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**Attitude of Youngsters Towards Physical Education & Physical Activity****Dr. Haroon Rasheed Qureshi**

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**Abstract**

*The promotion of lifetime participation in physical education is a major goal of physical education and to be continuously involved with the process we should have a positive attitude towards physical education. The purpose of this study was to find the behavior and attitude of youngsters towards physical education or physical activity. To complete this task a total of 50 undergraduate male engineering students were selected randomly from different Engineering Colleges of Aurangabad which are under Dr. Babasaheb Ambedkar Marathwada University affiliation of 17 to 25 years of age. Methodology – the questionnaire which was prepared by Jimmie Ishee (2001) for measuring attitude towards physical activity & physical education was utilized by the research scholar to find the attitude of youngsters towards physical education. Data was collected individually by explaining the questionnaire to the subject of different colleges. Mean score, T test were applied for data analysis and interpretation. Conclusion was derived according to statistical measures. The mean score of the youngsters' is more than 50 i.e. (above average), Hence it is clear that the youngsters are attracted towards physical education.*

**Keywords** – Attitude, Youngsters, Physical activity.**Introduction**

Attitudes are evaluative statements favorable or unfavorable related to person, object or event. They reflect that how one feels about something. For example if someone says that I like my job. This statement expresses his attitude towards his job. Each and every person has different attitudes at different conditions. There are three components of attitude

**1. Cognitive component**

It refers to that part of attitude which is related to general knowledge of a person, for example, he says smoking is injurious to health. Such type of idea of a person is called cognitive component of attitude.

**2: Effective component –**

This part of attitude is related to the statement which affects another person. For example, in an organization a personal report is given to the general manager. In the report he points out that the sales staff is not performing their due responsibilities. The general manager forwards a written notice to the [marketing](#) manager to negotiate with the sales staff.

**3: Behavioral Component** - The behavioral component refers to that part of attitude which reflects the intention of a person in short run or in long run.

For example, before the production and launching process of the product, a report is prepared by the production department which consists of their intention in near future and long run and this report is handed over to top management for the decision. Positive attitudes towards physical education are vital in effective motivation for the present and future participation in physical activities. Subjects with strong positive attitudes towards physical activities are prone to throw

themselves enthusiastically into their participation and are apt to continue with them after school and college and in later life. Strong dislike of such activities will likely have the positive effect, manifested by lethargic participation in class and avoidance of these activities in the future. Physical education takes a crucial role in education. Truly to educate our future Generation and to help them to lead healthy and prosperous life, side by side with the general education. Physical education in its augmented total quality is to be introduced from early school level. A commitment to regular participation in physical activity by young people has recently been emphasized by the physical education (PE) profession and other health promoting organizations as both critical to, and beneficial for, young peoples' health. However, the contribution that PE generally, specific types of PE lessons and particular aspects of lessons, make to young peoples' current and future health has yet to be adequately investigated. The main objectives of the study was to study the attitude of youngsters towards physical education & physical activity.

**Material and methods**

To achieve the purpose of the study 50 (N=25) undergraduate engineering male colleges subjects were randomly selected from different government and private engineering colleges of Dr.Babasaheb Ambedkar Marathwada University Aurangabad. The subjects were ranged from 17 to 25 years. The variable selected for the study was attitude. For the present study the questionnaire which was prepared by Jimmie ishee (2001) for measuring attitude towards physical activity & physical education was utilized by the research scholar to find the attitude of youngsters towards physical education. The questionnaire has 16 questions to be answered by the subject. All the questions have different responses to be made by the subject. Some questions have strong positive responses towards physical education & some have strong negative response, whereas some questions are neutral. The data was collected individually by giving the questionnaire and all the necessary instruction were given to the subject before filling up the questionnaire.

**Results and Discussion**

The collected data were applied with statistical measure like mean, variance, and t test the level of significance was considered when  $p > 0.05$ . The results of the study is shown in the following table

$H_0$ : The mean score of the youngsters' is equal to 50 i.e. average

$H_1$ : The mean score of the youngsters' is more than 50 i.e. above average

Mathematically

$H_0 : M_Y = 50$

vs

$H_1 : M_Y \geq 50$

TEST	VALUE
Mean	59.36
Variance	7.88
Observations	50
Given Mean	50
Hypothesized Mean Difference	0.00
Df	49
t Stat	8.40

P(T<=t) one-tail	0.0000
t Critical one-tail	1.72
P(T<=t) two-tail	0.0000
t Critical two-tail	2.08

Level of significance is 0.05

**Conclusion:** The mean score of the youngsters' is more than 50 i.e. above average Thus, *the mean score of the youngsters' is more than 50 i.e. above average.* Hence it is clear that the youngsters are attracted towards physical education.

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