



Effects of Recreational Games on Self Confidence and Job Involvement among Labours of Firework Factories in Sivakasi

Dr.S.Thirumalaikumar¹ & P.Muthukumar²

¹Professor and Head, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu, India.

²Ph.D Scholar, Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu, India.

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Abstract

The purpose of the present study was find out the effects of recreational games on self confidence and job involvement variables among labours of firework factories in Sivakasi. To achieve the purpose of the study, the investigator selected forty male subjects who were working in the firework factories in Sivakasi. Their age ranged between 21 to 35 years. The selected subjects were assigned in to two equal groups. Each group consists of twenty (20) subjects. Experimental Group was exposed to (Recreational Games and no experimental training were given to Control Group. The following variables on namely Self Confidence and Job Involvement were selected for the study. They were tested with Standardises Questionnaires namely Hardy & Nelson (1992) and Ashok Pratap Singh (1989). The training period was six weeks. The dependent "t" ratio was used to assess the collected data. From the analysis of data it was proved that there was significant improvement in self confidence and job involvement due to the participation recreational games among the labours of fireworks factories in Sivikasi.

Keywords: Self Confidence, Job Involvement, Labours, Fireworks Companies.

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Introduction

Sivakasi is known throughout the world for fireworks production. Low rain fall and a dry climate prevailing in this area contribute to unabated fireworks production. Sivakasi supplies firecrackers and sparkers for all important ceremonies (Palaneeswari.T and Muthulakshmi.C. 2012). The labour force is a general way to refer to all the people willing and able to work. For on organization, the internal labour force consists of the organizations workers, its employees and the people who have contracts to work at the organization (RaymondA.Noel, John R.Hollenbeck, Barry Gerhart & Patrick M.Wright 2007). Recreational activities are often done for enjoyment, amusement, or pleasure and are considered to be "fun" (McLean DD, Hurd AR, Rogers NB, 2005). Among all the peoples and in all stages of history, Man has found outlets for self expression and personal development in forms of recreation which have a striking similarity. Recreation is common heritage of all people, although its expression takes varied forms. In all lands, play is the chief occupation of young child during his active hours.

Happiness was recognized by our forefathers as a fundamental and worthy objective for every individual.

In fact life would be incomplete and drab without recreation. The function of play is to balance life in relation to work to afford a refreshing contrast to responsibility and routine, to keep alive the spirit of adventure and that sense of proportion which prevents taking oneself and ones job too seriously and thus to prevent the death of youth and not infrequently the premature death of the premature death of the man himself. Recreation which is vigour which is carried on in the open air and which makes use of the fundamental muscle is the best know means of developing and maintain health organs, certain form recreation cause increased circulation, greater respiratory activity, better elimination of wastes and improved digestion. It contributes to emotional stability by affording rest, relaxation and creative activity. Also give tone to the body by a helpful stimulation of the nerve centres. Its contribution lies in its value in preventing illness by contributing to healthful, happy living.

Participation in wholesome recreation helps to build character. It acts as a safety valve for the prevention of crime and delinquency. Because recreation activities have a strong appeal for children and youth, delinquency less likely to flourish in communities where opportunities for wholesome recreation are abundant and attractive. Recreation, which represents activity freely chosen, offers the individual opportunity for genuine satisfaction, creative expression, and the development of his power, helps him in attaining the objectives of democracy. Leader in business and industry

Correspondence

Dr.S.Thirumalaikumar

E-mail: drstkpe@gmail.com, Ph. +9198410 19670

have long realized that the way in which their employees spend their leisure hours influences effectiveness on the job. In the welfare states of the world hundred of dollars are being spent per year to care for one delinquent, whereas a playground, which may prevent children from becoming delinquents, can be operated at annual cost of only a few dollars per child served. The economy of providing playgrounds is clear. In other words investment made in developing and providing recreational facilities is an investment in the welfare of human being, that pays dividends in dollars/rupees as well as intangible returns.

Statement of the Problem

The purpose of the study was to find out the Effects of Recreational Games on Self confidence and Job Involvement Variables among Labours of Firework Factories in Sivakasi.

Hypothesis

It was hypothesized that there would be a significant improvement on self confidence and job

involvement among labours of firework factories in sivakasi due to recreational activities.

Methodology

The purpose of the present study was find out the effects of recreational games on self confidence and job involvement variables among labours of firework factories in Sivakasi. To achieve the purpose of the study, the investigator selected forty male subjects who were working in the firework factories in Sivakasi. Their age ranged between 21 to 35 years. The selected subjects were assigned in to two equal groups. Each group consists of twenty (20) subjects. Experimental Group was exposed to (Recreational Games and no experimental training were given to Control Group. The following variables on namely Self Confidence and Job Involvement were selected for the study. They were tested with Standardises Questionnaires namely Hardy & Nelson (1992) and Ashok Pratap Singh (1989). The training period was six weeks. The dependent “t” ratio was used to assess the collected data.

