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## A study of aptitude towards sports activities among students of different engineering colleges

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### Abstract

The purpose of this study was to access the Aptitude towards sports activities among students of engineering colleges. Total 200 students of two government engineering colleges of Himachal Pradesh were selected as samples by implying stratified random sampling technique taking 100 from each college and further 25 from each session. Data were collected through questionnaire containing 9 sub items, which was constructed under the supervision of subject experts. The reliability and validity of the questionnaire were adopted by using test-retest method. Responses which were on five point scale were tabulated and converted into percentages and for statistical analyses  $\chi^2$  (chi square) test was adopted. The obtained results of this study reveal that the respondents from engineering colleges have positive opinion for aptitude towards sports activities.

**Keywords:** Aptitude, sports activities, engineering colleges

### Introduction

Human body is one of the most beautiful as well as the most complex thing nature has created. The intelligent ways with which this unique creation acts, reacts and interacts is a rare phenomenon. It has been accepted that sporting activity is any bodily movement that is produced by the contraction of skeletal muscles and that substantially increases the amount of energy you expend is the main cause of Physical Activeness. Therefore, it should be an essential part of life.

Aptitude is a special tendency, bent, fitness or aptness due to a special neural or muscular organization possessed by the individual.

It is difficult to say whether a particular aptitude is a product of heredity or of environment. For example, a person who is having an aptitude for singing may have been born with a melodious voice, whereas another person brought up in the company of singers may also develop an aptitude for singing. Hence, it is better to state that aptitude is the outcome of both heredity as well as environment.

We often hear people remark that a particular child has a talent or gift for music, art or painting. This is what is implied by aptitude. An aptitude therefore is a special potential in ascertain field of performance. It indicates a special ability, acquired or innate, to learn or develop knowledge of a skill in some specific area. It involves prediction of the probability of success of a person with training in a certain type of work / job / vocation. The aptitude of an individual is the result of both inherent and the environmental factors. An aptitude is more than mere potential ability.

### Methodology

To study the aptitude towards sports activities, this study was conducted on 200 students participated as samples, selected by adopting random sampling technique, of two govt engineering colleges of H.P. i.e. NIT Hamirpur and IIT Mandi.

A questionnaire was developed by the researcher to obtain the requisite information from the respondents to know their aptitude towards sports activities. After discussing the experts of psychology, a questionnaire consisting 9 sub items was prepared and each of the item was to be responded on five point scale i.e. Strongly Agree (SA), Agree (A), Undecided (U), Disagree (D), Strongly Disagree (SD).

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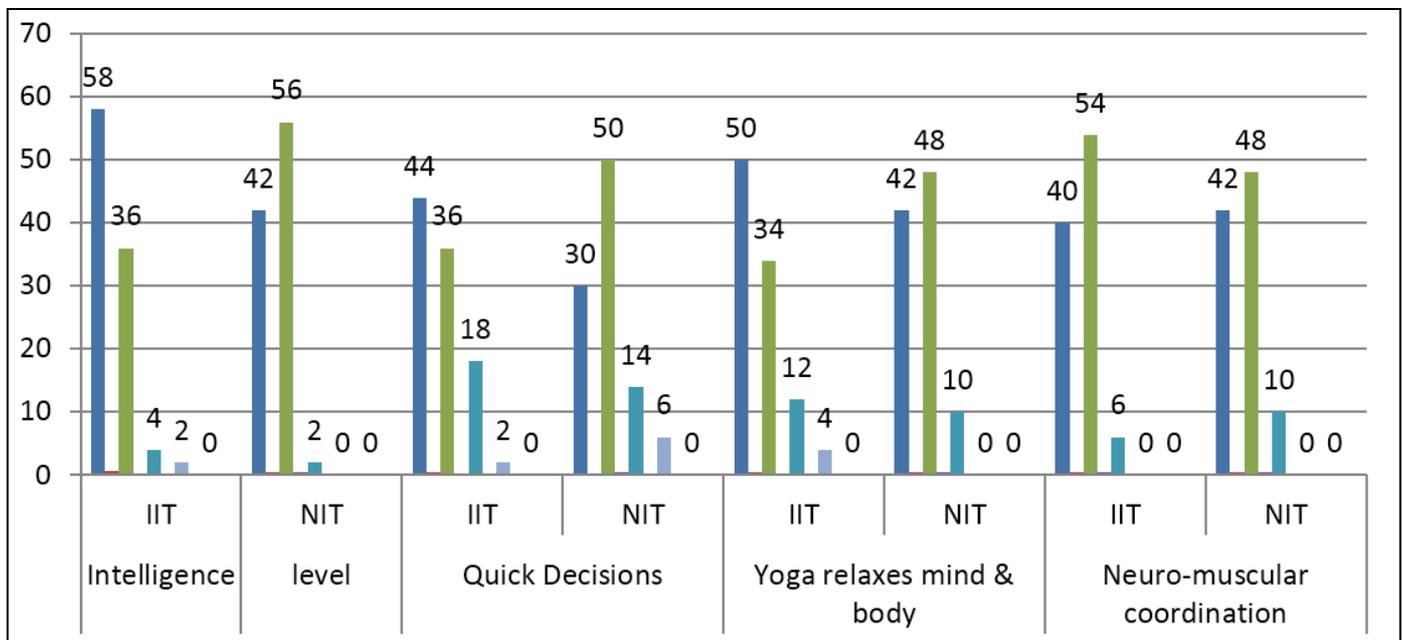
The responses collected on five point scale were converted into numerical values and were arranged in frequencies to apply  $\chi^2$  test of statistics for the interpretation and analyses of the tabulated data. The statements to collect the data for aptitude towards sports activities were made according to the

