Volume : 2 | Issue : 11 | Nov 2013 • ISSN No 2277 - 8160

Research Paper | Physical Education

A STUDY OF COLLEGE STUDENT INTEREST TOWARDS PHYSICAL EDUCATION PROGRAMMES CONSIDERING THEIR GENDER

K. JAGATHISBABU Research Scholar, Department of Physical Education, H.H. The Rajah's College (Auto), Pudukkottai, Tamilnadu, India

Dr. J. SUGANTHI Professor & Head, Department of Physical Education, H.H. The Rajah's College (Auto), Pudukkottai, Tamilnadu, India

ABSTRACT

The purpose of this study is to investigate the differences in student interest towards physical activity of college students in relation to their gender. The sample consisted of 100 students comprising set of 100 each of Self Financing Arts College and Government Arts College boys, Self Financing Arts College and Government Arts College girls aged between 18 to 23 years. The Physical Education Interest Questionnaire constructed by Van Wersch, Trew, & Turner, (1992) was utilized to collect the data from the sample. The Physical Education Interest Questionnaire is a 35-item survey. For purposes of this research the survey has been limited to four questions only i.e., serial no 1-4 (student interest in physical education). Form this questionnaire it showed lower mean score equates to more positive interest. The mean and "t-test" were used for statistical treatment of the data. The mean score disclosed the differential interest on both parameter- gender and College. While the mean score for boy's at 7.51 was higher than that of girls 9.40, the same figure for Self financing College was 7.61 in comparison with the Government College students with mean score of 9.23. The t-ratio between boys and girls was quite significant with score t=11.29. The same figure for Self financing College and Government College student was insignificant with t=9.29.

KEYWORDS : Interest, Physical Education Activity, Self Financing Arts College, Government Arts College

INTRODUCTION

Physical education is generally associated with competitive sports or development of muscles or bodybuilding or military drill and talismanic. Since physical education is an integral part of education, it is obvious that Physical education and education should both work harmoniously in the total process of education. Physical education should help to develop skills and attitudes, which will be conclusive to the wise use of leisure, time and provide opportunities for emotional central, living according to acceptable social standards and self-expression.

Physical education has been considered traditionally as a professional field appropriate only for those who are interested in teaching career. History has shown how physical and intellectual activity has determined the survival of the nation. Physical Education encourages through games and sports, sportsmanship, co-operation, loyalty, sociability, self control, leadership, patriotism, friendship, kindness, sympathy, tolerance, forgiveness and other similar qualities. The habits which are developed through sport and games are useful in both the house and the community. This large measure we need in national life. Physical education helps to improve one's ability for work and self expression in the competitive condition of our modern life. Kennedy (1970) stated that the future of the county depends upon the health of the mass. The primary objective of physical education is to help each individual achieve the maximum mental physical social and emotional fitness of which he is capable.

The Physical education today faces the unique opportunity of potentially contributing to the quality of life. No other field enjoys such a dynamic future. In other hand it faces today so many unique tasks, because the competition is very intense(Devsharma and Singh, 1993).

Today, physical education is a required part of most school curricula, and a number of colleges and universities offer degrees in the field. Physical education classes generally include formal exercises, sports, and contests; although an increasing emphasis has been given to such Asian techniques as yoga, karate, and judo. The American Alliance for Health, Physical Education, Recreation and Dance (founded 1885) is concerned with improving its fields of education and with increasing the public's knowledge and appreciation of physical education.

STATEMENT OF THE PROBLEM

"Students' Interest towards Physical Education: A Study of Gender & Caste Differences"

PURPOSE OF THE STUDY

The purpose of this study is to investigate the differences in interest towards physical education programmes of college students in relation to their gender"

HYPOTHESES

Following is the hypotheses which were being tested through empirical studies:

1. There would be significant difference between interest of boys and girls towards physical education programmes.

2. There would be significant difference between interest of self financing arts college and Government Arts college students towards physical education programmes.

DELIMITATIONS

Taking into consideration the time and the resources available with the investigator, the study has been limited to the following aspects:

1. The sample consists of students of graduate classes, who are studying Physical Education as an optional subject.
2. The sample consists of the boys and girls aged between 18 to 23 years.
3. The study is further limited to the student of different colleges affiliated to the Bharathidasan University, Tiruchirappalli, Tamilnadu, India.
4. The study is further limited to the Pudukkottai District only which comprises two colleges.
5. The study is further limited to the following scale: The Physical Education Interest Questionnaire constructed by Van Wersch, Trew, & Turner, (1992).
6. The study is further limited to the set up of significance level 0.05 level.

VARIABLE

Independent Variable:

1. Gender:
   A. Boys
   B. Girls
2. College:
   A. Self financing Arts College
   B. Government Arts College

DEPENDENT VARIABLE

Students Interest towards Physical Education

METHOD

Sample of the Study

The subjects for this study were 200 boys and 200 girls selected from 4 different colleges of Pudukkottai District, Tamilnadu India. 100 boys and 100 girls were taken each from the Self financing and Government Arts College category. These colleges were affiliated to the Bharathidasan University were selected through lottery system.

TOOL

As a tool, 'Physical Education Interest Questionnaire of Van Wersch, Trew, & Turner, (1992) was used.

