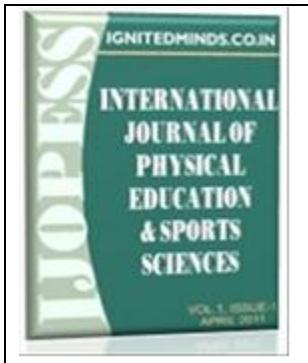


## Attitude of Principals Government Senior Secondary Schools of Haryana State towards Physical Education Kurukshetra



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### ABSTRACT

As a matter of fact, physical education programme in Sr. Secondary School is still in the formation stage physical education, in general does not have the same status as the other academic subjects in the educational curriculum. Though, it has been generally accepted that physical education and sports should be in harmony with total educational pattern as it provides experience in imbibing the spirit of democratic citizenship and bring these changes in an individual, which enable him/her to reach highest level of development in life. The attitude of staff members towards physical education has a significant role to play in growth and its development. Favourable attitude in any individual is an asset both for him and society. The findings of the study clearly reveals that majority of principals poses a positive attitude towards all the aspects of physical education such as physical, posture of hygienic, neuromuscular co-ordination physiological, child growth, mental, emotional, responsibilities duties, economic, social, ageing and general aspects. The top ranking educationists facts that global changes takes place in the attitude of youth being developed by the electronic media at national and international level emphasizing on the health and fitness of children; females and peoples. The positive attitudes of the principals towards all these aspects of physical education might due to their practical involvement in sports activities for long period of time, wide experiences, greater depth of understanding of the subject, knowledge of health & fitness and continuous feedback of contest changes in modern health systems in the world.

## INTRODUCTION

Physical education programme is a part of society and an integral facet of all culture. It varies in each nation community and group. It has been a part of life as all people from early times to the present. The influence of international competitions in sports has made physical activity a part of life in all cultures and nations. The education has focused on human physical activity. It has built a scientific and philosophical collection of information about people in motion and mode of descriptive analysis of benefits of regular exercise, commonly known as physical education. Education is the modification of behaviour of an individual for his own personal happiness, for his better adjustment in society and for making him a successful citizen contributing some thing original to society. The major purpose of education is to help each individual to became free, to realize limitations, to find out the means of solution, and contribute to the improvement of the quality of life for himself and others education is designed to serve the needs of individual and Societies. It aims at preparing children for change. It is a education in which an individual is brought up and the attitude of those around him in formulated. Role of family and its education of a child is universally recognized. Family also develops an attitude of the children in the matter of good

Education and motivates than to try for higher aspiration and standard in life achievements. This means positive attitude of parents towards education and other education is powerful motivators for children.

Attitude are contagious, children are great immitatrs of the attitudes of their parents. They learn many of their attitude from parents, their teachers and other associates, so if the parents have a positive attitude towards physical education. It will play an important role in the development of physical education: physical education contributes in the small measure to bring about social and national integration and to install the worthy idols of responsible citizenship which is the basis of good democracy. Children also receive powerful motivation in response to this attitude. They express this from a very early age. We can early imagine a boy observing his father watching foot ball match and clapping when one team scores. The boys would be likely to copy the father's behaviour. It is also likely that father will praise the boy, thus helping in creating a positive attitude towards foot ball.

Alport has defined attitude as a mental and natural state a rediness organized through experience exporting a direction or dynamic influence upon the individuals response to all subjects with which it is related.

The environment and personality of teachers and administration exercise a great influence upon the development of the child, in others words he assimilates his own experiences with the experiences of others and thus become a practical man.

Education means preparation for life. It should help every individual to become all he/she is capable of becoming. Education must be concerned with developing optimum organic health, vitality, emotional stability social consciousness, knowledge, whole some attitude and spiritual mental qualities.

Physical education is a widening profession that focuses on human movement. It is customary application has been in providing people with increasing control over their own performance capabilities. Within this process, the mind also gets disciplined to the requirement and aptitude of its body. Thus, the mind can guide the body and body in turn gives a alertness and expressions of the mind. Physical education seeks to achieve an optional functioning of all systems of the body in harmony coverage with a discerning mind.

