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Stal OLAPOIICE ELEVICE HOLD	Physical Education CONSTRUCTION AND STANDARDIZATION OF PHYSICAL ACTIVITY ATTITUDE SCALE FOR PROFESSIONAL COLLEGE STUDENTS ON PHYSICAL DIMENSION
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ABSTRACT The pur students is limited to physical dimension Kerala, and sample size was 300 and Pearson's Product Moment C	pose of this study was to construct and standardize physical activity attitude scale for professional college. The scale consists of four dimensions, such as Physical, Academic, Psychological and Social. The present study only. The population for this study consist of the students of Engineering colleges from all the fourteen districts of 0 with 1500 male and female each. The statements of the scale were statistically analyzed by using Factor Analysis Correlation. Norms were developed using T scale.

KEYWORDS : Attitude, Health, Life style, Physical activity & Physical fitness.

INTRODUCTION

The present world is running behind artificial intelligence. Current scenario gives much more importance to the mechanization for the work done in an easy and sophisticated manner. Young professionals are entrusted for acquiring the task. The companies and the authorities appoint vibrant and energetic youth, and they offer them incentives, instead of fixed salary. Hence the employees are forced to do the work for completing the given task in an excellent way within the prescribed time. In such condition, the young adult does not get enough time to participate actively in physical activity. Physical fitness has been considered as one of the most important aspects of human existence which is gained through physical activity. A sound body and mind are interrelated. No education is complete without good physical and mental health as it makes a person efficient and fit to work in any area of human activity.

Researches revealed that huge amount of our revenue income is spent for giving treatment for the prolonged life style diseases of the citizen The youth are more prone to the life style diseases as they are inactive and they get whatever they need at their seat by one click or a call. Keeping in mind the above mentioned circumstances researcher took a step to construct and standardize physical activity attitude scale for professional college students.

Methods

Population and Sample

The present study belongs to the category of descriptive field survey. Randomized sampling technique was used in this study. The population for this study consisted of three thousand students in the age group 18-23 years selected from Government, Aided and Self-Financing Engineering Colleges from all the fourteen districts of **Table 1: Correlation Co-efficient Matrix of the Statements** Kerala, controlled by Directorate of Technical Education, Government of Kerala.

Procedure

Initially ninety-four statements were pooled out with the help of experts, researcher's own experience and observation on the general attitude of students of professional colleges and out of this statement only twenty-seven items were on physical factors. The process of judgment analysis was taken on the basis of the remarks of the jury council consisted of Researcher, Physical Educationist, Fitness Consultant, Physical Trainer, Journalists, Education Dean, Students and Faculty members from Professional Colleges. The expert opinion was taken into consideration and on the basis of the remarks and suggestions11items were eliminated and other items were modified. Five point Likert scale was used for scoring the data.

Statistical Techniques used

Pearson's Product Moment Correlation was used to find out the interrelationship between the questions and Factor Analysis was applied to pick up the statements having higher loading from each factor. Norms were developed using T scale.

RESULTAND DISCUSSION

The data collected from three thousand professional college students on 16 statements of the scale which is a five point Likert rating scale statements such as Strongly Agree; Agree; Undecided; Disagree and Strongly Disagree on physical dimension were statistically analyzed through factor analysis to determine the minimum number of basic sources of variance. Intra class product moment method was employed to obtain the inter-correlation among the statements. The correlation coefficient matrix for the data on the responses of the statements for physical activity attitude scale is presented in Table 1

DA01	\mathbf{D} \mathbf{C} 1		0 411**
PAUI	Pearson Correlation	Regular physical activity makes the body fit to perform all daily routine activities efficiently.	0.411**
	Sig.(2-tailed)		0.0001
PA02	Pearson Correlation	I feel physical activity can correct poor posture and relax the body.	0.363**
	Sig.(2-tailed)		0.0001
PA03	Pearson Correlation	Physical activity helps to build a good physique.	0.377**
	Sig.(2-tailed)		0.0001
PA04	Pearson Correlation	I like to do moderate physical activities to avoid injuries.	0.500**
	Sig.(2-tailed)		0.0001
PA05	Pearson Correlation	I enjoy sound sleep after engaging in regular physical activity.	0.390**
	Sig.(2-tailed)		0.0001
PA06	Pearson Correlation	I feel that engaging in regular physical activity makes me look younger and energetic.	0.323**
	Sig.(2-tailed)		0.0001
PA07	Pearson Correlation	I feel positive about physical activity as a type of exercise.	0.374**
	Sig.(2-tailed)		0.0001
PA08	Pearson Correlation	Daily physical activity keeps the body healthy and free from illness.	0.435**
	Sig.(2-tailed)		0.0001
PA09	Pearson Correlation	I enjoy doing physical activity to keep my body and mind healthy.	0.440**
	Sig.(2-tailed)		0.0001
PA10	Pearson Correlation	I feel daily physical activity can increase longevity.	0.464**
	Sig.(2-tailed)		0.0001
PA11	Pearson Correlation	Physical activity can improve mental health.	0.346**
	Sig.(2-tailed)		0.0001