following sub items: Intelligence Level, Quick Decisions, Yoga Relaxes Mind and Body, Neuro-Muscular Coordination, Sound Professional Career, Best Leisure Time, Consciousness, Instils Fighting Spirit, Kinaesthetic Intelligence.

**Table 1:** Responses Regarding Aptitude for Sports Activities

Sr. No.	Name of item	Name of College	No. of Respondents	Responses										Chi square ( $\chi^2$ )
				+ve				N		-ve				
				S.A.		A		U		D		SD		
				Obs. Res.	%	Obs. Res.	%							
1.	Intelligence level	IIT	100	58	58%	36	36%	4	4%	2	2%	0	0%	43.600**
		NIT	100	42	42%	56	56%	2	2%	0	0%	0	0%	23.560**
2.	Quick Decisions	IIT	100	44	44%	36	36%	18	18%	2	2%	0	0%	21.200**
		NIT	100	30	30%	50	50%	14	14%	6	6%	0	0%	22.640**
3.	Yoga relaxes mind & body	IIT	100	50	50%	34	34%	12	12%	4	4%	0	0%	26.320**
		NIT	100	42	42%	48	48%	10	10%	0	0%	0	0%	12.520**
4.	Neuro-muscular coordination	IIT	100	40	40%	54	54%	6	6%	0	0%	0	0%	18.280**
		NIT	100	42	42%	48	48%	10	10%	0	0%	0	0%	12.520**
5.	Sound professional career	IIT	100	18	18%	34	34%	18	18%	26	26%	4	4%	12.400
		NIT	100	18	18%	50	50%	22	22%	8	8%	2	2%	34.400**
6.	Best Leisure Tim	IIT	100	30	30%	50	50%	16	16%	4	4%	0	0%	23.440**
		NIT	100	34	34%	52	52%	12	12%	2	2%	0	0%	30.160**
7.	Consciousness	IIT	100	28	28%	54	54%	18	18%	0	0%	0	0%	10.360**
		NIT	100	24	24%	58	58%	14	14%	2	2%	0	0%	53.800**
8.	Instill Fighting Spirit	IIT	100	30	30%	50	50%	18	18%	2	2%	0	0%	24.560**
		NIT	100	36	36%	40	40%	24	24%	0	0%	0	0%	2.080
9.	Kinesthetic intelligence	IIT	100	30	30%	56	56%	14	14%	0	0%	0	0%	13.480**
		NIT	100	22	22%	60	60%	14	14%	4	4%	0	0%	35.920**

