

A Correlative Study On The Attitude Of High School Boys Of Mysore Zone Towards Academic Aspect, Psychological Aspect, General Aspect, Social Aspect And Health Aspect Of Physical Education And Sports

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Abstract:

Purpose of the study is to now the relationship between attitude of government, private, private aided and international high school boys towards academic aspects, psychological aspects, general aspects, social aspects and health aspects of physical education and sports of Mysore zone. To fulfill this objective 480 high school boys studying in 8th, 9th and 10th standard ranging 14-16 year old from eight districts of Mysore Zone of Karnataka State were selected as subjects. For collection of data researcher developed and standardized a questionnaire of "Attitude Scale toward Physical Education and Sports (ASTPES) for high school boys", which consist of 40 questions, 8 questions each on five aspects such as Academic aspects, psychological aspects, General aspects, Social aspects, Health aspects. Data was tabulated and inferential statistics namely Pearson's Product Movement Correlation and Regression analysis was used for result analysis. Result says that, High positive relationship stuck between all the aspects of attitude scale towards physical education and sports among government high school boys. It was concluded that Academic aspects, Psychological Aspects, General Aspects, Social Aspects, and Health Aspects are predicting the overall attitude toward physical education and sports or not.

Key Word: Attitude, Physical Education And Sports, High School Boys, Correlation, Regression

I. Introduction:

Primitive society sports and games are the part of the human instinct to enjoy life and be happy and it tunes with the growth of man and the value system in the society. Whereas in modern digital society is trying to make our life easier. Physical work of a person is negligible in a very fast pushbutton technology lifestyle. As a result society has at a risk a higher risk of hypo-kinetic disease. Obesity is the biggest issue in the society as it direct towards all other daises. Many inventions have been made by medical science to cure the person after they become ill and on the contrary. There is one saying - 'Prevention is better than cure'. Each individual should concentrate on contributing factors of physical-happiness and spare some time for physical labors, exercise, naturopathy, yoga & Asana, walking, jogging, swimming, recreational games to be healthy. Active participation in the scientific physical education and sports program helps the people to become physically fit and active; mentally sound and sharp; emotionally balanced and controlled; socially well adjusted at school level. The researcher believes that understanding the

attitude of high school boys toward physical education and sports will helps the teacher to consider student insights when making curricular or program to improve the quality of physical education and sports at high school level. In the view of the above concept, the researcher has taken up a project to study the attitude of Government, Private aided, Private Unaided and International high school boys coming under Mysore Zone towards physical education and sports.

II. Research Method:

Descriptive survey method was carried out in this study. The details regarding sample, tool, procedure of data collection and statistical technique are explained below.

1. Sample:

- Source: Government, Private Aided, Private Unaided and International high Schools of 8 districts of Mysore zone of Karnataka were considered the source of sample.
- Sampling technique: Stratified Random Sampling Technique was adopted.
- Sample Size: 65students from each type of school from 8 districts belongs to Mysore zone were selected. Finally total of 2080(520X8) high school boys were selected.

➤ Sample Characteristics: high school boys studying in 8th, 9th and 10th standard ranging from 14-16 year old were selected as sample.

2. Tool:

Researcher developed and standardized a questionnaire called “Attitude Scale toward Physical Education and Sports (ASTPES) for high school boys” was used as tool for collection of data. The scale consists of 40 statements of which, 20 positive statement and the remaining 20 statements are negative. This is a paper and pencil self – report instrument with a 5-point Likert – scale continuum, namely strongly agree, agree, undecided, disagree and strongly disagree with assigned score 5,4,3,2 and 1, for positive statements and vice versa for negative statements. The minimum and maximum score one could get is 40 and 200, respectively. The attitude score of a respondent can be calculated by adding up the scores obtained by him on all the items. Questionnaire has construct validity and face validity with having Split-half method of reliability correlation co-efficient of 0.89.

3. Procedure of Data Collection:

In this study self administered and group administered method was adopted to anticipate high response rates since the researcher could ensure that all the questions were answered through assistance to the respondents in understanding the questions. The researcher requested and agreed with physical education teacher in each school to get support in distributing and collecting questionnaire during the process. The questionnaires were administered in normal class conditions and were completed during a physical education class.

4. Statistical Technique:

Inferential Statistics Pearson’s Product Moment Correlation ‘r’ was employed to test the significance of the relationship between the scores of Attitude on Academic Aspect, Psychological Aspect, General Aspect, Social Aspect and Health Aspect of Attitude of high school boys

toward Physical education and sports of Mysore Zone. Multiple linear regression analysis was run to find out whether Academic aspects, Psychological Aspects, General Aspects, Social Aspects and Health Aspects are predictors of overall attitude toward physical education and sports or not.

III. Results and Analysis

Analysis and Interpretation of data is done according to the statistical techniques given above and presented in the Tables 3.1 and Table – 3.2.