SAMPLING TECHNIQUE

Stratified random sampling was used to select the subject for the purpose of collecting data for this study.

DATA COLLECTION

For sampling the students, office record from each college was checked and a list of graduate's class students was prepared. These students were treated as the subjects for the empirical study and they were requested to write their response on the inventories. Instructions given in the manual were followed. No time limit was prescribed to the subjects to complete the Physical Education Interest Questionnaire, but it was categorically mentioned that subjects should try to fill in the responses preferably with in 20 minutes. The investigator conducted the testing programme and collected data in different colleges on the same pattern. Form this questionnaire it showed lower mean score equates to more positive interest.

STATISTICAL TECHNIQUE

The 't-test' was used for testing the hypotheses.

DATA ANALYSIS, RESULTS & DISCUSSION:

In the present study, the data obtained from four hundred (400) subjects on the basis of their responses on Physical Education Interest Questionnaire, were tabulated and analyzed using "mean and t-test" statistical techniques.

The results are presented in table no. 1 to 4.

Table -1
Mean Scores of Interest towards Physical Education Programmes of Boys and Girls

Gender	N				Mean
	Self Financing Arts College	Government Arts College	=	Total	
Boys	100	100	=	200	7.51
Girls	100	100	=	200	9.40

Table-1 shows that the mean scores of students Interest towards Physical education programmes of boys and girls of selected college students. With a mean score of 7.51, boys show more favorable interest among boys towards physical education programmes in comparison to the girls with mean score of 9.40.

Table – 2
Mean Scores of Interest towards Physical Education Programmes of Self Financing Arts College and Government Arts College Students

Gender	N				Mean
	Boys	Girls	=	Total	
Self Financing Arts College	100	100	=	200	7.61
Government Arts College	100	100	=	200	9.23

Table -2 shows that the mean scores of students interest of Self financing Arts College and Government Arts College students towards Physical Education Programmes. Self financing Arts College subjects with mean score of 7.61 are favorably disposed towards the Physical Education programmes in comparison with the interest of Government Arts College with a mean score of 9.23.

Table – 3
Mean Score of Students Interests towards Physical Education Programmes of Self Financing Arts College and Government Arts College Boys and Girls

	Self Financing Arts College		Government Arts College	
	Boys	Girls	Boys	Girls
Number	100	100	200	200
Mean	6.62	8.60	8.39	10.20

Table-3 shows that the mean score of Students interest of Self-financing Arts College and Government Arts College boys and girls towards physical education programmes. The mean for Self-financing Arts College boys is found to be 6.62; whereas for Government Arts College boys, the value was 8.39. The respective mean value for the Self-financing Arts College girls and Government Arts College girls was found to be 8.60 and 10.20 respectively. Thus the mean score of Self-financing Arts College boys shows more favorable interest in comparison with that of Government Arts College boys and Self-financing Arts College girls shows more favorable Interest as compared to Government Arts College girls.

Table-4
Significance Difference between the Students Interest towards Physical Education Programmes on the Basis of Gender and College wise

Variable	Subject	N	Mean	SD	T-ratio
Gender	Boys	200	7.51	1.72	11.29*
	Girls	200	9.40	1.64	
College	Self-financing Arts College	200	7.61	1.80	9.72*
	Government Arts College	200	9.23	1.67	

*** Significant at 0.05 level of confidence**

Table-4 shows that there is a statistically significant difference between the Interest of boys and girls. However, the interest difference that exists is also significant between self-financing Arts College and Government Arts College students.

The mean values of students Interest towards physical education programmes on the Basis of Gender were graphically represented in the Figure-I. And the mean values of students Interest towards physical education programmes on the Basis of College were graphically represented in the Figure-II respectively.

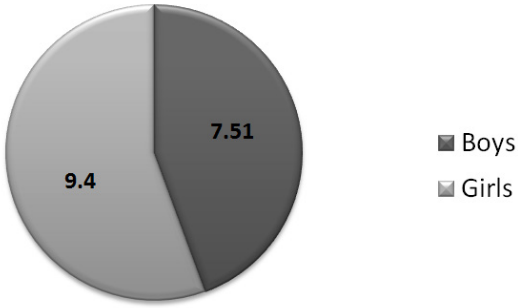


Figure: 1

The mean values of students Interest towards physical education programmes on the Basis of Gender

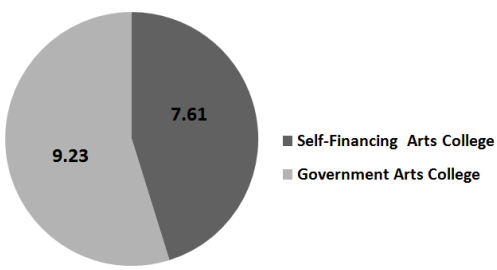


Figure: 2
The mean values of students Interest towards physical education programmes on the Basis of College

CONCLUSION

The present study has indicated that the majority of the boy's respondents had more favorable Interest towards physical education programmes in comparison to girl's respondents. Similarly the majority of Self-financing Arts College students also held favorable Interest towards physical education programmes in comparison with Government Arts College students, on the basis of obtained mean scores significant difference has been found between boys and girls. However, the interest difference between Self-financing Arts College and Government Arts College students was also found significant towards physical education programmes.

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