



Attitudes of the Post Graduate Students of Dibrugarh University Towards Physical Education and Competitive Sports

Suparna Debbarma

Research Scholar, Faculty of Physical Education and Yoga

ICFAI University Tripura, Agartala, India

Email - Suparnadb1989@gmail.com

Abstract : The study was conducted to analyse the attitudes of the Post Graduate students of Dibrugarh University towards Physical Education & Competitive sports. 80 Post graduate students of Padmakumari Gohain hostel & Nalinibala Devi hostel of Dibrugarh University students were randomly selected for the study. For this study simple random sampling procedure was employed for the selection of subjects. The collected data pertaining a critical study of attitudes of the post graduate hostel girl's towards physical education and competitive sports were administrate by using Opinionnaire by Dr. R.C. Kapil and Dr. Aruna Dogra and responses were noted down by employing the Likert Method. To interpret and analyse the collected data Percentage (%), Mean, and Standard Deviation was used. From the findings of the responses of the each statement, it is found that the post graduate girls hostel students of Dibrugarh University have positive attitudes towards physical education and competitive sports.

Keywords: Attitude, Physical Education, Competitive Sports, Recreational sports, physical fitness

1. INTRODUCTION “

The word physical refers to body, and indicates bodily characteristics such as strength, speed, endurance, flexibility, health coordination and performance. It seemingly contrasts the body with the mind. The term education when used in conjunction with physical, refers to a process of education that develops the human body especially fitness and movement skills. Therefore, it transcends all misconceptions and misgivings about physical educator as a field of teaching and being considered as an ingredient of general education.

Physical Education is rightly recognized as an integral part of education. The existence of man is primarily physical. The first lesson a human child learns are lessons of physical activity. The human body is a sacred gift of nature. It's growth, development and efficiency largely depends upon the quantity and quality of motor activities it performs. Compartmentalization of human personality into 'body, mind and spirit' is a over simplification. Recreation is another significant area of physical education. Intact, the basic purpose of physical education is recreation. All games and sports minor or major are utilized, by common man, as recreation. Recreation is anything one wishes to do and as he pleases to do.

Physical education is considered or regarded as a science because of the reason that it has certain set principles which are being dawn from the various branches of science. Physical activities help in developing various kinds of intellectual qualities inherent in a child. Thus with the help of physical education, it is possible to develop children intellectually.

According to Stagner 'an attitude can be defined as the meaning that one associates with a certain object (or idea) and which influences his acceptance of it. An element of acceptance or avoidance is present in any attitude, but additional association is also involved'.

An attitude has three basic components. The cognitive component is the belief. Attached to our cognitive is an emotional component which involves feelings of liking or disliking.

Like personality trait, attitude is a hypothetical construct that, being inaccessible to direct observation, must be inferred from measurable responses. Given the nature of the construct, these responses must reflect position or negative evaluation of the attitude object.



Attitude are initially thoughts, whether conscious or not. If you think about an area in your life where you experience success, try and find where that success started. If no doubt first required a decision as to how you were going to act and behave in the world. Positive attitudes at work then you have decided before circumstances present themselves that you are going to come out on top. Attitudes are habits, and since we become our habits it's important to choose them wisely.

An attitude can be as a positive or negative evaluation of people, objects, events, activities and ideas. It could be concrete, abstract or just about anything in your environment, but there is a debate about precise definitions.

Sports are usually governed by a set of rules or customs, which serve to ensure fair competition, and allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first. It can also be determined by judges who are scoring elements of the sporting performance, including objectives or subjective measure such as technical performance or artistic impression.

In competitive events, participants are graded or classified based on their 'result' and often divided into groups of comparable performance, (e.g gender, weight and age). In Gymnastics or diving the result is decided by a panel of judges, and therefore subjective.

'A human activity capable of achieving a result requiring physical exertion and / or physical skill, which, by its nature and organization is competitive and is generally accepted as being sports'.

In practical terms 'sports' has been operationally defined by its social interpretation as well as its strong association with physical exertion and performance measures.

Sports is an activity involving physical exertion, skill and / or hand -eye coordination as the primary focus of the activity, with elements of competition where rules and patterns of behaviors governing the activity exist formally through organizations.

Misconception of Physical Education and Sports

Different people have different views about physical education, they have various misconception about physical education which are: some people think that physical education is a wastage of time as well as money as its does not provide any bright future to their children.

- 1) Youth Sports are physical Education
- 2) Interactive Video Games are Physical Education
- 3) Physical Education is not Fun
- 4) Physical Education Requires a large space.
- 5) Physical Education is not necessary:

The above mentioned points are the misconception of physical.