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PA12	Pearson Correlation Sig.(2-tailed)	Participation in physical activity is essential for all to improve health and quality of life regardless of their gender.	0.333** 0.0001
PA13	Pearson Correlation Sig.(2-tailed)	I feel regular physical activity helps to adapt with any physical environment.	0.398** 0.0001
PA14	Pearson Correlation Sig.(2-tailed)	I involve in physical activity to be active from my sedentary life style.	0.381** 0.0001
PA16	Pearson Correlation Sig.(2-tailed)	Physical activity helps to participate actively in any event.	0.323** 0.0001

The findings of Table 1 present that ** correlation was high and significant, at the 0.01 level. So all the items were retained, as they were all correlated.

With the help of Principal Component Analysis, all the sixteen statements items were divided into four factors. The unloaded factors obtained were then rotated by Varimax Method to find the final solutions. Rotations of the factors were considered important in order to avoid the overlapping of variables in different factors. The matrix of rotated factor loading (Varimax Method) are shown in Table 2

Table-2: Rotated Factor Loading (Varimax)

RFL (Varimax Solution)				
Item No	1	2	3	4
Eigen Value	2.50	2.49	2.22	2.06
Percentage variance	8.33	8.31	7.41	6.87
Cumulative variance	8.33	16.65	24.06	30.94
PA01	.742	.171	508	.099
PA15	.652	.226	.185	.171
PA12	.559	.240	.234	101
PA10	537	437	.200	216
PA14	602	.331	.305	.217
PA02	649	.565	.221	.352
PA05	.596	.189	.011	.083
PA03	.687	.053	.200	.590
PA09	.529	.034	008	.151

Table -2 indicated that only nine statements of the scale have emerged in factor one. They were statement 'PA01' which has a loading of 0.742, statement 'PA15' which has a loading of 0.652, statement 'PA12' which has a loading of 0.559, statement 'PA10' which has a loading of 0.537, statement 'PA14' which has a loading of 0.602, statement 'PA02' which has a loading of 0.649, statement 'PA05' which has a loading of 0.596, statement 'PA3' which has a loading of 0.867 and statement 'PA09' which has a loading of 0.529. The graphical representation of Factor 1 is shown in following figure.



Figure showing comparison of loading Values for Factor 1 on Physical dimension

The nine statements finally selected based on Rotated Factor Loadings -(Varimax Solution) Physical dimension are shown in Table 3

Table - 3 Factor 1 of Rotated Factor Loadings - (Varimax Solution) **Physical Dimension**

Statement	Statements	Factor
oruer		Loaungs
PA01	Regular physical activity makes the body fit	0.742
	to perform all daily routine activities	
	efficiently.	
PA15	Physical activity is the base for learning	0.652
	several sports and games and makes us	
	active to participate in sports activities.	
PA12	Participation in physical activity is	0.559
	essential for all to improve health and	
	quality of life regardless of their gender .	

Pa10	I feel daily physical activity can increase longevity.	0.537
PA14	I involve in physical activity to be active from my sedentary life style.	0.602
PA02	I feel physical activity can correct poor posture and relax the body	0.649
PA05	I enjoy sound sleep after engaging in regular physical activity.	0.596
PA03	Physical activity helps to build a good physique.	0.687
PA09	I enjoy doing physical activity to keep my body and mind healthy.	0.529

CONCLUSIONS

On the basis of findings and within the limitations of the study it was concluded that the statements selected for the attitude towards physical activity through factor analysis to form the attitude scale on physical dimension are found valid and reliable.

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