

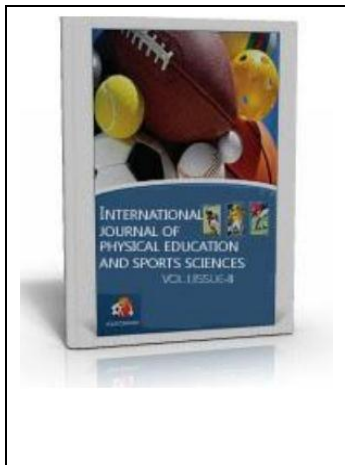
Analysis of Enjoyment among Children Engaged in Selected Physical Activities

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ABSTRACT

The aim of the study was to investigate the enjoyment and engagement in physical activities, of children participating in summer coaching camp programme of LNUPE, Gwalior. The participants of the study were 131 children of swimming (N=47), tennis (N=40), football (N=44) from greater Gwalior, aged between 13 to 18. Physical activity engagement, enjoyment were assessed by self-report questionnaires. Analysis for variance (ANOVA) revealed that there is a significant difference between mean enjoyment level of swimming (108.7447 ± 11.18514) and football (102.75 ± 11.16291) whereas there is no difference between swimming and tennis (107.7 ± 9.75127) and also between tennis and football at 0.05 level of significance. Thus it may be concluded that enjoyment in physical activity is more in swimming and least in football.

INTRODUCTION

Enjoyment is act or state of enjoying, use or possession of something beneficial or pleasurable, something that gives pleasure. Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure. Physical activity is any activity that causes your body to work harder than normal. It describes activities that are beyond your daily routine of sitting, standing, and walking up stairs. Everyone can benefit

from increased physical activity. (Justin B. Moore^a; Zenong Yin^b; John Hanes^c; Joan Duda^d; Bernard Gutin^a; Paule Barbeau^a) had sought the study to determine the reliability and validity of the physical activity enjoyment scale(paces) in elementary school children. Enjoyment has been implicated as a determinant of physical activity among youth (Motl RW, Dishman RK, Saunders R, Dowda M, Felton G, Pate RR). Enjoyment of physical activity may have significant positive outcomes by facilitating continued involvement in activity (Wankel, Leonard M). The purpose of the study is to see, whether the children engaged in different sports activity enjoy equally or not as compare to different sports activities. The subordinate purpose of the study was to find out, of three sports (tennis, football, swimming) which one is more enjoyable to the children.

METHOD

The subjects for the study were 131 children engaged in swimming (N=47), tennis (N=40), football(N= 44) from greater Gwalior. These students were taught by LNUPE student teachers for summer coaching camp at LNUPE. For the purpose of the collection of the data the Physical Activity Enjoyment Scale (PACES, an 18-item, self-administered scale developed by Kendzierski and DeCarlo), was use to measure enjoyment toward activities. Respondents were asked to rate their current feelings about physical activity using a seven-point semantic differential approach. As done in the original development of the scale, the scale was analyzed as a Likert scale. A total scale score was computed by summing responses to all items after recoding some items so that a high score indicated high enjoyment, whereas a low score indicated little enjoyment.

The data were collected during regularly allotted coaching classes to student teachers. The students responded to the instruments under the supervision of their Student teacher. The researchers coordinated the testing sessions and recruited assistance from the Student teachers as required. Participation in all areas of the data collection was voluntary. Students were informed that all data were confidential and would only be used by the researcher for the purposes of this study.

RESULTS

The data collected were analyzed statistically and the outcome generated has been given below.

Table 1: Mean and Standard deviation of children engaged in swimming, tennis, football enjoyment in physical activities

	N	Mean	Std. Deviation
Swimming	47	108.7447	11.18514
Tennis	40	107.7000	9.75127
Football	44	102.7500	11.16291
Total	131	106.4122	11.00131

Table 1 showed that the Mean and standard deviation of all the three groups swimming, tennis, football. All the children participating actively and regularly still the greater enjoyment level was of children engaged in swimming {mean=108.7447, standard deviation=11.18514} then of children engaged in tennis {mean=107.7, standard deviation=9.75127} but the enjoyment level of children engaged in football {mean=102.75, standard deviation=11.16291}

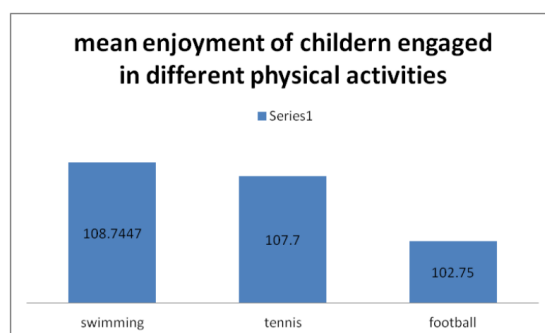


Fig 1: enjoyment Level Between different physical activity

Analysis for variance (ANOVA) for the means of children engaged in different physical activities has been shown in Table 2

Table 2: ANOVA for the means of swimming, tennis and football enjoyment in Physical Activity

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	912.154	2	456.077	3.939*	.022
Within Groups	14821.586	128	115.794		
Total	15733.740	130			

In the table 2 analysis of variance (ANOVA) for the means of swimming, tennis and football enjoyment were calculated. It was seen that Tab F.05 (2,128) = 3.07 is less than the Cal value of F = 3.939. It is conclude that the evidence is sufficient to indicate a difference in enjoyment in physical activities among children.

To further analyze as to which group is enjoying more in physical activities pair wise mean comparison analysis will be done by using scheffe's test in the table 3.

Table 3: Multiple Comparisons

(I) Classes	(J) Classes	Mean Difference (I-J)	Std. Error	Sig.
swimming	swimming	1.04468	2.31485	.903
	football	5.99468*	2.25729	.032
tennis	swimming	-1.04468	2.31485	.903
	football	4.95000	2.35085	.113
football	swimming	-5.99468*	2.25729	.032
	tennis	-4.95000	2.35085	.113

*. The mean difference is significant at the 0.05 level.

In the table 3 it is evident that there is a significant difference between mean enjoyment level of children engaged in swimming and football. Whereas there is no difference between

children engaged in swimming and tennis and also between children engaged in tennis and football. Thus it may be concluded that enjoyment in physical activity is more in children involve in swimming and least in children involve in football.

DISCUSSION

The purpose of the study was to investigate the enjoyment level of children engaged in selected physical activities i.e. swimming, tennis and football. The study reveals that there is a relation between enjoyments in physical activity with children engaged in swimming classes. The result also illustrated that the children engaged in swimming gets maximum enjoyment than the children engaged in tennis and football. The enjoyment level of children engaged in football was very low comparatively to swimming and tennis. Probably because of the hot environment in the summers and water give them cooling and soothing effect. It might also be due to many of the children are those who were first time engaged in swimming or in tennis and many of them get very less chance to be engaged in these type of activities. The average temperature of Gwalior is 45°C in summers, children, involved in land based activity, scorching heat of sun and there is a possibility that might not have been enjoyed for the land based activity (tennis, football). Active participation in physical activity involves maximum enjoyment but it was also seen that if the duration of the activity increases then the children engaged in football class also enjoys the activity. Either due to improvement of skill level or might be due to familiar with the same type of environment.

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