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## **Problems during Teaching in Physical Education at Secondary Schools**

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### **Abstract :**

*The primary objects of the study was to determine the problems faced by the physical education teachers and the students while implementing the health and physical education syllabus at Secondary school level. The study area from this research work was Nagpur and Amravati Divisions. In the present study 12 schools per districts of Vidarbha i.e. Nagpur, Chandrapur, Wardha, Amravati, Akola and Yeotmal were selected, accordingly total 72 schools were selected, in all total 144 Principals and Physical education teachers were selected. Furthermore, 720 students of standard ninth and tenth were also selected for data generation. In all 864 people were selected as the samples for the study. The result Reveals that, physical education teachers Reported that, Lack Infrastructure 18.33%% Lack of facility, 23.88% Lack of value of Physical education, 19.80% Lack of Administrative sport, 10.10% Lack of students Interest, 11.60% ,and lack of others 17.40 % were the problem faced by **physical education teachers** during teaching of physical education students meanwhile , The result Reveals that, students Reported that, Less career building Opportunity 14.33% Lack of facility, 19.88% lack of Infrastructure, 15.80% lack of staffs , 10.11% lack of equipment , 12.67% ,Lack of time, 5.00% and Lack of Parental interest 11.66 and others 12.04% were the problem faced by students during teaching of physical education students .*

### **Introduction**

Schools provide physical education from an early age have understood the importance of all round growth. Physical education helps in development of muscles and bones and children kept fit from an early age. Obesity is a problem among many children and this can be partly solved by stressing on physical education. Obesity can lead to many problems such as diabetes, heart problems and imbalances in hormones in children. Encouraging physical

education in schools will help to contain the problem of obesity to an extent. Children who are enrolled in some form of sport or the other reap the benefits in the long run.

A number of crucial components to the delivery of quality education have been identified. These include sport and opportunities for play, consistent with the rights of the child to optimum development. Despite recognition of the positive impact sport has on education and child development, physical education is being increasingly challenged within education systems across the world. The importance of physical education programmes is linked to a top performance in sports. Regular physical activity in childhood and adolescence improve muscle power, muscle strength & endurance, health build, healthy bones & muscles, hips control weights, minimize depression, anxiety and stress, increases self-esteem and may improve cardio reparatory function. Low physical fitness may result in high physical strain during the performance of activities

### **Methods**

The study area from this research work was Nagpur and Amravati Divisions. In the present study 12 schools per districts of Vidarbha i.e. Nagpur, Chandrapur, Wardha, Amravati, Akola and Yeotmal were selected, accordingly total 72 schools were selected, in all total 144 Principals and Physical education teachers were selected. Furthermore, 720 students of standard ninth and tenth were also selected for data generation. In all 864 people were selected as the samples for the study. In the present study to receive clear and flawless information and for the fulfillment of the objectives, standard research methods were utilized. The research objectives were studied and accordingly survey method was used for the research work.

### **Demographic Information:**

The data was collected through respondents in the form of different experimental tests. The demographic information about Gender, age, daily smoking, drug use, etc. was obtained before seeking responses

### **Data Collection**

Data collection was done by using survey methodology. Survey questionnaires are typically used for feedback research to determine the current status or "situation," or to



estimate the distribution of characteristics in a population. The questionnaire was prepared by keeping the objectives of the study in mind.

### **Data processing:**

Data processing play very significant role in the interpretation of numerical data obtained from individuals by giving numerical expressions to the relationships and the variations with respect to different aspects. The collected data was analyzed as a whole and fragments .The data was checked for accuracy and completeness and was coded and putup into the SPSS Descriptive statistics for all studied variables, percentage was considered statistically technique throughout the study. The level of significant was set-up at 0.05 level.

**Table – 1.1**  
**Mean Scores and Standard Deviation of selected**  
**Components physical education teachers and students.**

Sr.No.	Components	Teachers		Students	
		Mean	Standard Deviation	Mean	Standard Deviation
1)	Age (Year)	32.23	6.33	14.70	2.47
2)	Weight (Kg)	69.03	7.23	56.90	7.90
3)	Height (Cm)	167.25	14.12	146.33	11.12

**Table 1.1 shows the Mean scores and Standard Deviations of the physical education teachers and students.**

**Table – 2**  
**Problems Faced during Teaching by the Physical Education Teachers**

Sr. No.	Problems Faced	Percentage
1)	Lack Infrastructure	18.30%
2)	Lack of Facility	23.80%
3)	Lack of value of Physical education	19.73%

4)	Lack of Administrative sport	10.10%
6)	Lack of students Interest	11.60%
7)	Others institutional interest,students absentees etc.	17.40%

Table – 3 shows the **Problems Faced during Teaching by the physical education teachers**

**Table – 3**  
**Problems Faced during Teaching by the Students**

Sr. No.	Problems Faced	Percentage
1)	Less career building Opportunity	14.33%
2)	Lack of Facility	19.88%
3)	Lack Infrastructure	15.80%
4)	Lack of staffs	10.11%
5)	Lack of equipment	12.67%
6)	Lack of Parental Interest	11.66%
7)	Lack of time	5.00%
8)	Others(Financial problem, etc.	12.04%

Table – 3 shows the. Problems Faced during Teaching by the Students.

## Discussion

The primary objects of the study was to determine the problems faced by the physical education teachers and the students while implementing the health and physical education syllabus at Secondary school level, The result Reveals that, physical education teachers Reported that, Lack Infrastructure 18.33% Lack of facility, 239.88% Lack of value of Physical education, 19.80% Lack of Administrative sport, 10.10% Lack of students Interest, 11.60% ,and lack of others 17.40 % were the problem faced by physical education teachers during teaching of physical education students The result Reveals that, students Reported that, Less career building Opportunity 14.33% Lack of facility, 19.88% lack of Infrastructure, 15.80% lack of

staffs , 10.11% lack of equipment ,12.67% ,Lack of time, 5.00% and Lack of Parental interest 11.66 and others 12.04% were the problem faced by students during teaching of physical education students . Findings of this study may serve as a guideline for research workers in the field of Physical education and sports, The findings of the present research would lead to the following recommendations: This research may inform policies and practices designed to improve the awareness in physical education teachers regarding problem faced in teaching of physical Education

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