\*\* Significant at .01 level of significance



**Fig 1:** Responses Regarding Aptitude for Sports Activities

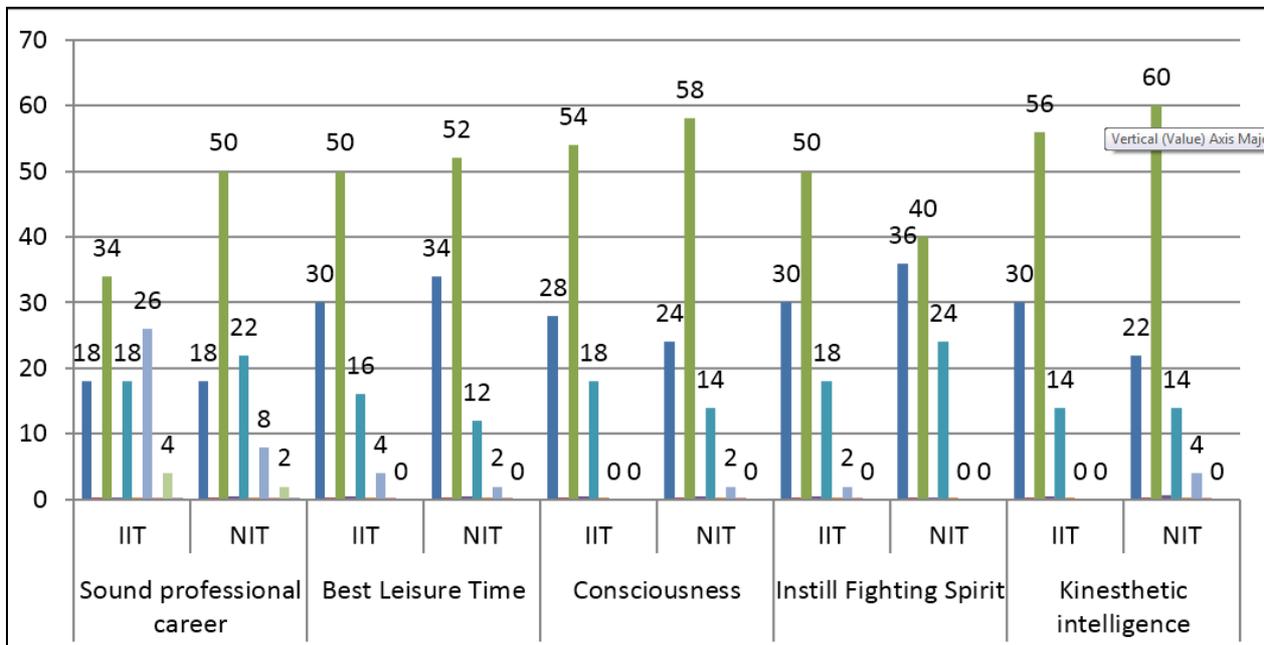


Fig 2: Responses Regarding Aptitude for Sports Activities

### Interpretation

Item no. 1 of the questionnaire deals with intelligence level. When the data for this item were analysed the  $\chi^2$  value came out to be significant at .01 level of significance from the responses collected from IIT Mandi, NIT Hamirpur. It reveals that 96% of the total sample agrees to the statement. Since the responses lie towards positive side of the scale, so it may be interpreted that students think that sports activities play major role, as far as intelligence level is concerned.

When the statement for quick decisions was analysed the  $\chi^2$  value came out to be significant at .01 level of significance from the responses collected from the respondents, the analyses reveals that 80% of the respondents are positive in giving their opinion. So it may be interpreted that respondents from Engineering colleges think that sports activities help an individual to a certain level that they become more decisive and take quick decisions.

The  $\chi^2$  value for item yoga relaxes mind and body came out to be significant at .01 level of significance from the responses of IIT Mandi, NIT Hamirpur. The analyses reveals that 87% of the total sample is positive in their opinion for this item. Since the responses are positive on the scale, so it shows that students from engineering colleges think that yogic exercises are very much beneficial for relaxing mind and body if they are done on regular routine.

When the data for Sound Professional Career was analysed, the  $\chi^2$  value came out to be significant at .01 level of significance from the responses of NIT Hamirpur, and did not come out to be significant from IIT Mandi. The analyses reveals that concentration of frequencies lies towards both sides of the scale. From this it may be interpreted that half of the respondents from engineering colleges think that sports activities help in career making while 25 percent are indecisive and rest of the respondents think sports activities do not land you up in good career. So no concrete opinion emerged from the responses.

