

ROLE OF POSITIVE THOUGHTS, DIET, AND EXERCISE IN DEVELOPING PERSONAL RESILIENCE

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Abstract

The present study focus on the role of positive thought process, diet and exercise in developing personal resilience among the B.Ed. students. B.Ed. students are future teachers of the country. They shoulder a huge responsibility in development of the nation. To make them mentally strong resilience plays an important role. So researchers have focused on positive thought process, diet and exercise for being emotionally and physical strong. Today's work conditions in schools vary a lot and in present situation stress plays a vital role in creating negative thought process. To overcome negative thoughts and remain focus on the pre-decided is challenging situation. Researcher has employed survey method to find out the role of positive thought process, diet and exercise in developing personal resilience among the B.Ed. students.

Key words: *positive thought process, diet exercise, personal resilience, and B.Ed. students*



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INTRODUCTION:

“SURVIVAL OF FITTEST” by the Charles Darwin’s Theory of Evolution suites the present situation of teaching learning. As a school teacher, a person should possess good communication skills, mastery over subject, knowledge of latest updates in the field of education, psychology of students’ behavior, and most important is work pressure. Work pressure is the main cause of stress, burnout, and attrition to the teacher profession. It becomes a difficult situation for the newly appointed teacher to handle teaching learning process, class management, time management, peer pressure and work pressure along with managing home in the todays’ world of competition. Here the need is to improve the resilience to sustain in any field. Todays’ stressful lifestyle has made it very imperative to develop personal resilience.

Qualities of a good teacher are: deep content knowledge, cooperative, good listener, humane, problem solver, and decision maker to name the few. These qualities do remain with the teacher forever, but the intensity to work with these qualities decreases as there is increase in stress, attrition and burnouts, which would result in feeling of being at the brink of crisis. So
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to face the challenge in teaching learning process, resilience of the teachers needs to be developed.

In the research by Mehmet Kumartaşli (2014) describes resilience as one of the important personality traits to maintain a healthy emotional state in the face of stressful life events of individual.

According to Arden E. Sotomayor (2012), it is important to train an individual to be a qualified teacher as well as to retain them in the same institute for longer time. There processes can be individual coping strategies, or may be helped along by good families, schools, communities, and social policies that make resilience more likely to occur (Martin Seligman, Christopher Peterson, and Steven F, Maier, 1993)

NEED AND IMPORTANCE

The teacher training colleges are producing teachers who are equipped with the tools and technique to teach the students. Today's education is more of child centered rather than teacher centered. In a standard situation, the teachers are just the facilitator of information and guide for the students in a classroom of 30-35 students. Education commission (1964-66) observed, "The destiny of India is being shaped in her classrooms." It is difficult task for the teacher shape the destiny of our country with strength of 60-80 students in a class. To handle the classroom with 60 students is quite difficult task for teachers. Then to teach them with child-centered approach is again a difficult task for the teacher. In such situation, to maintain the positive thought process is difficult. The focus on the job may get disturbed if the positive thinking is replaced by negative thought process. Once the imbalance sets in the brain, the effect is seen on the health of the teachers' i.e. hormonal changes (hunger hormone-ghrelin which increase appetite). This may exaggerate the situation if teachers neglect exercise. This may lead to depressing effect on the teachers' mind. The whole situation can take serious note if action is not taken in time. For avoiding such situations, resilience play an important role.

The present study will focus on the developing resilience of the B.Ed. student considering their positive thought process, diet and exercise so that they will be equipped to face the challenges in the school environment and improvise their career durability. The study will focus on the understanding their thought process during the stress out situation.

REVIEW OF RELATED LITERATURE

Researcher has reviewed following review of related literature

Sr. no.	Author Name	Research Title (year)	Finding	Similarities
1	Dr. Mehmet Kumartaşlı	The Determination Of Resilience Scales' Scores Of Teachers In The Sample Of Isparta (2014)	Resilience as one of the important personality traits to maintain a healthy emotional state in the face of stressful life events of individual private education teachers and physical education teachers working in Isparta (2014)	To improve the resilience of the teachers.
2	Nikam, Vibhawari B., & Uplane Megha M.	Construction and standardization of cope-up (resilience) scale for secondary school students, (2013).	The author has constructed the scale to measure resilience of secondary school student.	The resilience scale used for teachers' resiliency to sustain in the teaching field.

