

RESEARCH ARTICLE

ATTITUDE TOWARDS PHYSICAL EDUCATION PROFESSIONAL AND NON-PROFESSIONAL COLLEGE OF MALE STUDENTS

Dr. Ashok Kumar^{1,*}, Prasad Salián² and Dr. Rajashekar.S.Hiremath³

¹Assistant Professor of Physical education, College of Horticulture, Bengaluru, India

²Assistant Director of Physical Education, Engineering College, Kushalnagar, Kodagu, India

³Assistant Professor of Physical education, College of Horticulture, Sirsi, India

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ABSTRACT

The level of attitude towards physical education may vary according to individual differences. To analyse and compare the level of attitude differences between professional and non-professional college male students the investigator administered Adams scale of attitude towards physical education. This scale is consisted of 40 statements. Seven point Likert scale was used to measure the scale. A sample of 100 college students were taken for this study from various Professional and non – professional colleges located at in and around Belagavi. A random sampling technique was used to select the participants. According to the course the participants were divided into two groups. I.e. professional and non-professional courses. According to the age the participants were divided into two groups i.e. 20 years & below and above 20 years. According to the occupation of the parents again the participants, they were divided into two groups i.e. self-employed and salary employed. Again according to the locality the participants were divided into groups. i.e. urban and rural. ‘t’-test and Chi – square were used to interpret and analyse the collected data. The overall finding of the study reveals that the boys studying in non-professional colleges showed higher positive attitude towards physical education than male studying in professional colleges.

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INTRODUCTION

The Prime aim of Education is the total and harmonious development of human beings, promotion of health and fitness is accepted as one of the main objectives of education. Physical Education serves as a medium for individual's physical, mental & emotional, intellectual development. An attitude is a mental state of readiness, organised through experience, exerting a direct dynamic influence upon the individual's response to all object and situations with which it is related. Attitude is not a born quality; nor does it manifest of its own accord. It is formed in relation to a person, place or thing. One's attitude is conditioned by his inter relation with his fellow human-beings in a given social context. If the individual is interested in certain issues, he willingly tries to acquire some attitude favourable or unfavourable. Attitudes are unquestionably an acquired disposition and thereafter conditioned by learning of acquisition of experiences. Genetics do not play any role in the formation of development of

attitudes, environmental forces help an individual to form and develop various attitudes. An attitude at any stage is essentially a product of the interaction of oneself with one's environment. Attitude is a feeling or mood relative to action. A sport attitude refers to learning of motor skills, participating in physical education classes is recreational use of the skills acquired. It also describes attitude concerning physical activity as a way of recreation and use of prescribed exercise for maintenance of fitness or for therapeutic uses. It's scope extends even to over developmental attitudes in appreciation of the excellence in movement.

Review of literature: Wessel and Nelson (1954) suggest that one of the most significant issues in physical education is to measure direction & focus of attitudes which facilitate active physical participation and learning by the individual or any group. From the time of Buck in India physical education training college have grown immensely in our nation. However the training courses offered by the universities give due importance to the psychological aspects, of the individuals in the curriculum programme. Hence the investigator has under taken this current study to analyse and compare the attitudes of professional and non-professional college boys

*Corresponding author: Dr. Ashok Kumar,

Assistant Professor of Physical education, College of Horticulture, Bengaluru, India.

Table: 1 Shows the 't' value of the attitude towards Physical Education of Professional and Non-professional college male students

S. No	Group	N	Mean	SD	SE	't' value	Level of significance
1.	Professional college students	50	141.78	19.36	2.74		
2.	Non-professional college students	50	150.04	23.76	3.36	1.998	0.05

Table No: 2 Shows the Chi – square value of Age Vs Attitude towards Physical Education Irrespective of their course

S.NO	Variable	N	Chi-Square value	Level of Significance
1.	Age Vs. Attitude	100	4.144	Not significant

Table No: 3 Shows the Chi – square value of occupation of the Parent vs. Attitude towards physical education irrespective of their course

S.NO	Variable	N	Chi-Square value	Level of Significance
1.	Occupation of the Parent Vs. Attitude	100	4.144	Non significant

Table No: 4 Shows the Chi - square value of locality of the participants Vs Attitude towards physical education irrespective of their course

S.NO	Variable	N	Chi-Square value	Level of Significance
1.	Locality Vs. Attitude	100	13.866	0.01 level

towards physical education. Hickman (1964) conducted a study on the social class attitude towards physical activity and physical activity of the college students. He concluded that:

- Men majors had a slightly lower social background than women majors.
- Men and women majors had high positive attitudes towards physical fitness and exercises.
- Undergraduate men & Women majors were more active than graduate students.
- Men majors in physical education were more active than women Majors.