People are mostly unaware about all these advantages and hold many misconceptions regarding Physical education and neglect the very benefits of it. Physical Education is not wastage of money, rather is a way of making more money.

Another most common misconception is people believe that physical education makes people aggressive and violent but in actual fact, it helps in bringing about discipline and manners in a person.

Importance of Physical Education

Physical education not only helps in bringing physical fitness but also in mental as well as emotional development of a person through various medium of physical activities. Physical education improves the health and fitness of a person through various activities and also provides vast knowledge about various communicable and health hazard disease and also provide efficient ways to keep this disease at bay. Physical education brings in more alertness of mind.

It also brings in a sense of fraternity, sportsmanship, co-operation, sympathy, courtesy, loyalty, and many more among fellow participants. Many people also believe that physical education has the ability to develop the human body in good proportions.

Types of Sports

Competitive sports: In competitive events, participants are graded or classified based on their 'result' and often divided into groups of comparable performance, (e.g. gender, weight, and age). The measurement of the result may be objective or subjective, and corrective, and corrected with "handicaps" or penalties. In a race, for example, the time to complete the course is an objective measurement. In gymnastics or diving the result is decided by a panel of judges, and therefore subjective.

"An human activity capable of achieving a result requiring physical exertion and/ or physical skill, which, by its nature and organization is competitive and is generally accepted as being a sports".



Recreational sports: Recreation is another significant area of physical education . In fact, the basic purpose of physical education is recreation . Freedoms of choice, sense of accomplishment, variety, relaxation-both mental and physical are the hall mark of recreation.

Recreation implies a careful selection of activities for the utility of free time in healthy way. Recreational sports are those activities where the primary purpose of the activity is participation, with the related goals of improved physical fitness ,fun, and social involvement often prominent. Recreational sports are usually perceived as being less stressful, both physically and mentally, on the participants.

Physical Fitness: Physical fitness is that ability or quality of a human being which can help him to perform various kinds of functions efficiently. It is a state in which an individual can perform various kinds of activities up to his maximum potential. This ability helps an individual in performing his routine tasks alertly and energetically. Physical fitness is a pre-requisite for good health and well being of an individual.

“ The ability to perform daily tasks vigorously and alertly , with energy left over for enjoying leisure-time activities and meeting emergency demands.”

Physical fitness is a general state of health and well being and, more specifically, the ability to perform aspects of sports or occupations. Physical fitness is generally achieved through correct nutrition, moderate vigorous physical exercise, physical activity and sufficient rest.

2. REVIEW OF LITERATURE :

Chatterjee was investigated on 98 female and 175 male students of secondary school, age range from 14 to 17 on attitudes toward physical education and sports. For this study attitudes towards physical education scale (ATPES) were applied. ANNOVA was used to determine differences in attitude toward PE and between girls and boys. It was found that participants of this study have positive attitudes toward physical education and, when compared, there is no significant difference between the attitudes of school going boys and girls. It was concluded that the gender played no such role in formation of attitudes toward physical education in this regard, and also in the present study irrespective of male and female of different geographic location (rural and urban) school going adolescents exhibited a positive attitude towards physical education.

Khan investigated the female lectures of physical education (FLPE) Attitudes towards profession. A five point Likert-type Attitude Scale of lectures in physical education towards profession (ASLPEP) was developed, ranging from completely agree (CA= 5 points) to completely disagree (CDS=1 point). Main objectives of the study were to investigate the Attitudes of FLPE, towards profession. To investigate the professional Background of FLEP, to know the awareness level of FLEP regarding physical education profession, and to know the level of interest for achieving the goals set for physical education in the curriculum. The study investigates that FLEP who are working in the colleges of Khyber Pakhtunkhwa province of Pakistan who have no professional background; neither have they had any interest in sports related areas. It was found that the attitudes towards the profession were negative and also found that FLEP did not feel comfortable as a physical education teacher. The majority of respondent did not aware of the goals set for physical education curriculum in the colleges. They came to the field by chance to get a job easily, and not by choice.

