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## REVIEW ARTICLE

# ANALYSIS OF ATTITUDE OF STUDENTS TOWARDS THE BENEFIT OF PLAYING VOLLEYBALL PLAYERS IN INDIAN UNIVERSITIES

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# Analysis of Attitude of Students towards the Benefit of Playing Volleyball Players in Indian Universities

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## INTRODUCTION:-

The time when sports were nothing more than an enjoyable recreation for individuals is irrevocably past. The phenomenon of sports and today intervenes in many fields of endeavor and very often it even has central position. Sports have thus experienced an enormous extension qualitatively as well as quantitatively with many positive and negative results. A part from health, sports with their special meaning a prophylaxis against civilization damage and as many sided therapy, there is a high Performance sports too. The extreme sports performance principle in modern high sports makes passing the limits to the pathological condition. Every increased performance demands increased input, increased engagement in its turn leads to increased stress.

History of any movement leads through the present and when the past is combined with the present, trends for the future are frequently revealed. Trends in measurement, like trends in any other aspects of education are subject to change. They are dependent on the new knowledge and research that lead the way for new emphasis and attention and lead to a change in philosophy. Today is an age of automation, sophistication and technology wonders beyond man's wildest dreams of a few years ago. It is also an age of explosion of knowledge. Therefore a trend to day may become an accepted practice tomorrow, or what may appears a trend may be only a passing fancy and may fade in the light of new information and evidence<sup>1</sup>.

## METHODOLOGY:

<sup>1</sup> Harold M. Barrow and Rosemary McGee, **A Practical Approach to Measurement in Physical Education**. (Philadel Phia: led and Febiger, 1979) p.23.

The selection of a proper tool was of vital importance for this study since the aim was to assess the attitudes of the students towards Volleyball.. It was decided to use attitude questionnaire as the tool. With the help of the questionnaire the investigator tried to get the reflection of attitudes of the respondent towards Volleyball.

The validity of the responses received greatly depended upon the integrity of the respondents and hence absolute validity could not expected, however, the unanimous responses ensured the greater validity of the responses. The questionnaire was administered by the research scholar to all the subjects. All the subjects answered the questionnaire separately without consulting each other's. The subjects were exhorted to give their own and true opinion and the research scholar assured to the respondents that the information given by them would be kept confidential with him and utilized for the purpose of this study only. The various responses received in terms of attitudes of physical education students were analyzed using the descriptive technique of percentage.

## FINDINGS:

**Table – 1**

**Statement : Playing Volleyball regular is good for health**

S. No.	Response	Frequency	Percentage
1	YES	145	96.666
2.	NO	5	3.33

As shown in Table -1 out of 150 student 145 were of the view that playing Volleyball regular is good for health and 5 of the did not agree with the view point. This shows 96.66 percent had positive response towards the statement.

**Table – 2**

**Statement : Playing Volleyball helps in developing physical fitness**

S. No.	Response	Frequency	Percentage
1	YES	148	98.666
2.	NO	2	133

As shown in Table – 2 out of 150 students 148 were of the view that playing Volleyball developing physical fitness and 2 of them did not agree with the view point. This shows 98.66 percent had positive response towards the statement.

**Table – 3**

**Statement: Playing Volleyball Helps in Proper Growth & Development**

S. No.	Response	Frequency	Percentage
1	YES	127	84.66
2.	NO	23	153

As shown in Table – 3 out of 150 students 127 were of the view that playing Volleyball helps in proper growth & development and 23 of them did not agree with the view point. This shows 84.66 percent had positive response towards the statement.

**Table – 4**

**Statement: Playing Volleyball Helps in Development of Sportsman Quality**

S. No.	Response	Frequency	Percentage
1	YES	130	86.66
2.	NO	20	13.33

As shown in Table – 4 out of 150 students 130 were of the view that playing Volleyball helps in development of sportsman quality and 20 of them did not agree with

the view point. This shows 86.66 percent had positive response towards the statement.

**Table – 5**

**Statement : Playing Volleyball Helps in Mental and Intellectual Development**

S. No.	Response	Frequency	Percentage
1	YES	121	80.66
2.	NO	39	19.33

As shown in Table – 5 out of 150 students 121 were of the view that playing Volleyball helps in mental and intellectual development and 39 of them did not agree with the view point. This shows 80.66 percent had positive response towards the statement.

