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A study on the need of physical education and attitude toward physical education

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Abstract

The purpose of the study was to analyze the need of physical education and attitude toward physical education. For the purpose of the study 360 students were randomly selected from the govt. colleges of Kurukshetra University. A self-made questionnaire was administered to collect the data. Frequency analysis, Percentage and pie-diagram were used to analyze the data. The results indicated that the need and attitude toward physical education was positive and favourable.

Keywords: attitude, physical education

Introduction

Attitude permeates everything we do. It is an important component in all aspects of human endeavor. Attitude influences whether we begin or continue with certain activities-and whether we achieve in certain areas. Attitude development begins at an early age, and we may have different attitudes toward different aspects of life. Teachers, coaches, employers, and others consider attitude everyday as they evaluate and judge the potential of others.

Objectives of the Study.

The purpose of the study was to analyze the need of physical education and attitude toward physical education.

Procedure and Methodology

For the present study a random sample of 30 (10 students from first year, 10 students from second year and 10 students from third year) students from 12 govt. colleges were selected as the subjects of the study.

Criterion measure: Self- made questionnaire.

Data collection:

The research scholar made a personal visit and explained the very purpose of the study. The scholar requested the subjects to provide authentic information, in case of any ambiguity arising out of any question from the parts of the respondent the research scholar provided immediate assistance to the subjects for clarification of doubts. The respondents were asked to read the instructions carefully before giving the final response to the questions. They were assured that information provided by them would be kept confidential. Data was collected by administering the questionnaire.

Analysis and Discussion on Findings

Table 1: Analysis of need of physical education according to government college students

| S. No. | Do you think that Physical education is necessary for | Total Students (in numbers) | Total Students (in Percentage) |
|--------|---|-----------------------------|--------------------------------|
| 1 | Fun | 2 | 1 |
| 2 | Better Health | 14 | 4 |
| 3 | Games and sports | 9 | 2 |
| 4 | All of the above | 335 | 93 |

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Table no. 1 represents the analysis of need of physical education according to Government college students to observe the background of physical education of students. The related data was tabulated with the help of responses received from the students of govt. colleges of Kurukshetra University.

On the basis of responses indicated in Table no.1 regarding the need of physical education 4 categories were formed. The first category (Fun) recorded 2 students who were of the opinion that physical education is only for fun purpose. The second category (Better health) recorded 14 students who were of the opinion that physical education is required for better health. The third category (Games and Sports) recorded

9 students who were of the opinion that physical education is required only for games & sports. The fourth category (All of the above) recorded 335 students i.e. according to 335 students physical education is required for all the above purposes i.e. fun, better health, games & sports.

As a matter of analysis the result indicates that 1% students responded that physical education is for fun purpose only, 4% students responded that physical education is required for better health, 2% students responded that physical education is required only for games and sports and 93% students responded that physical education is required for all the above purposes i.e. fun, better health, games & sports.

Table 2: Analysis of attitude of students towards health and physical education

| S. No. | Attitude of students towards Health and Physical Education | Total Students (in numbers) | Total Students (in Percentage) |
|--------|--|-----------------------------|--------------------------------|
| 1 | As a scoring subject | 20 | 5.5 |
| 2 | As a professional sport | 0 | 0 |
| 3 | Beneficial purpose in personal life. | 20 | 5.5 |
| 4 | All of the above | 320 | 89 |

Table no. 2 represents the analysis of attitude of students towards health and physical education among Government college students to observe the attitude of students towards physical education.

On the basis of responses indicated in Table no.2 regarding the attitude of students towards physical education 4 categories were formed. The first category (as a scoring subject) recorded 20 students i.e. according to them physical education is a scoring subject. The second category (as a professional sport) recorded 0 students i.e. no student considers physical education as a professional sport. The third category (beneficial purpose in personal life) recorded 20 students i.e. according to them physical education serves a beneficial purpose in life. The fourth category (all of the above) recorded 320 students i.e. according to them physical education serves all the above purposes i.e. helps in scoring high, as a professional sport and beneficial purpose in personal life.

As a matter of analysis the result indicates that 5.5 % students responded that physical education is a scoring subject and 5.5 % students responded that physical education serves a beneficial purpose in life and 89% students responded that physical education serves all the above purposes i.e. helps in scoring high, as a professional sport and beneficial purpose in personal life.

Conclusions

1. According to majority of students, physical education is required for all the above purposes i.e. fun, better health, games & sports.
2. According to majority of students, physical education serves all the above purposes i.e. helps in scoring high, as a professional sport and beneficial purpose in personal life implying a positive and favourable attitude toward physical education.

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