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A STUDY OF ATTITUDE OF THE SCHOOL PRINCIPALS TOWARDS PHYSICAL EDUCATION PROGRAMME



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Abstract :

The purpose of this study was to determine the opinion of principals towards the physical education programme in Chhattisgarh and to find out their opinions agree/disagree/undecided if any. The study was conducted by administering a questionnaire to the Principals of State Schools of Bilaspur district. The study was restricted to the principals of sixty different schools of Bilaspur district. The investigator prepared a questionnaire comprising of 33 statements based on a very simple pattern viz, agree/disagree/undecided which covered 6 aspects i.e Physical aspect, Educational aspect, social aspect, mental aspect, economical aspect, general aspect of physical education. Survey method was used to assess the attitude of principals in state schools of bilspur district. No specific statistics were involved in the study. The research scholar put the collected data in tables for assessment attitude towards physical education. only the frequency and percentage were calculated. The results of the study revealed that a majority of the principals have a favourable opinion towards all the aspects of physical education. They are of the opinion that the children who actively participate in physical education programme are obedient, disciplined and well behaved. They have also a highly favourable opinion towards physical education because it promotes physical health and fitness, mental maturity and alertness.

Key Words:- Attitude, Physical Education, Health, Fitness.

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INTRODUCTION

Physical education is mainly focused on human movement. It provides to the people with increasing control over their own performance capabilities. In this process, the mind also gets disciplined to the requirement and aptitude of its body in turn can give alertness and expressions to the mind. Physical education seeks to achieve an optional functioning of all systems of the body in harmonic coverage with a discerning mind (Mazumdar, 1916).

Physical education is that part of education which proceeds by means of or predominantly, through movement, it is not same separate, partially related field. This significant means of education, furnishes one's angle of composed of many components, inter related functional units, rather than of several distinctly compartmentalized facilities. The physical, mental and social must all be considered together. Physical education when well taught can contribute more of the goal of general education than can any other school subject, not more to each goal than any other subject, but more to all goal than any other school subject (Voltoner et al., 1979).

Attitudes are ideas or feeling that one may have about something as a result of past experience or as a result of imaginative likes and dislikes. When conditions or change in the environment occur, whether for better or worse, we can usually expect to see a change in attitudes of students towards the physical education activity program as well as towards individual activities within the program (Johnson & Nelson, 1982).

Therefore, in measuring the attitude of the head of the institution towards physical education, a survey of this type was essential as the study would be useful not only to find out the attitudes of principals of school but also the impact it has over the physical education teachers and the students regarding their involvement in the physical education programme. So, if the principal has a positive attitude towards physical education it will play an important role in development of physical education programme in the schools, hence the investigator has taken up the present study.

METHODOLOGY

Sources of Data:

Sixty state schools of Chhattisgarh, belong to Bilaspur Region in which a total of forty state schools were having physical education teacher whereas, rest of state schools were not having physical education teacher, were selected as the sample for the study.

Construction of the Questionnaire:

The questionnaire of 33 statements was finalized after conducting a pilot study keeping in view the various aspects of physical education i.e., Physical aspect, Education aspect, Social aspect, Mental aspect, Economic aspect, and General aspect with the help of physical education experts. The questionnaire was arranged in a logical order and each statement was recorded clearly to enable the subjects to understand and answer those statements without much difficulty. Great care was taken to frame each statement in such a manner that it was precise and without any 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; Agree/ Disagree/ undecided respectively.

Administration of Questionnaire:

The questionnaire were distributed to the principals of the sixty state schools of Jabalpur region (M.P.) personally by the scholar with the request that they would give correct and accurate answer and send the completed questionnaires to the investigator by post at their earliest convenience. In addition to this the investigator had interviews with the various Principal and also discussed with them their problems in the field of physical education. The responses were collected in the same way. The total number of 60 questionnaires were collected from the concerned respondents back.

RESULTS AND DISCUSSION

The responses obtained from the questionnaire survey were carefully and systematically compiled with the frequencies of the responses for each of the question with specific categorizations. The percentage analysis of the surveyed information of sixty state schools with the frequencies and percentages are presented in Tables 1 to 33.