**Table – 6**

**Statement : Playing Volleyball Helps in Improving Body Co-ordination**

S. No.	Response	Frequency	Percentage
1	YES	124	82.66
2.	NO	26	17.33

As shown in Table – 6 out of 150 students 124 were of the view that playing Volleyball helps in improving body co-ordination and 26 of them did not agree with the view point. This shows 82.66 percent had positive response towards the statement.

**Table – 7**

**Statement: Playing Volleyball is More Injurious Than Other Games & Sports**

S. No.	Response	Frequency	Percentage
1	YES	42	28
2.	NO	108	72

As shown in Table – 7 out of 150 student 42 were of the view that playing Volleyball is more injurious than other games & sports and 108 of them did not agree with the view point. This shows 28 percent had positive response towards the statement.

**Table – 8**

**Statement : Playing Volleyball Helps to Develop the Emotional Stability**

S. No.	Response	Frequency	Percentage
1	YES	95	63.33
2.	NO	54	36.66

As shown in Table – 8 out of 150 students 95 were of the view that playing Volleyball helps to develop the emotional stability and 54 of them did not agree with the view point. This shows 63.33 percent had positive response towards the statement.

**Table – 9**

**Statement : Playing Volleyball Provides Organic and Muscular Strength**

S. No.	Response	Frequency	Percentage
1	YES	110	73.33
2.	NO	40	26.66

As shown in Table – 9 out of 150 students 110 were of the view that playing Volleyball provides organic and muscular strength and 40 of them did not agree with the view point. This shows 73.33 percent had positive response towards the statement.

**Table – 10**

**Statement : Playing Volleyball Provide Better Character Development**

S. No.	Response	Frequency	Percentage
1	YES	99	66
2.	NO	51	34

As shown in Table – 10 out of 150 students 99 were of the view that playing Volleyball provides better character development and 51 of them did not agree with the view point. This shows 66 percent had positive response towards the statement.

**Table – 11**

**Statement : Playing Volleyball regular is good for health**

S. No.	Response	Frequency	Percentage
1	YES	106	70.66
2.	NO	44	29.33

As shown in Table -11 out of 150 students 106 were of the view that playing Volleyball promotes better inter personal relationship and 44 of them did not agree with the view point. This shows 70.66 percent had positive response towards the statement.

**Table – 12**

**Statement : Participation in Volleyball Helps in Social Adjustment**

S. No.	Response	Frequency	Percentage
1	YES	103	68.66
2.	NO	47	31.33

As shown in Table -12 out of 150 students 103 were of the view that participation in Volleyball helps in social adjustment and 47 of them did not agree with the view point. This shows 68.66 percent had positive response towards the statement.

**Table – 13**

**Statement : Playing Volleyball Is A Recreational Activity**

S. No.	Response	Frequency	Percentage
1	YES	108	72
2.	NO	42	28

As shown in Table -13 out of 150 students 108 were of the view that playing Volleyball is a recreational activity and 42 of them did not agree with the view point. This shows 72 percent had positive response towards the statement.

**Table – 14****Statement : Volleyball Class Provides Good Health Habits**

S. No.	Response	Frequency	Percentage
1	YES	112	74.66
2.	NO	38	25.33

As shown in Table -14 out of 150 students 112 were of the view that Volleyball class provides good health habits and 38 of them did not agree with the view point. This shows 74.66 percent had positive response towards the statement.

**Table – 15****Statement : Volleyball Should Be Made Compulsory In School**

S. No.	Response	Frequency	Percentage
1	YES	105	70
2.	NO	45	30

As shown in Table -13 out of 150 students 105 were of the view that Volleyball should be made compulsory in school and 45 of them did not agree with the view point. This shows 70 percent had positive response towards the statement.

**Table – 16****Statement : Only Physically Fit Individual Can Play Volleyball**

S. No.	Response	Frequency	Percentage
1	YES	54	36
2.	NO	96	64

As shown in Table -16 out of 150 students 54 were of the view that only physically fit individual can play Volleyball and 96 of them did not agree with the view point. This shows 36 percent had positive response towards the statement.

