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Comparison of attitude of students of towards sports and physical education in relation to their academic achievement

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Abstract
The aims of this study were: to test and compare the attitude of students towards sports and physical education. Now a day it is very tough competition in the study, students do very hard work in study to gain the high score in their classes. But they forget that, the sports is must with study. For the test the attitude of total 200 students of senior secondary schools, were selected for the study. They divided into two groups high academic achievement (Above than 85% s) and Low academic achievement (below 60% Score). For the assessment the attitude of students, the attitude scale developed by the researcher himself with the help of experts on basis of five points likers scale. The spss software were used for the statistical treatments. On the basis of analysis the results of the research showed that, the low academic score's students have more interest in sports and physical education in compared the high academic score's students.

Keywords: attitude, academic achievements, interest and sports

Introduction
It has been rightly observed that physical fitness is the prime-most requisite for an individual. If a person is physically not fit or unhealthy he or she cannot enjoy the gifts of nature nor the human life. Further, we can make advances in other fields only when we are physically fit. Hence, physical fitness is the first pre-requisite for the survival, growth and advancement of the every human being. Undoubtedly, therefore, there is a need to impart knowledge about Sports and physical education among the students so that they can keep themselves physically fit irrespective of the stream of education they are opting and the field in which they are going. The government has also recognized this fact and gave the advancement to the sports in many field and various types of facilities to the sportspersons and the subject of physical education has been included in the school curriculums for not only up to the matriculation standard but also for the secondary classes as an regular subject by the many educational boards in several states. Present study is an attempt to measure attitude of the eleventh and twelfth class students (of the schools located in Rohtak city) towards the Sports and physical education in relation to academic achievements variables. The independent variables taken for the present study are via. Academic achievement

Statement of the problem
The problem undertaken for the present study may, therefore, be stated as:
"Comparison of attitude of students of towards sports and Physical Education in relation to their academic achievement"

Objectives of the study
Following were the main objectives of the study:
1. To compare the attitude of people towards Sports and physical education with high and low academic achievement.
2. To compare the attitude of high academic achievement's male and female students towards Sports and physical education.
3. To compare the attitude of low academic achievement's male and female students towards Sports and physical education.

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Hypotheses of the study
In view of the above stated objectives of the study, present study has been designed to test the following hypotheses:
1. There will be no significance difference of attitude of students towards Sports and physical education with high academic achievement and low academic achievement.
2. There will be no significance difference of attitude towards Sports and physical education between male and female students of high academic achievement.
3. There will be no significance difference of attitude towards Sports and physical education between male and female students of low academic achievement.

Delimitation of the study
Considering the problem of lack of resources with the investigator, it is proposed to keep the area of the study delimited in the following manner:
1. The investigation was taken 200 students of 11th and 12th class only.
2. The study was conducted on the schools affiliated to the BSEH of Rohtak district only.
3. The study was conducted on the said students of the Academic Year of 2016-17 only.

Selection of the sample
It is essential that the results and the conclusions of any scientific research must be true, valid and reliable. The ideal situation, therefore, would be to include each and every member of the universe i.e., the entire population in the research process. However, the observation of some phenomena in complete detail would involve such a mass of data that analysis can be slow. Moreover, to analyses large quantities of material is wasteful when smaller sample would sufficient. At times, it is impossible as well, for, some population is infinite and cannot be exhausted. Thus, the use of sampling allows for more adequate scientific work by marking the time of the scientific worker count. Instead of spending many hours over the analysis of a mass of material from one point of view, he may use that time to examine a smaller amount of material from many points of view or, in other words, to do a more effective analysis of fewer cases, another obvious value of sampling is that it also saves money and thus makes research possible which could not otherwise be undertaken. In this connection, E. Bright Wilson said, "the universe is too vast and complex to be treated as a whole. So, a manageable part of it must be chosen for observation".
For the present study, all the students (boys and girls) of the age group of 16 to 18 years studying in 11th and 12th class in those senior secondary schools situated in Rohtak district, which are affiliated to Board of School Education Haryana. The representative sample of 200 (100 girls and 100 boys) students has been chosen through the technique of random sampling. Their academic achievement were identified with the school records. With the permission of the principals of all these schools, those students, who were given basic knowledge Sports in their school curricula, were identified and the relevant tools were administered to them.

Tools used and their cescription
The following tools were used for collecting the data:
- Attitude Scale.
- Academic Achievement Test.

Research procedure
For conducting this research study, the investigator visited the schools of Rohtak and obtained the permission from their respective principals for the purpose. The investigator introduced him to the randomly selected students in the respective school and described the purpose of the study to the students (respondents). Thereafter the questionnaire of Attitude scale, that developed by the investigator himself were distributed to twenty randomly chosen students – ten girls and ten boys – in each school. Time duration for answering the questions, excluding that devoted to giving of instructions and clarifying the doubts, was 20 minutes. After the completion of the stipulated time-period, all the sheets were collected and scoring was done. This process took 2 days for the researcher to cover all the five schools. When the entire Questionnaires were taken back, the investigator thanked the students, the teacher and the principal of the respective school for their co-operation. Thus the data was collected from 200 students and the scoring of all the tests was completed and the scores computed.

