

## Status Of Attitude Of High School Boys Towards Academic Aspect, Psychological Aspect, General Aspect Social Aspect And Psychological Aspects Of Physical Education And Sports Of Mysore Zone

**Ananthapadmanabha Prabhu**

Research Scholar, Physical Education,  
Dravidian University, Kuppam. AP.  
Email: sportstodream@gmail.com

**Dr. H S Jange**

Research Guide, Coordinator (PG), University College  
of Physical Education, Gulbarga University, Kalburgi.  
Karnataka

### Abstract:

*This study examined the attitude of high school boys towards physical education and sports of Mysore division. To fulfill this objective 2080 high school boys studying in 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> 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 percentage on responses of subjects for each questions on different aspects were calculated and compared. Result says that, positive attitude shown towards physical education and sports in all aspects and also they viewed the emergency of drastic change in the physical education and sports curriculum and its implementation is needed at high school level to offer a complete education.*

**Keywords:** Attitude; Physical Education and Sports; High School Boys; Mysore Zone.

### I. Introduction

Modern society requires human resource those who are physically fit, mentally sound and sharp, emotionally balanced and socially well adjusted. As we know Greek philosopher Plato said that "lack of physical activity destroy the good conditions of every human being, while movement and methodical physical exercise save it and preserve it". Great saint swami Vivekananda stated "better to construct a stadium instead of ten hospitals". If we overlap these two statements, we understand the important of implementation of scientific physical education and sports program along with providing sophisticated infrastructure in the educational institution. Every individual is not good at everything, but he can definitely work towards something specific and he will get there a lot quicker. So, if we change the attitude towards some aspect set in mind of an individual can change his behaviour/lifestyle. An individual behavior/action is depends on his attitude regardless of chosen field and it applies to every sphere of his life. Hence a person with a positive attitude is like a fruit of all seasons. He is always welcome. Implementing scientifically drafted physical education and sports program during early age on the basis of their attitude will plays major role

on creating culture of active life style among the student. With this background the research scholar has taken up a project to study the attitude of high school boy's 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.

#### 1.1. 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:** 65 students 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 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standard ranging from 14-16 year old were selected as sample.

**1.2. Tool:** Researcher developed and standardised 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. Procedure followed during standardisation of questionnaire is explained in the following table.

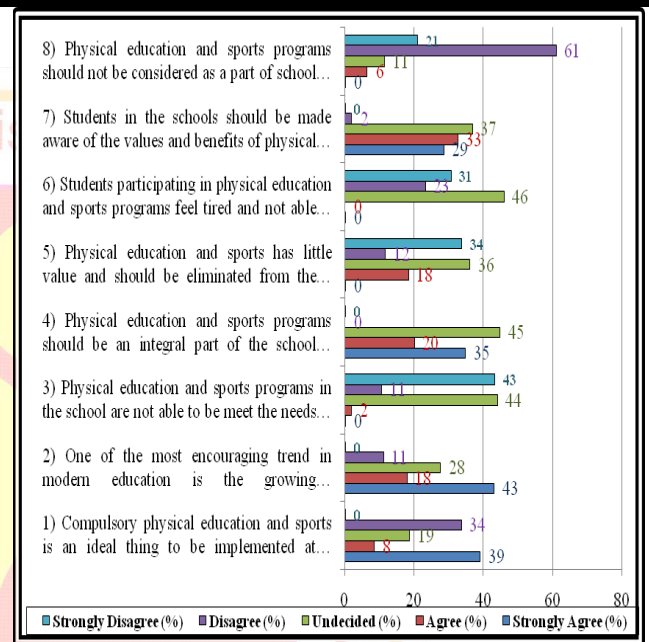
**1.3. Procedure of Data Collection:** In this study self administered and group administered method was adopted to anticipate high response rates since the researcher could ensure that all the questions were answered through assistance to the respondents in understanding the questions. The researcher 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.

**1.4. Statistical Technique:**The responses of the subjects were tabulated according to the aspects included in the questionnaire. To achieve meaningful conclusion percentage was calculated on responses to each statement on attitude towards five different aspects of physical education and sports. Then the data were organized and presented in the form of Bar-diagram as shown bellow.

