



ISSN: 2456-0057  
IJPNPE 2018; 3(2): 685-688  
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www.journalofsports.com  
Received: 13-05-2018  
Accepted: 14-06-2018

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## A study of interest towards sports activities among students of engineering colleges

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### Abstract

The purpose of this study was to access the Interest 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 10 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 interest towards sports activities.

**Keywords:** Interest towards, 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. Physical Activeness depends on mainly two factors. One is balanced diet which gives us required energy to do the daily work. Second is Physical Activity which has come into focus as the new form of education, and focalize games & sports for the total development of human to stay healthy and active for a longer time.

To many psychologists, interest is a vague, everyday term that denotes a personal characteristic or an affective state and that has already been thoroughly investigated by modern motivational psychology. Interest is closely related to learning. It allows for correct and complete recognition of an object, leads to meaningful learning, promotes long-term storage of knowledge, and provides motivation for further learning. Interest is a content-specific concept. It is always related to specific topics, tasks or activities. Interest is a directive force.

### Methodology

To study the interest 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 interest 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).

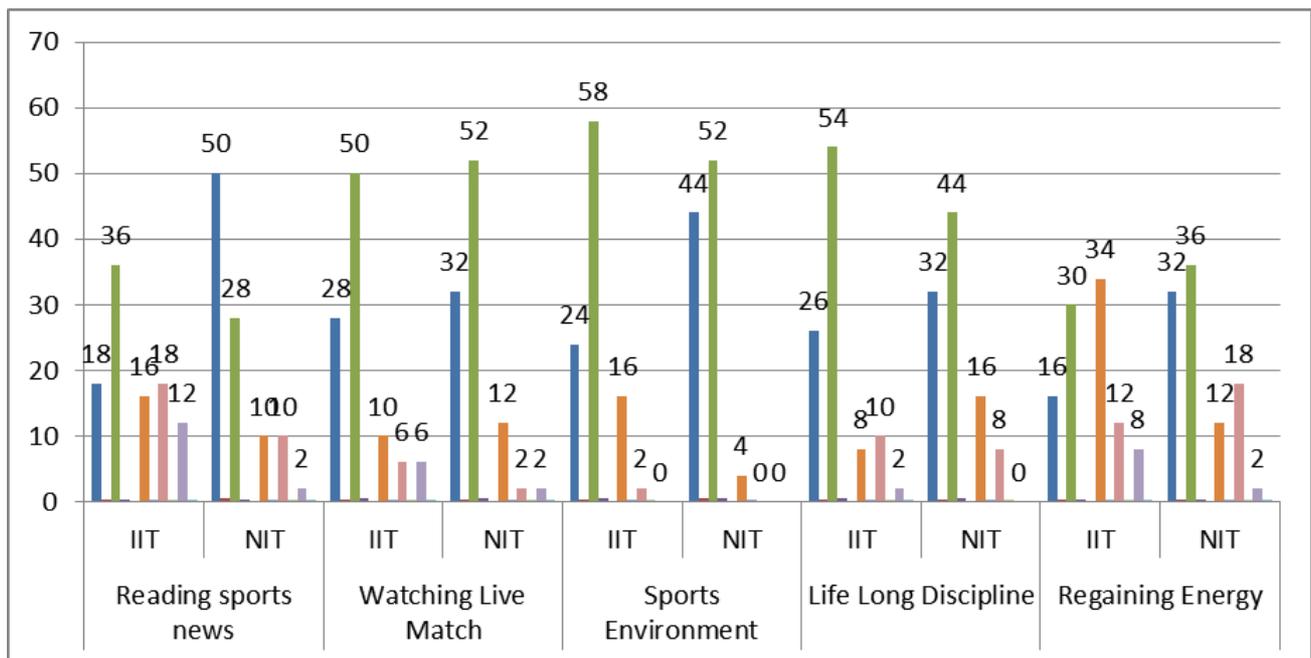
The responses collected on five point scale were converted into numerical values and were arranged in frequencies to apply  $\chi^2$  test of statistics for the interpretation and analyses of the tabulated data. The statements were made according to the these sub items i.e. Reading Sports News, Watching Live Match, Sports Environment, Life Long Discipline, Regaining Energy, Interest in Adventure Sports, Sports Persons as Role Mode, Lure of Physical Fitness, Infrastructure not a Hurdle.

