

## **A Comparative Analysis of Stress Control and Intellectual wellness Assessment of Active and Inactive Boys**

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### **Abstract**

The purpose of the study was to compare the Stress control and Intellectual wellness Assessment of Active and Inactive boys (age 16-18 years). Fifty (50) Active and fifty (50) Inactive boys were randomly selected for the study. To measure Stress control and Intellectual wellness Assessment of Active and Inactive boys Life-style assessment Inventory adopted by Anspangh Davids, Michael, H. Hamrich and Frank D. Rosato was used. For statistical analysis and Interpretation of data 't' test was conducted. It was observed that there was significant difference in Stress control and Intellectual wellness Assessment of Active and Inactive boys. Active boys were better in case of Stress control and Intellectual wellness Assessment as compare to Inactive boys.

### **INTRODUCTION**

Stress control and Intellectual wellness Assessment are the important dimensions of Life-style Assessment. In reality, man has explored the outer space but he has not dived sufficiently into the spaces within. Application of science and technology has resulted in cognitive development. Our knowledge and understanding of objects and the world have increased tremendously. In the process, however, man ignored his emotional patterning in life. As a result, in spite of plenty of wealth, physical comfort, and knowledge of sources of energy, space and communication skills, man is dissatisfied, disturbed and unhappy. Selfishness, greed, wrath and lust are playing havoc. They have given rise to distrust, insecurity, anxiety, stress and conflict, and have made individuals and society restless and emotionally and socially weaker. Coleman (1970) rightly remarked, "The seventeenth century has been called the Age of Enlightenment; the eighteenth, the Age of Reason; the nineteenth, the Age of Progress; and the twentieth, the Age of Anxiety" Development of science and technology discouraging the human beings from doing vigorous activities as a result of which various physical and mental diseases are flourishing at a great speed throughout the world. Hence, in twenty-first century health and wellbeing should be our prime concern. 'Healthy' living is now a very popular term in the world.

But it is not so easy to be a healthy person. It is shame that some people are trying to purchase health by their dollars. But health cannot be purchased; it can only be acquired through changing lifestyle.

In today's hectic world, most of us are spending more time at work, and have increasingly less time to look after our health. The most serious health risks are behaviors that relate to lack of exercise, poor diet, and substance abuse including alcohol and tobacco. The findings of the present study will give information regarding Stress control and Intellectual wellness Assessment of Active and Inactive boys.

### **Methodology**

Fifty (50) Active and fifty (50) Inactive boys (age 16-18 years) were randomly selected from Jawahar Navodaya Vidyalaya Bhopal, Active boys (age 16-18 years) were those boys who

regularly used to go for physical activities willingly and participated in matches and tournaments. On the Other hand inactive Boys were those boys who never used to take part in physical activities willingly and participate in matches and tournaments. The subjects were free of smoking, alcohol and caffeine consumption, antioxidant supplementation and drugs during test. To measure Stress control and Intellectual wellness Assessment of Active and Inactive boys Life-style assessment Inventory adopted by Anspangh Davids, Michael, H. Hamrich and Frank D. Rosato was used. For statistical analysis and Interpretation of data 't' test was conducted.

### Results and Discussion

For statistical analysis and Interpretation of data 't' test was conducted. The results are presented in tabular form as given here under.

**Table – 1: Mean SD of Stress Control Assessment and Comparison of t-test between Means of Active and Inactive Boys.**

Group	Inactive Boys	MD	t-value
Active Boys	92.46	24.40	65.80*
Inactive Boys	68.06		

\*Significant at 0.05 level

Table -1 show that there were significant differences in Stress control Assessment of Active and Inactive boys. The Mean of Stress control Assessment of Active and Inactive boys were 92.46 and 68.46 respectively. 't' test was applied and t-value (65.80) appeared significant at 0.05 level of confidence.

**Table – 2: Mean SD of Intellectual Wellness Assessment and Comparison of t-test between Means of Active and Inactive Boys.**

Group	Inactive Boys	MD	t-value
Active Boys	70.20	16.44	48.38*
Inactive Boys	53.76		

Table-2 gives information regarding Intellectual wellness Assessment of Active and Inactive boys. Table shows that there were significant differences in Intellectual wellness Assessment of Active and Inactive boys. The Mean of Intellectual wellness Assessment of Active and Inactive boys were 70.20 and 53.76 respectively. 't' test was applied and t-value (48.38) appeared significant at 0.05 level of confidence.

### Conclusion:

Based on the result of the present study and within the limitation, the following conclusions may be drawn.

- \_ Active boys were better in case of Stress control Assessment as compare to Inactive boys.
- \_ Active boys were better in case of Intellectual wellness Assessment as compare to Inactive boys.

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