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Comparison of attitude between senior citizens men and women towards physical activity

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Abstract

The objective of the study was to compare attitude between senior citizens men and women with regard physical activity. Fifty (twenty five men and twenty five women senior citizens) were randomly selected as subjects for the study. Age of the subjects ranged from 60 to 80 years. The data for the study was collected by distributing the questionnaires to the subjects personally by the researcher. The data was computed as mean, Standard Deviation and 't' test and the hypothesis was tested at 0.05 level of significance. According to our findings, the variables namely tension release ($t=1.352$), health promotion ($t=.733$), vigorous exercise ($t=.914$), and social benefits ($t= 1.851$) were significantly different in men and women senior citizens.

Keywords: Senior citizens, physical activity, attitude

Introduction

Physical activity is as old as the mankind, a child right from conception starts physical activity which gets refined with time. Physical activity is not only for a sportsperson/athlete, it is also very important for a layman. Physical activity is not only for physical development, but it is necessary for overall development of a human. Man is a social animal, but he is different from other animals because they have ability to think and the primary dissention from other animals is his ability to learn. He has been endowed with intelligence which enables him to modify his animal tendencies in accordance with the demand of the environment and the society.

The purpose of physical activity is not for gaining a muscular body, but it plays an important role in human beings overall development. Through physical activity a sound social personality can be developed by way of participation in team games and competitive sports. In team games, players learn about respect of other's decision, cooperation. Less is known about how older adults perceive physical activity and exercise. The study of older adults is important, as they are increasing as a proportion of the total population in many countries. Involving in physical and habitual physical activity can have beneficial effects for a number of physical and psychological indices. For older people, exercise can minimize the physiological decline that is an inevitable consequence of biological aging (Rogers & Evans, 1993) [7] and may therefore contribute to an independent lifestyle.

Newcomb (1948) [6] is of the view that an attitude is not a response but a more or less persistent set to respond in a given way to an object or situation. It is an organised and consistent manner of thinking, feeling and reacting with regard to any event in one's environment. Lambert and Lambert (1964) [4] consider thoughts, beliefs, feelings, emotions and tendencies to react as essential components of an attitude. It refers to a subjective or mental state of preparation for action. McDonald (1965) [3] describes an attitude as a pre-disposition to act in a positive or negative way towards persons, objects, ideas and events.

Allport (1935) [1] relates attitude with a neuro-psyche state of readiness for mental and physical activity. Attitudes are essentially individual mental process which determines both the actual and potential responses of each person in the social world. Laycock and Munro (1966) are of the viewpoint that there are emotional, intellectual and motivational components of attitude. Ideas of acceptance or rejection and the preparation of the individual to be motivated in specific ways are implied in observation. An attitude is essentially a construct which is not open to direct observation and is established through the interference made by an observer of an individual's behaviour.

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Methodology

Fifty (twenty five senior citizens men and twenty five senior citizens women) were randomly selected as subjects for the study. Age of the subjects ranged from 60 to 80 years.

Data was collected using a Older Persons Attitudes towards Physical Activity and Exercise Questionnaire (OPAPAEQ) Terry, Biddle, Chatzisarantis, & Bell (1997). The data for the study was collected by distributing the questionnaires to the subjects personally by the researcher. The researcher personally contacted the subjects and explained them the details of the questionnaires and the study. The subjects were given enough time and the researcher personally motivated the subjects to give responses honestly and freely. The data was collected from local parks of Chandigarh.

Equipment needed for fill the questionnaire is Inventory forms, Pencil/pen and Scoring key. Scoring procedure of questionnaires was positive statements are scored from +5 to +1, and negative statements are scored from +1 to -5. The total score is the sum of the points for all the statement responses. The higher score indicates more the positive attitude towards physical activity.

The data was computed with mean, standard deviation and t-test. The hypothesis was tested at 0.05 level of significance.