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**Table 1:** Responses of Respondents Regarding Interest 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.	%									
1.	Reading sports news	IIT	100	18	18%	36	36%	16	16%	18	18%	12	12%	8.600
		NIT	100	50	50%	28	28%	10	10%	10	10%	2	2%	37.200**
2.	Watching Live Match	IIT	100	28	28%	50	50%	10	10%	6	6%	6	6%	36.400**
		NIT	100	32	32%	52	52%	12	12%	2	2%	2	2%	47.000**
3.	Sports Environment	IIT	100	24	24%	58	58%	16	16%	2	2%	0	0%	34.000**
		NIT	100	44	44%	52	52%	4	4%	0	0%	0	0%	19.840**
4.	Life Long Discipline	IIT	100	26	26%	54	54%	8	8%	10	10%	2	2%	44.000**
		NIT	100	32	32%	44	44%	16	16%	8	8%	0	0%	15.600**
5.	Regaining Energy	IIT	100	16	16%	30	30%	34	34%	12	12%	8	8%	13.000
		NIT	100	32	32%	36	36%	12	12%	18	18%	2	2%	19.800**
6.	Interest in adventure sports	IIT	100	18	18%	62	62%	8	8%	8	8%	4	4%	57.800**
		NIT	100	36	36%	52	52%	12	12%	0	0%	0	0%	12.160**
7.	Sports person as role model	IIT	100	24	24%	52	52%	14	14%	6	6%	4	4%	38.200**
		NIT	100	40	40%	44	44%	14	14%	2	2%	0	0%	24.720**
8.	Lure of physical fitness	IIT	100	16	16%	54	54%	22	22%	4	4%	4	4%	42.200**
		NIT	100	28	28%	40	40%	28	28%	4	4%	0	0%	13.680**
9.	Regarding Infrastructure, not a hurdle	IIT	100	12	12%	36	36%	24	24%	20	20%	8	8%	12.000
		NIT	100	32	32%	28	28%	22	22%	12	12%	6	6%	11.800

