

# Attitude of Students of IXth Standard towards Physical Education

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**Abstract:** *It is well accepted that Physical education plays an important role in the overall educational process by helping students to develop a healthy lifestyle. Research has revealed that students' motivation to participate in PE at school declines as they grow older. On the other hand, for many students, Physical education is the only chance to be engaged in Physical activity. This recommends the importance of better understanding student's attitude toward Physical education and it relates to the development of involvements that could contribute to increasing levels of engagement in both Physical education and independent Physical activity*

**Keywords:** Attitude, Physical education

## I. INTRODUCTION

Greek philosopher Aristotle stated that the body is the temple of the soul, and to reach harmony of body, mind and spirit, the body must be physically fit. Participation in physical education (PE) is a fundamental right of children. This indicates that schools should provide opportunities for children to participate in well-structured PE activities as well as guarantee that they teach necessary attitudes and values which will promote future participation and development of healthy lifestyles. School-based physical education is one of the most commonly available sources of physical activity for children and teenagers.

It is well accepted that Physical education plays an important role in the overall educational process by helping students to develop a healthy lifestyle. Research has revealed that students' motivation to participate in PE at school declines as they grow older. On the other hand, for many students, Physical education is the only chance to be engaged in Physical activity. This recommends the importance of better understanding student's attitude toward Physical education and it relates for the development of involvements that could contribute to increasing levels of engagement in both Physical education and independent Physical activity. It also reports that PE helps children to develop respect for the body - their own and others', contributes towards the development of mind and body, positively improves self-esteem, social and cognitive development and academic achievement. Therefore we are going to understand the attitude of students towards physical education from the age group between 13 - 15

### 1.1 Research Questions

What are the measures taken by "A study on the attitude of students of 9th +standard of Thakur VidyaMandir High School and Junior college high School and junior college Kandivali east towards physical education "

### 1.2 Objectives of the study

- 1) To increase students' mental and physical capacity, as well as make you feel more thrilled throughout the day.
- 2) To promote a positive healthy lifestyle.
- 3) To strike a proper balance in outdoor and indoor activities.
- 4) To know which category (boys/girls) is more interested and dedicated towards sports.
- 5) To understand how physical and sports activities influence boys and girls students' entire lifestyles.
- 6) To encourage students to participate in physical activity.

These objectives are planned to provide a complete understanding of the attitude of students towards physical education. By achieving these objectives, your study can contribute to the existing literature on physical education, and

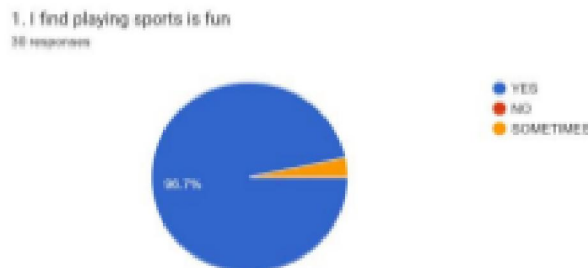
provide valuable insights for educators, parents, and health professionals who work with young people during this period of their lives.

### 1.3 Tools of Research for Present Study

All data for the present study was collected through a questionnaire prepared to conduct the study . This had a statement type question in all. There were 20 number statements in all distributed under four sections . Three parameters were used for each statement for giving the answer that is yes, no and sometimes. The research had used a Descriptive survey method for research work. Qualitative approach is used in the present study. After collection of data the tabulated data needs to be analyzed scientifically .Since the survey is short to make the work easy the researcher proceeded with Percentage analysis. The data was represented graphically with the help of a pie chart. The scoring pattern that we used for our research includes the score of 0, 1, 2 where the option of yes, no and sometimes carries 2,0 and 1 respectively. Based on the highest score scored by students in each section their learning style is determined.

