

**A ANALYTICAL STUDY OF PARTICIPATION OF STUDENTS STUDYING
IN PHYSICAL EDUCATION PROGRAMME OF GOVERNEMENT
SENIOR SECONDARY SCHOOLS OF HIMACHAL PRADESH**



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Abstract:

The purpose of the study was to analysis the participation of students studying physical education programme of government senior secondary schools of Himachal Pradesh state. The selection of the subjects and statistical procedure were explained. Simple Random sampling was used to elect the sample from the whole population. The subjects were belongs to senior secondary schools of Himachal Pradesh state. 4000 students were selected from various selected schools of Himachal Pradesh state. The tool of data collection was self-made questionnaire. Percentage method was used to analyze the data. After analysis the results of the study were total participation of students was 53% in which 42% and 64% was the results of upper and lower Himachal Pradesh respectively. It was also show the significant difference among the participation of students.

Keywords: Physical Education Programme, Students & Himachal Pradesh State.

Introduction:

Physical education helps students develop physical skills and confidence. For example, elementary and middle school curriculum includes activities that help kids obtain and improve skills, such as running, catching, throwing, and striking, applicable to sports such as baseball, volleyball, or karate. Balancing skills could be applied to dance or gymnastics. High school curriculum should focus on lifetime sports skills like tennis or aerobic dance, with a secondary emphasis on team sports. Physical education develops fitness and fosters the desire for lifelong participation in physical activity. High school curriculum prepares students to become highly proficient in one or more sport and/or fitness activity of their choice. Physical education classes teach the health benefits of regular exercise and healthy food choices along with the risks of inactivity and poor diet. Students of all ages might be asked to dedicate themselves to making a few small improvements in diet and exercise for a period of six weeks.

J.F. Salie (1997) This study evaluated a health-related physical education program for fourth- and fifth-grade students designed to increase physical activity during physical education

classes and outside of school. Methods: Seven schools were assigned to three conditions in a quasi-experimental design. Health-related physical education was taught by physical education specialists or trained classroom teachers. Students from these classes were compared with those in control classes. Analyses were conducted on 955 students with complete data. Results: Students spent more minutes per week being physically active in specialist-led (40 min) and teacher-led (33 min) physical education classes than in control classes (18 min; $P < .001$). After 2 years, girls in the specialist-led condition were superior to girls in the control condition on abdominal strength and endurance ($P < .001$) and cardiorespiratory endurance ($P < .001$). There were no effects on physical activity outside of school. Conclusions: A health-related physical education curriculum can provide students with substantially more physical activity during physical education classes. Improved physical education classes can potentially benefit 97% of elementary school students.

Purpose of the Study:

The purpose of the study was to analysis the participation of students studying physical education programme of government senior secondary schools of Himachal Pradesh state.

Methodology:

The selection of the subjects and statistical procedure were explained. Simple Random sampling was used to elect the sample from the whole population. The subjects were belongs to senior secondary schools of Himachal Pradesh State. 4000 students were selected from various selected schools of Himachal Pradesh State. The tool of data collection was self made questionnaire. Percentage method was used to analyze the data.

Analysis of the Data:

Table No: I

Table showing the total percentage of students subject wise participation in Physical Education Programme

Region	Arts			Commerce			Science			Total		
	Boys	Girls	Both	Boys	Girls	Both	Boys	Girls	Both	Boys	Girls	Both
Upper	700	700	1400 (70%)	200	200	400 (20%)	100	100	200 (10%)	1000	1000	2000
Lower	640	640	1280 (64%)	220	220	440 (22%)	220	60	280 (14%)	1000	1000	2000
Total	2680 (67%)			840 (21%)			480 (12%)			Total (N)=4000		

The above table no-I shown the participation of students studying in government senior secondary schools of Himachal Pradesh state. Table show that the overall 67% students of arts, 21% students of commerce and 12 % students of science were participate in the physical education programme of government senior secondary schools of Himachal Pradesh. From the above result upper and lower himachal results were obtained separately. In upper Himachal Pradesh the percentage of students participated in physical education programme from arts, commerce and science was 70 %, 20% and 10% respectively and the same lower Himachal Pradesh the percentage of the students participated in physical education programme from arts, commerce and science was 64%, 22% and 14% respectively.

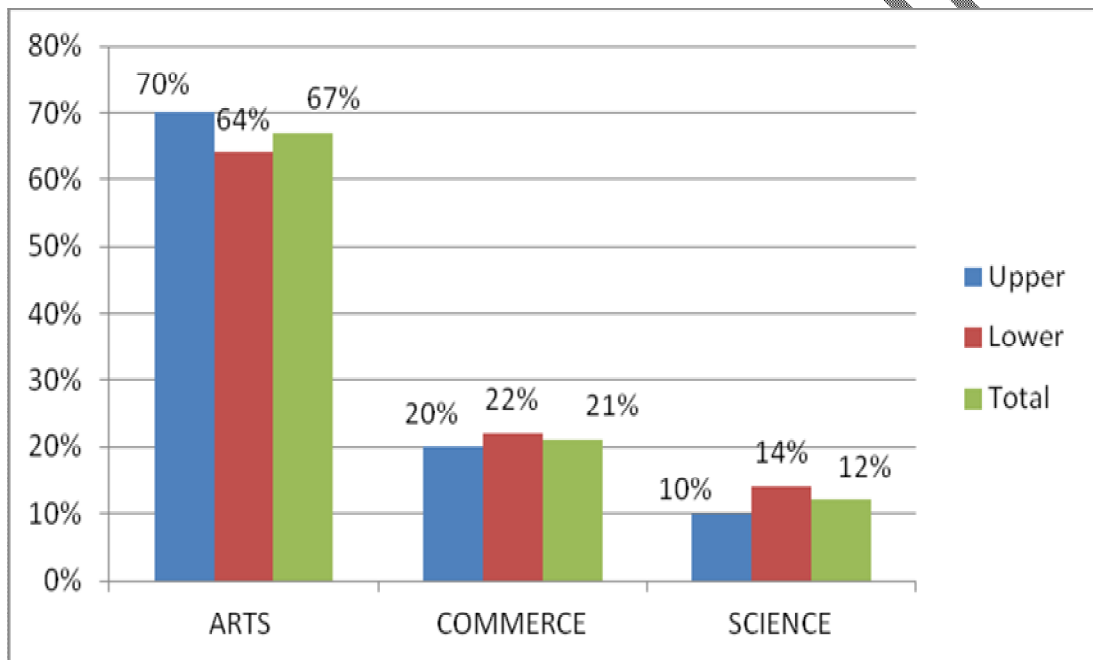


Fig. I.

Conclusion of the Study:

After the statistical analysis of the data following conclusions were drawn:-

The 67% students of arts, 21% students of commerce and 12 % students of science were participate in the physical education programme of government senior secondary schools of Himachal Pradesh. From the above result upper and lower himachal results were obtained separately. In upper Himachal Pradesh the percentage of students participated in physical education programme from arts, commerce and science was 70 %, 20% and 10% respectively and the same lower Himachal Pradesh the percentage of the students participated in physical education programme from arts, commerce and science was 64%, 22% and 14% respectively.

Hence there was a significant difference found in the present study.

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