STATEMENT OF THE PROBLEM:

To find the role of positive thoughts, diet, and exercise in developing personal resilience among B.Ed. students.

OBJECTIVES OF THE STUDY:

For the present study of developing resilience among the B.Ed. student, following are the objectives:

1. To find out the role of positive thought process for developing resilience in B.Ed. students.
2. To find out the role of diet exercise for developing resilience in B.Ed. students.
3. To find out the role of exercise for developing resilience in B.Ed. students.

ASSUMPTION:

1. Positive thoughts and healthy eating habits are interlinked. (Health Medical Pharma 2019)
2. Resilience is important personality trait. Dr. Mehmet K (2014)

VARIABLES:

Independent Variable – Personal resilience

Dependent variable – Positive Thoughts, Diet, and Exercise

SCOPE:

1. This study will be applicable to all the B.Ed. students.
2. This study will be applicable to all the B.Ed. teacher educators.

DELIMITATIONS:

1. This study will be limited to English medium B.Ed. students only.
2. This study will be limited to the B.Ed. colleges affiliated to Savitribai Phule Pune University only.
3. The responses collected for the present study will be through online mode.

LIMITATION: The researcher will not have control over interest of B.Ed. student to participate in the study, fatigue, level of concentration, social background of the B.Ed. students, willingness to accept new concepts, disturbance from surrounding, etc.

RESEARCH METHODOLOGY:

RESEARCH DESIGN: For the present study, survey method is used.

POPULATION: All the B.Ed. students of the B.Ed. colleges affiliated to Savitribai Phule Pune University.

SAMPLE: Focus groups of 100 B.Ed. Students are selected for the present study from the college of education affiliated to SPPU.

DATA COLLECTION TOOLS:

Researcher made questionnaire with open ended questions which is send to the focus group. Researcher collected data through the questionnaire.

DATA COLLECTION AND ANALYSIS: For the purpose of analysis of questionnaire with open ended question, coding is used.

Objective 1: To find out the role of positive thought process for developing resilience in B.Ed. students. Q. No. 1, 2, 3, 4, 10 are coded for positive thought.

Objective 2: To find out the role of diet for developing resilience in B.Ed. students. Q. No. 5, 9 are coded for Diet

Objective 2: To find out the role of exercise for developing resilience in B.Ed. students. Q. No. 6, 7, 8 are coded for Exercise.

FINDING:

According to objective 1: with reference to the Q. No. 1, 2, 3, 4, & 10, B.Ed. students understand the meaning of positive thoughts, its importance in adverse/stress out working conditions, becoming emotionally strong, being practical, and to transform energy into reality for overall wellbeing (physical & mental) of an individual. Self talks, focus on goals, mediation, prayers, healthy lifestyle, surround yourself with positive thinking people, identify areas to change.

According to objective 2: With reference to the Q. No. 5 & 9, B.Ed. students understand the meaning of eating healthy during negative conditions/stress situation, with more focus on fruits, vegetables, dryfruits and protein rich foods. But it also showed that few of them are not able to control their eating habits during such conditions and start eating more carbohydrates, sugary food, tea, coffee, sweet or chocolates. They also think of comfort/junk foods like lasagna or fresh baked cookie, ice-creams etc. also few of them just move away from food and start losing weight.

According to objective 2: With reference to the Q. No. 6, 7, 8, B.Ed. students can understand the importance of exercise to calm down and to remove negative thoughts and are practicing various types of exercises i.e. yoga- suryanamaskar, workout in gymnasium, walking, jogging, planks, squats etc. music also preferred to enhance the mood.

CONCLUSION:

From the above findings, it is evident that role of positive thought process, diet and exercise in developing personal resilience of B.Ed. student is vital. All the three variables positive thought process, diet and exercise play an important role in developing personal resilience of B.Ed. students.

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