Singh studied analyze attitude of college students towards the physical education and sports and secondary purpose of the study was to examine the divergences in the attitudes' from the equal probability occurrence. For this study 100 subjects were selected from the Lucknow Christian P.G College, Lucknow. The subjects were aged from 18 to 25 years. Self-developed questionnaire were used for administering this subjects. The entire questionnaire comprised of thirty statements with a cover page, covering letter and personal information sheet for respondents. The respondents attitude towards the physical education and sports were analyzed using frequency percentage technique for thirty statements of the questionnaire on the alternative choices i.e. 'yes' and 'No'. For secondary purpose of the study, chi square test (χ^2) was used to determine the significance of the divergence in the attitudes of respondents. The results revealed that the subjects have positive attitude towards physical education and sports. This study might be in favour of the good prospective of physical education but it does not picturize the actual scene . The college students knows the benefit of taking part in physical education and sports program but not participated . Thus it's showing great area of concern for a physical education personnel to encased the great opportunity for making it popular and fruitful physical education and sports in the society .

Kaya stated that students can develop researching, questioning , critical thinking , problem solving and decision making skills, so that they become lifelong learning individuals, they should be improved through their knowledge, understanding and attitude towards natural sciences. Attitudes towards physics lessons and physical experiments of high school students have been examined for this purpose. The research has been designed as a scanning study, population of which consist of high school students (9th, 10th, 11th grades) from the schools in the Kayseri province centre. Through



random sampling 295 students selected among the population. 12 items for students attitude toward physic lessons and 8 items for physical experiments was used. Appropriate statistical methods were used for examination of data distribution . Reliability factor of the test is found to be as Cronbach's Alpha=0.73. As results it was found the students attitudes towards physics lesson and physical experiment 63.07, which is some higher than the indecisive level. In this research some of the students are indecision, some of having negative opinion and some of them having positive opinion. Furthermore, it was examined whether general attitude towards physics lessons and physical experiment of the students varied with respect to gender, grade and age variables, and no significant variation with respect to gender was found. It was determined that student's grade and age differences effect on students' attitude.

3. STATEMENT OF THE PROBLEM :

The present study was stated as "Attitudes of the post Graduate students of Padmakumari Gohain and Nalinibala Devi Chatri Nivash of Dibrugarh University towards Physical Education and competitive sports."

Purpose of the study

The main purpose of the critical study was to know the attitudes of post graduate student's of Nalini Bala Devi Girl's hostel and Padmakumari Gohain Women Hostel's of Dibrugarh University towards Physical Education and Sports and Fitness Program.

Hypothesis

It was hypothesized that the post graduate students of Padmakumari Gohain Women hostel and Nalinibala Devi girls hostel may have positive attitude towards Physical Education and Competitive sports.

Sources of Data

For the present study 80 Graduate girl's students from Padmakumari Gohain Women Hostel and Nalinibala Devi Chatri Nivash of Dibrugarh University were selected as subject.

Sampling procedure

To collect the data the simple random sampling procedure was employed for the selection of subject.

Selection of the test and criterion measure

The collect data pertaining a critical study of attitudes of the post graduate hostel girl's toward Physical Education and Competitive Sports were administrate by using Opinionnaire by Dr. R.C. Kapil and Dr. Aruna Dogra and the responses were noted by employing the Likert Method.

Design of the study

For the present study single group descriptive research design was employed.

Administration of the Test

Opinionnaire of "Attitudes of Students toward Physical Education and Physical Education" introduce by Dr. R.C. Kapil and Dr. Aruna Dogra was used.

Procedure

The research scholar explained the purpose of the study and the method how to fill the opinionnaire than she distributes the Opinionnaire to the selected subject.

Scoring

Positive and Negative items were recorded separately for each dimension. Items measuring particular dimension positively and as "strongly agree", "Agree", "Undecided", "Disagree", "Strongly disagree", were given the scores for positive statement 5,4,3,2,1 and for negative statement 1,2,3,4,5 respectively.

Interpretation of Data

To analyse and draw the conclusion the percentile and Mean and Standard Deviation statistical technique were used.

