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ATTITUDE OF COLLEGE STUDENTS TOWARDS PHYSICAL EDUCATION AND SPORTS ON MENTAL ASPECTS

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Abstract:

The main purpose of this study was to analyze the attitude of college students towards the physical education and sports on mental aspects and the secondary purpose of the study was to examine the divergences in the attitudes from the equal probability occurrences. One hundred subjects were selected from the Lucknow Christian College, Lucknow for this study. The age of the subjects were ranging from 18-25 years. These subjects were administered a self developed questionnaire. The entire questionnaire comprised of six statements with a cover page, a covering letter and a personal information sheet for respondents. The attitude of respondents towards the physical education and sports on mental aspects were analyzed using the descriptive frequency percentage technique for each of the six statements of the questionnaire on the two alternative choices i.e 'Yes' and 'No'. With regard to the secondary purpose of the study chi square test was used to determine the significance of the divergence in the attitudes of respondents from that of equal probability occurrences. Results of this endeavor revealed that college students exhibited a positive attitude towards physical education and sports on mental aspects. The result of this study might be in favour of the good prospective of physical education but it does not depict the actual picture of the scene. Students of the college know the benefit of taking part in physical education and sports programme but do not participate in it. Thus it's a great area of concern for a physical educationist to encase the great opportunity to make popular and fruitful the physical education and sports in our society, so we all can live in a healthy society as well.

KEY WORDS:-

Attitude, Physical education, Sports and Mental aspects

INTRODUCTION:-

Attitude is a feeling one has about a specific object, such as a situation, a person, an activity, and so forth. Attitudes are judgements. They develop on the ABC (Affect, Behaviour and Cognition) model. The affective response is an emotional response that expresses an individual's degree of preference for an entity. The behavioral intention is a verbal indication or typical behavioural tendency of an individual. The cognitive response is a cognitive evaluation of the entity that constitutes an individual's beliefs about the object. Most attitudes are the result of either direct experience or observational learning from the environment.

Developing a habit of regular participation in sport and recreational activities at school age is essential for proper health and development. However, participation in organised or spontaneous leisure time competitions in various sport disciplines depends on a variety of movement skills and a positive

attitude towards sports.

Physical education and sports, at least in its origin has existed since human society. However, it has been a historic category as a whole but as a matter of fact, physical education and sports on physical aspects in India is still in the formative stage. Physical education and sports in general does not have the same status as the other academic subjects in the education curriculum in our education institutions. Though it has been generally accepted as a matter of policy that physical education and sports should be in harmony with the total education pattern and should be complimentary to the ultimate aim of education.

Physical activity is essential for life. If the organism is not physically active, the functions of the body will gradually diminish from desirable levels until there is difficulty in moving even under minimal conditions. Without physical activity, their regression in bodily function will continue until death results. Physical activity is a part of the society and an integral part group of the culture. It varies in each nation, community and group. It has been a part of life of all people from early times to the present. The influences of international sports have made physical activity a part of life in all cultures and nations.

OBJECTIVE OF THE STUDY:-

The purpose of the study was to find the attitude of college students towards physical education and sports on mental aspects.

PROCEDURE AND METHODOLOGY:-

Subjects:-

One hundred students were selected from Lucknow Christian College, Lucknow to serve as the subjects for this investigation. The age of the subjects were in the range of 18 to 25 years.

Tools:-

To measure the attitude towards physical education and sports on mental aspects of the subjects a questionnaire developed by Narwariya (2008 and 2009) was used. Narwariya developed this questionnaire for the use of their M.Phil Dissertation at LNUPE, Gwalior.

The questionnaire comprised of a cover page, which states the confidential nature and the purpose of the study and also directions for responding on the questionnaire. The second page consisted six statements which provides separate dimensions of attitude towards mental aspects to be answered with two alternatives choices i.e 'Yes' or 'No'.

