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## Comparative study of attitude and interest of junior college boys towards physical education

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### Abstract

The aim of the present study was to find out the attitude and interest of junior college boys of district Anantnag towards physical education. The source of subjects were selected from junior college boys. The subjects were selected on random sampling method, twenty subjects were selected correspondingly. The data was collected by using a questionnaire method. The data was statistically analyzed by one way analysis of variance (ANOVA) and the level of significance was fixed at 0.05 Statistical, 't' test was also applied. With restrictions of the study and from statistical analysis of the collected data it was concluded that there insignificant difference found among attitude and interest of junior college boys of district Anantnag towards physical education.

**Keywords:** Attitude, interest, junior college boys

### Introduction

Physical education provides awareness and learning attitude for the physical, mental, emotional, social and spiritual development of the human personality. It strengthens the social relationships and examines the impact of interactions between the individual, the family, the wider community and environment on the health of population (Tripathi and Srivastava 2012)<sup>[1]</sup>. These are conceptualized and taught through an integrated approach to ensure that students achieve a healthy, active lifestyle, including a sense of well-being. These are organized instruction in motor activities that contribute to the physical growth, health, and body image of the individual. The term physical education consists of two separate words, 'physical education'. The first word 'Physical' is said to be related with bodily functions. Physical is relating to body or all bodily characteristics. The term physical may include the body functions, like digestive function, circulatory function or muscular function of any body, and it may be physical strength, physical endurance of any human being. In other words this word deals with fitness components and bodily effectiveness of any individual that can also be said as physical appearance.

The term 'education' is described as a process in which and by which knowledge, character and behavior of the individuals are understood and shaped. It is a systematic instruction for any particular task. Education is basically a preparation for life a combined meaning of these two words would be that systematic instructions and training which relate to physical activities or programmed of activities, necessary for development of physical powers or cultivation of physical skill (Sharadao, 2009)<sup>[5]</sup> Early psychologist have different attitude simply as tendency to seek or avoid something. Merely liking or disliking, approval and disapproval do not convey the real meaning of attitudes. Stanger has defined attitude in much broader sense. According to author, an attitude can be defined as meanings of that one associates with a certain object (or idea) and which influence his acceptance of it. An element of acceptance or avoidance is present in any attitude, but conditional association is also involved (Shyam, 2008)<sup>[6]</sup>. Life will be colorless and Barron unless one has something to work for. Boredom and depression are frequent companions of one lacks personal goals and interest. A sense of direction and enthusiastic concern stabilizes one's life. It gives impetus and interest to daily activities and keeps one going when difficulties are encountered. Interest is not an activity. It is a permanent tendency or a mental structure which supplies sufficient motivating power to maintain the motor activity interest can be the cause of an activity and the result participation

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in activity. Interest may refer to the motivating force it compels us to attend to a person, a thing or an activity itself (Mangal, 2007)<sup>[2]</sup>.

**Method**

For the present study the subjects were selected from non-grantable as well as grantable junior college boys affiliated to state board of school education. Only male subjects were selected from junior college boys of district Anantnag. The number of subjects (20) were selected for the present study. Proper way of selection of the data was followed for the selection of the subjects as the consent was received from the head of the institution. The subjects were given proper information about the study and the selection of tests, as well as the test administration. The subjects give full cooperation during the collection of data.

**Variables and tests**

Study was done on the basis of two psychological variables (attitude and Interest). Data was collected by using the Questionnaire. The selection of the subjects was done on the basis of simple random sampling method.

**Statistical technique**

The data was statistically analysed by applying statistical technique ‘t’ test and one way analysis of variance (ANOVA).

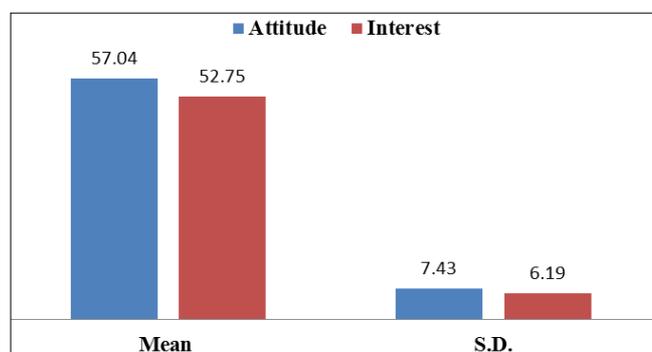
**Results**

The results shows that the mean value and standard deviation of the boys on the variable attitude and interest was (57.04), (52.75) and (7.43), (6.19), which was higher than the table value (3.49), the level of significance was fixed at 0.05 level of confidence. It is clear from the results that mean value of boys on the variable attitude was high as compared with mean value of boys on the variable interest as shown in the below table 1.

**Table 1:** Mean, S.D. and “t” of the boys on the psychological variables attitude and interest is represented in the below table:

Gender	Variables	Mean	S.D	M.D	D.F	‘t’
Boys	Attitude	57.04	7.43	4.65	2	1.25
	Interest	52.75	6.19	4.65	17	

The mean value of boys on the variable attitude was high as compared with mean value of boys on the variable interest. The data is graphically represented in Figure I.



**Fig 1:** Mean and S.D. graphically presented in the figure I on the variables Attitude and Interest of junior college boys

**Discussion**

On the basis of two variables attitude and interest, study was done on Junior college boys of district Anantnag towards

physical education. The variable attitude shows high mean value among junior college boys towards physical education as compared with interest of the junior college boys. The reason behind this may be the less interest towards physical education and having lack of awareness about physical education or it may be their less participation in physical activity. As studied by the (Zeng, 2016)<sup>[8]</sup>, shows that the current investigation was not so positive as the males scored higher than those of females. (Radhamani, 2010)<sup>[4]</sup>, the study reveals that the boys studying in professional colleges showed higher attitude towards physical education than the boys studying in non-professional colleges. It was also studied by (Zeng, 2011)<sup>[7]</sup>, shows that attitude towards physical education and activity appears to be positive. As studied by the (Pethkar, 2010)<sup>[3]</sup>, tries to bring about a change in physical activity levels of individuals and their attitude towards physical education.

**Conclusion**

It was concluded from the results that there was variation on the two important psychological variables attitude and interest. Also, the study gives us the relevant information about the psychological fitness of Junior college boys of towards physical education.

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