TABLE 1
STATEMENT : PHYSICAL EDUCATION IS MAINLY CONCERNED WITH MUSCLE BUILDING.

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| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 52 | 86.67 |
| 2. | Responded in Negative | 8 | 13.33 |
| 3. | Responded in undecided | Nil | Nil |

Table 1 indicates that out of the 60 respondents, 86.67 % were of the view that physical education is mainly to do with physical development and 13.33 % of them did not agree with the statement.

TABLE 2**STATEMENT: PHYSICAL EDUCATION HELPS IN IMPROVING PHYSICAL FITNESS.**

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 55 | 91.67 |
| 2. | Responded in Negative | 5 | 8.33 |
| 3. | Responded in undecided | Nil | Nil |

Table 2 indicates that out of the 60 respondents 91.67% were of the view that physical education helps in improving the physical fitness and 8.33% of them did not agree with the statement.

TABLE 3**STATEMENT : REGULAR PHYSICAL EDUCATION IS ESSENTIAL FOR PROPER GROWTH AND DEVELOPMENT.**

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 56 | 93.33 |
| 2. | Responded in Negative | 4 | 6.33 |
| 3. | Responded in undecided | Nil | Nil |

As seen in Table 3 that out of the 60 respondents 93.33 % were of the view that regular physical education is essential for proper growth and development and 6.33 % of them did not agree with the statement.

TABLE 4**STATEMENT : PHYSICAL EDUCATION IS MAINLY TO DO WITH PHYSICAL DEVELOPMENT.**

| S.No. | Remarks | Frequency | Percentage |
|-------|-------------------------------|-----------|------------|
| 1 | Responded in Affirmative | 21 | 35 |
| 2. | Responded in Negative | 39 | 65 |
| 3. | Responded in undecided | Nil | Nil |

Table 4 proves that 35 % pf the respondents were in the favour that physical education is mainly to do with physical development and 65% respondents were not in favour of the statement.

TABLE 5**STATEMENT : MUSCULAR DEVELOPMENT IS POSSIBLE WITHOUT PHYSICAL EDUCATION**

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 49 | 81.67 |
| 2. | Responded in Negative | 11 | 18.33 |
| 3. | Responded in undecided | Nil | Nil |

Table 5 reveals that 81.67% respondents were of the view that muscular development is possible without physical education and 18.33% of them did not agree with the statement.

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TABLE – 6
STATEMENT : NEURO MUSCULAR COORDINATION CAN BE DEVELOPED THROUGH PHYSICAL EDUCATION.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 49 | 83.33 |
| 2. | Responded in Negative | 11 | 16.66 |
| 3. | Responded in undecided | Nil | Nil |

As seen in Table 6 that out of the 60 respondents 49 were of the view that neuromuscular coordination can be developed through physical education and 11 of them did not agree with the statement.

TABLE 7
STATEMENT : PHYSICAL EDUCATION PROGRAMME HELPS AN INDIVIDUAL TO LEARN ACTIVITY WHICH HAS A CARRY OVER VALUE IN LATER LIFE.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 49 | 81.66 |
| 2. | Responded in Negative | 11 | 18.33 |
| 3. | Responded in undecided | Nil | Nil |

Table 7 indicates that out of 60 respondents 49 were of the view that physical education programme helps an individual to learn activity which has a carry over value in later life and 11 of them did not agree with the statement.

TABLE 8
STATEMENT : PHYSICAL EDUCATION CONTRIBUTES TO TOTAL EDUCATION OF THE CHILD.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 52 | 86.67 |
| 2. | Responded in Negative | 8 | 13.33 |
| 3. | Responded in undecided | Nil | Nil |

Table 8 indicates that 86.67 % respondents were of the view that regular physical education contributes to total education of the child and 13.33 % of them did not agree with the statement.

