INTRODUCTION

No matter that all living beings on the earth may have led their life in any manner but during the stages of development human being left behind every other animal on the earth. Today man understood a lot about universe, reached on moon and striving to make further progress. Human brain and his acquired knowledge, his efforts and courage have played a vital role in finding facts about every happening on the universe.

Knowledge in the universe is unlimited and complex in nature. To understand and interpret it in a perfect sense is not everybody’s cup of tea. Human being is a bio-psycho-socio animal. Whatever a human being does he does it through his skeletal, muscular, circular-respiratory and nervous system and all other body system.

Physical activity and participation in sports strengthens and make the muscle stronger, efficient and helps to get the work done with ease, less effort and less expenditure of energy and without undue fatigue, as per the Darwin’s principle of ‘use and disuse’.

Sports and physical fitness activities are not just meant for fun, weight reduction but are basic to all learning “intellectual” as well as “physical”. No learning is purely physical or intellectual. At one end of this may be classified that learning which is more physical than intellectual, although both may be involved to some degree. At the other end the reverse is true and although learning may be more mental than physical, the physical is ever present. The difference between mental learning than physical learning is one of a degree, rather than a kind. The spectrum of learning has many shades, but they are all related. Lawther stages that, hypothetically not part of the whole reaches zero activity when other parts are engaged in learning. The living, holistic mind-body system is an entity- an integrated entity- and can be fragmented only for convenience. Therefore, the discipline of physical education and sports, which studies the whole person in human movement, is by its very nature also an inseparable entity of reality.

In the process of evolution, as one stage or level followed another, in the beginning it was the muscular system that triggered the process in a chain reaction that spanned millions of years. Biologically speaking, the human organic system today is highly related to the muscular system
because the muscles came first in the order of thing and the other systems arose in response to the needs of the muscular system.

The biological basis of life is particularly evident in the nervous system. There is this inextricable relationship between the mind and muscles. Movement does not just occur in a vacuum but must be initiated by a stimulus of some sort or by the thought processes. Through action of the muscles, the nerve centers are developed and strengthened.

President Kennedy once said, “The relationship between the soundness of the body and the activities of the mind is subtle and complex. Much is not understood. Greeks knew that intelligence and skill can only function at peak of their capacity when the body is healthy and strong”.

Greeks has placed as much emphasis not only on intellect but also one physical perfection and achievement. Athenians believed in the development of the total individual and the interrelationship of all life’s aspects. They looked upon gymnastics as a means of educating the individual mentally, morally and socially as well as physically.

In learning there are vast individual differences found among members of any group normally distributed. Amongst then preset physical ability is one of them. It not only place limit on the present and ultimate level of performance for each individual, but also on the efficiency and effectiveness of learning.

A sound body is necessary for the school child to achieve full educational potential. Unless children have the capacity to develop their physique in strength and fitness within the limits set by heredity, few if any, of the objective of education or physical education and sports can be attained.

When one analyses the many aspects that comprises the holistic concept of the total person, physical and motor fitness becomes a limited phase of the totality. However, under any hypothesis, it becomes an important aspect, but from the standpoint of the physical educator, it not doubt assumes a dominant role. Physical and motor fitness is a means to an end and is not an end in itself. The end sought through physical and motor fitness is the good of the total individual.
A high level physical, motor and mental fitness is desirable for a full productive life. Sedentary living habit and poor physical and motor fitness have a negative impact on both health and daily living it affects mental health. It is self evident that the fit citizens are a nation's best assets and weak one its liabilities. It is the basic requirement for most of the tasks undertaken by individual in his daily life.

Physical, motor and mental fitness is important to human mind because every movement, everybody position and every tension in muscle tendon and joint helps to contribute to formation of concepts and ideas. Physical and motor fitness contributes to the efficient working of muscles and enables the mind to make quick and correct decisions while maintaining control over the emotions. It improves and promotes the efficiency of the organism and is essential to the proper functioning and maintenance of all systems of the body.

After attaining independence, the government of India did feel the need for introducing a scheme of physical fitness, which was launched in the year 1959 in order to raise the physical fitness status of Indian youth and make them fitness conscious. National physical fitness program became popular throughout the country over the years and it involved 25 lack youth in the program of building and evaluating physical fitness.

Physical and motor fitness along with mental health are abilities to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to engage in leisure pursuits and to meet emergency situation.

The first fitness study in America which conducted in the year 1950 revealed a marked inferiority of American children when compared with their European counterparts. The AAHPER fitness test completed in 1958 was administered to wide sampling of elementary and a High school youngster revealed a rather low level of attainment in fitness and was interpreted to reflect the way of life of American. Follow up study was conducted in 1965, which revealed significant gains in almost all cases.

The AAHPER test was revised again in 1976 and following items were included in the test:

1. Pull-ups (boys) or Flexed Arm Hand (girls)
2. Bent Knee Sit-ups
3. Shuttle Run (10 X 4 yards),
4. Standing Broad Jump,
5. 50 Yards Dash
6. 600 Yard run-walk (10-12 years) 9 minute run wall or 1 mile or 12 minute run-walk or 1.5 mile run-walk (age 13 and above).

Various researchers have carried out study on relation of physical and motor fitness to academic achievements, mental health and academic achievements and other aspects of personality also.

