



A STUDY OF NON VERBAL CREATIVITY AND TEACHER EFFECTIVENESS OF TEACHER TRAINER



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ABSTRACT

The purpose of this study was to study Physical Fitness and Teacher Effectiveness of Teacher Trainer. The subjects ($n = 426$) selected were from two B.Ed. colleges from University of Pune. The subjects were selected on the basis of stratified random sampling technique.

Statistical Tools

(Mean), (Standard Deviation) (Two tailed test) and (ANOVA)

Conclusion

Health related Physical Fitness is significantly associated with one's Teacher Effectiveness. There exists a positive relationship between Physical Fitness and Teacher Effectiveness. Health Related Physical Fitness has significant relationship with Teacher Effectiveness.

KEY WORDS – Physical fitness, and Teacher Effectiveness, Teacher Trainer.

INTRODUCTION

As the **physical fitness** is positively associated with one's **mental health** and **well being** (Morgan & Goldstone, 1987), recent trend of extremely comfortable as well as sedentary lifestyle is bound to affect the coordinated functioning of body and mind. As a result a person loses his psycho-physical homeostasis and persistent state of such an imbalance resulting to decline one's physical and mental health.

Many investigators (Stephens *et al.*, 1985; Stephens & Craig, 1990) support that level of leisure physical activity is positively associated with general well-being and mood and negatively associated with depression and anxiety. Such result in turn reveals the existence of positive relationship between exercise and mental health.

United States of America, therefore, chalked out a programme of "National Health Awareness 2000" and recommended the **profession of physical education** to take over the challenge. Various investigators (American College of Sports Medicine, 1988; Malina, 1987; Sallis & McKenzie, 1991) also suggest improving the health and fitness of the low-fit individuals in our society so as to facilitate one's level of mental health.

However, considering the complex and complicated nature of Indian socio-cultural setting and as the lifestyle of various socio-culture groups of Indian society is different, the level of '*socio-economic and psychosocial factors*' in relation to Physical Fitness and Mental Health has become an interesting area of research.

Literature reveals that lot of works has been done on different dimensions of mental health, however, no report regarding the association of '**health related physical fitness and mental health**' is available so far. Moreover, no attempt has been made to predict one's level of mental health based on the performance on physical fitness. The topic undertaken for investigation in this piece of research, therefore, seems to be justified.

RESEARCH METHODOLOGY

Three hundred (n=426) B.Ed.college, age ranged from 22 to 35 years, were the subjects of this study. The subjects were selected on the basis of *stratified random sampling* technique. The names of all the B.Ed. Colleges in Pune city were listed region-wise as strata and then 20 Colleges were selected randomly.College by applying Fisher's Random Sampling technique without considering caste, creed and color.

Table No. 1
Co-relation of Non Variable Creativity Teaching Effectiveness of Teacher Trainer

Variable	NVCRE*	TE**
NVCRE*		.148(***)

* Non Verbal Creativity ** Teaching Effectiveness

* Correlation is significant at the 0.05 level (2-tailed)** Correlation is significant at the 0.01 level (2-tailed)

Results on Relationship between Variables

1. There exists a significant and positive correlation between Non Verbal Creativity and Teaching Effectiveness Coefficient ($r=.148$) ($p=.002$) ($p>.0.01$)

CONCLUSION

Non Variable Creativity is significantly associated with one's Teaching Effectiveness. There exists a positive relationship between Non Variable Creativity and Teaching Effectiveness.

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