TABLE 9
STATEMENT : THE CHILDREN WHO ACTIVELY PARTICIPATE IN PHYSICAL EDUCATION PROGRAMME ARE DISOBEDIENT.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 12 | 20 |
| 2. | Responded in Negative | 48 | 80 |
| 3. | Responded in undecided | Nil | Nil |

It is evident from Table 9 that 20 % respondents were in the favour that the children who actively participate in physical education programme are disobedient and 80% respondent were not in the favour of the statement

TABLE 10
STATEMENT: INVOLVEMENT IN PHYSICAL EDUCATION PROGRAMME HINDERS ACADEMIC

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ACHIEVEMENT.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 38 | 63.33 |
| 2. | Responded in Negative | 22 | 36.67 |
| 3. | Responded in undecided | Nil | Nil |

As seen in Table 10 that 63.33% respondents were of the view that involvement in physical education programme hinders academic achievement and 36.67% of them did not agree with the statement.

TABLE 11**STATEMENT: ALL STUDENTS SHOULD GET A BASIC KNOWLEDGE OF PHYSICAL EDUCATION AS A PART OF GENERAL EDUCATION.**

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 52 | 86.66 |
| 2. | Responded in Negative | 8 | 13.33 |
| 3. | Responded in undecided | Nil | Nil |

Table 11 indicates that out of 60 respondents 52 were of the view that all students should get a basic knowledge of physical education as a part of general education and 8 of them did not agree with the statement.

TABLE 12**STATEMENT: OTHER ACADEMIC SUBJECTS ARE SUFFICIENT ENOUGH TO TAKE CARE OF EVERY ASPECT OF CHILD'S DEVELOPMENT.**

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 18 | 30 |
| 2. | Responded in Negative | 42 | 70 |
| 3. | Responded in undecided | Nil | Nil |

Table 12 proves that 30% respondents were in the favour that other academic subjects are sufficient enough to take care of every aspect of child's development, 70 % respondent were not in the favour of the statement.

TABLE 13**STATEMENT: PHYSICAL EDUCATION PROMOTES BETTER INTER PERSONAL RELATIONSHIP.**

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 56 | 93.33 |
| 2. | Responded in Negative | 4 | 6.67 |
| 3. | Responded in undecided | Nil | Nil |

As seen in Table 13 that 93.33% respondents were of the view that physical education promotes better inter personal relationship, 6.67% of them did not agree with the statement.

TABLE 14**STATEMENT: PHYSICAL EDUCATION HELPS TO IMPROVE SOCIAL STATUS AMONG THE STUDENTS**

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 29 | 48.33 |
| 2. | Responded in Negative | 15 | 25 |
| 3. | Responded in undecided | 16 | 26.67 |

Table 14 indicates that out of 48.33% respondents were of the view that physical education helps to improve social status among the students, 25% of them did not agree with the statement and 26.67 of them were undecided.

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TABLE 15
STATEMENT: PHYSICAL EDUCATION PROGRAMME DEVELOPS SPORTSMEN QUALITY IN STUDENTS

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 37 | 61.67 |
| 2. | Responded in Negative | 23 | 38.33 |
| 3. | Responded in undecided | Nil | Nil |

Table 15 indicates that 61.67 % respondents were in the favour that physical education programme develops sportsmen quality in students, 38.33 % respondents were not in the favour of the statement

.TABLE 16
STATEMENT: PHYSICAL EDUCATION PROGRAMME DEVELOPS LEADERSHIP QUALITY IN STUDENTS

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 56 | 93.33 |
| 2. | Responded in Negative | 4 | 6.67 |
| 3. | Responded in undecided | Nil | Nil |

Table 16 indicates that 93.33% of respondents were of the view that physical education programme develops leadership quality in students and 6.67% of them did not agree with the statement.

TABLE 17
STATEMENT: PHYSICAL EDUCATION MAKES ONE A COOPERATIVE INDIVIDUAL.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 46 | 76.67 |
| 2. | Responded in Negative | 14 | 23.33 |
| 3. | Responded in undecided | Nil | Nil |

Table 17 proves that 76.67 % respondents were in the favour that physical education makes one a cooperative individual, 23.33 % respondents were not in the favour of the statement.

TABLE 18
STATEMENT: BY PARTICIPATING IN PHYSICAL EDUCATION PROGRAMME BOYS AND GIRLS CAN LEARN HOW TO BEHAVE WITH PEOPLE OF OPPOSITE SEX.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 47 | 78.33 |
| 2. | Responded in Negative | 3 | 5 |
| 3. | Responded in undecided | 10 | 16.67 |

Table 18 reveals that 78.33 % of total respondents were of the view that by participating in physical education programme boys and girls can learn how to behave with people of opposite sex, 5% of them did not agree with the statement and 16.67% were undecided.

