



A STUDY ON ATTITUDE OF SCHOOL CHILDREN TOWARDS PHYSICAL EDUCATION

Physical Education

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ABSTRACT

'The purpose of this study was to analyze the attitude of the school children towards physical education. A total of hundred school children were selected equally of boys and girls sections from two different schools. Their attitude was measured by a questionnaire consisting of 66 questions having six options for each. The questionnaire was prepared on the basis of Addington's attitude scale. According to that, there were a possibility of having maximum score of 396 and minimum of 66. Any score above 264, would have been considered as a positive attitude. Using this questionnaire, the attitude of all the selected subjects was collected. After that the scores were analyzed on the basis of statistical technique. The attitude options were converted into scores and adding the scores of 66 questions total score was calculated for each subject. From this value the mean and standard deviation was calculated. It had been seen that the boys and girls from class VI to VIII those who had compulsory physical education have exhibited a positive attitude with the mean score more than 264. Similarly, that attitude of the boys and girls from class IX and X was also more than 264, excepting one case with value of 256. So in most of the cases the attitude of the boys, where physical education was not compulsory, was also positive for physical education as a compulsory subject.'

KEYWORDS

physical education; school children; attitude;

Introduction:

In modern concept of education physical education has been considered as an integral part of it. Physical education helps to achieve the all round development of personality, and it helps education to be a part of society. For these reasons the school curriculums of different developed countries, have included physical education as a compulsory subject. However, in our country, the situation is different. Physical education is one of the highly ignored areas in the context of education of a child. The state and status of the subject of physical education in Secondary Level have been periodically assessed by different researchers. For example De Vries(2003) conducted a survey to analyze the state and status of school physical education in Asian countries. Similarly, Hardman(2005) conducted a worldwide survey study for the state and status of physical education.

In India, Deshmukh committee was appointed by UGC, in 1965 to survey about the status of physical education in Colleges and Universities. The committee submitted its report in 1967. Thereafter, physical education was considered as a compulsory subject in 1974 in West Bengal. But after a period of about 20 years, due to some changes of policies of education, physical education has been taken off as a compulsory subject from class IX and X. At present, it has been a compulsory subject up to class VIII and for class IX and X, it is an optional subject. This situation has created the questions like whether the decision of eliminating physical education from curricular status to the optional status, was right? And Whether the school children possess positive attitude towards physical education?

Present study was planned to get the answer of the later question. The basic purpose was to analyze the attitude of school children of class IX to Class XII.

Methodology: For getting information about the attitudes of school children towards physical education as a compulsory subject, subjects were selected from classes VI to VIII as well as from classes IX and X. From each class hundred subjects including fifty girls and fifty boys were selected. The first group had the curriculum with physical education as a compulsory subject, and the second group had the curriculum with physical education as an optional subject. The attitudes of boys and girls subjects have been analyzed separately to get accurate ratings.

A questionnaire constructed on the basis of Edgington Attitude scale with 66 questions related to the relevance of physical education as a curricular subject was used to collect data. Each question had six options out of which the subject had to select the most appropriate one on the basis of his/her decision. The maximum possible score was 396

and the minimum possible score was 66. Any score more than 264 was considered as the favorable attitude.

Collected information with respect to each question was analyzed using appropriate method of statistics. Mean and standard deviation were calculated as the measures of central tendency and variability respectively.

Results and discussion: Data were collected from two different schools. Table-1 represents the data the subjects from school 1 (Ballug High school) regarding attitude towards physical education

Table-1

Attitude score of school children from classes VI to VIII (with Physical Education as a compulsory subject)

| Class | Boys Mean Score | Girls Mean Score | Remark |
|-------|--------------------|---------------------|------------|
| VI | 311.80 ±34.50 | 309.40 ±10.54 | Favourable |
| VII | 332.40 ±6.80 | 309.80 ±11.05 | Favourable |
| VIII | 313.80 ±20.10 | 316 ±26.10 | Favourable |
| Total | 319.33 | 311.73 | Favourable |

It is to be noted that the mean attitude scores of subjects of different classes from VI to VIII separately and as a whole were greater than 264, the required value for considering the attitude to be positive for both boys and girls sections.. Hence, it is understood that the children of classes VI to VIII possessed favourable and positive attitude toward compulsory physical education. It is also seen that the attitude score for boys was slightly higher than that those of the girls.

Table -2 Shows the mean attitude scores of boys and girls subjects of class IX and X of the same school towards physical education. It is clearly seen from the table values that the results indicate similar trend with

Table-2

Attitude score of school children from classes IX and X (With Physical Education as optional subject)

| Class | Mean score Boys | Mean score girls | |
|-------|--------------------|---------------------|------------|
| IX | 318 ±7.77 | 327 ±8.27 | Favourable |

| | | | |
|-------|-----------------|------------------|------------|
| X | 302.40 ±8.73 | 334.60 ±13.64 | Favourable |
| Total | 310.36 | 330.8 | Favourable |

respect to the attitude of the subjects from classes (IX and X) in both boys and girls section. The subjects of different classes separately and combining possessed positive attitude towards physical education as a curricular subject. It is to be noted that the mean score for girls were more than that those of the boys.

Table-3 represents the data the subjects from school 2 (Bar Amrit Beria High School) regarding attitude towards physical education. It is to be noted that the mean attitude scores of subjects of different classes from VI to VIII separately

Table – 3

Attitude score of school children from classes VI to VIII
(with Physical Education as a compulsory subject)

| Class | Boys Mean Score | Girls Mean Score | Remark |
|-------|--------------------|---------------------|------------|
| VI | 277 ±11.26 | 290 ±25.82 | Favourable |
| VII | 274.40 ±17.30 | 288.60 ±18.55 | Favourable |
| VIII | 276.80 ±17.83 | 289.80 ±18.22 | Favourable |
| Total | 276.06 | 289.46 | Favourable |

whole were greater than 264, the required value for considering the attitude to be positive for both boys and girls sections.. Hence, it is understood that the children of classes VI to VIII possessed favourable and positive attitude toward compulsory physical education. It is also seen that the attitude score for girls was slightly higher than that those of the boys.

Table -4 Shows the mean attitude scores of boys and girls of class IX and X subjects of the same school towards physical education. It is clearly seen from the table values that results indicate similar trend with

Table – 4

Attitude score of school children from classes IX and X
(with Physical Education as optional subject)

| Class | Mean score Boys | Mean score girls | |
|-------|--------------------|---------------------|------------|
| IX | 256 ±19.48 | 304 ±10.53 | Favourable |
| X | 323 ±19.02 | 294 ±18.92 | Favourable |
| Total | 289.5 | 299 | Favourable |

respect to the attitude of the subjects from classes IX and X in both boys and girls section. The subjects of different classes separately and combining possessed positive (except class IX boys) attitude towards physical education as a curricular subject. It is to be noted that the mean score for girls were more than that those of the boys.

Conclusion: On the basis of the study, the following conclusions were drawn:—

- i) The boys and girls from class VI to VIII exhibited positive attitude towards physical education.
- ii) The boys and girls of class IX and X also expressed positive attitude towards physical education, though they did not have the subject as a compulsory one.

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