Table 1: Allocation of Items on the Opapaeq inventory into Objective Categories

| Variables | Item number |
|-------------------|-------------------------------------|
| Tension release | 3, 6, 10, 12 |
| Health promotion | 2, 7, 11, 13 |
| Vigorous exercise | 5, 9, 14 (item 9 is reverse scored) |
| Social benefits | 1, 4, 8 |

1. Tension release = 3, 6, 10, 12 items
2. Health promotion = 2, 7, 11, 13 items
3. Vigorous exercise = 5, 9, 14(item 9 is reverse scored)
4. Social benefits= 1, 4, 8 items

Results

Table 2: Descriptive Presentation of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Tension Release Approach of Physical Activity

| Variables | Gender | N | Mean | Std. deviation | Std. Error mean |
|-----------------|--------|----|-------|----------------|-----------------|
| Tension release | Women | 25 | 16.00 | 1.84 | .36 |
| | Men | 25 | 15.20 | 2.30 | .46 |

Table no 2 presents mean scores of senior citizen (men and women) towards physical activity. Senior citizen women recorded 16.00 as mean score, 1.84 as SD and .36 as SEM towards tension release of physical activity whereas senior citizen men registered means score as 15.00, SD as 2.30 and SEM as .46 with regard towards tension release of physical activity.

Table 3: Comparative Analysis of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Tension Release Approach of Physical Activity

| Variables | Groups | Mean | SD | MD | SED | t- ratio |
|-----------------|--------|-------|------|-----|-----|----------|
| Tension release | Women | 16.00 | 1.84 | .80 | .59 | 1.352 |
| | Men | 15.20 | 2.30 | | | |

Significant at .05 levels
 't' .05(48)=2.011

From the table 3 it is clear that the higher mean score (16.00) recorded by senior citizen women is better than the senior citizen men mean score (16.36). The women seem to have better positive attitude towards tension release approach of physical activity than men. Further the obtained t value that is 1.352 which is low than the tabulated value that is 2.011, it becomes evident that the difference of mean score of senior citizen women and men towards tension release approach of physical activity has not been found statistically significant at .05 levels.



Fig 1: Graphical Representation of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Tension Release Approach of Physical Activity

Table 4: Descriptive Presentation of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Health Promotion Approach of Physical Activity

| Variables | Gender | N | Mean | Std. Deviation | Std. Error Mean |
|------------------|--------|----|-------|----------------|-----------------|
| Health Promotion | Women | 25 | 15.80 | 1.89 | .37 |
| | Men | 25 | 15.32 | 2.67 | .53 |

Table no 4 presents mean scores of senior citizen (men and women) towards physical activity. Senior citizen women recorded 15.80 as mean score, 1.89 as SD and .37 as SEM towards health promotion approach of physical activity whereas senior citizen men registered means score as 15.32, SD as 2.67 and SEM as .53 with regard towards health promotion approach of physical activity.

Table 5: Comparative Analysis of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Health Promotion Approach of Physical Activity

| Variables | Groups | Mean | SD | MD | SED | t-ratio |
|------------------|--------|-------|------|-----|-----|---------|
| Health Promotion | Women | 15.80 | 1.89 | .48 | .65 | .733 |
| | Men | 15.32 | 2.67 | | | |

Significant at .05 levels
 't' .05(48)=2.011

From the table 5 it is clear that the higher mean score (15.80) recorded by senior citizen women is better than the men mean score (15.32). The senior citizen women seem to have better positive attitude towards health promotion approach of physical activity than senior citizen men. Further the obtained t value that is .733 which is low than the tabulated value that is 2.011, it becomes evident that the difference of mean score of senior citizen men and women towards health promotion approach of physical activity has not been found statistically significant at .05 levels.



Fig 2: Graphical Representation of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Health Promotion Approach of Physical Activity

Table-6: Descriptive Presentation of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Vigorous Exercise Approach of Physical Activity

| Variables | Gender | N | Mean | Std. deviation | Std. Error mean |
|-------------------|--------|----|-------|----------------|-----------------|
| Vigorous exercise | Women | 25 | 10.52 | 2.12 | .42 |
| | men | 25 | 9.96 | 2.20 | .44 |

Table no 6 presents mean scores of senior citizen (men and women) towards physical activity. Senior citizen women recorded 10.52 as mean score, 2.12 as SD and .42 as SEM for towards vigorous exercise approach of physical activity whereas senior citizen men registered means score as 9.96, SD as 2.20 and SEM as .44 with regard towards vigorous exercise approach of physical activity.