#### STATEMENT 1 - I find playing sports is fun.

Responses	YES NO	SOMETIMES	TOTAL
Scores	29 0	1	30
%	97.6 0	33.3	100

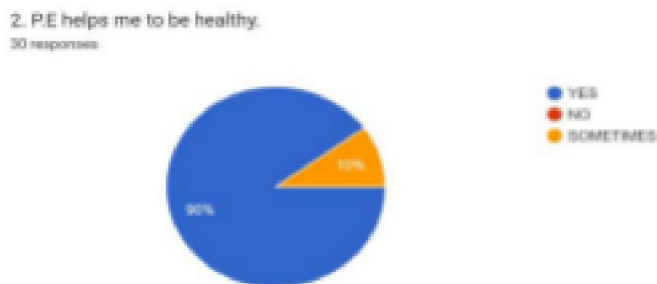


### INTERPRETATION

- 97.6% of students of Thakur VidhyaMandir High School and Junior college agree that playing sports is fun.
- No students of Thakur Vidhya Mandir High School and Junior college students disagree that playing sports is not fun.
- 33.3% of the students of Thakur VidhyaMandir High School and Junior college agrees that playing sports is fun sometimes .
- Through this data it can be interpreted that playing sports if fun.

#### STATEMENT 2- P. E helps me to be healthy.

Responses	YES NO	SOMETIMES	TOTAL
Scores	27 0	3	30
%	90 0	10	100

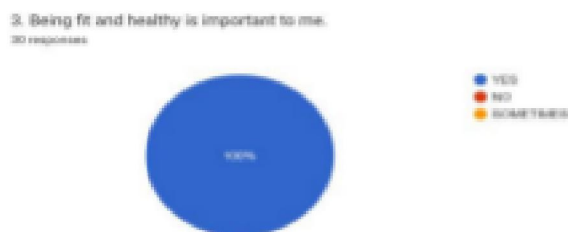


**INTERPRETATION -**

- 90% of the students of Thakur Vidhya Mandir High School and Junior college agree that P.E helps them to be healthy.
- no student of Thakur Vidhya Mandir High School and Junior college disagree that P.E doesn't help them to be unhealthy.
- 10% of the students of Thakur Vidhya Mandir High School and Junior college agree that P.E helps them to be healthy sometimes.
- Through this data it can be interpreted that P.E helps them to be healthy

**STATEMENT 3- Being fit and healthy is important to me.**

Responses	YES NO	SOMETIMES	TOTAL
Scores	30 0	0	30
%	100 0	0	100



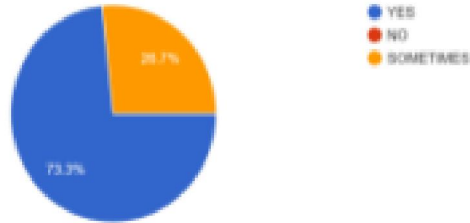
**INTERPRETATION –**

- 100% of the students of Thakur VidhyaMandir High School and Junior college agrees school that being healthy and fit is important to them.
- no ofof the students of Thakur VidhyaMandir High School and Junior college disagrees that being fit and unhealthy is not important to them.
- no of the students of Thakur VidhyaMandir High School and Junior college think that being fit and healthy is sometimes important to them.
- Through this data it can be interpreted that being fit and healthy is important for them.

**STATEMENT 4 - Sports has been a part of my life since I was a child.**

Responses	YES NO	SOMETIMES	TOTAL
Scores	22 0	8	30
%	73.3 0	26.7	100

4. Sports have been a part of my life ever since I was a child.  
30 responses



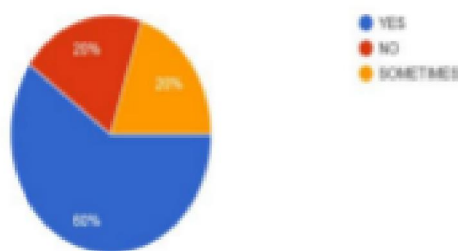
**INTERPRETATION –**

- 73.3% of the students of Thakur VidhyaMandir High School and Junior college have 4 agreed that Sports has been a part of my life since they were a child.
- no of the students of Thakur Vidhya Mandir High School and Junior college has disagreed that Sports has not been a part of my life since they were a child.
- 26.7% of the students of Thakur VidhyaMandir High School and Junior college agreed that Sports, sometimes has been a part of my life since they were a child.
- Through this data it can be interpreted that for most students Sports has been a part of my life since they were a child.

