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Intramural and extramural activities among physical education students of Kashmir valley (J&K)

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Abstract

Aim of the research is to find out the intramural and extramural curriculum activities of physical education among the university students in Kashmir division of J&K State. Samples of 548 students who are teaching in different department of J&K State were selected as subjects for the study. Feedback-form was employed to collect the relevant data concerning the opinions of students of physical education of Kashmir division J&K State. The study exposed that most of the respondents agreed upon the importance of mass participation in the intramural program as it facilitates a huge majority of students to demonstrate their talent mass participation is considered and majority of respondents agreed that students concentrate mainly in participation in order to get a certificate to find good jobs.

Keywords: Attitude, students, curriculum, physical education, J&K

Introduction

The word physical education derived from two separate words, 'physical' and 'education'. The plain dictionary meaning of word 'physical' is 'relating to body', it may relate to anyone or all of the bodily characteristics. It may be physical strength, physical endurance, physical fitness, physical appearance or physical health. The word 'education' means systematic instructions or training, or preparation for life or for some particular task. A combined meaning of these two words would be that systematic instructions or training which relate to physical activities or programme of activities, necessary for development and maintenance of human body, development of physical power, or cultivation of physical skill.

Physical education curriculum is designed to allow students to experience at least a minimum exposure to the following categories of activities: aquatics, conditioning activities, gymnastics, individual/dual sports, team sports, and rhythms and dance. Students are encouraged to continue to explore those activities in which they have a primary interest. In these areas, a planned sequence of learning experiences is designed to support a progression of student development. Attitudes arise out of experiences and therefore the institute seeks to develop opportunities for relevant experiences. Right attitudes are as important in education as steady steering wheel is to a speeding car. They are the dynamic of human action unless pupils have favorable attitudes towards what they set out to learn. They cannot drive the full benefit out of what is taught. The development of health favorable attitudes is itself a phase of education, for facilitate learning and serve as a cause for further motivation.

How the individual will react to a given stimulus depends much upon his attitudes or the physical and mental condition that he is in at that time. Even the continuance of an activity is closely related to individual's state of body and mind at a particular point of time. Thorndike stated that well-fed cat goes to sleep in the cage, while a hungry one would strive to get out of it and search out of food. This is situational aspect of learning. The experienced players and novices, individuals with good health and those with ill health, and native and intelligent, significantly differ in their attitude to react to the same situations. Thus an attitude is a settled way of thinking's.

Sample

The sample for the present study was consists of 548 respondents university students in different teaching department of J&K State were selected as subjects for the study.

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Method Employed

Questionnaire method was employed to collect the relevant data regarding the opinions of students of physical education and university teaching department of J&K State.

Description of the Questionnaire

Questionnaire was prepared under the supervision of the guide, keeping in view the various aspects of the curriculum. The questionnaire was arranged in a logical order and each question was worded clearly to enable the subjects to understand and answer those questions without much difficulty. Great care was taken to frame each question in such a manner that it was precise and without any ambiguity.

Analysis and Discussion

Table 1: Mass participation in intramural program should be given more emphasis.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
434	79.19	100	18.24	14	2.55

The above table indicated that 79.19% of the subjects agreed to Mass participation in intramural program should be given more emphasis whereas 18.24% of the subjects disagreed to the statement and 2.55% of the subjects were neither in favour nor against the statement.

Table 2: You are satisfied with number of activities offered in intramural program.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
338	61.67	192	35.03	18	3.28

The above table showed that 61.67% of the subjects are satisfied with the number of activities offered in intramural program whereas 35.03% of the subjects were not satisfied with the statement and 3.28% of the subjects were neither in favour nor against the statement.

Table 3: You approve participation of Post Graduate students in intramural program.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
346	63.13	184	33.57	18	3.28

The above table revealed that 63.13% of the subjects approve the participation of Post Graduate students in intramural program whereas 33.57% of the subjects disapproved the statement and 3.28% of the subjects were neither in favour nor against the statement.

Table 4: Rivalry, hatred and enmity originates through intramural program among students.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
179	32.66	347	63.32	22	4.01

The above table demonstrated that 32.66% of the subjects approve to the statement that rivalry, hatred and enmity originates through intramural program among students whereas 63.32% of the subjects disagreed to the statement and 4.01% of the subjects were neither in favour nor against the

Table 5: Participation in intramural activities are helpful for individual efficiency in profession.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
482	87.95	56	10.21	10	1.82

The above table indicated that 87.95% of the subjects agreed to the statement that whereas 10.21% of the subjects disagreed to the statement and 1.82% of the subjects were neither in favour nor against the statement.

Table 6: The teams for extramural should be selected in beginning of the session and should be given extra practice throughout the year.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
336	61.31	204	37.22	8	1.45

The above table showed that 61.31% of the subjects agreed to the statement that whereas 37.22% of the subjects disagreed to the statement and 1.45% of the subjects were neither in favour nor against the statement.

Table 7: Every member of winning house should be awarded prizes or trophies

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
469	85.58	66	12.04	13	2.37

The above table revealed that 85.58% of the subjects agreed for the provision of prizes or trophies to the member of winning house whereas 12.04% of the subjects disagreed to the statement and 2.37% of the subjects were neither in favour nor against the statement.

Table 8: You are satisfied with the number of build-up competitions provided to every team of our institution.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
233	42.51	285	52.00	30	5.47

42.51 %/0 of the subjects were satisfied with the number of build-up competition provided to every team of our institution whereas 52.00% of the subjects were not satisfied with the statement and 5.47% of the subjects were neither in favour nor against the statement.

Table 9: The team with good standard of the institute should only participate in extramural programs.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
350	63.86	180	32.84	18	3.28

The above table showed that 63.86% of the subjects agreed to the statement that the teams with good standard of the institute should only participate in extramural programs whereas 32.84% of the subjects disagreed to the statement and 3.28% of the subjects were neither in favour nor against the statement.

Table 10: The students concentrate mainly on participation in order to get a certificate, to find good jobs

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
352	64.23	173	31.56	23	4.19

The above table indicated that 64.23% of the subjects agreed to the statement of the students concentrate mainly on participation in order to get a certificate, to find good jobs whereas 31.56% of the subjects disagreed to the statement and 4.19% of the subjects were neither in favour nor against the statement.

Conclusion

1. The respondents agreed upon the importance of mass participation in the intramural program as it facilitates a huge majority of students to demonstrate their talent mass participation is considered, as the main objective of intramural programme so as to achieve this objective number of activities should be increased.
2. Majority of respondents favour goods standard team should only participate because poor performance in extramural will fetch had name to the institute. So to have good standard team, teams should be selected in the beginning of the session and should be provided with extra practice along with more number of build-up competitions. Leaving apart all these co-operation and understanding of the concern teachers / coaches is must.
3. Majority of respondents agreed that students concentrate mainly in participation in order to get a certificate to find good jobs. This might be due to reason that certificate or a job act as a motivation for them. This motive develops interest and will to participate in the sports and games activities
4. Regarding the present system of specialization respondents were satisfied. But they preferred more than one specialization at under-graduation level this was because of demands in schools, as most of the Indian Schools cannot afford more number of teachers owing to financial constraints. So this will help them to serve in two specializations and hence more needed.

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