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Shabir Ahmad Bhat
Research scholar Bhagwant
University Rajasthan, India



A study of implementation of physical education programme in middle schools of yavatmal city (Maharashtra)

Shabir Ahmad Bhat

Abstract

The main purpose of the study was to see the programme of physical education that is being implemented in the middle schools located in the yavatmal city of Maharashtra State. It was also to know whether the physical education programme in various middle schools running in yavatmal city is implementing regularly and properly. The scope of study was delimited to the middle schools located in yavatmal city only. Data for the present investigation was collected through questionnaires which were developed for students. Physical education teachers and the headmasters. Sample of 25 Middle schools were randomly selected from the yavatmal city. Data was analyzed by percentile method and whenever possible other appropriate state statistical methods like Chi-square and 't' for percentage scores were applied. After statistical analysis it was found that some of the authorities of middle school run at Yavatmal city do not implement the programme of physical education for the middle school children appropriate which was found statistically accepted.

Keywords: physical education, programme, implementation, middle schools

Introduction

In the modern Context Physical education has been recognized as an integral part of general education. Generally physical education is misunderstood to mean physical activity or merely drill. The word physical education is derived from two separate words 'physical' and 'education'. The simple dictionary meaning of word physical is relation to body, it may relate to any one or all of the bodily characteristics. It may be physical strength, physical health. The word education means systematic instruction or training or preparation for life to perform some particular task. A combined meaning of these two words would be that systematic instruction or training which relate to physical activities or programme of activities necessary for development and maintenance of human body, development of physical powers or cultivation of man 'in' and 'by' means of physical activity.

Physical education is an integral part of the total education process is a field of endeavor that has as its own the improvement of human performance through the medium of physical activities that have been selected with a view to realizing this outcome. Physical education is an education through human movement where many of the educational objectives are achieved by means of big muscle activities involving sports, games, dance and exercises.

Programme

'Programme is a plan of action aimed at accomplishing a clear business, objectives with details or what work is to do.'

Methodology

1. Selection of data sources

For the purpose of the study 25 Middle schools were selected from the Yavatmal city. Each school Max. 5 students – represented from each school, each of the P.E.T represented and the headmaster of those schools were selected as the students – represented were selected for the study.

Correspondence
Shabir Ahmad Bhat
Research scholar Bhagwant
University Rajasthan, India

2. Sampling procedure

Simple random sampling method was adopted for the study. Amongst the 25 schools 15 schools were visited randomly.

3. Tools for collecting the data

Self-designed questionnaires were used to collect data. Further whenever required pre-informed interviews were also administered.

4. Questionnaire

The questionnaire were used to investigate the physical programme implementing regularly and properly for the middle schools located in the yavatmal city.

5. Collection of data

The filled up questionnaires were collected responses to

different questions were fed into a computer for the systematic collection of data.

6. Statistical technique or procedure

For the statistical analysis and to achieve the purpose of the study percentile method was used to describe the observation and response. Whenever possible other appropriate statistical methods like chi-square and 't' for percentage scores were applied.

Level of significance

To test the hypothesis 0.05 level of significance was considered adequate for the purpose of the study.

Result and findings

Table 1: Table showing students, physical education teachers and headmasters' responses towards regularity and proper implementation of physical education programme in various middle schools running in yavatmal city.

Responses to academic plan and implementation	Obtained average score		Average Percentage		Showing Chi – square to all the respondents		
	YES	NO	YES%	NO%	FO	Fe	X2
Students	12	38	24.29	75.71	12	25	6.76
					38	25	6.76
						X2	13.52
Physical education Teachers	9	16	36	64	9	12.5	0.98
					16	12.5	0.98
						X2	1.96
Headmasters	7	8	46.66	53.34	7	7.5	0.03
					8	7.5	0.03
						X2	0.06

Df= 1, t= 3.84

From the above cited table it is observed that the average frequency from the students population was 12 in yes agreement where as 38 was in No agreement. Similarly the average frequency from the PET's population was 9 in yes agreement whereas 16 was in 'No' agreement and the average frequency from the headmasters population was 7 in yes agreement where as 8 in No agreement.