Recreational Games Training Schedule

Day	Fitness Training	Duration
Monday	Warm up, Stretching, Recreational games and cool down	1 Warm up and stretching – 5 minutes. 2 Recreational games – 35 minutes. 3 Cool down - 5 minutes.
Tuesday	Warm up, Stretching Recreational games and cool down	1 Warm up and stretching – 5 minutes. 2 Recreational games – 35 minutes. 3 Cool down - 5 minutes.
Wednesday	Warm up, Stretching, Recreational games and cool down	1. Warm up and stretching – 5 minutes. 2. Recreational games – 35 minutes. 3. Cool down - 5 minutes.
Thursday	Warm up, Stretching, Recreational games and cool down	1. Warm up and stretching – 5 minutes. 2. Recreational games – 35 minutes. 3. Cool down - 5 minutes.
Friday	Warm up, Stretching, Recreational games and cool down	1. Warm up and stretching – 5 minutes. 2. Recreational games – 35 minutes. 3. Cool down - 5 minutes.

The recreational games included were modified recreational format Cricket, Football, Volleyball and

selected minor games like Relay games, Tag games, Goal games, and Points scoring games.

Results and Discussion

Table I. “t” Ratio of Mean of Self Confidence and Job Involvement among Labours from Tamil Nadu and other State Labours Working at Fireworks Companies in Sivakasi

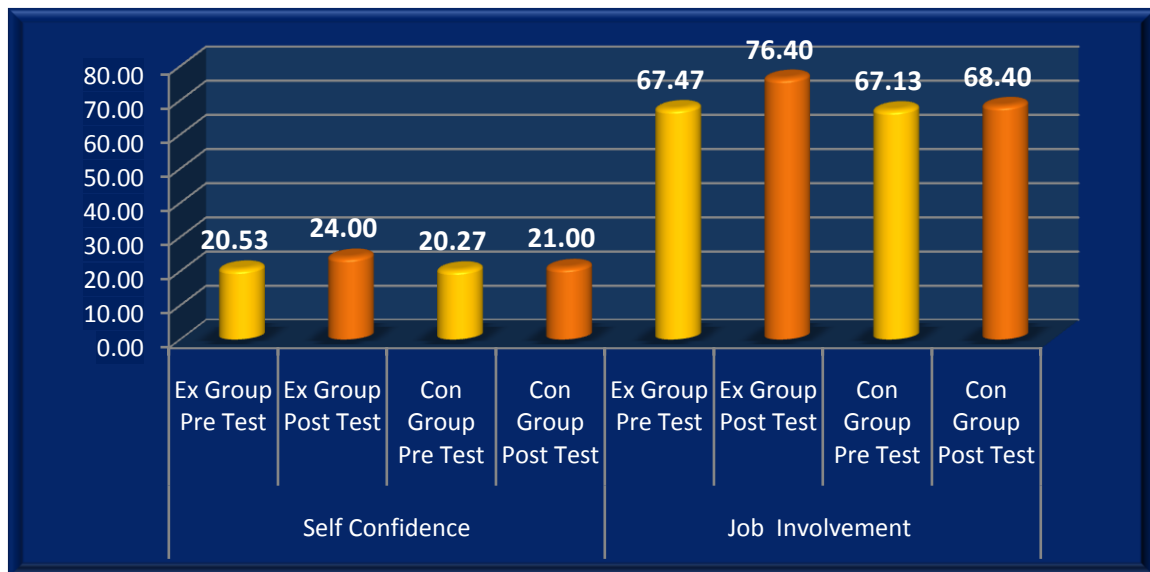
Variables	Group	M	S	r	Ot
Self Confidence	Experimental Group Pre Test	20.53	2.77	0.86	5.30*
	Experimental Group Post Test	24.00	4.50		
	Control Group Pre Test	20.27	2.63	0.81	1.62
	Control Group Post Test	21.00	3.00		
Job Involvement	Experimental Group Pre Test	67.47	26.23	0.86	2.17*
	Experimental Group Post Test	76.40	30.70		
	Control Group Pre Test	67.13	26.07	0.86	0.36
	Control Group Post Test	68.40	26.70		

Table t – ratio at 0.05 level confidence for 2 and 38(df) = 2.021
 *Significant

The obtained ‘t’ ratio between pre and post of experimental group and control group on muscular strength were 5.30 and .1.62 . The obtained t (5.301) of experimental group was greater than the required table value of 2.021. It shows that there was a significant improvement in the self confidence due to recreational games among labours of fireworks factories. The

obtained ‘t’ ratio between pre and post of experimental group and control group on muscular strength were 2.17 and .0.36. The obtained t (2.17) of experimental group was greater than the required table value of 2.021. It shows that there was a significant improvement in the job involvement due to recreational games among labours of fireworks factories.

Figure I. Bar Diagram between Self Confidence and Job Involvement among Labours of fireworks factories



Conclusion

1. The self confidence was significantly improved due to the participation in the recreational game among the labours of fireworks factories in Sivikasi.
2. The job involvement was significantly improved due to the participation in the recreational game among the labours of fireworks factories in Sivikasi.

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