TABLE 19
STATEMENT: PHYSICAL EDUCATION MAKES IMPORTANT CONTRIBUTION TO MENTAL HEALTH.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 52 | 86.67 |
| 2. | Responded in Negative | 8 | 13.33 |
| 3. | Responded in undecided | Nil | Nil |

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Table 19 indicates that 86.67 % of total respondents were of the view that physical education makes important contribution to mental health and 13.33% of them did not agree with the statement.

TABLE 20
STATEMENT: THOSE WHO PARTICIPATE IN PHYSICAL ACTIVITIES BECOME ALERT.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 39 | 65 |
| 2. | Responded in Negative | 11 | 13.33 |
| 3. | Responded in undecided | 10 | 16.67 |

Table 20 proves that 65 % respondents were in the view that those who participate in physical activities become alert, 13.33 % respondents were not in the favour of the statement and 16.67 % were undecided for their response.

TABLE 21
STATEMENT: TENSION CAN BE RELEASED BY PARTICIPATING IN A PROGRAMME OF PHYSICAL EDUCATION.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 51 | 85 |
| 2. | Responded in Negative | 5 | 8.33 |
| 3. | Responded in undecided | 4 | 6.67 |

Table 21 indicates that ,85% respondents were of the view that tension can be released by participating in a programme of physical education,8.33% of them did not agree with the statement and 6.67% were undecided.

TABLE 22
STATEMENT: STUDENTS WHO ARE GOOD IN PHYSICAL EDUCATION WILL NOT BE BRIGHT IN STUDIES.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 12 | 20 |
| 2. | Responded in Negative | 38 | 63.33 |
| 3. | Responded in undecided | 10 | 16.67 |

TABLE 23
STATEMENT: PHYSICAL EDUCATION HELPS IN THE INTELLECTUAL DEVELOPMENT OF THE STUDENTS.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 50 | 83.33 |
| 2. | Responded in Negative | 8 | 13.33 |
| 3. | Responded in undecided | 2 | 3.33 |

Table – 23 reveals that 83.33 % respondents were of the view that physical education helps in the intellectual development of the students, 13.33 % of them did not agree with the statement and 3.33 % of them were undecided.

TABLE 24
STATEMENT: WITHOUT SUFFICIENT FINANCES, IT IS DIFFICULT TO CARRY OUT A PROGRAMME OF PHYSICAL EDUCATION.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 49 | 81.67 |
| 2. | Responded in Negative | 11 | 18.33 |
| 3. | Responded in undecided | Nil | Nil |

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Table 24 reveals that out of 60 respondents, 49 were of the view that without sufficient finances, it is difficult to carry out a programme of physical education and 11 of them did not agree with the statement.

TABLE 25

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 48 | 80 |
| 2. | Responded in Negative | 12 | 20 |
| 3. | Responded in undecided | Nil | Nil |

TABLE 26

STATEMENT: THE CANDIDATES WITH SPORTS BACKGROUND HAVE BETTER JOB OPPORTUNITIES.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 41 | 81.67 |
| 2. | Responded in Negative | 9 | 15 |
| 3. | Responded in undecided | 10 | 16.66 |

Table 26 indicates that 81.67% respondents were of the view that the candidates with sports background have better job opportunities, 15% of them did not agree with the statement and 16.66% of them were undecided for their response.

TABLE 27

STATEMENT: PHYSICAL EDUCATION IS FOR RICH PERSONS ONLY.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 11 | 18.33 |
| 2. | Responded in Negative | 45 | 75 |
| 3. | Responded in undecided | 4 | 6.67 |

Table – 22 exhibits that 18.33 respondents were of the view that physical education is for rich persons only, 75% of them did not agree with the statement and 6.67% of them were undecided.

TABLE – 28

STATEMENT: EXISTING PROGRAMME OF PHYSICAL EDUCATION IS INADEQUATE BECAUSE OF LACK OF FINANCES.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 49 | 81.67 |
| 2. | Responded in Negative | 11 | 18.33 |
| 3. | Responded in undecided | Nil | Nil |

Table 28 indicates that out of 81.67 % respondents were of the view that existing programme of physical education is inadequate because of lack of finances and 18.33 % of them did not agree with the statement.