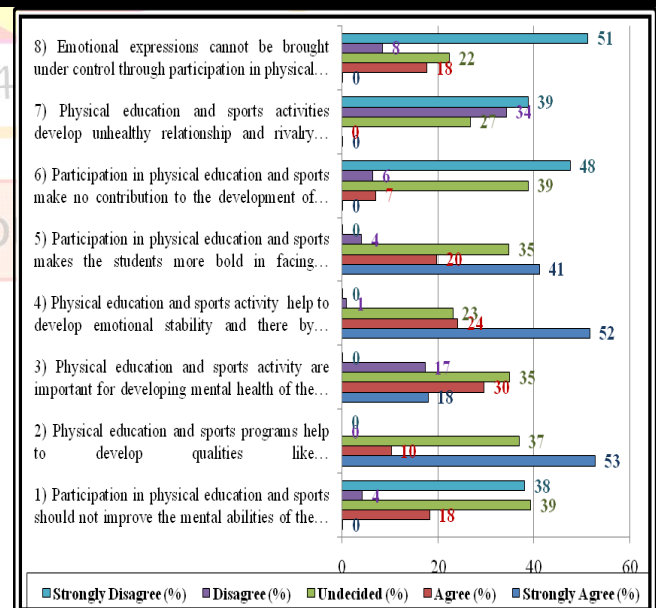
**III. Analysis And Interpretation Of Data:**

To achieve meaningful conclusion data are presented in the form of bar-diagram of percentage on attitude towards five different aspects of physical education and sports.

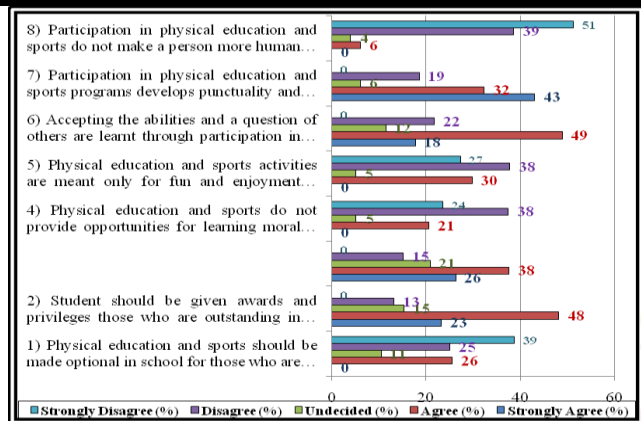
**FIGURE: 3.1: Status of Attitude of High School Boys toward Academic Aspect of Physical Education and Sports**



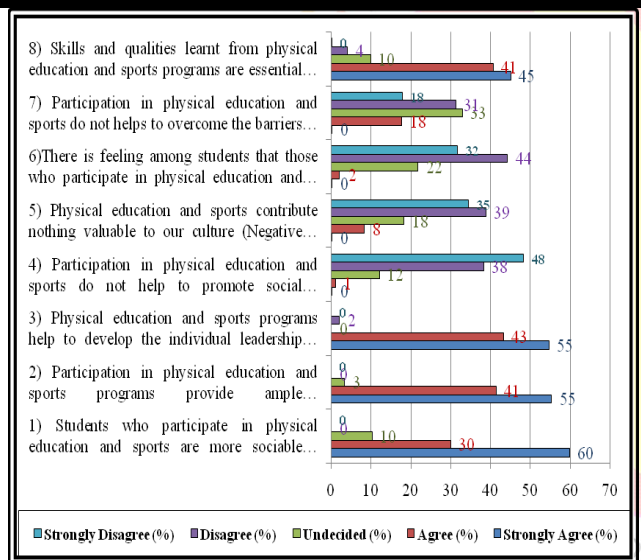
**FIGURE: 3.2: Status of Attitude of High School Boys toward Psychological Aspect of Physical Education and Sports**



