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Attitude of the students towards compulsory physical education programme under K.V.S. School

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Abstract

The purpose of the study was to determine the attitude of the students towards compulsory physical education programme under KVS school Gwalior (MP) and to find out their opinion in any. 400 girls and boys students were randomly selected from five KVS schools studying at KVS Gwalior. The subject was ranging from 14 to 18 years of the age and was belonging to different places of Gwalior. The investigator prepared questionnaire comprising 18 statement based on very simple pattern viz yes/no. positive and negative statement were place at different sequence questionnaire done by using 2 points linkert scale. The percentage of respondents was very high average attitude towards compulsory physical education programme.

Keywords: Attitude, towards, compulsory, physical, education

Introduction

The physical education is not the activity itself, but achievement of the human potentials, contained within the activity. In other words the goal is the development of all human personal qualities that are essential for successful and satisfying participation in physical activity. The participants, however, may not be aware of this ultimate goal. His interest is generally in the activity alone and this is as it should be. It is the parents who will channelize this desire, interest or motivation for participation into activities that encourage personal achievement.

Modern physical education is a dynamic subject which derives its strength from its deep foundation in the sciences like psychology, anatomy, growth and development, genetics and evaluation. It is very closely related to health education and recreation and can contribute more to the goals of general education than any other school subject.

Education is the process by which the individual is shaped to fit into the society, and which maintains and advances the social order. It is a systematic process designed to make man more rational, mature and knowledgeable. Education is the modification of behaviour of an individual for his own personal happiness, for his better adjustment in society and for making him a successful citizen, contributing something original to the society.

The major purpose of education is to render each individual to become free, to realize limitations to find out the means of solution, and to contribute to improve the quality of life him and others.

Education means preparation for life, it should help every individual to become all he is capable of becoming. Education must be concerned with developing optimum organic health, vitality, emotional stability, social consciousness, knowledge, wholesome attitudes and spiritual and mental qualities. These educational objectives can be better achieved through physical fit, mentally sound, emotionally balanced and socially adjusted individuals. Thus, physical education has a vital role to play as an integral part of general education which aims at enabling an individual to live an enriched and abundant life in ever changing world.

Physical education is a misinterpreted field and misunderstood by many people. In under developed as well as in developing countries the values and need of physical education are not being appreciated properly even now. It is a sad fact that physical education is not given the due importance or an equal status with other academic subjects. Hence, it would be helpful to find out the root cause for this step motherly treatment.

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It may be due to any one or more of the following factors

1. Role of school and college administrators.
2. Parents and public reaction.
3. Attitude of subject teachers and physical educators.
4. Attitude of Students.
5. Finance.
6. Facilities and personnel.
7. Equipment and programme.

Methodology

400 girls and boys students were randomly selected from the K.V. No. 1 Gwalior, Shakti Nagar, K.V. No. 2 Gwalior Air Force, K.V. No. 3 Gwalior, Morar Cant., K.V. No. 4 Air Force and K.V. No. 5 AG colony. The subjects were ranging from 14 to 18 years of Age and were belonging to different places of Gwalior. To find out the attitude or beliefs, an attitude questionnaire was employed to collect necessary data 18 statements were prepared by the investigators with the help other experts. An attempt was made to make the wording of the statement clear, relevant, simple and free from ambiguity. Provision was made on the right side of each statement to note the attitude of the respondent by 'Ticking' () one of the responses viz. Yes/No respectively. The scoring questionnaire done by using 2 point likert scale. For positive statement 2 point awarded for 'yes' and 0 awarded for No. Similarly in negative statement 0 awarded for Yes and 2 point awarded for No. the positive statements are 1, 2, 3, 4, 5, 11, 12, 13 and 17. And Negative statements are 6, 7, 8, 9, 10, 14, 15, 16 and 18. The data collected by questionnaire consisting of question related to attitude of student towards compulsory Physical Education programme under School.

Statistical Procedure

The various responses analysed received using in the terms rating at scale attitude and descriptive of students technique towards of compulsory percentage. Usually the Rating Scales were prepared by two methods. One is percentage basis and other is area wise (using Standard Deviation) If the results are used for future purpose, the scale developed of area is appropriate. where deciding the status of the present subject, the scale developed on the basis of percentage of area is required.

Using percentage of area in the study are in consonance with study of questionnaire developed by the penman, Toulmin and MC Mohan measure the sociological characteristics.

Table 1: Finally, the rating scale developed is as follows: Level of attitude

Score	Level of attitude
34-36	Most favourable attitude
28-33	Favourable attitude
22-27	Average attitude
16-21	Unfavourable attitude
10-15	Most unfavourable attitude

Analysis of the data and Results of the study

Table 2: Frequencies and percentage of Responses of Subjects on attitude towards physical education Programme

	Response					
	M.U.F.A	M.F.A	F.A.	A.A.	U.F.A.	
	NO(%)	NO(%)	NO(%)	NO(%)	NO(%)	
Attitude towards Physical education Programme		36(19.25)	123(30.75)	139(34.75)	55(13.25)	6(1.5)

- M.F.A =Most favourable attitude
- F.A. =Favourable attitude
- A.A. =Average attitude
- U.F.A. =Unfavourable attitude
- M.U.F.A =Most unfavourable attitude

Table shows the frequencies and percentage of responses of subjects on attitude towards Physical education Programme. The 19.25% subject having (response 36) the most favourable attitude towards physical education programme, the 30.75% subjects having (response 123) favourable attitude towards Physical Education Programme, the average attitude score towards Physical Education Programme is 34.75% (response 139), the 13.25% subject having (response 55) and the 1.5% subjects having (response 6) towards physical Education Programme.

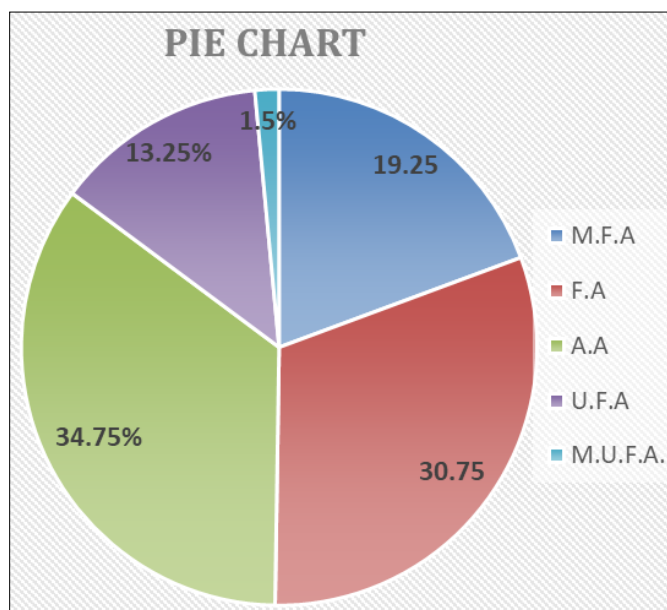


Fig 1: The Percentage of Attitude of K.V.S. students towards compulsory Physical education Programme.

Conclusion

It is evident from the important of the responses made by majority of them have recognized the importance of Physical Education programme. They have also expressed that physical education program help to develop certain values as spiritual & mental satisfaction. They also expressed that everyone like Physical Education programme and however this it is a fact that students have average attitude towards compulsory physical education programme under K.V.S.

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