The characteristics of physical education are also such that many of the existing problems are similar to other areas of education. Physical education has may secured objectives with other discipline of the school and other community agencies. Share objectives mainly concern attitudes human values and knowledge. However, physical education is non verbal in nature and gas. The primary purpose of teaching grows motor skills rather than verbal oriented skills. The unique function of physical education is the education of youth through the improvement of motor behaviour, perceptual development information feedback and communication play important role in the development of physical skills.

Modern physical education is a dynamic subject which services its strength from its deep foundation in the sciences like, Psychology, physiology, anatomy, growth and development genetics and evaluation. It is not just exercise; serving as a balance to sedentary living, not merely physical training but a qualitative programme based on knowledge of physiology and effects of exercise at various age levels. It concerns itself with factors of aging, fatigue nutrition, rest and sleep as these relate to ones health.

It is very closely related to health education and recreation and can contribute more to the goals of general education than any other school.

Physical education is a mis-interpreted field and misunderstood by many people today. Among administrators, teachers, education 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.

In the year 1975 the central board of secondary education New Delhi introduced Physical education as a compulsory subject in 10+2 pattern of education for class IX and X as an optional subjects for class XI and XII. In spite of all such commission, it is observed that physical education is not given its due recognition or equal status in school curriculum. Hence it would be helpful to find out the root cause for the step motherly treatment with this subject. The reasons for such inequality may be due to any one or more of the following factors.

1. Role of school administration.
2. Parents and public reaction.
3. Attitude of other teachers towards physical education
4. Attitude of students
5. Financer, facilities and physical education personnel
6. Equipments and programmes

The type of programme in physical education is followed in an educational institution largely depends on the attitude of the head of the institution.

The attitude of the head of the institution towards physical education has a significant role to play in its development. It has been rightly said that the degree of success of any programme of physical education is by the head of the school.

Physical education teachers are to carry out and implement the programme with the approval of the principles of school. However, much enthusiastic and resourceful physical education

teachers may be, the initiative, co-operation and encouragement of the principles is a must for the success of physical education programmes in the school; therefore, the favourable attitude of the principles of school towards physical teacher is a new entrant and locks experience or competence. The guidance initiative and the drive of the head of school are vital in shaping the physical fitness of the school student making than aware of the importance of physical education for than administrators play vital role in planning, implementing and developing the physical education programmes in their respective schools. By virtue of the office they hold; they are legislative, executive and judicial heads of all sports and physical education committees in their respective institutions. Hence, to enable us to learn the awareness of the importance of being physical fitness in schools and how for physical education programmes are being implemented and how for physical education is accepted in the schools, so investigator has decided to study of attitude of the principles is very essential in promoting physical education and in flourising its aims and objectives.

The objective of the study is to determine the study of attitude of the principles govt. senior secondary schools of west zone Haryana towards physical education.

### **Hypothesis**

It is hypothesized that principles have positive or attitude towards the physical education.

### **Method & procedure**

Questionnaire method of data collection was employed to randomly selected respondents for the purpose of the study. Principals and head masters of govt. senior secondary schools acted as subject with total no respondent were 100. The investigator's them self visited these schools and collected questionnaire with responses from the respondents. All schools are suited in Kurukshetra Distt. of Haryana.

### **Statistical Procedure**

The information obtained from the responses. A questionnaire was carefully and systematically compiled for data analysis. The percentage analysis of frequencies of each statement was calculated separately from the Principals of secondary schools Kurukshetra Distt. of Haryana State.

**Analysis of Data and Results**

The attitude of the principles of Govt. Senior Secondary School of Kurukshetra Distt. of Haryana State towards physical education percentile method was used the finding pertaining to attitudes of principal's towards physical education all presented below.