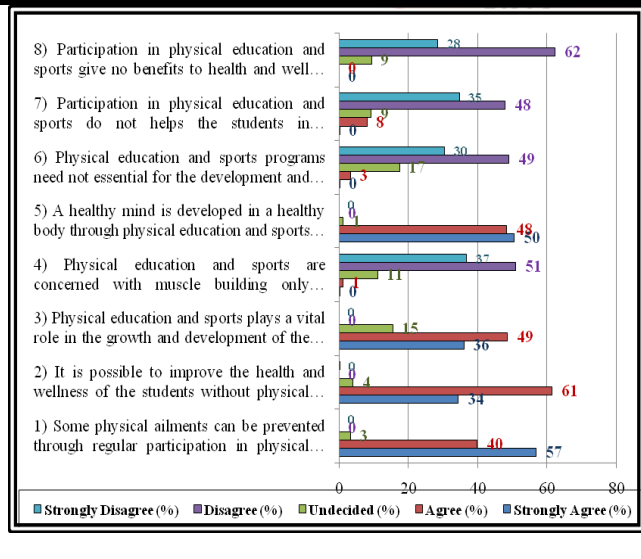
**FIGURE: 3.3: Status of Attitude of High School Boys toward General Aspect of Physical Education and Sports**



**FIGURE: 3.3: Status of Attitude of High School Boys toward Social Aspect of Physical Education and Sports**



**FIGURE: 3.3: Status of Attitude of High School Boys toward Social Aspect of Physical Education and Sports**



**Result Of The Study:**

1. On Attitude towards Academic aspect of physical education and sports is concern, the high school boys are agreed that the Physical Education and Sports program increases mental ability and thereby it contributes to mental health. They also agreed physical education and sports program develops qualities such as courage, cooperation, decision making and positive attitude. They also agreed that physical education and sports activities help to develop emotional stability and make the boys bolder in facing difficulties and challenges in life and develop a healthy relationship among the boys. They also agreed good attractive personality will be developed through scientific physical education and sports program in the school curriculum.
2. On Attitude towards Psychological aspect of physical education and sports is concern, majority of high school boys were opinioned that physical education and sports program should be made an integral part of the school curriculum and it is an ideal thing to be implemented in the school curricular compulsory subject on the basis of its values and its contribution towards general education. They are opinioned that there is an encouraging trend regarding the growing recognition of the importance of physical education and sports in the modern education program. They also opinioned that presently implemented physical education and sports programs are not able to meet the needs and interest of each individual student. They even agreed that the values and benefits of physical education and sports program should be taught and made aware among the students. The data shows the emergency of drastic change in the physical education and sports curriculum and its implementation at the high school level to offer a complete education.
3. On Attitude towards General Aspect of physical education and sports is concern, the high school boys viewed that physical education and sports should be provided to each individual child irrespective of their interest, ability etc. and make compulsory to all the boys. They viewed that physical fitness is very essential to

participate in physical education and sports program. They also viewed participation in physical education and sports programs are more than fun/enjoyment. It also develops the qualities of punctuality and makes an individual moral, spiritual and more human in their attitude.

4. On Attitude towards Social aspect of physical education and sports is concern the high school boys opinioned that, physical education and sports program will make a child more sociable by providing ample opportunities for making friends more easily. They also viewed that, physical education and sports help the students to inculcate good character, leadership qualities. They especially viewed that, implementation of physical education and sports program at school level help the students to overcome the barriers of caste, creed and religion thereby it promotes the social adjustment among pupil. So, it is concluded that, in the opinion of high school boys, physical education and sports make the boys enjoy and learn social life inside the school premises.
5. On Attitude towards Academic aspect of physical education and sports is concern In particular health, they also viewed participation in physical education and sports not only help to build muscle but also help to prevent physical ailments. It contributes to growth and development, improves the health and wellness of the boys. They also viewed that, it is possible to improve the health and wellness of the boys through active participation in physical education and sports program. In conclusion, they agreed that Healthy Mind is developed in the Healthy Body.

#### **IV. Conclusion**

It was concluded that, majority of the high school boys were agreed/strongly agreed for positive items and Disagreed/strongly disagreed for negative items of the attitude scale toward the physical education and sports. With the increased attention towards the academic pursuit have resulted neglecting the development of inborn physical qualities inherited by the students. As a result the students are at a higher risk of hypo kinetic diseases. To eliminate this problem, physical education and sports seems to be the most appropriate sub systems and should fit into the total educational system.

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