The Item best leisure time, when analysed the  $\chi^2$  value came out to be significant at .01 level of significance. The analyses reveals that 86% of the total sample agree to the statement and are positive in giving their opinion. From this it may be interpreted that significantly higher no. of respondents from

engineering colleges thinks that sporting activities are best activities for leisure time.

The Item no 7 of the questionnaire is about Consciousness. The  $\chi^2$  value came out to be significant at .01 level of significance from the responses collected from respondents. The analysis reveals that concentration of frequencies exhibiting the agreement of the total sample from two engineering colleges lies towards positive side of the scale with 82% positive responses. From this it may be interpreted that significantly higher no. of students from engineering colleges think that Consciousness of an individual can be awakened by doing regular exercises.

When the item instills fighting spirit was analysed, the  $\chi^2$  value came out to be significant at .01 level of significance from the responses from IIT Mandi and did not come out to be significant for NIT Hamirpur, The analysis reveals that 78% of the total sample agree to the statement, since the responses lie towards positive side of the scale, it may be interpreted that significantly higher no. of students from engineering colleges go with the statement that these individual games are good to inculcate fighting spirit among individuals.

The Item no 9 of the questionnaire is about kinaesthetic Intelligence. The  $\chi^2$  value came out to be significant at .01 level of significance from the responses of the respondents. The analysis reveals that concentration of frequencies exhibiting the agreement of a sample of 200 from two engineering colleges with respect to kinesthetic intelligence is lying towards positive side of the scale with 84% positive responses. From this it may be deduced that respondents from engineering colleges are of the opinion that Bodily kinaesthetic intelligence can be improved by sporting activities.

### Conclusions

1. After analyzing the data the investigator came to the conclusion that majority of the respondents from engineering colleges are of the opinion that sports activities lead the individuals towards improved intelligence level. Hence the hypotheses framed for this sub item is approved.
2. The investigator came to the conclusion, after analyzing

the data that majority of the respondents from engineering colleges think that sports activities help an individual to a level that the individuals become more decisive and take quick decisions. Hence the hypotheses framed for this sub item is approved.

3. The investigator came to the conclusion after analyzing the data for yoga relaxes mind and body, that respondents were agree with the statement and think that yogic exercises are beneficial to relax mind and body. Hence the hypotheses framed for this sub item is approved.
4. The investigator came to the conclusion after analyzing the data for neuro muscular coordination that the respondents are of the opinion that playing helps the individuals to improve the much needed neuro muscular coordination for our daily lives. Hence the hypotheses framed for this sub item is approved.
5. After analyzing the data for sound professional career, mixed trend is seen from the respondents from engineering colleges. Some of the respondents agree to this that sports can land you on a sound professional career where some were indecisive and some were disagreed to this item. Hence the hypotheses framed for this sub item is partially approved and partially disapproved.
6. The investigator came to the conclusion, after analyzing the data for sports, a best leisure time, that majority of the respondents from engineering colleges are of the opinion that sports activities are very good and are best activities for leisure time. Hence the hypotheses framed for this sub item is approved.
7. Majority of the respondents again are positive and same positive agreement for the item consciousness is seen from the respondents from engineering colleges after analyzing the data. Hence the hypotheses framed for this sub item is approved
8. Majority of the respondents from both colleges are agreed, when the data for the statement, Taekwondo, Boxing and Wrestling instill fighting spirit was analyzed. Hence the hypotheses framed for this sub item is approved
9. The researcher came to the conclusion after analyzing the data for Kinesthetic Intelligence that the trend of responses of majority of the respondents is positive and they are of the opinion that Kinaesthetic Intelligence can be improved by sporting activities. Hence the hypotheses framed for this sub item is approved

Investigations have shown that the respondents from engineering colleges are generally positive towards the Aptitude for sports activities. In spite of many facts like difficult studies, detailed curriculum, less sports facilities, hectic schedules, lifestyle, genetic factors, overburdened, although all these factors are basically obstacles for sports activities. But after concluding all the sub items one by one researcher came to the conclusion that hypotheses framed by the investigator for aptitude for sports activities is approved.

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