METHODOLOGY

The variable selected for this present study was attitude towards physical education. For this study the investigator had selected the attitude statement list given by Adams. Set I & II statements were used to evaluate each individual's attitude towards physical Education. The age for this study was restricted to 25 years and below. The subject's attitude towards physical education was assessed by using the Adams physical education attitude scale. Adams physical education attitude scale was used to assess the subject's attitude towards physical education. The scale consisted of 40 statements. Each statement had two answers namely, "Agree" and "Disagree". But for the effective scoring, the investigator of this study used the Likert scale method for the responses into very strongly agree, strongly agree, agree, neither agree nor disagree, disagree, strongly disagree and very strongly disagree, The respondents made a tick (✓) mark on any one of the responses that fit to them best.

Statistical Analysis and Interpretation: The data collected on participants attitude towards physical education was statistically analyzed by using 't'-test and chi – square. The test of significance was fixed at the 0.05 level of confidence. Table No: 1 reveals that the 't' value of 1.998 is significant at 0.05 level indicates that there is a significant difference in the

level of attitude towards physical education between professional and non-professional college students. Students studying in non-professional college shows higher positive attitude towards physical education than the students studying in professional colleges. The findings of this study rejected the formulated null hypothesis no.1. i.e. –“There would not be any significant difference in the level of attitude towards physical education between professional and nonprofessional college students”. The students studying in non-professional college are more interested in physical education and sports when compared to the boys studying in professional colleges. The students studying in non-professional colleges get comparably more time to participate in physical education and sports activities. Mostly all the nonprofessional colleges have physical directors or coaches to train the students and also they motivate the students to participate in physical education activities and to take part in intramural and extramural competitions. Winning an extramural competition brings name, fame and popularity to the individual and also to the institution he represents. This also motivates the students to develop a positive attitude and interest towards physical education and sports. But at the same time, in today's competitive world winning an extramural competition is not an easy task, it requires lots of practice, training, commitment and love towards the game or the event in which an individual is taking part in. The students studying in Professional colleges may not able to spare time for training and practice of sports activities due to the nature of their academic activities. And also most of the professional colleges do not have any appointed physical directors. Most of the students in Professional college are interested in academic activities than the sports activities. They may take part in physical activities just to relax. Hence, due to the above reasons, the non-professional college students show high level of positive attitude towards physical education than the Professional college students. The table No : 2 Shows the Chi – square value of 1.682 which is not significant at any level indicates that there is no significant relationship between the Age of the participants and their attitude towards physical education irrespective of their course. Hence these findings proved the

Null hypothesis No: 2 “There would not be any significant relationship between the age of the participants and their attitude towards physical education irrespective of their course”. In this study the age was restricted to 17 to 25 years and was divided into two groups, i.e., 20 years & below and above 20 years. There is no much difference regarding the age in this study, Hence age is not an influencing factor for attitude towards physical education in this study. The table No : 3 shows the Chi – Square value of 4.144 which is not significant at any level indicating that there is no significant relationship between the occupation of the Parent and their Attitude towards physical education irrespective of their course. Hence these findings proved the null hypothesis No: 3 i.e., “there would not be any significant relationship between the occupation of the parents and the subject’s attitude towards physical education irrespective of their course”. In this study the occupation of the parents were divided into two groups i.e., self employed and salary employed. The findings of the study proved that there is no influence of the parental occupation on the subject’s attitude towards physical education. The table No : 4 shows the Chi – square value of 13.866 which is significant at 0.01 level indicates that there is significant relationship between the Locality of the participants and their attitude towards physical education irrespective of their course. Hence these findings rejected the null hypothesis no: 4 i.e. “There would not be any significant relationship between the locality of the participants and their attitude towards physical education irrespective of their course”. In this study the locality of the students were divided into two groups i.e., urban and rural. The findings of the study proved that the locality of the students have some influence on the subject’s attitude towards physical education irrespective of their course.

Conclusion

There is a significant difference in the level of attitude towards physical education between professional and non-professional college students. The non – professional college students have high level of positive attitude towards physical than the professional college students.

There is no significant relationship between the subject’s age and their attitude towards physical education irrespective of their course. There is no significant relationship between the occupation of the parent and the subject’s attitude towards physical education irrespective of their course. There is a significant relationship between the locality of the participants and their attitude towards physical education irrespective of their course.

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