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## A COMPARATIVE STUDY OF ATTITUDE TOWARDS PHYSICAL EDUCATION AND SPORTS OF HIGHER SECONDARY SCHOOL STUDENTS



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### ABSTRACT

The main objective of the study was to compare the Attitude towards Physical Education and Sports of Higher Secondary School Students of Maharashtra State. The Data was collected from the Higher Secondary Student's studying in the Higher Secondary Schools of Maharashtra State. The data was collected from 500 students selected at stratified random sampling basis from 50 higher secondary school's (10 students from each school) of 25 districts of Maharashtra, selecting 02 schools from each district at random basis. Mean, Standard Deviation, S.E.D., &'t' test were the statistical techniques used in this present study. After statistical analysis the research study indicates that there exists negative significant difference between physical education and attitude towards physical education and sports in the Students belonging to different categories.

**Keywords:** Attitude, Physical Education, Sports & Higher Secondary School Students.

### INTRODUCTION

Physical Education is "education through the physical". It aims to develop students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students' confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in PE, provide a good foundation for students' lifelong and life-wide learning. Sport (or sports) is all forms of usually competitive physical activity which, through casual or organized participation, aim to use, maintain or improve physical ability and skills while providing entertainment to participants, and in some cases, spectators.

If you're an athlete or simply enjoy competitive sports, developing a positive mental attitude can help give you an edge. Emotions, both happy and sad, are unavoidable and necessary, but they also can affect cognitive functioning (how well you think), your energy level,

and other aspects of your physical performance. A few coaches and parents get upset when I tell them it's not my responsibility to bring my athlete's effort, that's on the athlete. Attitude is another thing that's on the athlete. Bring these two things and I will provide the motivation and tools you need to succeed.

### OBJECTIVE OF THE STUDY

The main objective of the study was to compare the Attitude towards Physical Education and Sports of Higher Secondary School Students of Maharashtra State.

### HYPOTHESIS OF THE STUDY

The study hypothesized that higher secondary school students Attitude towards Physical Education and Sports does not differ significantly.

### DESIGN OF THE STUDY

The Data was collected from the Higher Secondary Student's studying in the Higher Secondary Schools of Maharashtra. The data of the present study was collected from 500 students selected at stratified random sampling basis from 50 higher secondary school's (10 students from each school) of 25 districts of Maharashtra, selecting 02 schools from each district at random basis. The data was collected from higher secondary students by administrating the questionnaire related to physical education and sports statements. Mean, Standard Deviation, S.E.D., & 't' test were the statistical techniques used in this present study.

Table No: I

### COMPARISON OF ATTITUDE TOWARDS PHYSICAL EDUCATION AND SPORTS OF POOR AND AVERAGE CATEGORY STUDENTS

Students	Category	N	Mean	S.D.	S.E.D.	't'	Level of Significance
Boys	Poor	113	267.76	27.131	2.758	.662	INS.
	Average	494	269.59	25.457			
Girls	Poor	63	267.06	21.796	2.930	.888	INS.
	Average	572	269.67	26.494			
Urban Boys	Poor	29	267.21	24.964	4.736	.391	INS
	Average	615	269.06	25.932			
Urban Girls	Poor	119	267.79	26.075	2.619	.817	INS.
	Average	507	269.93	26.385			
Rural Boys	Poor	89	273.46	22.443	2.614	1.661	INS.
	Average	527	269.12	27.140			
Rural Girls	Poor	31	270.55	29.234	5.346	.319	INS.
	Average	569	268.84	26.010			

\*\* Significant at .01 level.

## DISCUSSION

Table No-1 displays comparison between attitude towards physical education of students belonging to good and average categories. Influence of attitude towards physical education and sports of two groups have been presented in the same table.

Table displays significant critical ratio of which should be 1.96 and 2.58 at .05 level and 0.01 level of significance respectively. It shows the obtained critical ratio is insignificant at .05 levels. This indicates that students belonging to good and poor categories do not differ significantly in their attitude towards physical education and sports. Though the difference in means of the two groups is in favor of students belonging to average category, yet it can be said that observed difference could have arisen due to chance errors. There is no difference in sample means.

The comparison of mean score of attitude towards physical education and sports of poor and average category students is graphically presented in Fig. No: I.

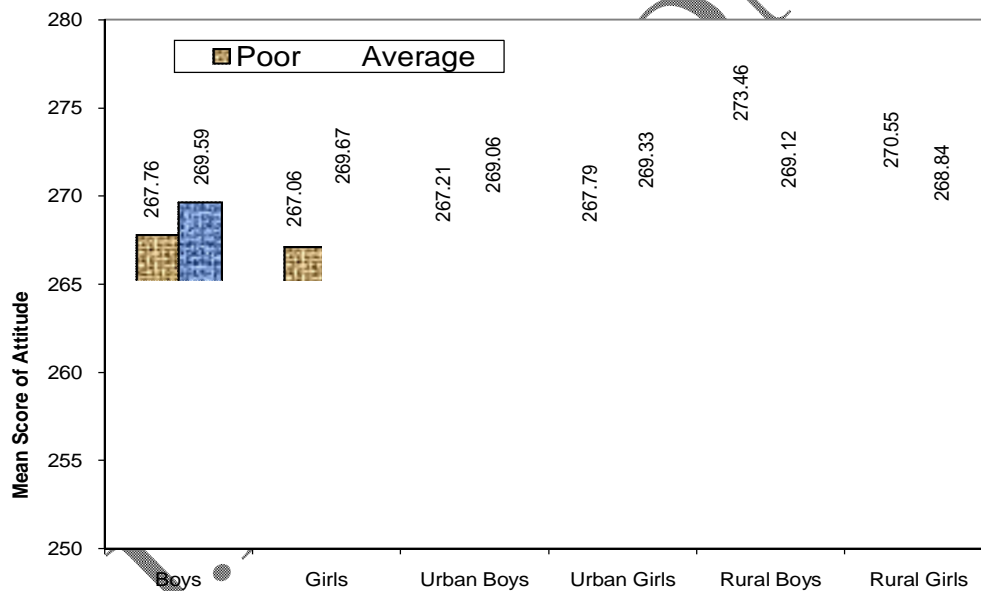


Fig. I : Graph showing comparison of mean scores of attitude towards physical education and sports of poor and average category students

## CONCLUSION

The research study indicates that there exists negative significant difference between physical education and attitude towards physical education and sports in the Students belonging to good and poor categories.

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