

A STUDY OF ATTITUDE TOWARDS PHYSICAL EDUCATION AND SPORTS OF SECONDARY SCHOOL BOYS OF DELHI

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ABSTRACT

The purpose of the study is to determine the attitude of participants of secondary school boys of Delhi towards the Physical Education and Sports and to find out their opinions (negative or positive). 2520 boys of government secondary school were selected randomly as subjects from Delhi . It was hypothesized that the participants of secondary school boys of Delhi have a positive attitude towards Physical Education and Sports.

The investigator prepared a questionnaire comprising of 30 statements based on a very simple pattern viz, yes / no which covered 5 aspects i.e. Physical, Mental, Social, Emotional and General Recreational aspect Physical Education. In total 2520 questionnaire were filled from 28 zone, from 84 schools. 270 questionnaire was rejected because of cutting, overwriting and incomplete at the last a scholar is left with 2250 complete questionnaire without any ambiguity has been consider for the present study.

INTRODUCTION

The purpose of the study is to determine the attitude of participants of secondary school boys of Delhi towards the Physical Education and Sports and to find out their opinions (negative or positive).

2520 boys of government secondary school were selected randomly as subjects from Delhi.

It was hypothesized that the participants of secondary school boys of Delhi have a positive attitude towards Physical Education and Sports.

The study was restricted to the participants of secondary school boys of Delhi. The survey of literature was limited to the library materials available in the library of L. N. U. P. E., Gwalior.

Under the supervision and guidance of experts of related field, 30 statements were finalized out of 50 statements after conducting a pilot study. Provision was made on the right side of each statement to note the attitude of the respondent by ticking () one of the responses viz. "Yes" / "No" respectively

A percentile as statistical tools has been applied for the study.

1. The study has indicated that a majority of the participants of secondary school boys of Delhi have a favorable attitude towards all the aspects of Physical Education.
2. They are of the opinion that the children who actively participated in Physical Education programme are obedient, disciplined and well behaved.
3. They have a highly favorable attitude towards Physical Education because it promoted physical health fitness, mental maturity, alertness, personality development and sociability.
4. To maintained a Physical Education programme for all.

MEASUREMENT OF ATTITUDE

The Selection of proper tools was of vital importance for the study since the aim was to assess the attitude of secondary school boys of Delhi towards Physical Education and Sports. It was decided to use questionnaire, the investigator obtained the reflection of attitudes of the respondents towards Physical Education. The validity of responses received greatly depends upon the integrity of the respondents and hence absolute could not be expected however, the anonymous responses ensure the greater validity of the responses.

PROCEDURE

In this chapter selection of subject, selection of variables, statistical technique has been presented.

Selection of subjects

2520 boys of government secondary school will be selected randomly as subjects from Delhi

Construction of the Questionnaire

Before preparing the questionnaire the research scholar read many books and literature related to the present study. Help was also taken form already existing questionnaire in library of Lakshmbai National Institute of Physical Education. Under the supervision and guidance of experts of related field, 30 statements were finalized out of 50 statements after conducting a pilot study. The questionnaire was prepared keeping in view the various aspects of Physical Education. The questionnaire was arranged in a logical order and each statement was recorded clearly to enable the subjects to understand and answer those statements without much difficulty

Great care was taken to frame each statement in such a manner that it was precise and without any ambiguity. Provision was made on the right side of each statement to note the attitude of the respondent by ticking () one of the responses viz. “Yes” / “No” respectively. The aspects under which the statement were grouped and the number of statement under each aspect have been presented in Table-1.

TABLE-1 Aspects of Physical Education and the number of determinants in each statement

S.No.	Aspect	No. of Statement
1.	Physical Aspect	6
2.	Mental Aspect	6
3.	Social Aspect	6
4.	Emotional Aspect	6
5.	General and Recreational Aspect	6

The investigator prepared a questionnaire comprising of 30 statements based on a very smile pattern viz, yes / no which covered 5 aspects i.e. Physical, Mental, Social, Emotional and General Recreational aspect Physical Education. In total 2520 questionnaire were filled from 28 zone, from 84 schools. 270 questionnaire was rejected because of cutting, overwriting and incomplete at the last a scholar is left with 2250 complete questionnaire without any ambiguity has been consider for the present study.

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CONCLUSION

Within the limitations of the study the following conclusions are made.

1. The finding of the study revealed that 2127 which is 94.53% is of the opinion that Physical Education & Sports is mainly to do with physical development. On the contrary 0123 out of total 2250 respondents which is 05.47% does not agree.
2. The finding of the study revealed that 1627 which is 72.22% is of the opinion that physical education programme contributes to development of wellness. On the contrary 0623 out of total 2250 respondents which is 27.68% does not agree.
3. The finding of the study revealed that 0900 which is 40% is of the opinion that physical education is nothing to do with education. On the contrary 1350 out of total 2250 respondents which is 60% does not agree.
4. The finding of the study revealed that 2200 which is 97.70% is of the opinion that physical education is mainly concerned with muscle building. On the contrary 0050 out of total 2250 respondents which is 02.30% does not agree.
5. The finding of the study revealed that 0742 which is 32.97% is of the opinion that organic and muscular development is possible without physical education. On the contrary 1508 out of total 2250 respondents which is 67.03% does not agree.
6. The finding of the study revealed that 1300 which is 37.77% is of the opinion that neuro muscular co-ordination can be developed through physical education. On the contrary 0950 out of total 2250 respondents which is 62.23% does not agree.
7. The finding of the study revealed that 0840 which is 37.33% is of the opinion that mental aspect physical education makes important contributions to mental health. On the contrary 1410 out of total 2250 respondents which is 62.67% does not agree.
8. The finding of the study revealed that 1827 which is 81.20% is of the opinion that a student who is good in sport activities may not be bright in studies. On the contrary 0423 out of total 2250 respondents which is 18.80% does not agree.
9. The finding of the study revealed that 0500 which is 22.22% is of the opinion that physical education help in the intellectual development of the students. On the contrary 1750 out of total 2250 respondents which is 77.78% does not agree.

