mental health and Non Male physical education students were obtained 5.78 mean scores, Where as The Male physical education students obtained 1.15 Standard Deviation of Mental health and Non-Physical Education (NPedu) Students were obtained 1.05 Standard Deviation. The Result of the study indicates that, there was insignificant difference of mental health sub scale of health outcomes between Male Physical Education and Male Non-Physical Education (NPedu) Students. The Male physical education students obtained 93.67 mean score of Health outcome (Combine sample) and Non Male physical education students were obtained 87.90 mean scores, Where as The Male physical education students obtained 10.76 Standard Deviation of Health outcome (Combine sample) and Non-Physical Education (NPedu) Students were obtained 09.12 Standard Deviation. The Result of the study indicates that, there was significant difference of Health outcome (Combine sample) between Male Physical Education and Non-Physical Education (NPedu) Students. The findings of the study reveals that Male Physical Education Students was better Health outcome (Combine sample) as compared to Non-Physical Education (NPedu) Students.

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