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

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### Abstract

The main purpose of the study was to find out the attitude and interest of junior college boys and girls of North Kashmir towards physical education. In this study the questionnaire of interest and questionnaire of attitude were distributed among the boys and girls. The study was conducted on fifty (50) boys and fifty (50) girls. For this study the standard questionnaire of Attitude of junior college boys and girls towards physical education was used and the data was collected through standard questionnaire prepared by (Dr. G. P. Thakur and Manju Thakur contains 16 items). And the data pertaining to interest junior college boys and girls towards physical education was collected through self-designed Questionnaire. The subjects were selected by simple random sampling method. After the collection of data from the students of junior college boys and girls affiliated to J and K board of school education the raw data were converted into standard one by using a statistical technique 't' test for testing of hypothesis. The finding of the study shows that there was found significant difference in the attitude and interest of junior college boys and girls towards physical education.

**Keywords:** Attitude, interest, boys, girls and physical education

### Introduction

Attitude and interest are important psychological variables which determines how an individual behaves himself with changing situation, so it is an important aspect of life that man who can adjust quickly with the demand of the situation are said to be most successful persons in every field of life. The present researcher as a physical education student shown interest in taking the comparative study to know whether boys are having more or less attitude and interest than girls. Attitude is a mental or neural state of readiness organized through experience influencing dynamically or directly the individual's response to all objects and situations with which it is related. Some psychologists view attitudes as learned or more or less organized tendency to respond in a persistent manner (negatively or positively) with reference to some situation, idea, object or class of such objects. Attitudes determine the organism's orientation towards his social and physical environment including himself. Because of a particular attitude towards a specific stimulus, motives are aroused and action is mobilized to approach or avoid the stimulus. Attitudes consist of cognitive component/structure, affective and behavioral components. Attitude is formed with respect to situations, persons or groups with which individual come in contact in course of the growth and development of his personality. Once they are formed, they put the pressure that the individual reacts in a specific or characteristic way to these or related situations, persons or groups. Attitudes are unquestionably an acquired disposition and therefore conditioned by learning or acquisition of experiences. Heredity does not play any role in the formation or development of attitudes. Environmental forces help an individual to form and develop various attitudes. An attitude at any stage is essentially a product of the interaction of oneself with one environment.

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 interests. A sense of direction and enthusiastic concern stabilizes one's life.

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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 in activity. interest may refer to the motivating force it compels us to attend to a person, a thing or an activity, or it may be the effective experience that has been stimulated by the activity itself. Drever has defined interest by stating that “an interest is a disposition in its dynamic aspects. Interests builds up by past satisfaction or by an anticipated future satisfaction. It is important to note that even failure win hope leads to continued interest. Individuals develops different interests according to their disposition, attention, economic, social or political status etc. Acquired interest depends to a large extent on ones experience. A Childs interest reflects the structure of his personality, particularly of the way previous experiences influence his perception of himself. While children pursue their interests in group activities, they simultaneously develop their social and technical skills. They find opportunities for outlets in creative expressions and social interactions while exploring their own interests. Interests lead to exploratory activities in many new fields. Such an understanding is quite helpful when interests are used in vocational guidance and classroom planning.

**Methodology**

**Source of Data:** For the present study subjects were selected

from junior college boys and girls belongs to North Kashmir  
**Selection of subject:** 100 subjects Fifty (50) subjects were selected from each group for the collection of data.  
**Sampling Method:** The subjects were selected by simple random sampling method.

**Equipment’s used for collection of data:** The data pertaining to Attitude of junior college boys and girls towards physical education was collected through standard questionnaire prepared by (Dr. G. P. Thakur and manju thakur contains 16 items). And the data pertaining to interest junior college boys and girls towards physical education was collected through self-designed Questionnaire.

**Analysis and interpretation of data**

After the collection of data from the students of junior college boys and girls affiliated to J and K board of school education the raw data were converted into standard one by using a statistical technique ‘t’ test for testing of hypothesis.

**Finding of the study**

The data for the mentioned study was collected from the students of Junior Colleges of North Kashmir Region which are affiliated to Jammu and Kashmir Board of school education.