10. The finding of the study revealed that 1205 which is 53.55% is of the opinion that it is better to participate in a programme of physical education rather than to watch television. On the contrary 1045 out of total 2250 respondents which is 46.45% does not agree.
11. The finding of the study revealed that 1969 which is 87.52% is of the opinion that those who participate in physical education activities are alert and receptive. On the contrary 0281 out of total 2250 respondents which is 12.48 % does not agree.
12. The finding of the study revealed that 1200 which is 53.33% is of the opinion that lack of motivation is one of the reasons for poor participation in physical education programme. On the contrary 1050 out of total 2250 respondents which is 46.67% does not agree.
13. The finding of the study revealed that 0900 which is 40.00% is of the opinion that social aspect physical education and sports promotes better interpersonal relationship. On the contrary 1350 out of total 2250 respondents which is 60.00% does not agree.
14. The finding of the study revealed that explains that 2088 which is 92.80% is of the opinion that social acceptance within group at school level is significantly related to the ability to perform physical education activities. On the contrary 0162 out of total 2250 respondents which is 07.20% does not agree.
15. The finding of the study revealed that 1632 which is 72.53% is of the opinion that physical education programme develops follower ship ability in students. On the contrary 0618 out of total 2250 respondents which is 27.47% does not agree.
16. The finding of the study revealed that 1801 which is 80.04% is of the opinion that students will emerge from college / university as better citizens after having undergone a good programme of physical education. On the contrary 0449 out of total 2250 respondents which is 19.96% does not agree.
17. The finding of the study revealed that 2019 which is 89.73% is of the opinion that physical education programme enables boys and girls to adjust better in society. On the contrary 0231 out of total 2250 respondents which is 10.27% does not agree.
18. The finding of the study revealed that 2000 which is 88.88% is of the opinion that moral values can be developed through organized and systematic programme of physical education On the contrary 0250 out of total 2250 respondents which is 11.12% does not agree .

19. The finding of the study revealed that 1989 which is 88.40% is of the opinion that emotional aspect physical education and sports helps to develop emotional stability. On the contrary 0261 out of total 2250 respondents which is 11.60% does not agree.
20. The finding of the study revealed that 2089 which is 92.84% is of the opinion that Physical Education & Sports is mainly to do with Physical Education & Sports is mainly to do with physical development. On the contrary 0161 out of total 2250 respondents which is 07.16% does not agree.
21. The finding of the study revealed that 1175 which is 52.22% is of the opinion that play is not a healthy medium for emotional expression. On the contrary 1075 out of total 2250 respondents which is 47.78% does not agree.
22. The finding of the study revealed that 1125 which is 50.00% is of the opinion that a persona would be better off emotionally if he / she does not participate in physical education she does not participate in physical education. On the contrary 1125 out of total 2250 respondents which is 50.00% does not agree.
23. The finding of the study revealed that 2000 which is 88.88% is of the opinion that participation in a physical education programme is emotionally satisfying. On the contrary 0250 out of total 2250 respondents which is 11.12% does not agree.
24. The finding of the study revealed that 2100 which is 93.33% is of the opinion that physical education and sports activities provide and an outlet or pent-up emotions. On the contrary 0150 out of total 2250 respondents which is 06.67% does not agree.
25. The finding of the study revealed that 0871 which is 38.71% is of the opinion that general and recreational aspect modern life provides us with enough experiences and recreation, so physical education is not necessary in college / university. On the contrary 1379 out of total 2250 respondents which is 61.29% does not agree.
26. The finding of the study revealed that 1937 which is 86.08% is of the opinion that the success of the physical education programme depends upon the encouragement and co- operation of the head of the institution .On the contrary 0313 out of total 2250 respondents which is 13.92% does not agree.

27. The finding of the study revealed that 2213 which is 98.35% is of the opinion that subject teacher is generally interested in the academic career of their students but not in higher achievement in physical education. On the contrary 0037 out of total 2250 respondents which is 01.65% does not agree.
28. The finding of the study revealed that 1387 which is 61.64% is of the opinion that physical education programme develop skills, which have carry over values. On the contrary 0863 out of total 2250 respondents which is 38.36% does not agree.
29. The finding of the study revealed that 1999 which is 88.84% is of the opinion that physical education is desirable as a means of providing relaxation after concentrated academic load. On the contrary 0251 out of total 2250 respondents which is 11.16% does not agree.
30. The finding of the study revealed that 1300 which is 57.77% is of the opinion that physical education and sports provide good opportunities for all round development of the personality. On the contrary 0950 out of total 2250 respondents which is 42.23% does not agree.

RECOMMENDATIONS

On the basis of this research study, the following recommendations are made.

1. A more extensive study of attitude of participants of secondary school boys of Delhi may be made to get a better representative picture towards Physical Education and Sports.
2. Similar study may be made to estimate the attitudes of different subject teachers, Educational authorities, members of legislators towards the objectives and role of Physical Education.
3. Studies may be conducted to find out how satisfactory the programme of Physical Education is to the students who are supposed to benefit from Physical Education.

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