Out (50) 12 student respondents supported and 38 respondents do not support the hypothesis and 16 respondents do not

support the hypothesis. Similarly out of (15), 7 headmasters supported and 8 do not support the hypothesis. "The authorities of middle school run at Yavatmal city do not implement the programme of physical education for the middle school children appropriable. This is the indication that the given hypothesis is accepted.

Further the observed frequency in percentages given in the table is also shown in figure. 1.

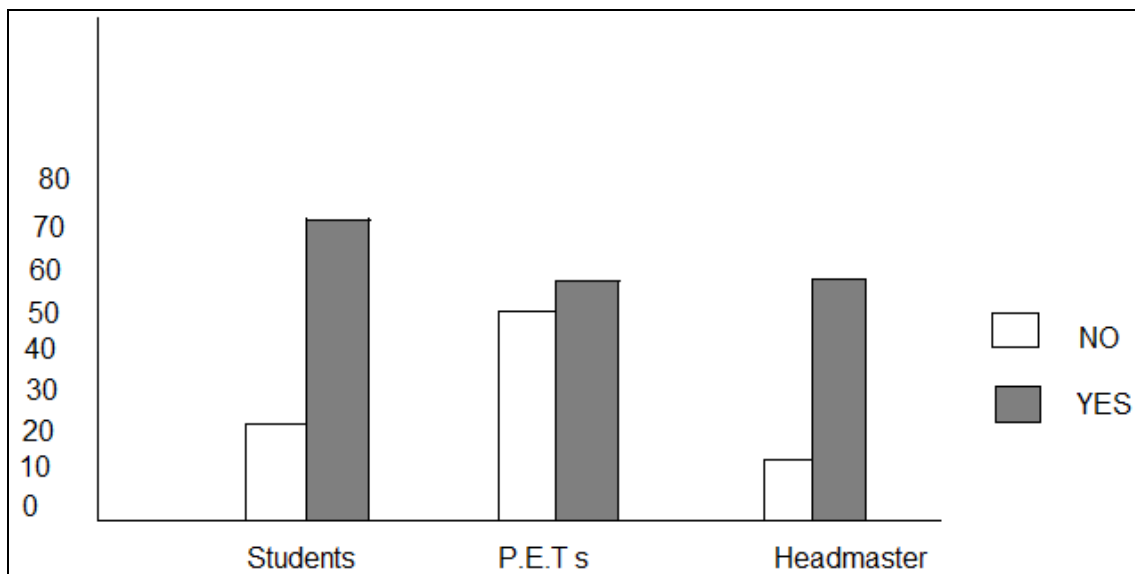


Fig 1: Showing, implementation of physical education programme regularly and properly in middle schools running in Yavatmal City.

Conclusion

Based on the limitations, delimitations and the findings of the

study the following conclusions was rawn, that the students were found unsatisfied with the sports programme provided to

them. The periods provided for the physical education programme through the routine time table was insufficient. Further the physical education teacher were unable to fulfill their academic workload with the allotted periods. It is further concluded that the headmasters are unable to provide the required and essential facilities in their schools so that effective implementation of physical education programme take place.

Recommendations

Based on the result of the present study following recommendations are made for further necessary and follow up action.

1. Headmaster of the representative supervisors shall take utmost care for implementing the programme of physical education appropriately and properly for the middle school children.
2. Govt. of Maharashtra shall look in to the matter of appointment of the physical education teachers in middle schools with appropriate student teacher ratio.
3. It is also recommended that more periods for physical education programme in middle schools shall be placed in their routine time table.
4. Physical education teachers should be motivated by the higher authorities to develop the required instructional and teaching material for their effective teaching.

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