**Questionnaire**

The questionnaire prepared by Arti Sindhi Dr. Bupinder Singh Rathore there was applied by the investigator. The questionnaire was having 100 (one hundred) statements which were grouped under different aspect of physical education, which is given as follow:-

Sr. No.	Aspect of Questionnaire	Total no statement	Sr. No. of statement in the questionnaire
1	Physical aspect	10.	1 to 10
2	Posture & Hygiene aspect	04	11 to 14
3	Neuro muscular co-ordination related	04.	15 to 18
4	Growth related aspect	04	19 to 22
5	Mental aspect	08	23 to 30
6	Emotional aspect	14	31 to 44
7	Responsibilities/duties	08	45 to 52
8	Economic aspect	06	53 to 58
9	Educational aspect	13	59 to 71
10	Social aspect	12	72 to 83
11	General aspect	06	84 to 89
12	Ageing process related aspect	04	90 to 94
13	Female related aspect	06	95 to 100

## REVIEW OF LITERATURE

Woor<sup>1</sup> conducted study on the evaluation of attitude towards physical education as an activity course and also developed an inventory for measuring attitude to words physical education. He reduced the length of the inventory from 30 to 20 items and the correlation between the two forms was 0.96.

Whilam isenberge<sup>2</sup> the purpose of the study was to determine the relationship between the self attitudes of women, Physical education major students and those of women. Physical education teachers subjects used in the study were 277 women. Physical education major students from the institution and 167 physical educations teacher. Who am I test a twenty statement of self attitude test (TST) was used as a measure of self attitude. The result of the study indicated that there was a significant difference between the self attitude of students group with in a school and at the teachers difference significantly from those of students enrolled in a physical education course best art college or a teacher's college connected with a university but similar to those of students in teaching education institution.

Jack Keogh<sup>3</sup> investigated the attitude of student towards physical education in the University of California. There was 130 female and 136 male students of the California University in under graduate course. The wear attitude inventory was used for analyzing the attitude. It was found that men and women did not differ in their attitude towards physical education.

## FINDINGS

The percentage analysis of responses for five options namely strongly agree (SA) agree (A) undecided (U) disagree (D) and strongly disagree (SD) for the different statement 01 to 10 in table I regarding physical aspect of physical education are presented in table 2 respectively.

**Table-I**

### **Statement related to the physical aspect of physical education Questionnaire 1 to 10**

Overall percentage view				
SA	A	U	D	SD
28.2	28.2	10.7	23.	10.9

The overall analysis of principals pertaining to the physical aspect of physical education clearly indicates that 28.2 to agreed 28.2 strongly agreed 23% disagreed 10.9% strongly disagreed and 10.7 undecided with the statement respectively. This reveals that 56% principals believe that physical education programmes builds, muscle, healthy good physique, proper growth, optimum organic development, physical fitness and all round development and not merely muscle building.

**Table-II**

**Statement related to the posture and hygiene of physical education Questionnaire 11 to 14**

Overall percentage view				
SA	A	U	D	SD
14.5	30.25	15.00	27.00	13.25

The table 2 depict the over all view of percentage analysis of principals pertaining to posture & hygiene of physical education clearly indicates that 30.25% principals agreed 14.5% strongly agreed and 27% disagreed 13.25% strongly disagreed and 15% undecided respectively for statements. This reveals that 44% of principal believe that physical education programe contribute to better personal and community hygiene, yoga correction of posture and sound health. Some is above 40% of principals do not believe that these factors affect the human body.

**Table-III**

**Related to neuro muscular and coordinated related aspect of physical education  
Questionnaire 15 to 18**

Overall percentage view				
SA	A	U	D	SD
36.75	33.5	7.00	13.00	12.25

The table 3 shows the overall percentage analysis of principals pertaining to the neuro muscular & coordination related physical aspect of physical education clearly indicates that

36.75% strongly agreed 33.5% agreed, 13.00 disagreed 12.25% strongly disagreed and 7% undecided with the statements respectively. This reveals that more than 70% principals believe that reduces expenditure of energy, contributes to confidence brings recognition, high degree of proficiency graceful movement and developed neuro muscular coordination.

