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## A study of parental attitude towards physical education

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### Abstract

Present study was conducted on 100 parents i.e., 50 parents from urban area and 50 parents from rural area of the professional students of physical education (M.P.ED. and B.P.ED.) of post graduate Prof. Gursewak Singh Govt. College of Physical Education, Patiala. For the purpose of study Wear Physical Education attitude scale was selected to obtain the response of the subjects. Significant difference was found between the parents from urban area and rural area towards the profession of physical education belongs to professional students of physical education (M.P.ED. & B.P.ED.) Prof. Gursewak Singh Govt. College of Physical Education, Patiala. The data also reveals that the parents from urban area had the more favorable attitude towards the profession of physical education as compare to the parents from rural area.

**Keywords:** parental attitude, physical education

### Introduction

According to the law of nature, the first lesson of education to a child is body movement, which he learns initially in a natural way. Movement is an essential component of growth and also for development. The education also helps in maintaining and developing the worth of the body, mind and soul. The development of brain without corresponding development of physical behavior has no meaning. Therefore the importance of physical education as for curricular activity, which should be recognized essentially. An attitude is a personality characteristic manifested by a feelings or observable behavior. The assumption is often made that physical education is a viable means to promote the growth and development of positive attitude toward movement and fitness-related activities. Positive feelings about a physical should, of course, promote continuance of regular voluntary participation in physical activity. When individual are asked about their attitude toward physical activity, most will state a positive view. Unfortunately, many of these individuals actually subscribe to a sedentary life-style. In the school and private settings, instructors of physical activity must provide instruction and learning experiences that promote good feelings about fundamental movements, fitness related activities and sports. An attitude is a favorable or unfavorable evaluation of something. Attitudes are generally positive or negative views of a parson, place, thing, or events this is often referred to as the attitude object. People can also be conflicted or ambivalent toward an object, meaning that they simultaneously possess both positive and negative attitudes toward the item in question.

### Methodology

Present study was conducted on 100 parents i.e., 50 parents from urban area and 50 parents from rural area of the professional students of physical education (M.P.ED. and B.P.ED.) of post graduate Prof. Gursewak Singh Govt. College of Physical Education, Patiala. For the purpose of study Wear Physical Education attitude scale was selected to obtain the response of the subjects. Only questionnaire method was adopted to get the information about the attitude of parents. The questionnaire has been developed to asses attitude towards physical education was composed of 30 statements about physical education into two forms: A and B. statement are comprised of both positive and negative score (16 statements were positive and the rest were negative). There were five response options ranging from "strongly agree" to "strongly disagree" for each statement. Scoring procedure for this test, positive statements are scored from +5 to +1, and negative statements are scored +1 to +5 the total score is sum of the points

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for all the statements responses. The higher the score, more the positive attitude towards physical education. In statistical procedure, the data collected were subjected to t value to

evaluate the attitude between two groups. The level of significance was.

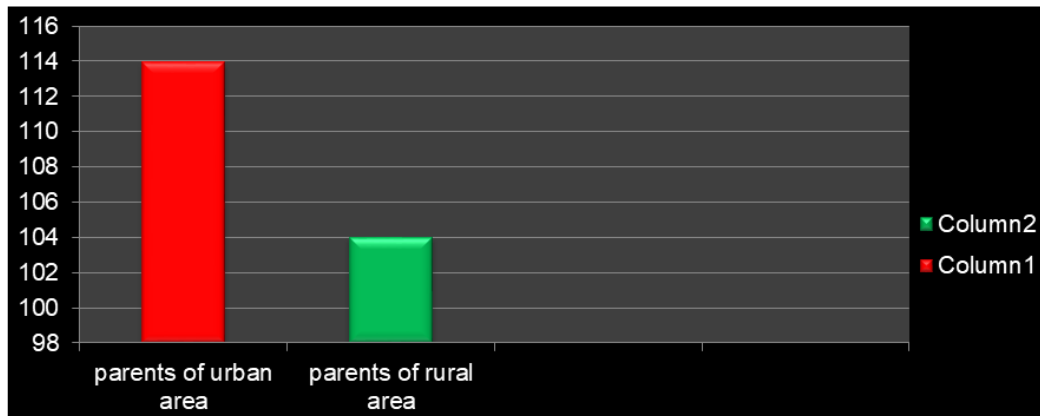
**Table 1:** Comparison of attitude towards the profession of physical education between the parent from urban and rural area

Variables	DF	M	S.D	S.D Error	t
Parents from Rural area	98	104.14	22.83	3.22	2.33
Parents from Urban area	98	114.26	19.98	2.82	

Significant at tab0.05 (98) =1.98

The above table reveals that t value (calculated) of 2.33 is greater than the tabulated t value of 1.98 which is significant at 0.05 level with the df of 98. The mean value of parents from rural area is 104.14 and S.D is 22.83. The mean value of

parents from urban area is 114.26 and S.d is19.98. The difference between the two mean groups is 10.12; it means the mean score of parents from urban and rural area differ significantly.



**Fig 1:** Show in fig parents of urban and parents of rural

As per the findings of the study it may attributed to the fact that the parents from urban area come from varied discipline and having more positive approach towards the profession of physical activity as compare to the parents of rural area. The positive attitude of parents from urban area may be due to the more interaction with the teacher in the parent's teacher meeting of physical education department, and parents are also invited in the other function of sports departments. Parents from urban area may be more aware towards the profession of physical education; they may know the job opportunities are better in this profession as in other profession. The reason may be that they are more conscious towards their health and aware about the benefits of physical education and activity and the facilities may be more in urban area which may bring their attention towards physical education. The lack of interest of parents from rural area may be due to the less interaction between the parents and teacher as they live so far from the institute and they may not able to attend the parents teacher meetings and other chances of interaction with the teacher of physical education department. The other reason may be the environment of rural area, and the facilities may not pleasing enough to brought interest towards physical education profession or maybe they are not much aware about the scope of this profession and also the benefits of physical activities towards health. Hence, these facts reflect the results of their response.

### Conclusions

- Significant difference was found between the parents from urban area and rural area towards the profession of physical education belongs to professional students of physical education (M.P.ED. & B.P.ED.) Prof. Gursewak Singh Govt. College of Physical Education, Patiala.
- The data also reveals that the parents from urban area had

the more favorable attitude towards the profession of physical education as compare to the parents from rural area.

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