\*\* Significant at .01 level of significance



**Fig 1:** Percentage Responses of Respondents Regarding Interest for Sports Activities

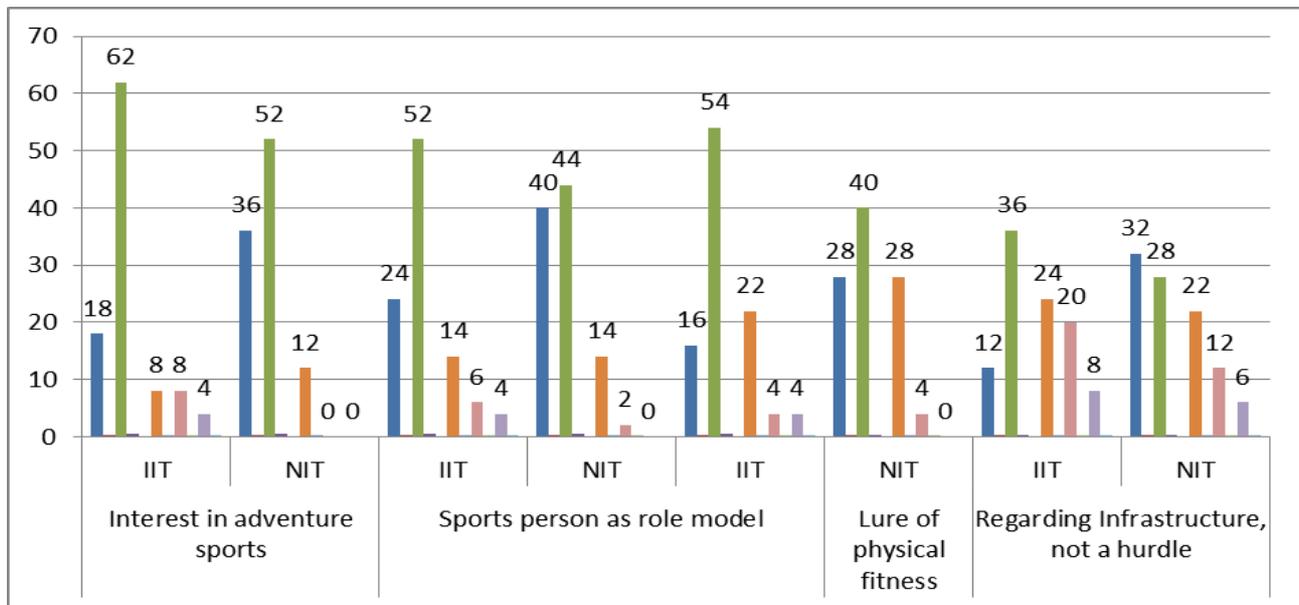


Fig 1: Responses Regarding Interest for Sports Activities

### Introduction

Item no. I deals with reading sports news. When the data were analysed the value of  $\chi^2$  came out to be significant at .01 level of significance from the responses collected from NIT Hamirpur, and did not come out to be significant for IIT Mandi. It reveals that 60% of the total sample agrees to the statement and others are either neutral or disagree. So it may be interpreted that no concrete opinion emerged from the respondents for reading sports section. When the data for item watching live match was analysed,  $\chi^2$  value came out to be significant at .01 level of significance from the responses collected from both colleges. The analysis reveals that 86% of the responses of total sample are positive towards the scale. From this it may be interpreted that respondents are of the opinion that watching a live match is very good life time experience for individuals. The  $\chi^2$  value for sports environment came out to be significant at .01 level of significance from the responses. It reveals that concentration of frequencies exhibiting the agreement of sample from two engineering colleges lies towards positive side of the scale with 90% of positive responses. So it may be interpreted that respondents agree to the statement and think that interest for sports can be inculcated if the sports environment is provided to the individuals. When the data for item Life Long Discipline were analysed the  $\chi^2$  value came out to be significant at .01 level of significance from the responses. It reveals that 78% of the total sample agree to the statement. Since the responses lie towards the positive side of the scale, so it may be interpreted that significantly higher no of respondents are of the opinion that interest in team sports leads an individual to lifelong discipline. The  $\chi^2$  value for Regaining Energy came out to be significant at .01 level of significance from the responses from NIT Hamirpur and did not come out to be significant for IIT Mandi. The analysis reveals that 52% of total sample were agreed to the statement where 23% were indecisive and 15% were disagreed, so it may be interpreted that no concrete opinion emerged from the responses. After analysing the data regarding Interest in Adventure Sports the value of  $\chi^2$  came out to be significant at .01 level of significance from responses from both colleges. The analysis reveals that concentration of frequencies lies towards positive side of the scale with 89% of the positive responses. So it may be interpreted that significantly higher no of respondents have interest to watch adventure sports activities and think that they are full of thrill. It is evident that value of  $\chi^2$  for Sports Persons as Role Model came out to be significant at .01 level of significance. The analysis reveals that concentration of frequencies lies towards positive side of the scale with average 80% of positive responses. From this it may be

interpreted that significantly higher no of respondents think that sports persons are role model for youngsters and seeing them playing creates interest for sports in youngsters. When the data for Lure of Physical Fitness were analysed the value of  $\chi^2$  came out to be significant at .01 level of significance from the responses collected from sample. The analyses of the data reveal that 69% of the total sample agree to the statement where 25% is indecisive. Since the responses lie more towards positive side of the scale so it may be interpreted that significantly higher no of respondents are of the opinion that interest to remain physically fit also makes people join sports activities. Infrastructure, not a hurdle when analysed the value of  $\chi^2$  did not come out to be significant at .01 level of significance. The analyses reveals that 54% of the respondents agree to the statement and 23% were neutral and other 23% were not agreed to the statement so it may be interpreted that interest in sports does not see any infrastructure, irrespective of all, sports persons will play, whereas some think differently that infrastructure is needed for sports activities. So no concrete opinion emerged from the responses.

### Conclusions

1. The researcher came to the conclusion after analyzing the data for, reading sports news, that the mixed trend of responses is seen. Some of the respondents agree that they read the sports section first whereas almost half of the respondents totally disagree to the statement. Hence the hypotheses framed for this sub item is partially approved and partially disapproved.
2. After analyzing the data the investigator reached the positive agreement and the conclusion drawn for watching live match is this that majority of the respondents are of the opinion that watching live match is a life time experience. Most of the respondents agree to the statement where very few are indecisive also. Hence the hypotheses framed for this sub item is approved.
3. The researcher came to the conclusion, after analyzing the responses of respondents from of both colleges for sports environment, that majority of the respondents are of the opinion that environment for sports activities can incline the individual towards sports. Hence the hypotheses framed for this sub item is approved.
4. After analyzing the data the investigator reached the positive agreement and the conclusion drawn for lifelong discipline is this that majority of the respondents are of the opinion that interest in team sports leads to lifelong discipline in individuals. Hence the hypotheses framed for this sub item is approved.

5. The researcher came to the conclusion after analyzing the data for regaining energy that the mixed trend of responses is seen. Some of the respondents agree to the item regaining energy where as almost half of the respondents disagree or are indecisive and are of the opinion that even if they play but do not regain energy before the important events. This shows less interest of sports before important events. Hence the hypotheses framed for this sub item is partially approved and partially disapproved.
6. The researcher came to the conclusion after analyzing the data for interest in adventure sports, that majority of the respondents are of the opinion that they have an interest in adventure sports and these activities are very thrilling to watch. Hence the hypotheses framed for this sub item is approved.
7. After analyzing the data the investigator came to the conclusion that majority of the respondents from are of the opinion that sports persons are role model for youngsters, and seeing them playing creates interest for sports in youngsters. Hence the hypotheses framed for this sub item is approved.
8. The investigator came to the conclusion, after analyzing the data for, lure of physical fitness, that majority of the respondents have given positive agreement, and they think that interest to remain fit make people join sports activities. Hence the hypotheses framed for this sub item is approved.
9. The researcher came to the conclusion after analyzing the data for infrastructure, not a hurdle, mixed trend is seen from the respondents, some of respondents have given positive agreement, some are negative towards the thought where as one fourth of the respondents are indecisive towards the opinion. Hence the hypotheses framed for this sub item is partially approved and partially disapproved.  
Investigations have shown that the respondents from medical colleges are generally positive towards the psychological attribute Interest. In spite of many facts like difficult studies, detailed curriculum, less sports facilities, geographical conditions are not conducive, hectic schedules, lifestyle, and genetic factors, overburdened, although all these factors are basically obstacles for sports activities or one can say that due to these factors the interest towards sports activities may be affected. But after concluding all the sub items one by one researcher came to the conclusion that hypotheses framed by the investigator is approved.

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