Statistical procedures
For the present study, the mean value, standard deviation, 't'-test were applied to analyse the data, different steps in 't' – test were used with the help of spss software and the final conclusion was drawn and it was also compared with the significant value at .05 level of confidence with 99 degree of freedom. The utilization of mean values, standard deviation and 't' – test were made according to the requirement of the present study as per the statistical technique.

Results of the Study

Table 1: Significance of difference between mean attitude score of high and low academic achievement

Respondents	N	Mean	S.D.	't'-value	Level of Significance
High Academic Achievement	100	46.16	5.86	3.285	0.05
Low Academic Achievement	100	49.13	6.94		

As shown in Table- the mean attitude score of students who scored high Academic Achievement test is 49.13 and mean attitude score of students who scored high Academic Achievement test is 46.16. And the calculated value of 't' was 3.285, which is more than table value (1.96). It means that the hypothesis was rejected at the 0.05 level of significance and significant difference was found between the attitude score of students with high Academic Achievement and low Academic Achievement towards Sports and physical education.
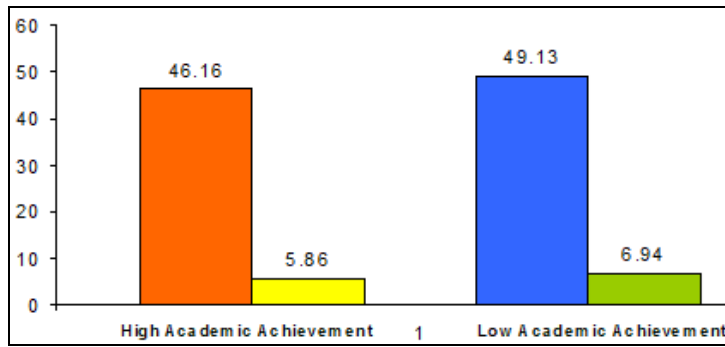
Fig 1: scores of high and low academic achievement

Table 2: Significance of difference between mean attitude score of male and female having high academic achievement

Respondents	N	Mean	S.D.	't'-value	Level of Significance
Male	100	47.43	6.77		0.05
Female	100	44.42	4.52	2.903	

As shown in Table-2 above, the mean attitude score of male students who scored high Academic Achievement test was 47.43 and mean attitude score of female students who scored high Academic Achievement test was 44.42, and the calculated value of 't' was 2.903, which is more than table value (1.96). It means that the hypothesis was rejected at the 0.05 level of significance and significant difference of attitude towards sports was found between the male and female students with high Academic Achievement.
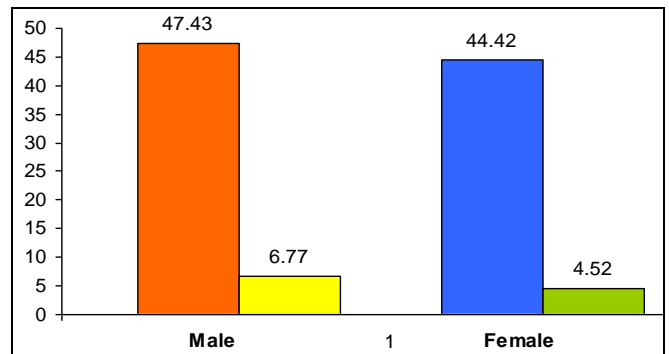

Fig 2: scores of male and female having high academic achievement

Table 3: Significance of difference between mean attitude score of male and female studnets having low academic achievement

Respondents	N	Mean	S.D.	't'-value	Level of Significance
Male	100	51.09	7.13		0.05
Female	100	46.89	6.09	3.24	

As shown in Table-3 above, the mean attitude score of male students who scored low Academic Achievement test was 51.09 and mean attitude score of female who scored low Academic Achievement test was 46.89, and the calculated value of 't' was 3.24, which is more than table value (1.96). It means that the hypothesis was rejected at the 0.05 level of significance and significant difference was found attitude towards sports between the male and female students with low Academic Achievement.
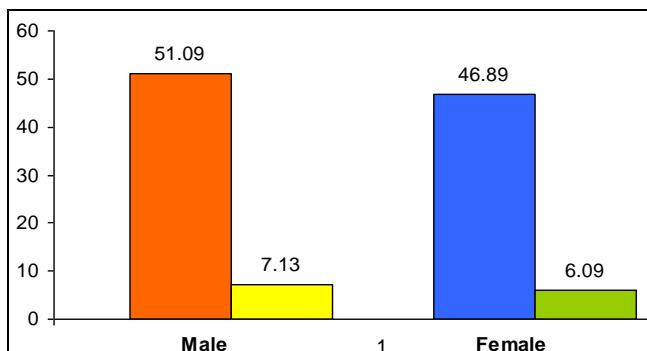

Fig 3: scores of male and female having low academic achievement

Conclusions
On the basis of analyses of data, the following main conclusions have been drawn by the researcher:
1. The attitude towards Sports of high Academic Achievement students is significantly different from the attitude of students with low Academic Achievement towards Sports.
2. The attitude towards Sports of high Academic Achievement male students is significantly different from the attitude towards Sports of female students having high Academic Achievement.
3. The attitude towards Sports of low Academic Achievement male students is significantly different from the attitude towards Sports of female students having low Academic Achievement.

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