**Table – 17****Statement : Fundamental Skills of Volleyball are Difficult to Learn**

S. No.	Response	Frequency	Percentage
1	YES	70	46.66
2.	NO	80	53.33

As shown in Table -17 out of 150 students 70 were of the view that fundamental skills of Volleyball are difficult to learn and 80 of them did not agree with the view point. This shows 46.66 percent had positive response towards the statement.

**Table – 18****Statement : Volleyball is not so Popular in India as Compare to Other Popular Sports**

S. No.	Response	Frequency	Percentage
1	YES	93	62
2.	NO	51	38

As shown in Table -18 out of 150 students 93 were of the view that Volleyball is not so popular in India as compare to other popular sports and 51 of them did not agree with the view point. This shows 62 percent had positive response towards the statement.

**Table – 19****Statement : Playing Volleyball Gives More Satisfaction than Other Games and Sports**

S. No.	Response	Frequency	Percentage
1	YES	98	65.33
2.	NO	52	34.66

As shown in Table -19 out of 150 students 98 were of the view that playing Volleyball gives more satisfaction than other games and sports and 52 of them did not agree with the view point. This shows 65.33 percent had positive response towards the statement.

**Table – 20**

**Statement : Taking Part with Other in a Volleyball Class is Fun**

S. No.	Response	Frequency	Percentage
1	YES	104	69.33
2.	NO	46	30.66

As shown in Table -20 out of 150 students 104 were of the view that taking part with other in a Volleyball class is fun and 46 of them did not agree with the view point. This shows 69.33 percent had positive response towards the statement.

### DISCUSSION OF FINDING:

It is evident from the responses offered by the students who acted as subjects for this study that, a large number of respondent have recognized the importance of Volleyball and its social, mental values along with physical values.

Majority of respondent favored that playing Volleyball regular is good for health as well as it helps in developing physical fitness along with proper growth and development. A large number of respondents revealed that playing Volleyball helps in development of sportsman quality and also helps in strengthening mental & intellectual quality.

The study also shows that majority of students of physical education believed in Volleyball for improving body co-ordination. For the statement that playing Volleyball is more injurious than other games and sports, almost a mixed response were revealed with one third favored the statement and three fourth responded in negative.

The study also revealed that more than sixty percent believe that playing Volleyball helps in development of emotional stability while remaining don't feel so. A large number of respondent favored that playing Volleyball provide organic and muscular strength whereas small group of respondent have negative response.

The study further shows that playing Volleyball provides better character development and promotes better interpersonal relationship. Majority of respondent feels that playing Volleyball is a recreational activity also participation in Volleyball helps in better social adjustment. Majority also feels that Volleyball class also provide good health habits.

The study shows a large number of students of physical education urge that Volleyball should be made compulsory in school while very small group don't feel so. A large number of respondent have negative response towards the statement that only physically fit individual can play Volleyball while remaining respondent favored the statement.

The study also revealed that a mix response was gathered for the statement that fundamental skills of Volleyball are difficult to learn, just less than half of the respondent favored the statement whereas remaining just more than half have negative response. Majority of respondent feels that Volleyball is not so popular in India as compare to other popular sports whereas remaining respondent don't feel so.

### CONCLUSIONS:

Within the limitations, the following conclusion was drawn:

1. The study has indicated that a majority of the students have a favorable attitude towards Volleyball.
2. They had highly favorable attitude towards Volleyball, as it promoted physical health, physical fitness along with growth and development, sportsman quality and also help in strengthening mental and intellectual quality and body co-ordination.
3. They also had highly favorable attitude towards Volleyball because it provide better interpersonal relationship and better character development and other social values.
4. They want that Volleyball classes must be made compulsory program to improve favorable attitude towards this game.
5. Majority revealed that playing Volleyball gives more satisfaction than others games and sports.

### RECOMMENDATIONS

On the basis of this research – study, the following recommendations are made:

1. Similar study may be undertaken to find out the attitudes of other students.
2. Similar study may be undertaken to find out the attitudes of Heads of the Institutions, Educational Authorities, and Members of



legislative towards objectives and role of Volleyball.

3. A study to find out the relationship between attitude and socioeconomic status may be taken up.
4. A comparative study of attitude of students and non-students towards Volleyball may be undertaken.
5. A comparative study of attitude of students towards Volleyball and other games may be undertaken.

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