

**COMPARISON OF HEALTH AND WELLNESS STATUS
BETWEEN PHYSICAL EDUCATION AND OTHER SUBJECT
SCHOOL TEACHERS**



**A THESIS
SUBMITTED TO THE VIDYASAGAR UNIVERSITY
A THEORY PAPER
FOR THE DEGREE OF
MASTER OF PHYSICAL EDUCATION**

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August, 2023

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I certify the entire work incorporated in this has been carried out by **Mr. Subha Mani**, a student of M.P.Ed semester IV, Session 2021-2023, Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur, and W.B under my guidance. He completed this research work for the degree of Master of Physical Education under Vidyasagar University. I am forwarding his thesis entitled “**COMPARISON OF HEALTH AND WELLNESS STATUS BETWEEN PHYSICAL EDUCATION AND OTHERS SUBJECT SCHOOL TEACHERS**” been submitted for the examination of M.P.Ed degree of Vidyasagar University. Since Mr. Mani has fulfilled all the requirements according to the rules of this University regarding the works embodied in his thesis, I, therefore, recommended that the same may please be accepted for the examination of M.P.Ed degree.

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DECLARATION

I do hereby declare that the research work entitled “**COMPARISON OF HEALTH AND WELLNESS STATUS BETWEEN PHYSICAL EDUCATION AND OTHERS SUBJECT SCHOOL TEACHERS**” on is original piece of work done by me under the guidance and supervision of Mrs Sudipta Das, assistant professor, Department of Physical Education of Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur that was approved by the research committee. I have specified, by means of reference, the information from where the work taken. To the best of my knowledge, this dissertation is not substantially the same as those, which have already have been submitted for a degree or other academic qualification at any other university.

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ACKNOWLEDGEMENT

It is my great pleasure, though with a sense of inadequacy, that I acknowledge my gratitude to the Almighty, my revered teachers, beloved family members and supportive friends for their unending support and valuable suggestions.

I am thankful to my supervisor, **Mrs. Sudipta Das**, Assistant professor, Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur for the valuable insights and lively discussions during the different stages of writing this research. Without his insights the thesis would have remained a set of jumbled ideas. His deep knowledge about the subject helped me giving a direction to my work.

I take this opportunity to thank **Dr. S. K. Mishra**, Principal, Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur, and West Bengal for extending help. and providing opportunity towards completion of my study.

I would also like to thank all the revered teachers of the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya who help me in my intellectual development: Head of the Department **Dr. Debasish Roy**, Associate Professor, and all the teaching and non-teaching staffs for providing the stimulating environment in the department.

I am also thankful to my father, Mother for her support for providing me time and encourage me to complete this task. The time I devoted to the thesis actually belonged to them. I also acknowledge the support of my family in this research.

Finally, the investigator inscribes his thanks to all those who directly and indirectly connected with this thesis.

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CHAPTER-V

SUMMARY, CONCLUSION AND RECOMMENDATION

In this chapter the summary of all previous chapters has been decrypted, conclusion draw on the basis of results often had been put up in this chapter. Recommendations for future investigations and for health and wellness status of physical education teachers had also been included.

5.1 SUMMARY

The summary of the present study was to find out the health and wellness status of physical education teachers and other subject teachers. For this study researcher purposively selected 20 physical education teachers and 20 other subject teachers from two subdivision of purba medinipur district. The age ranged between 30 to 50 years. All the subjects belong to different socio-cultural status, their food habits are different, and their life style patterns are different. After the selection of the subjects from the different schools the researcher administrated the test to measure the selected variables. The variables are tested and measured to standard procedure with the help of expert.

5.2 CONCLUSION

The finding of the health and wellness status of physical education teachers and other subject teachers selected variables discussed in the chapter-IV of the present study. However, considering the limitation of present study on the basis of finding specific conclusion may be drawn.

1. There is positive health and wellness status found in the physical education teachers in government aided schools in respect of the questionnaire.
2. The subject's personality score is positive.
3. The subject's attitude on the development of ageing is graceful.
4. The subject's accept the death and the situation of dying graceful.
5. The subject's response positively towards the emotional health.
6. The subject's self-images reflect a positive self-image.

5.3 RECOMMENDATIONS

This study proved that the health and wellness status of physical education teachers and other subject teachers are positively.

5.4 SUGGESTIONS FOR FURTHER RESEARCH

Based on the experience gathered through this study the researcher makes the following suggestions:

1. A similar study may be conducted on the physical education college teachers.
2. Similar study may be conducted on others subjects teachers in different schools.
3. This type of study may be conducted on large population for the other districts to make the study more authentic and valid.
4. On the basis of statistical evaluation this type of study may be conducted on different variables.
5. This type of study may be conducted on rural and urban people school teachers.
6. It is recommended that the size of the sample may increase for the validity and reliability of the result.
7. From the finding of the study, it is recommended that a study may be carried out with some physiological variables.

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