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Attitude of Amity International School Students Towards Physical Education and Sports Programme



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Abstract

To combat the decreasing levels of physical activity in young People, health professionals are calling upon middle and high school physical Education to equip students with the skills and knowledge necessary to become physically active for a lifetime. In order to accomplish this goal in physical Education, it is imperative that student attitudes is to be considered when making Curricular and program decisions. Therefore, the purpose of this study was to Examine middle school students' attitude toward a physical education and sports program and to determine the various aspects of the program that appear to contribute to Positive and negative attitudes towards middle school physical education. The total number of two hundred Students (N=200) from one middle school located in west Delhi state were selected for the present study. A survey regarding their attitudes toward physical education and sports programme was conducted. A standardized questionnaire was used in which 40 responses were there. Major categories associated with positive and negative attitudes towards physical education include curriculum content, class atmosphere, teacher behavior, Dressing out and self-perception. All responses were analyzed by using percentage technique. Results indicated that students had (98%) positive attitudes and (8%) negative towards physical education and sports program me between grade ix to xii. This trend was more apparent for females than for males. Major categories associated with positive and negative attitude towards physical education include curriculul content, class atmosphere, teacher behavior, Dressing out and self - perception

Keyword: combat, self – perception, Examine, Radhakrishan commission

Introduction

Today physical education is a misinterpret field and misunderstood by many people. Among administrators, teachers and people in the community are those who think of physical education as athletics, exercise and perspiration, or as play and a waste of time. One of the crucial problems facing the profession today is to educate the public how physical education can contribute to the fundamental purpose of education:

The Radhakrishan commission and The Kothari commission had recommended for a brief physical education programmes in the schools and colleges. But the educational value of physical education was ignored and the specialized aspect of physical education teacher preparation was not emphasized in the schools. Later on, the Central board of education, Delhi⁴ introduced physical education given its due recognition or an equal status in school curriculum. Hence it would be helpful to find out the root cause for step motherly treatment with this subject. The reason for such inequality may be due to any one or more of the following factors:

1. Role of school and college administrators.
2. Parents and public recreation.
3. Attitude of other subject teachers and physical education teachers.
4. Attitude of students
5. Finances.

In today's scenario where the schools are cropping up like mushrooms confuses parents, caretakers and students where to go, where to seek admission. In such a tough time Amity group of schools are doing wonders. These schools are not only famous in National Capital Region but

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also getting popularity throughout the world. Students studying here are being in calculated good values, respect,

manners, humbleness courtesy etc. Therefore the research scholar has taken the opportunity to survey the students of Amity schools.

To combat the decreasing levels of physical activity in many young People, health professionals are calling upon middle and high school physical Education to equip students with the skills and knowledge necessary to become Physically active for a lifetime. In order to accomplish this goal in physical Education, it is imperative that student attitudes be considered when making Curricular and program decisions. Therefore, the purpose of this study was to Examine middle school students' attitude toward a physical education and sports program and to determine the various aspects of the program that appear to contribute to Positive and negative attitudes towards middle school physical education.

Statement of The Problem

The statement of the problem was to survey the student Attitude of Amity International School of Noida towards physical education program me.

Hypothesis

It is hypothesized that the student's of Amity International School had positive opinion towards physical education and sports.

Procedure and Methodology

For the purpose of the study, 200 Student's of class 9th, 10th, 11th and 12th belonging to Amity International School Noida, sector-44 were randomly

selected. The data for the study was collected with the help of questionnaire of attitude. The subjects were explained about the objective of the study and proper instructions were given to them regarding filling up the questionnaire. The questionnaire was constructed in consultation with the experts and using the various other sources such as attitude inventories, questionnaires and other literature pertaining to the development of attitudes. For the scoring, 40 statements were comprise between the 200 students's of Amity International School Noida. The question was in the form of YES\NO. Those who give their answer in yes, 1 mark is awarded and 0 mark is awarded for no response. On the basis of their responses the result was taken. The various responses received in terms of attitudes of students of Amity international school, Noida towards compulsory physical education were analyzed using the descriptive techniques of percentages.