**Table-IV**

**Statements related to the physiological/child growth related aspect of physical education Questionnaire 19 to 22**

Overall percentage view				
SA	A	U	D	SD
12.75	33.75	9.75	29.15	15.00

The table 4 indicates overall percentage view of principals related to the statements regarding physiological/child growth related aspect of physical aspect of physical education personnel for statement no 19-22 clearly reveals that 33.75% agreed 29% disagreed 15% strongly disagreed 12.75% strongly agreed and 9.75% opted to remain undecided respectively. It is clear that 46.50% principals believe that physical activities control the body weight, optimum release of hormones reducing the risk of heart disease, and others respiratory disease.

**Table-V**

**Statement related to mental aspect of physical education Questionnaire 23 to 30**

Overall percentage view				
SA	A	U	D	SD
32.25	24.75	12.63	16.25	14.12

The overall percentage view of principals related to the statement regarding mental aspect of physical education for statement no 23-30 clearly reveal that 16.25% disagreed 24.75 agreed 32.25% strongly agreed and 14.12% strongly disagreed and 12.63 opted to remain undecided respectively. It is clear that more than 55% principals/headmasters believe that physical education helps to develop intellectual development, contribution to moral Health, release of

tension, a lot and receptive, helps to understand development and harmonies (total development).

**Table-VI**

**Statement related to the emotional aspect of Physical Education Questionnaire 31 to 44**

Over all percentage view				
SA	A	U	D	SD
20.28	15.28	4.50	23.35	34.64

The Table 6 reveals the overall percentage view of principals related to the statement regarding emotional aspect of physical education for statement No. 31 to 44 clearly reveal that 34.64% strongly disagree 23% disagreed 20.28% strongly agreed 15.28% agreed and 45% undecided respectively. This reveals that more than 50% principals do not believe that healthy medium for emotional expression, Learn to conceal, their emotions, emotionally balanced, encouragement and co-operation personality development energy and self esteem, out let for development for ethics controlling emotions etc.

**Table-VII**

**Statement related to the Responsible ties/duties Rolaids aspect of physical education Questionnaire 45 to 52**

Over all percentage view				
SA	A	U	D	SD
15.62	2.62	5.62	37.62	19.25

The table no. 7 share percentage view of principals related to the statement regarding responsibilities/duties aspect of physical education for state no. 45 to 52. It is clear that more than 50% principals think that physical education teacher should not teach any major compulsory subject they are going to have low priority the physical education in the school curriculum. Resulting the physical education teachers are lacking the opportunities for self

expression. The authority should make physical education as compulsory subject holds exams only then they will get respect from other teachers.

**Table-VIII****Statement related to the economic aspect of physical education Questionnaire 52 to 58**

Over all percentage view				
SA	A	U	D	SD
22.83	32.66	5.00	23.50	15.66

The over all percentage view in table 8 related to principals attitude regarding economic aspect of physical education for statement 53-58 clearly reveal that more than 55% of principals believe that amount spent on physical education is sheer waste, and did not help to improve health and economic conditions of our country. The physical education persons did not have better job opportunities, and lacking social support and get proper finance for expenditure.

**Table-IX****Statement related to the educational aspect of physical education Questionnaire 59 to****71**

Over all percentage view				
SA	A	U	D	SD
19.92	35.67	11.75	17.75	14.83

The table 9 depicts the over all view of principals/head masters related to the statement 59 to 71 clearly reveals that 30.38 of principals strongly agreed 23.30% agreed 17.85% disagree and 16.23% strongly disagreed and 13.23% opted to remain undecided respectively. This reveals that more than 52% principals believe that higher achievements in sports understand the other culture, beneficial for academic development, help to meet, the various challenges of life. Learn to live active healthy life and help the children to develop their effective professional ethics, obedient and faithfulness, through the participation in physical education.