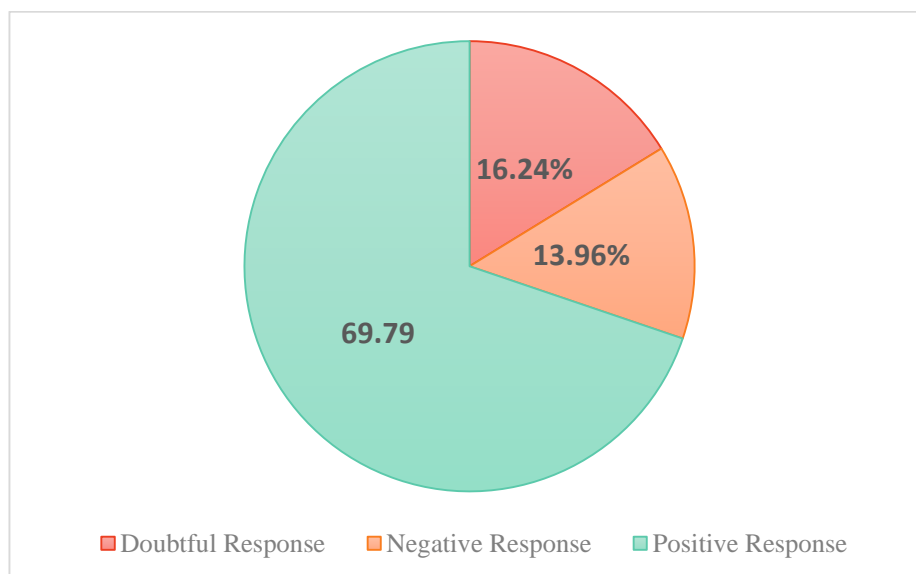
Statistical Treatment

To interpret and analyse the collected data percentage (%) Mean, and Standard Deviation was used to study the Attitudes of the students towards Physical Education among the post Graduate hostel girl's of Dibrugarh University.

Result of the study

Percentage of response of attitudes of the post graduate hostels girls towards physical education and competitive sports.

STATEMENT	POSITIVE RESPONSE	NEGATIVE RESPONSE	DOUBTFUL RESPONSE
60	69.79%	13.96%	16.24%



4. DISCUSSION OF FINDINGS :

From the findings of the responses of the each statement on physical education and competitive sports from table 1 to table 60, it is found that the post graduate hostel girls of Dibrugarh University have the positive attitude towards Physical Education and Competitive sports.

From table no 61 it is found that, out of 60 statements on Physical Education and Competitive sports 69.79% statements were got positive response, 13.96% negative responses and 16.24% doubtful responses. Hence it is cleared that Post Graduate Girls of Padmakumari Gohain women hostel and Nalinibala Devi Chatri Nivash girls has the positive attitude towards Physical Education and Competitive sports. The responses may be attributed to the fact that:

- The concept of Physical fitness is growing day by day in all over.
- The University have sports infrastructure facilities in its campus, with night playing facilities, as a result the student can participate in sports activities after their regular classes. Though such of facilities are limited in comparison to total strength of the student used to play as per their willingness.
- In particular University there is a provision of annual sports week were end no, of sports activities being organized.
- It is also stated that the University has the tradition of departmental practice for annual sports week at least one month which also might be the one factor of having positive attitude towards physical education and sports.
- The University students also participate in various games and sports or inter college tournaments which is held inside or outside the campus, organized by the sports board and they got the chance to participate in Inter University tournament which is a big achievement for them so it might be the one for having positive attitude towards physical education and sports.
- Now a day's Physical fitness is very important for every person, to stay healthy exercise and fitness program is must, and specially girl's are much conscious about their fitness.

From the above mentioned points, it is clear that everyone knows the importance of physical education and competitive sports, physical education and sports is the better way to improve their skill and physical fitness, so these might be the reason for having positive attitude towards physical education and sports.

5. Recommendations:

- Similar type of study may be conducted on different subjects.
- Similar type of study may be conducted on graduate and school students.
- The study may also be conducted on different age group people and other professions.
- It also recommended that similar type of study may be conducted on different activities, games and sports.
- It is recommended that a similar study may be repeated on large sample to make the study more valid and authentic.



6. CONCLUSION:

On the basis of discussion of findings it was concluded that the attitudes of post graduate hostel girls of Dibrugarh University has positive attitude towards Physical Education and Competitive Sports.

REFERENCES:

1. Chatterjee, S. (2013) Attitudes Towards Physical Education of School Going Adolescents in West Bengal. *International Journal of Innovative Research in Science, Engineering and Technology*, 2.
2. Khan, S. (2012) Attitudes of Female Lecture in Physical Education Towards Profession. *International Journal of Learning and Development*, 2(4)
3. Singh, J (2011) Attitudes of College Students Towards Physical Education. *International Journals of Physical Education*, 49(1) 45-52.
4. Kumar, A. (2007) *Complete Book of Physical Education, Sports & Health* (pp 21-41, 431-432). Khel Sahitya Kendra.
5. Kaya, H. (2007) Attitude Towards Physical Education and Physical Experiment of the High School Student. *European Journal of Education*, 2 (1).
6. Singh, A., Bains, J., Gill, S.J., & Singh, R. (2003). *Essential of Physical Education* (pp 215,309, 520-521). Kalyani Publisher.
7. Lefton, L. A. (1946) *Psychology* (344-345) Printed in United states of America.
8. Ajzen, A . Attitudes, personality and Behaviour , Tata Mc Graw Hill Education Private limited.