

## STUDY OF ATTITUDE TOWARDS PHYSICAL EDUCATION OF AMONG COLLEGE LEVEL STUDENTS

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### **Abstract:**

Early Psychologist have different attitude simply as a tendency to seek or avoid something. Merely liking or disliking, approval and disapproval don't convey the real meaning of attitudes. Attitudes give a direction to one's behavior and actions. Because of a particular positive attitude the organism either approaches it or avoids it because of a negative attitude. Positive attitude will reinforce the behavior and help in its continuance. Negative attitude makes the response weak and leads to avoidance behavior. *Physical education* is the sum of man's physical activities selected as to kind and conducted as to outcome. For the study attitude towards physical education among college level students, 40 male students were selected

**Keyword:** *Attitude, Physical Education, Psychology*

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### **Introduction**

Physical Education is a social and pedagogical process constituting an organic part of general upbringing. Physical education is intended to strengthen one's health and harmoniously develop the body. It improves one's physical attributes and skills, helps develop and perfect motor skills necessary in everyday life and work, and eventually leads to physical perfection.

A highly systematic well developed programme of physical education and sports and games is basically a product of modern historical programme. Although exercise fundamentally is a large part of physical education sports and game, a close communication of the lives of the previous societies of man reveal that exercise alone is not a true representation of such activities but man has always had a propensity or natural bend for physical education, sports and games.(C.A.Bucher 1960) Physical education in India is often a neglected part of education and many schools across the country do not realize the importance of having physical education as a part of the system. There are many benefits that are available from physical education and there

are a few schools that have managed to strike the balance between academics and physical fitness.

Early Psychologist have different attitude simply as a tendency to seek or avoid something. Merely liking or disliking, approval and disapproval don't convey the real meaning of attitudes. Stagner has defined attitude in much broader sense. According to him, "An attitude can be defined as meanings that one associates with a certain object (or idea) and which influence his acceptance of it. An element of acceptance or avoidance is present in any attitude, but conditional association is also involved".

Attitudes give a direction to one's behavior and actions. Because of a particular positive attitude the organism either approaches it or avoids it because of a negative attitude. Positive attitude will reinforce the behavior and help in its continuance. Negative attitude makes the response weak and leads to avoidance behavior.

### **Physical Education:**

*Physical education* is an education of and through human movement where many of the educational objectives are achieved by means of big muscle activities involving sports, games, gymnastic, dances and exercise. - **H. M. Barrow**

*Physical education* is the sum of man's physical activities selected as to kind and conducted as to outcome. - **J. F. William**

### **Attitude:**

**According to Murphy and Murphy**, "Attitude is primarily a way of being, set towards or against certain things."

**According to Baldwin**, "Attitude is a readiness for attention or action of a definite pattern."

### **1.1 Hypothesis**

It is hypothesized that the attitude towards physical education of Sant Gadge Baba Amravati University students would be significantly positive.

## Methodology:

### 1.2.1 Sample

Total 40 male subjects were selected through simple random sampling method from the affiliated colleges of Sant Gadge Baba Amravati University

### 1.2.1 Tools & Procedure:

Standard questionnaire namely “Attitude towards physical activity and physical fitness scale” was used. The scale consists of 48 questions. The questions are in the form of open type and every question has five answer options, which are 1.strongly agree (SA), 2.Agree (A), 3.Uncertain (U), 4. Disagree (D) and 5.Strongly disagree (SD) respectively. Among them the student has to find out correct answer according to his choice. For the collection of data, the subjects are given full administration of the tests which is used for the collection of data in the study.

## 2 Analysis of Data

*Table 1: Shows attitude towards physical education of Sant Gadge Baba Amravati University students.*

<i>Agreement</i>	<i>FO</i>	<i>Fe</i>	<i>X<sup>2</sup></i>
<i>Strongly Agree</i>	24.47	40	6.02
<i>Agree</i>	25.21	40	5.46
<i>Uncertain</i>	21.47	40	8.58
<i>Disagree</i>	17.57	40	12.57
<i>Strongly Disagree</i>	11.26	40	20.64
<i>Total</i>		<i>X<sup>2</sup></i>	53.27

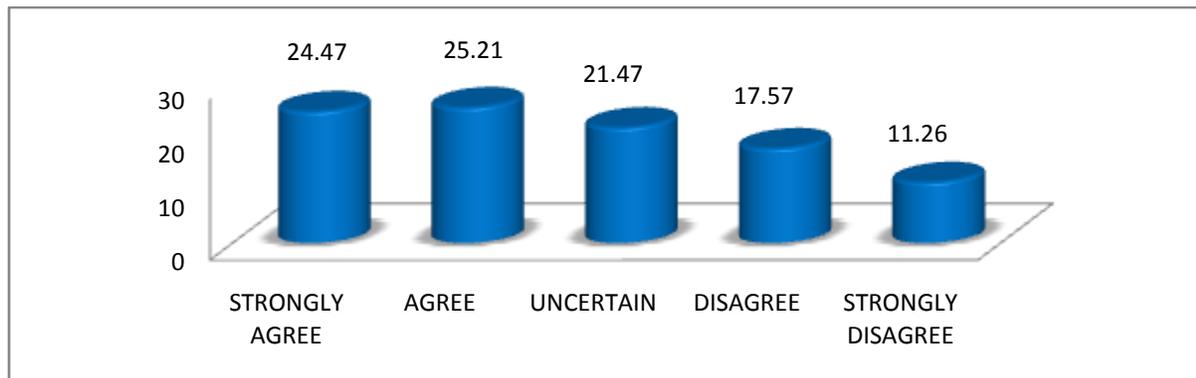
### Level of significance = 0.05

From the above table it is observed that the frequency observed for strongly agree is 24.47, for agree it is 25.21, for uncertain, it is 21.47, for disagree it is 17.57, and for strongly disagree it is 11.26. The cell  $x^2$  for strongly agree is 6.02, for agree it is 5.46, for undecided it

is 8.58, for disagree it is 12.57, and for strongly disagree it is 20.64. The total  $\chi^2$  for above is 53.27. The total value of  $\chi^2$  at 4 degree of freedom and 0.05 level of significance is 9.488. Because the obtained  $\chi^2$  is greater than the table value of  $\chi^2$ , it is concluded the five frequencies differ from each other.

In the same way it is also seen that out of 100, 49.68 respondents agree with the section 1. It can be interpreted that all most all agree this principle that Sant Gadge Baba Amravati University students have attitude towards physical education.

**Graph 1:** Shows attitude towards physical education of Sant Gadge Baba Amravati University students.



### Discussion:

The findings of this study show there was significantly positive attitude towards physical education among of Sant Gadge Baba Amravati University students.

### 3 Result

In the light of above results, it was hypothesized that there might be significantly positive attitude towards physical education of Sant Gadge Baba Amravati University students, so the hypothesis was accepted.

### 4 Conclusion

Within the limitations of the study and from the statistical analysis the following conclusion is drawn. There was significantly positive attitude towards physical education among of Sant Gadge Baba Amravati University students.

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