Result and Findings

The questionnaire comprised of 40 statements (covering 10 aspects of physical education) which were duly filled in from 200 students of Amity international school, Noida (100 percent responses) have been presented and analyzed as below:

S. No.	Q.No	Percentage	
		Respond In Affirmative	Respond In Negative
1	Without sufficient finance we can not carry out a programme of physical education	80	20
2	Money spent on physical education is not a sheer waste considering other pressing educational needs	84	16
3	Physical education should be given low priority in the school curriculum	12	18
4	Physical education in an ornament attached to an educational programme	28	72
5	Physical education classes are more enjoyable than other academic subjects	72	28
6	Physical education is not necessary for school children	4	96
7	Internal assesment of health and physical education for central board of secondary education has been fairly conducted	64	36
8	Modern life provides us enough experiences and recreation, hence physical education is unnecessary in schools	4	96
9	Do you feel that compulsory programme of physical education in schools is a wise step?	100	0
10	Physical education has something to do with physical and nothing to do with education	4	96
11	Physical education develops emotional maturity, mental alertness and moral goodness	100	0
12	Does physical education develop social solidarity and national integration?	100	0
13	Participation in games and sports will not help to promote social adjustment	12	88
14	Physical education contributes nothing of value to our culture	8	92

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15	One of the most hopeful features of modern education is the growing recognition of the importance of physical education	96	4
16	Correction of posture is not possible through physical education	12	88
17	Exercise are not essential for growth and development"	4	96
18	Children do not wish to play games in the hot sun	20	80
19	Physical education contributes to the total education of the child	92	8
20	The required programme of physical education is painful experience for children	16	84
21	The success of physical education programme depends upon the encouragement and cooperation of the heads of the institutions	100	0
22	Pupil will emerge from schools as better citizens after having undergone a good programme of physical education	80	20
23	Neuro muscular skills are learnt through physical education	92	8
24	Physical education is more exercise done to countes and nothing else	24	76
25	Physical education should never be made a compusory subject for school	0	100
26	If ever, cut is necessary in the curriculam because of financial difficulty physical education must be one of the first course to be taken away	12	88
27	Parents are interested in the academic career of their children and not in the progress of physical education	80	20
28	Lack of motivation is one of the reasons for poor participation in physical education programme	88	12
29	Physical education is undesirable as a means of providing relaxation after concentrated academic ability	12	88
30	To recreate oneself, it is better to go t a movie rather than participation in games and sports	16	84
31	A certain amount of compulsion is required to make students participate in physical education classes	96	4
32	Physical education is one of the most important subjects in helping to establish and maintain high school standard behaviour	100	0
33	Physical education offers training for leadership qualities of students	100	0
34	Do you think each student should take part in the physical education programme	100	0
35	Are the physical education teachers should be assigned some other classroom periods other than the physical education periods?	68	32
36	Are the physical education teachers meant mainly for maintenance of discipline in the school	32	68
37	Is the responcibility of physical education teachers to conduct assembles and prayers?	64	36
38	Are the physical education teachers assigned leave arrangements?	60	40
39	Are the physical education teachers put to invigilation duty in examinations?	88	12
40	It necessary for the physical education teachers to make the students do calisthenics	92	8

The findings based on the analysis of responses revealed that an over wheeling majority of students had positive attitude towards the inclusion of

physical education as a compulsory subject in school curriculum.

It also revealed that a programme of physical education would enable the students to

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develop physical fitness, mental alertness, emotional balance, social, moral and cultural aspects of education programme suffers a set back owing to lack of funds and facilities.

Absolute majority of the students also expressed that the success of a programme of physical education in schools greatly depends upon the co-operation and encouragement of the heads of institutions.

A majority of them also expressed their opinion that a programme of physical education in schools would be enabling the students to be physically fit and healthy.

Conclusions

Here I conclude that the student's of Amity International School Noida has the positive attitude towards physical education.

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