**Table 1:** Comparison of attitude between junior college boys and girls towards physical education

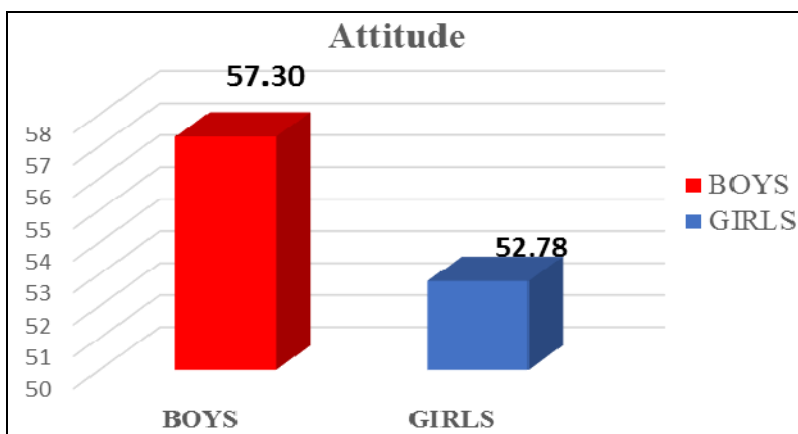
Name of Course	Mean	S.D.	M.D.	D.F	O.T.	T.T
Boys	57.3	7.05	4.52	98	3.20	2.02
Girls	52.78	7.06				

Level of Significance=0.05

**Tabulated‘t’0.05 (38) =2.02**

Table No 1 reveals that there was difference between mean of between Junior college boys and girls because mean of boys = 57.3 which is greater than the mean of juniors college girls= 52.78 so the mean difference where found as 4.52 to check the significant difference between boys and girls the data was

again analyzed by applying ‘t’ before applying ‘t’ test standard deviation was calculated between boys and girls Where SD of boys = 7.05 and SD girls = 7.06 and the calculated value of ‘t’ where found 4.52 which is greater than tabulated t=2.02 at 0.05 level of significance. Hence the pre assumed of the researcher has been accepted.



**Graph 1:** Graph showing the mean score of attitude of boys and girls towards physical education

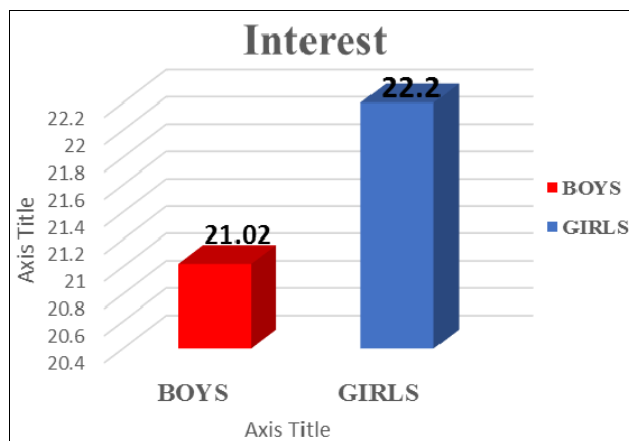
**Table 2:** Comparison of interest between junior college boys and girls towards physical education

Name of Course	Mean	S.D.	M.D.	D.F	O.T.	T.T
Boys	21.02	2.72	1.18	98	2.27	2.02
Girls	22.2	2.44				

Level of Significance=0.05

**Tabulated  $t(38) = 2.02$** 

Table No 2 reveals that there was difference between mean of Between junior college boys and girls because mean of junior college boys = 21.02 which is greater than the mean of junior college girls = 22.2 so the mean difference where found as 1.18 to check the significant difference between junior college boys and girls the data was again analyzed by applying 't' before applying 't' test standard deviation was calculated between junior college boys and girls. Where SD of junior college boys = 2.72 and SD of junior college girls = 2.44 and the calculated value of 't' where found 2.27 which greater than tabulated  $t = 2.02$  at 0.05 level of significance. Hence the pre assumed of the researcher has been accepted.



**Graph 2:** Graph Showing the Mean Score of Interest of Junior College Boys and Girls towards Physical Education

**Discussion on Hypothesis**

In the earlier the researcher was hypothesized that there will be a significant difference in Attitude and Interest of Junior College Boys and Girls towards Physical Education.

The finding of the present study has revealed that there is significant difference in Attitude and Interest of Junior College Boys and Girls towards Physical Education. Hence the hypothesis given by the researcher is accepted.

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