



A Study of increase in Physical ability and self confidence through self defence programme for adolescent girls students in high schools of rural areas in West Bengal

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Abstract: In ancient India the place of the women were in the top of the society .There was not even any gender discrimination .They were considered to be equal in any aspect .Even they were known to take an active role in wars .In Patanjali's Mahabhasya, there was a description that women were taking active part in wars .They also came forward to help the injured person. But due to various reasons the position of the women gradually decreased in the society. Negative parental attitudes and a general thinking that the women are weaker than the male is the reason behind the moral weakening of the women. "Save the girl child"-the slogan is almost getting a National importance to every government. The issue is not to be limited to ensure the birth of a girl child only .It is most important to save and protect them from everyday physical and mental harassment .The current study is an attempt to realize the development in the physical and confidence power of the girl student of rural areas after going through an extensive self defense training program in high schools.

Key words : issue, harassment, self defence, confidence

Introduction: Education does not mean the bookish knowledge only.In holistic approach to education ,it consists of overall development of physical and mental strength. In the changing society the girls are facing a lot of problems both physically and psychologically in their daily life .Now the safety measure of the girl child are becoming the major concern the parents as well as to the school authorities and government. Now keeping in mind the proneness of women /girls harassment in the society RMSA has tried to arrange a short time training in self defense to the school going adolescent girls. Girls are traditionally accepted as physically and mentally weaker than the boys which make their confidence lower and they usually do not believe that they actually can protest against any misbehavior with them .This is actually more prominent picture in rural areas .So the motto of the study is to find out whether self defense program is useful in developing the belief that they can protest at adverse circumstances specially when they are alone or not.

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Objectives: 1. The objective of the present study aims at exploring if there is any relationship between self defense program and physical empowerment of the school going adolescent girls.

2. To find out the relationship exists between self defense program and psychological boosting of girls students in rural areas.

Research Approach: 1. To find out the relationship between self defence program and increase in physical ability of the girls students in rural areas the test result of physical education before and after the self defense training is taken into consideration.

2. To make an assumption about the relationship of self defence training program and psychological boosting a descriptive approach is administered over fifty randomly chosen girls students of class nine.

Tools Used: 1. One tailed test to find out the significance of differences between the mean of the two marks i.e. final and initial test is administered.

2. To find out the relationship between the self defense program and psychological empowerment and increase in self confidence a survey was done and for that a set of questionnaires are used.

Population and sample: 1. 24 (twenty four) students of class eight of secondary schools from rural area of Hooghly district in W.B.. was selected randomly for the first stage of the study.

2. For the second part of the study i.e. to find out the relationship between self defence training and confidence building a set of randomly selected fifty girls was drawn.

Hypothesis: 1. There is no significant effect of the self defence training program in secondary schools and increase of physical ability of adolescent girls students.

2. There is no significant relationship between self defence program and increase in mental strength of the girls student in secondary schools .

Analysis and Discussions : After the administration of the above mentioned test scoring was done and results were interpreted students was drawn.

1. The Z value calculated is 2.98 .As for one tailed test critical value at 0.05 and 0.01 confidence level are 1.65 and 2.33 respectively and the critical value in the study



obtained as 2.98. So the null hypothesis i.e. there is no significant relationship between self defence training in rural secondary school girls and increase in physical ability is rejected. That means there is a significant relationship between self defence training and increase in the physical ability of the girl students.

2. After the result of the test being interpreted to find the relationship between self defence training and boosting in self confidence for school going girls students of class nine a survey was used. A set of questionnaires are given to them to answer in three alternatives namely a. disagree, b. agree and c. strongly agree. From the data it is very prominent that major portion of the students feel safer and confident after going through the self defence training program in high schools. The statements which were presented to the students with three alternatives stated above are as follows
 1. I am more confident in my ability than before.
 2. I feel that my safety is more important now than I believe before training.
 3. I can use my voice when I feel uncomfortable.
 4. I can defend myself against any harassment.

Tables and figures

The result of test of physical activity before and after the extensive self defence training program

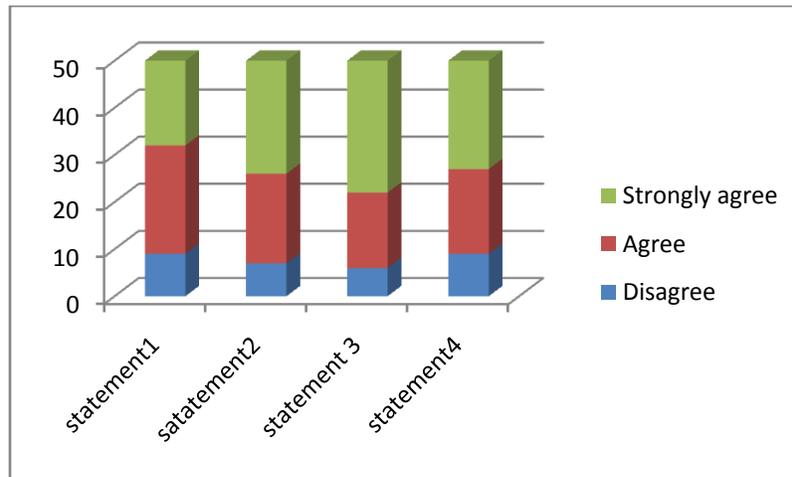
Statistics	Result before the self defence program	Results after the self defence program
N	24	24
Mean	22	28
S.D.	5	6
Standard error of differences between means	2.01	
Z	2.98	

Statements	Disagree	Agree	Strongly Agree
I am more confident in my ability than before	09	23	18
I feel that my safety is more	07	19	24



important now than I believe before training			
I can use my voice when I feel uncomfortable	06	16	28
I can defend myself against any harrasment	09	18	23

The result obtained in a survey of 50 girl's student of class nine



Graphical representation of the data obtained from the survey

Results

1.The 'Z' value obtained from the test is 2.98 and the critical value at 0.01 and 0.05 confidence levels are 2.33 and 1.65 respectively. So the null hypotheses must be rejected and it is evident that the self defence program is effective in increase in physical ability of the girls students .

2.From the survey which was conducted on the students of class nine for assessment of increase in self confidence is clearly showing that most of the students replied and choose two alternatives i.e.



agree or strongly agree which implies that they are feeling more confident than before. So the self defence training program has clearly some effect in the increase in self confidence of the adolescent girls.

Conclusion: From the above study it can be strongly concluded that though there was no differences between the men and women in the society in ancient period even in some aspect the position of the women are somewhat higher than the men. But with the advancement of the time the position of the women in the society gradually decreases which leads to the decrease in the self confidence of the women. This lack of confidence of the women also made the situation miserable to them. Now the Government as well as the schools are also trying to make the girls more powerful both physically and mentally. The recent study is clearly showing that the extensive training program of self defence has made the young adolescent girls of rural areas mentally and physically more strong that they probably got the confidence to protest against any unpleasant situation.

Website visited:

1. wbexpress.com
2. schooleducation.tripura.gov.in
3. www.thehindu.com
4. www.womensweb.in