TABLE 29

STATEMENT: PHYSICAL EDUCATION IS A SOURCE OF FUN AND ENJOYMENT.

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| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 52 | 86.67 |
| 2. | Responded in Negative | 8 | 13.33 |
| 3. | Responded in undecided | Nil | Nil |

Table 29 indicates that 86.67% respondents were of the view that physical education is a source of fun and enjoyment existing and 13.33% of them did not agree with the statement.

TABLE 30
STATEMENT: PHYSICAL EDUCATION PROVIDES GOOD OPPORTUNITIES FOR ALL ROUND DEVELOPMENT OF THE PERSONALITY.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 57 | 95 |
| 2. | Responded in Negative | 3 | 5 |
| 3. | Responded in undecided | Nil | Nil |

Table 30 indicates that 95% respondents were of the view that physical education provides good opportunities for all round development of the personality and 5% of them did not agree with the statement.

TABLE 31
STATEMENT: A CERTAIN AMOUNT OF COMPULSION IS REQUIRED TO MAKE STUDENTS PARTICIPATE IN PHYSICAL EDUCATION CLASSES.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 49 | 81.67 |
| 2. | Responded in Negative | 5 | 8.33 |
| 3. | Responded in undecided | 6 | 10 |

Table 31 shows that 81.67 % respondents were of the view that a certain amount of compulsion is required to make students participate in physical education classes but 8.33 % of them did not agree with the statement and 10% of them were undecided for their response.

TABLE 32
STATEMENT: THE SUCCESS OF PHYSICAL EDUCATION PROGRAMME DEPENDS UPON THE ENCOURAGEMENT AND COOPERATION OF THE HEAD OF THE INSTITUTION.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 50 | 83.33 |
| 2. | Responded in Negative | 6 | 10 |
| 3. | Responded in undecided | 4 | 6.67 |

Table 32 shows that 83.33% respondents were of the view that the success of physical education programme depends upon the encouragement and cooperation of the head of the institution, 10% of them disagree and 6.67% of them were undecided for their response.

TABLE 33
STATEMENT: PARENTS ARE GENERALLY INTERESTED IN THE ACADEMIC CAREER OF THEIR CHILDREN BUT NOT IN HIGHER ACHIEVEMENT IN PHYSICAL EDUCATION.

| S.No. | Remarks | Frequency | Percentage |
|-------|--------------------------|-----------|------------|
| 1 | Responded in Affirmative | 53 | 88.33 |
| 2. | Responded in Negative | 7 | 11.67 |
| 3. | Responded in undecided | Nil | Nil |

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It evident from Table33 indicates that 88.33% respondents were of the view that the success of physical education programme depends upon the encouragement and cooperation of the head of the institution, 11.67% of them disagree with the statement.

DISCUSSION

The findings of the study indicate that the attitude of the heads of institutions towards the physical education programme is very positive.

Majority of the principals accept that regular physical education activities are essential for physical growth and development mental alertness, emotional maturity, social and moral development. It also inculcates leadership, cooperation, competition, promotes better interpersonal relations and provides enjoyment as well as fulfillment, which ultimately contribute to the total education of the child.

The myth that inadequate programme of physical education is due to lack of interest on the part of principals is not poor programme of physical education may be due to lack of trained physical education teachers, facilities i.e. play ground equipment and lack of funds. Sometime sports funds are used for other purposes in the school.

It may be concluded that poorly organized physical education programme is not due to negative attitude of principals but for the reasons mentioned above.

It was hypothesized that most of the principals may not have a positive attitude toward physical education is rejected.

CONCLUSIONS

Within the limitations, of the study the following conclusions may be Drawn:

1. The study has indicated that a majority of the principals have a favourable opinion towards all the aspects of physical education.
2. They are of the opinion that the children who actively participate in physical education programme are obedient, disciplined and well behaved.
3. They have a highly favourable opinion towards physical education because it promotes physical health and fitness, mental maturity and alertness,

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