Literature reveals that lot of works has been done on different dimensions of mental health, however, very less reports, regarding the associations of health related physical fitness and mental health is available so far. Moreover, very less attempt has been made to know differences on relationship of Mental Health and Physical Fitness in different context and population. As the researcher has graduated and post-graduated from Dr. Babasaheb Ambedkar Marathwada University, Aurangabad in the area of Physical Education. Investigator in his mind had a curiosity to know is that there is any relationship of Physical Fitness factor, Mental Health and Academic Achievements. To address this curiosity Investigator had taken this piece of Research in his hand. The topic undertaken for investigation in this piece of research, therefore, seems to be justified.

**EMERGENCE OF THE PROBLEM**

Sound mind in sound body is very popular slogans, which reflect body-mind relationship. Sound mind means psychologically well and mentally healthy, whereas sound body means organically efficient and physically fit.

Many studies have revealed that there is positive correlation between physical fitness and personality factor (Bera, 1993; Dishman, 1987; Govind, 2002)\(^{30,31,32}\). However, direct study on the relationship between physical fitness and mental health is meager. History of mankind witnessed the supremacy of mind over the physical body, and since time immoral mental health has been accepted as an independent ingredient in Indian psychology. Although western
psychology does not consider place of mind in psychology, however, Indian psychology recognizes positive as well as negative ‘mental health’ and relates negative mental health with anxiety, neuroticism, stress, frustration and some of the psychiatric tendencies.

Indian philosophers have given more stress on ones positive mental health that deals with self-acceptance, ego strength and philosophy of life. These three dimensions have real contribution to our society for peaceful and healthy living. Equilibrium of these dimensions is the real representative of a state of “good mental health”. Literature indicates that no health is possible without balancing all our psychosocial factors and physical fitness attributes (Fodor ad Pali, 1993; Kavitha, 1993; Kapur, 1999; Martinsen and Morgen, 1997).

This, in fact, leads us to rethink “can psychosocial and physical fitness factors contribute to improve one’s mental health?” No such information, till date, is available with us. The present study, therefore, seems to be significant to search the real factors so that one can achieve a good level of mental health that can contribute peaceful living in the society. Also this thinking Investigator wants to verify in Dr. B. A. M. University context.

**STATEMENT OF THE PROBLEM**

Statement of problem is stated as “An Analytical Study of Academic Achievement Mental Health, Socioeconomic Status and Its Relation to Physical & Motor Fitness Components of Dr. B. A. M. University Players”.

**DELIMITATIONS**

As the researcher has to complete this investigation in single handedly within the utilization of limited resource and time this study has been delimited as follows:

This study is delimited to Dr. B. A. M. University players.

1. This study is mainly relational study between the variable.
2. Age for this study is delimited to (16-25) years.
3. The geographical area of the study is to be confined within Dr. B. A. M. University, Maharashtra in India.
4. This study is delimited to following physical fitness components tested in:
a. Muscular strength  
b. Muscular endurance  
c. Flexibility  
d. Cardiovascular endurance  
e. Fat %

5. This study is delimited to following motor fitness components tested in:
   a. Speed  
   b. Reaction time  
   c. Agility  
   d. Neuro-muscular coordination

6. This study is delimited for Academic achievement, socioeconomic status and positive mental health.

**LIMITATIONS**

Since this is a descriptive research, in general, and correlation study in particular, and as it dealt with psycho-physical and social dimensions of typical human being, the evidence of some lacunae cannot be overlooked. While conducting this study, the investigator could note down some drawback, which could not be controlled in due course as follow:

1. Use of the norms of ‘Health Related Physical Fitness Test’ seems to be inappropriate for Indian population, since this test is meant for Americans. However, this study did not depend up on those norms, but the raw scores of each event were directly converted the standard score for correlation and regression.

2. The size of the sample would have been increased further, but due to paucity of time and lack of resource the investigator could not.

3. Since the sample students participated in this study as per the direction of the head of the concerned schools/ colleges, psychologically some students might not be interested for participation. The researches could to control it some deviation occurs in such data.
OBJECTIVES OF THE STUDY

The investigator has conducted this study with the following objectives:

1. To measure physical and motor fitness components, socioeconomic status, mental health and academic achievement of Dr. Babasaheb Ambedkar Marathawada University, Aurangabad players.
2. To compare the degree of relationship of physical and motor fitness components with academic achievement.
3. To compare the degree of relationship of physical and motor fitness components with socioeconomic status.

To compare the degree of relationship of physical and motor fitness components with mental health

HYPOTHESIS

H₁: There would be significantly positive correlation between Physical fitness components and academic achievement of Dr. Babasaheb Ambedkar Marathawada University players.

H₂: There would be significantly positive correlation between Motor fitness component and academic achievement of Dr. Babasaheb Ambedkar Marathawada University players.

H₃: There would be significantly positive correlation between Physical fitness components and mental health of Dr. Babasaheb Ambedkar Marathawada University players.

H₄: There would be significantly positive correlation between Motor fitness component and mental health of Dr. Babasaheb Ambedkar Marathawada University players.

H₅: There would be significantly positive correlation between different levels of socioeconomic status and physical fitness of Dr. Babasaheb Ambedkar Marathawada University players.

H₆: There would be significantly positive correlation between different levels of socioeconomic status and motor fitness of Dr. Babasaheb Ambedkar Marathawada University players.