Table 7: Comparative Analysis of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Vigorous Exercise Approach of Physical Activity

| Variables | Groups | Mean | SD | MD | SED | t- ratio |
|-------------------|--------|-------|------|-----|-----|----------|
| Vigorous Exercise | Women | 10.52 | 2.12 | .56 | .61 | .914 |
| | Men | 9.96 | 2.20 | | | |

Significant at .05 levels
 't' .05(48)=2.011

From the table 7 it is clear that the higher mean score (10.52) recorded by senior citizen is better than the senior citizen men mean score (9.96). The senior citizen women seem to have better positive attitude towards vigorous exercise approach of physical activity than senior citizen men. Further the obtained t value that is .914 which is low than the tabulated value that is 2.011, it becomes evident that the difference of mean score of senior citizen men and women towards vigorous exercise approach of physical activity has not been found statistically significant at .05 levels.

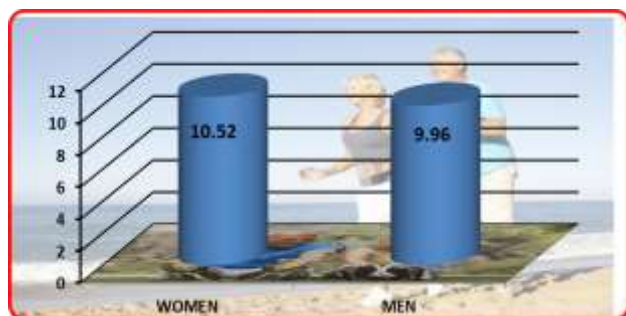


Fig 3: Graphical Representation of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Vigorous Exercise Approach of Physical Activity

Table 8: Descriptive Presentation of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Social Benefits Approach of Physical Activity

| Variables | Gender | N | Mean | Std. Deviation | Std. Error Mean |
|-----------------|--------|----|-------|----------------|-----------------|
| Social Benefits | Women | 25 | 12.96 | 1.20 | .24 |
| | men | 25 | 12.12 | 1.92 | .38 |

Table no 8 presents mean scores of senior citizen (men and women) towards physical activity. Senior citizen women recorded 12.96 as mean score, 1.20 as SD and .24 as SEM for towards social benefits approach of physical activity whereas senior citizen men registered means score as 12.12, SD as 1.92 and SEM as .38 with regard towards social benefits approach of physical activity.

Table 9: Comparative Analysis of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Social Benefits Approach of Physical Activity

| Variables | Groups | Mean | SD | MD | SED | t- ratio |
|-----------------|--------|-------|------|-----|-----|----------|
| Social Benefits | Women | 12.96 | 1.20 | .84 | .45 | 1.851 |
| | Men | 12.12 | 1.92 | | | |

Significant at .05 levels
 't' .05(48)=2.011

From the table 9 it is clear that the higher mean score (12.96) recorded by senior citizen women is better than the senior citizen men mean score (12.12). The senior citizen women seem to have better positive attitude towards social benefits approach of physical activity than senior citizen men. Further the obtained t value that is 1.851 which is low than the tabulated value that is 2.011, it becomes evident that the difference of mean score of senior citizen men and women towards social benefits approach of physical activity has not been found statistically significant at .05 levels.

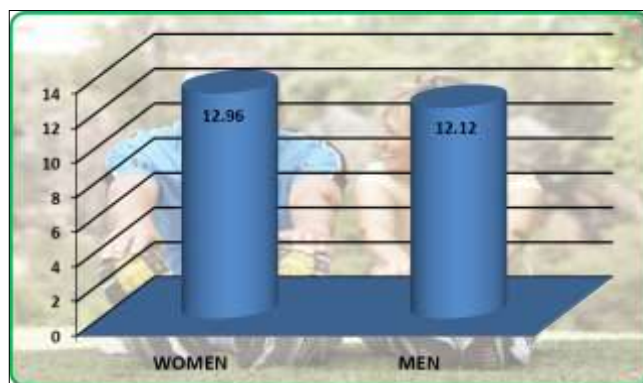


Fig 4: Graphical Representation of Mean Scores of Attitude of Senior Citizens (Men and Women) Towards Social Benefits Approach of Physical Activity

Discussion

Women and men senior citizens both have positive approach towards physical activity but womens had more positive approach than mens. No statistically significant difference has been found between men and women senior citizens with regard to their approach towards physical activity.

Conclusion

On the basis of above finding it can be concluded that senior citizens womens have more positive approach towards physical activity than the men senior citizen. The men and women senior citizens both have been found to have positive

approach towards physical activity for stress free life health promotion and social benefits. Although women senior citizen have been found more positive in their approach towards physical activity than mens but no statistically significant difference has been found between the two. There for it can be concluded women are more concerned towards their physical fitness and approach towards physical activity.

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