Data acquisition:-

The questionnaire was administered during the college hours, it was distributed to all selected subjects of the Lucknow Christian College, Lucknow and they were instructed to fill the questionnaire within certain time limit. As the subjects were matured they were explained orally about the method of answering questions. The investigator assured the subjects that the scores obtained in the test were kept confidential, after acquiring their cooperation the test was administered.

Analysis of data:-

To determine the difference in the students attitudes of Lucknow Christian College, Lucknow toward physical education and sports on mental aspects the acquired data were subjected to the descriptive technique in the terms of the frequency percentage for responses and to examine the divergence in the attitudes the chi square test was employed to examine the divergence of the responded from that of equal probability occurrence on each statement of the questionnaire.

Observation and discussion:-

The frequency percentage and the overall findings for responses of the subjects on the statements of the questionnaire has been presented in Table-1

The findings of statistical analysis regarding mental aspects are presented in Table-1. Finding pertaining to first statement indicated that out of 100 respondents 98% says 'Yes' while 02% says 'No' on the second statement 21% says 'Yes' while 79% says 'No' on the third statement 96% says 'Yes' while 04% says

'No' on the fourth statement 95% says 'Yes' while 05% says 'No' on the fifth statement 93% says 'Yes' while 07% says 'No' on the sixth statement 83% says 'Yes' while 17% says 'No'. The corresponding chi square values of all six statements relating to mental aspect of attitude towards physical education and sports indicates that significant divergence occurs among the respondents as the all obtained values are higher than the required value.

TABLE-1
DESCRIPTIVE FREQUENCY PERCENTAGE OF THE ATTITUDES TOWARDS PHYSICAL
EDUCATION AND SPORTS OF THE COLLEGE
STUDENTS ON MENTAL ASPECTS

S.No	Statements	Response	Expected Frequency	Observed Frequency	Chi Square
1.	Physical education and sports make important contribution to mental health.	Yes	50	98	46.08
		No	50	02	46.08
		Total	100	100	92.16*
2.	A student who is good in sports activities may not be bright in studies.	Yes	50	21	16.82
		No	50	79	16.82
		Total	100	100	33.64*
3.	Physical education helps in the intellectual development of the students.	Yes	50	96	42.32
		No	50	04	42.32
		Total	100	100	84.64*
4.	For relaxation, it's better to participate a programme of physical education rather than to watch television.	Yes	50	95	40.50
		No	50	05	40.50
		Total	100	100	81.00*
5.	Those who participate in physical education activities are alert and receptive.	Yes	50	93	36.98
		No	50	07	36.98
		Total	100	100	73.96
6.	Lack of motivation is the reason for poor participation in physical education and sports programme.	Yes	50	83	21.78
		No	50	17	21.78
		Total	100	100	43.56*

$$\chi^2_{0.05}(1) = 3.84$$

The finding that physical education and sports makes an important contribution to mental health might be attributed that an individual develops balance personality and emotional attitudes which enables him to live harmoniously with his fellow beings.

The finding that physical education and sports help in the intellectual development might be attributed that the learning of skill, games, rules, techniques, strategies and judgements making equip an individual to interpret new situations effectively. Physical education also make an individual aware regarding the importance of sanitation, health and hygiene, prevention of disease, balance diet and habits hereby improving his/her intellectual development.

CONCLUSIONS:-

On the basis of the findings and within the limitations of the study the following conclusions with regard to the attitude towards the physical education and sports on mental aspects have been drawn:-

- 1). Majority of the subject favoured i.e 98% that physical education and sports makes important contributions to develop mental health.
- 2). Majority of the subject not favoured i.e 79% that the student who is good in sports activities may not be bright in studies.
- 3). A vast majority of the subject favoured .e 96% that physical education and sports helps in the intellectual development of the students.
- 4). Majority of the subject favoured .e 95% that it's better to participate in a programme of physical

education and sports rather than to watch television for relaxation.

5). Majority of the subject favoured i.e 93% that those who participate in physical education and sports activities are alert and receptive.

6). Majority of the subject favored i.e 83% that lack of motivation is the reasons for poor participation in physical education and sports programme.

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