**Table-X****Statement pertaining to the social aspect of the questionnaire Questionnaire 72 to 83**

Over all percentage view				
SA	A	U	D	SD
19.92	35.67	11.75	17.35	14.83

The table 10 shown in clear picture of over all percentage related to the statements regarding social aspect of physical education for statement 72 to 83 clearly reveals that 35.67% of principals agreed 19.92% strongly agreed. This comes to 55% of the principals believes that physical education help the students the ability to perform sportsmanship, leadership and follow ship qualities in students interpersonal relationship, improve social status, makes cooperative, helpful up right and straight forward attitude in an individual the systematic programme to help the student to behave with people, develop social, solidarity and national integration, competitive sprit create healthy and friendly relations amongs the students.

**Table-XI****The percentage analysis of principals/headmasters for statement pertaining to the general aspect presented in this table Questionnaire 84 to 89**

Over all percentage view				
SA	A	U	D	SD
30.50	32.83	2.83	12.83	18.33

The 62% (more than) of the principals believe that physical education helps to develops skills in leisure time. Students can have sufficient play time develop and establish friendly attitude towards physical activities such as each other drill/mass/PT free mind exercise recreational games and other physical education activities are the source of fun entertainments and enjoyment. But 18.30% strongly disagree 12.83 disagreed and 2.83 opted remain undecided on these factors.

**Table-XII**

**Statement related to the ageing process related to physical education Questionnaire 90  
to 94**

Over all percentage view				
SA	A	U	D	SD
22.	26.00	17.60	19.60	14.80

Regarding ageing process related aspects of physical education for student no 90 to 94 clearly reveals that 26% principals agreed 22% strongly agreed 19.6% disagreed 17.6 undecided and 14.8% strongly disagreed respectively. It is clear that 48% principals believed that improve cardiovascular and respiratory systems, enhances general fitness. Physical education helps the students to develop the opportunities for socialization, and also help to maintain bone density cholesterol level joint fluid viscosity in the old age.

**Table-XIII**

**Analysis of responses of principals/headmasters for statement of related to the female aspect of physical education Questionnaire 95 to 100**

Over all percentage view				
SA	A	U	D	SD
5.33	19.50	51.33	20.16	3.66

The overall percentage view of principals related to the statement regarding female aspect of physical education statement no. 95 to 100 clearly reveals that 51.33% of principals undecided 20.16 disagree 19.5 agreed 5.33% strongly agreed and 3.66 strongly disagreed respectively. It is clear that more than 50% head of the institutions undecided for increases backache, post protein recovery, increases the life span but in girls physical education damage reproductive system and will not give any potential benefit to the girls who are participating in physical education programme.

**DISCUSS OF FINDINGS**

The finding of the study clearly reveals that majority of head of the institutions principals/headmasters posses a positive attitude towards different aspects of physical

education, physical aspect, posture of hygiene aspect, neuro muscular & coordination related aspects, physiological growth development related aspects mental aspect, emotional aspect, responsibilities duties related aspects, economic aspect, economic aspect, educational aspect, social aspects ageing process related aspect and general aspect. Principals strong believe that physical education programme in the institutions develops all these aspect and contributes great to the society. It will also help to develop skills, establish friendly ties and sources of fun and also helps to develop mental, physical social and health factors in students. More than 50% principals believe that physical education develops economic conditions and mental alertness also. It also give the emotional maturity and dedication to duties. In the case of female related aspect more than 55% heads are undivided and do not confirm that physical education programmes helps the female. This may be attentional to the facts that our women's are still live in Stone Age and do not enjoy freedom as compared to male floks. The administrator generally are top ranking educationist 1st are generally appointed as principals in the schools. These educationists have wide range and experiences of general education, professional education and technical education. The positive attitude of the principals towards all different aspect of physical education might be due to their practical involvement in sports activities for long period of time. The present study was more taken with hypothesis that principals will have positive attitude towards physical education programme. It has been accepted on the basic of trend noticed in the percentage analysis of the study.

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