TABLE – 3.1: Pearson's Product Movement Coefficient Correlation among the Attitude of high school boys of Mysore Zone toward Academic Aspect, Psychological Aspect, General Aspect, Social Aspect And Health Aspect of Physical Education and Sports

Aspects Of Attitude	Academic Aspects	Psychological Aspects	General Aspects	Social Aspects	Health Aspects	Overall Attitude
Academic Aspects	1					
Psychological Aspects	0.971*	1				
General Aspects	0.865*	0.840*	1			
Social Aspects	0.837*	0.793*	0.829*	1		
Health Aspects	0.774*	0.786*	0.902*	0.732*	1	
Overall Attitude	0.976*	0.967*	0.936*	0.882*	0.875*	1

** Correlation is significant at the 0.05 level (2-tailed) for df.2078 is 0.087

Table 4.5.1: Regression analysis of attitude on Academic Aspects, Psychological Aspects, General Aspects, Social Aspects, and Health Aspects

Model	Coefficients				Model summary		ANOVA	
	Coefficient	Standard Error	t Stat	P-value	r-square	Adjusted R-square	F	Sig.
Intercept	8.313	7.49	11.098	7.596				
ACCADEMIC ASPECTS	1.000	2.816	3.551	0.000				
PSYCHOLOGICAL ASPECTS	1.000	3.067	3.260	0.000				
GENERAL ASPECTS	1.000	3.178	3.145	0.000				
SOCIAL ASPECTS	1.000	3.121	3.203	0.000				
HEALTH ASPECTS	1.000	3.086	3.246	0.000	1.000	1.000	4.263	0.000

Multiple linear regression equation is as follows:

$Y = b_0 + b_1X_1 + b_2X_2 + \dots + b_pX_p$, where Y is the predicted or expected value of the dependent variable, X1 through Xp are p distinct independent or predictor variables, b0 is the value of Y when all of the independent variables (X1 through Xp) are equal to zero, and b1 through bp is the estimated regression coefficients. In this analysis, the multiple regression model is: Y(Attitude) = -8.313 + 1.000(Academic aspects) + 1.000(Psychological aspects) + 1.000(General aspects) + 1.000 (Social aspects) + 1.000 (Health aspects).

IV. Result Of The Study:

1. Attitude toward Academic aspect has a positive significant relationship with Psychological Aspect (r=0.971, p<0.05), General Aspect (r= 0.865, p<.005), Social aspects (r= 0.837, p<.005), Health Aspects (r= 0.774, p<.005) of physical Education and sports and Overall Attitude towards Physical Education and Sports (r= 0.976, p<.005).
2. Moreover, results show that Attitude toward Psychological aspect of Physical Education and sports has positively and significantly associated with the attitude of General Aspect (r= 0.840, p<.005), Social aspect (r= 0.793, p<.005), Health Aspect (r= 0.786, p<.005) of Physical Education and Sports and Overall Attitude towards Physical Education and Sports (r= 0.967, p<.005).
3. Furthermore, results show that Attitude toward General aspect of physical education have positively and significantly associated with Attitude towards of Social aspect (r= 0.829, p<.005), Health Aspect (r= 0.902, p<.005) of physical education and sports and Overall Attitude towards Physical Education and Sports (r= 0.936, p<.005)
4. Results also show that Attitude toward Social aspect of physical education and sports have positively and significantly associated with Attitude toward Health Aspect of physical education and sports (r= 0.732, p<.005) and Overall Attitude toward Physical Education and Sports (r= 0.882, p<.005).

5. Results also show that Attitude toward health aspect of Physical education and sports have positively and significantly associated with Overall Attitude toward Physical Education and Sports (r= 0.875, p<.005).
6. Results of regression analysis indicate that independent variables (Academic aspect, Psychological Aspect, General Aspect, Social Aspect and Health Aspect) account for 100% significant variance in attitude toward physical education and sports (R2 = 1.000, Adjusted R2 = 1.000, F =4.263, p=.000). Coefficient values between Academic aspects, Psychological Aspects, General Aspects, Social Aspects and Health Aspects and attitude toward physical education and sports are significant (1.000,1.000,1.000,1.000,1.000) with significant t - value (3.551, 3.26, 3.145, 3.203, 3.246, p<.05).

V. Conclusion:

1. High positive relationship stuck between all the aspects of attitude scale towards physical education and sports among government high school boys.
2. Increase of attitude toward one aspect of physical education and sports will cause an increase of attitude toward other aspect of physical education and sports.
3. Hence it is concluded that Academic aspects, Psychological Aspects, General Aspects, Social Aspects, and Health Aspects are predicting the overall attitude toward physical education and sports or not.

VI. Recommendations For Implication:

The researcher believes that understanding the attitude of high school boys towards physical education and sports will helps the teacher to consider student insights when making curricular or program to improve the quality of physical education and sports at high school level.

It helps the school managements, physical education enforcer to know the status of attitude towards physical education and sport and to take wonderful steps to change student attitude towards the sedentary lifestyle to active lifestyle at school premises and drive them sedentary attitude to active attitude towards physical education and sports.

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