**STATEMENT 5 - I would consider playing sports if a friend of mine was also playing.**

Responses	YES NO	SOMETIMES	TOTAL
Scores	18 6	6	30
%	60 20	20	100

5. I would consider playing sports if a friend of mine was also playing.  
30 responses



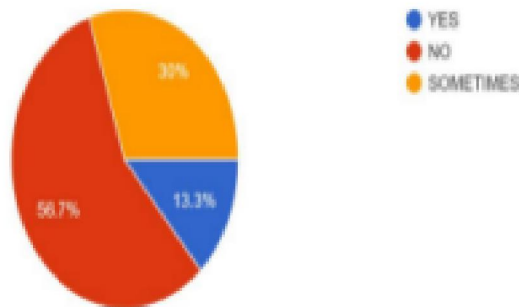
**INTERPRETATION –**

- 60% of the students of Thakur VidhyaMandir High School and Junior college have agreed that they would consider playing sports if their friend would also play .
- 20% of the students of Thakur VidhyaMandir High School and Junior college have disagreed that they would consider playing sports only if their friend would play
- 20% of the students of Thakur VidhyaMandir High School and Junior college have agreed that sometimes they would consider playing sports if their friend would also play
- Through this data it can be interpreted that they would consider playing sports if a friend of theirs would also play.

**STATEMENT 6** - Even though I like watching sports I don't like to play.

Responses	YES NO	SOMETIMES	TOTAL
Scores	4 17	9	30
%	13.3 56.7	30	100

6. Even though I like watching sports, I don't like to play.  
30 responses



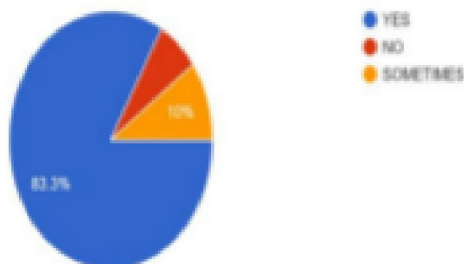
**INTERPRETATION –**

- 13.3% of the students of Thakur VidhyaMandir High School and Junior college have agreed that even though they like to watch sports that do not like to play sports .
- 56% of the students of Thakur VidhyaMandir High School and Junior college have disagreed that they do not like to play sports , even though that watch it .
- 30% of the students of Thakur VidhyaMandir High School and Junior college have agreed that they sometimes like to watch sports , but they do not like to play .
- Through this data it can be interpreted that even though they like to watch sports they do not like to play sports.

**STATEMENT 7-** I seek to explore my best potential in physical activity.

Responses	YES NO	SOMETIMES	TOTAL
Scores	25 2	3	30
%	83.3 6.7	10	100

7. I seek to explore my best potential in physical activity.  
30 responses



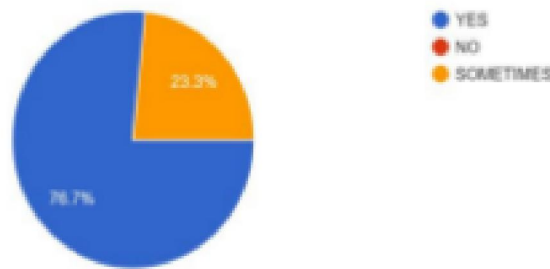
**INTERPRETATION**

- 83.3% of the students of Thakur VidhyaMandir High School and Junior college have agreed to explore their best potential in physical activity.
- 6.7% of the students of Thakur VidhyaMandir High School and Junior college have disagreed that they do not like to find their best potential in physical activity .
- 10% of the students of Thakur VidhyaMandir High School and Junior college have agreed that they sometimes their best potential in sports .
- Through this data it can be interpreted that the students would like to find their best potential in sports.

**STATEMENT 8** – Students get along better after playing together in P.E class.

Responses	YES NO	SOMETIMES	TOTAL
Scores	23 0	7	30
%	76.7 0	23.3	100

8. Students get along better after playing together in P.E class.  
30 responses



**INTERPRETATION –**

- 76.7% of the students of Thakur VidhyaMandir High School and Junior college have agreed that they get along better after playing together in P.E class. no of the students of Thakur VidhyaMandir High School and Junior college have disagreed that they get along better after playing together in P.E class.
- 23.3% of the students of Thakur VidhyaMandir High School and Junior college have agreed that they sometimes get along better after playing together in P.E class.
- Through this data it can be interpreted that the students get along better after playing together in P.E class.

**II. MAJOR CONCLUSION OF THE STUDY**

Furthermore by the end of this we understand that in India physical education is not given much importance in school as it is given in western countries. In India academics is their top priority. For students physical education is important but just up to school level they do not this of making their career in this field. We are aware, however further research is necessary to give a fuller answer to the matter of how, and what extent the attitude of students are towards physical education.

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