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**ATTITUDE OF INTER UNIVERSITY YOUTH
FESTIVAL PARTICIPANTS TOWARDS PHYSICAL
EDUCATION AND SPORTS**

Attitude of Inter University Youth Festival Participants towards Physical Education and Sports

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Abstract: *The purpose of this study was to determine the attitude of participants of youth festivals towards the physical education and Sports, covering 5 aspect of physical education and to find out their opinions (negative or positive) if any. The total number 600 subject (300 male and 300 female) were selected randomly for study from different universities participating in west zone intervarsity youth festival.*

It was hypothesized that the attitude of participants would not be favorable towards physical education and Sports. The study was restricted to the participants of west zone youth festival participants.

The investigator prepared a questionnaire comprising of 30 statements based on physical education and Sports and subject were asked to give their opinion in yes or no. The questionnaire was distributed to 600 participants and all 600 % of them returned the completed questionnaire were received. Descriptive technique of percentage was applied to know the responses of the participants. The responses had indicated that a majority of the participants of youth festival have a favorable attitude towards the physical education and Sports.

INTRODUCTION

Human bodies are made for motion. Whether for long purposeful strides across a back court, or for the free expressive creation of a dance, there is something very magnetic and totally captivating about physical activities. It challenges and it satisfies, it excites and it calms, it wins our allegiance with a compelling urge that may be an answer to some fundamental human needs. We are enliven and rejuvenated by the pure joy of movement.

Physical activity is essential for life .If the organism is not physically active; the functions of the body will gradually but surely diminish from desirable levels until there is difficulty in moving even under minimal conditions. Without physical activity, their regression in bodily function will continue until death results.

The favorable attitude of participants of youth festival toward physical education is a primary need specially when the physical education teacher or instructor is a new entrant and lacks experience on competence. The guidance, initiative and the drive of the head of the college/university are vital in shaping the physical fitness of the school population. Administrators play a vital role in planning implementing and developing the physical education program in their respective college/university. By the virtue of the office they hold, they are the executive and judicial head of all sports and physical education committees in their respective institution.

Hence, to enable us to learn the awareness of the importance of being physically fit in college/university, how far the physical education programs are being implemented and how far physical education is accepted in college/university, the study of attitudes of participants of youth festival and its aim and objectives are important.

METHODOLOGY

Six hundred participants (300 male and 300 female) were randomly selected from the West Zone Inter University Youth Festival which was held from 19th to 23rd December 2007 at LNIPE Gwalior. The subjects are ranged from 18-25 years. Under the supervision and guidance of experts of the related field, 30 statements were finalized out of 50 statements after conducting a pilot study. The questionnaire was arranged in a logical order and each statement was recorded clearly to enable the subjects to understand and answer those statements without much difficulty. Great care was taken to frame each statement in such a manner that it was precise and without any ambiguity.

Provision was made on the right side of each statement to note the attitude of the respondents by ticking (√) one of the responses viz. Yes\ No respectively. The various responses received in terms of youth festival participant's attitude towards

physical education and Sports were analyzed using the descriptive technique of percentage.

RESULTS AND DISCUSSION

The results related to the responses of participants towards Physical education and Sports is presented in Table-I.

Table- I

Responses Related to Physical Education& sports

S.No	Statement	Yes	No
Physical Aspect			
1	Physical Education and sports is mainly to do with physical development.	552	48
2	Physical Education programme contributes to development of wellness.	576	24
3	Physical Education and sports is nothing to do with education.	408	192
4	Physical Education and sports is mainly concerned with muscle building.	402	198
5	Organic and muscular development is possible without Physical Education.	432	186
6	Neuro muscular coordination can be developed through Physical Education.	558	42
Mental aspect			
1	Physical Education and sports makes important contributions to mental health.	504	96
2	A student who is good in sports activities may not be bright in studies.	354	264
3	Physical Education helps in the intellectual development of the students.	534	66
4	For relaxation, it's better to participate in a programme of Physical Education rather than to watch television.	546	54
5	Those who participate in Physical Education activities are alert and receptive.	564	36
6	Lack of motivation is one of the reasons for poor participation in Physical Education and sports programme.	558	42
Social aspect			
1	Physical Education and sports promotes better interpersonal relationship.	570	30
2	Social acceptance within a group at college/ university level is significantly related to the ability to perform in Physical Education activities.	480	120
3	Physical Education programme develops followership ability in students.	558	42
4	Students will emerge from college/university as better after having undergone a good programme of Physical Education.	534	66
5	Physical Education and sports programme enables boys and girls to adjust better society.	552	48
6	Moral values can be developed through organized and systematic programme of Physical Education and sports.	558	42

The table-I indicate that the attitude of inter university Youth Festival participants towards physical education and Sports is very positive.

Majority of the students accept that regular participation in physical education & sports are essential for physical growth & development, physical fitness, mental alertness, emotional maturity and social development. It may be due to the fact that physical education activities develop leadership qualities, co-operation and adjustment, competitiveness and maturity level among individuals along with this it has its recreational values.

The favorable attitude may be also due to the availability of the physical education & Sports facilities in the modern era. Today there are varieties of physical education activities along with variations for persons of every age group.

The favorable attitude towards physical education & Sports may be also due to the fact academic schedules are heavy and this leads to monotony students need mental relaxation and for this they are attracted towards the physical education & sports activities which helps to refresh their minds and gives them the motivation that they can start their new day

with new energy. It is said "A healthy mind in a healthy body" so this very true and practical for the youth today.

However, very few negative responses received may be due to the lack of knowledge of physical education and health education, perhaps the subjects had not experienced any physical education activities during their school days and college days hence gave negative answers.

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