

Attitude of Rural and Urban College Female Students towards Physical Education and Sports

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Abstract – The target of this study was investigating attitudes toward physical education as well as sports of secondary school pupils. The individuals had been ninety eight female as well as 175 male pupils from secondary schools training aged 14 to seventeen. A total of 273 pupils voluntarily participated in this research. In order to evaluate the mindset of rural and urban pupils towards actual physical education' ANOVA' test was used. The degree of significance selected was 0.05. The analysis discovered that individuals in the study have positive attitudes toward actual physical training and also, when compared, there's no substantial distinction in between the perceptions of college going females and boys. Thus gender played no such part of development of attitudes toward physical training in this particular regard.

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1. INTRODUCTION

Learning will be the procedure by that the person is formed to slip in to the culture and that provides & advances the social order. Physical education has an important role to play as an essential component of basic education which strives at enabling a person to maintain an enriched and life that is abundant of ever changing world. Change is required since the society of ours is changing the students of ours are changing and the resources of ours are changing. In case we're meeting the needs of helping people that are young discover how to follow efficiently nowadays and be effective at change, next we have to identify deterrents of those objectives which is present inside the collective mind-set of ours. The attitude of the pupils towards physical education has a tremendous role to play in the development of its. Attitude arises out of encounters and consequently the institution which seeks to build certain attitude among the pupil of it's should supply opportunities for related experiences. The development of good convenient attitude is itself a stage of education, because they facilitate learning and function as a cause for more motivation.

To be able to correctly understand the significance of physical education it's crucial for us to learn the meaning of basic education. Actual physical training is in the end a part of basic training, both is complementary to one another. They're like 2 faces of the identical coin. Ordinarily we think about all activities which will make the body healthy as well as active as physical factors. This particular interpretation however, is incorrect. The physical training goes past that. The real scope of it is related

to each of those pursuits which build up man physique to ensure they impart knowledge of social and human behaviour and in phrase help all in an all-round advancement of human temperament. It's wrong, consequently, to think about sports as same task as physical education: it's not. Similarly, games too don't constitute actual physical education.

The physical training is the training of both body as well as head which help in an all-round development of human temperament. Actual physical training is back bone of training. Not merely unique back bone will likely be proving. Body is basement of us, consequently, in case we wish whichever training through activities we ought to obtain since task is future of living. Through 5 senses experiences can come is by body we are going to say, consequently, any practical experience of living is way to obtain body to this kind of body training offer consequently excellences with which stay lives is providing excellent nursing is giving back bone of training.

2. REVIEW OF LITERATURE

Manmeet et al, (2010) arrived to the realization that the countryside female faculty pupils in strength, stamina, agility & speed are much stronger compared to citified students and citified students had much more freedom as well as the mass of theirs are more compared to countryside pupils.

Sinku kumara et al (2011) in fitness comparison of Indian pupils realized the countryside pupils had

more speed, stamina, intense power as well as cardio respiratory compared to urbanized pupils.

Kumar sunil (2012) discovered the countryside pupils in cardio respiratory physical fitness as well as body composition were much better compared to urbanized pupils.

Saha et al, (2012) realized that quickness as well as excess fat percentage of metropolitan outlying pupils however in sit up, traction as well as convenience Countryside College pupils have been much better compared to urbanized pupils.

Seryozha et al (2013) realized that women in citified facilities get much better outcomes in the flexibility as well as the sit up. School male pupils get much better results on assessments of agility, strength, and speed.

Deyou et al (2014) realized that citified female pupils in cardio - respiration endurance, muscular strength, and convenience were much stronger compared to outlying students and outlying students have been much stronger in muscle strength.

3. METHODS

The current study was performed via descriptive survey technique within ex-post-facto investigation design. The specifics concerning sample, tool, and process of statistical method as well as information collection are noted as under.

3.1 Sample

- **Source** – Government aided Secondary / Higher Secondary Schools of Uttar Pradesh were considered as source of sample.
- **Sampling Technique** – Stratified Random Sampling Technique was adopted.
- **Sample Size** – Finally 175 male subjects and 98 female subjects participated in the study.
- **Sample Characteristics** – Only school going adolescents, who took Physical Education as their additional subject, were taken. Only Bengali speaking students were taken.

3.2 Tools

The following research tool was used in the present study for data collection. Brief description of the tool is given hereunder.

Attitudes toward Physical Education Scale- It was created by Altay and Demirhan, [twelve] for Turkish pupils. This's a newspaper as well as pencil self-

report instrument with a 5 point Likert-type scale with reactions ranging from one (Strongly Disagree) to five (Strongly Agree) summed throughout twenty four things, causing a selection from twenty four to 120.. By the user manual of the level we discover that (i) 1 24 points represents probably the most negative attitude, (ii) 25 48 negative attitude, (iii) 49 72 basic mindset, (iv) 73 94 positive attitude, plus (v) 95 120 probably the most good mindset. The Cronbach Alpha reliability coefficient of the machine is 0.93, the intra class correlation coefficient is 0.85, so the scale validity coefficient is 0.83.

3.3 Procedure for Data Collection

The appropriate information have been collected by administering the above mentioned application on the topics under review in accordance with the instructions provided in the respective handbook of the tool.

3.4 Statistical Techniques

The descriptive in addition to inferential statistics and underlying friendships have been found out by computing right data with the help of SPSS 10.01 application.

4. PRESENTATION OF DATA

4.1 Attitude towards Physical Education

In Uttar Pradesh, Physical Education is viewed as compulsory subject around class VIII and also in Secondary phase (classes X and IX) it's treated as an extra topic.

Table 1: Statistics of Attitude Scores of School-going Adolescents as a whole

	N	Range	Minimum	Maximum	Mean	Std. Deviation
Attitude	273	53	63	116	94.51	9.53

Table 2: Report of Gender wise Comparison of Means of Attitude Scores of School-going Adolescents

Gender	Mean	N	Std. Deviation
Female	95.21	98	10.61
Male	94.12	175	8.87
Total	94.51	273	9.53

Table 3: ANOVA of Gender wise Comparison of Means of Attitude Scores of School-going Adolescents

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	75.225	1	75.225		
Within Groups	24604.980	271	90.793	0.829	0.364
Total	24680.205	272			

Table 4: Report of Geographic Location (Rural & Urban) wise Comparison of Means of Attitude Scores of School-going Adolescents

Geographic Location	Mean	N	Std. Deviation
Rural	93.05	130	9.50
Urban	95.84	143	9.39
Total	94.51	273	9.53

Table 5: ANOVA of Geographic Location (Rural & Urban) wise Comparison of Means of Attitude Scores of School-going Adolescents

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	528.281	1	528.281		
Within Groups	24151.924	271	89.121	5.928	0.016
Total	24680.205	272			

5. RESULT

From Table.1 we have the descriptive data of attitude scores of college going adolescents; the minimum of the scores was sixty three as well as the maximum of those was 116 as well as the assortment was fifty three, and standard deviation and the mean of the reported division were 94.51 as well as 9.53 respectively. Based on the Physical Education as well as Sports Scale manual, in this particular study the range stretches from basic (sixty three) to many good (116) mindset. The hostile (94.51) falls under good mindset. As an entire, the mindset towards physical training of the college going adolescents of the state of ours was optimistic.

From Table 2 we obtained the ways of attitude scores of female as well as male adolescents as 95.21 as well as 94.12 respectively, and the conventional deviations had been 10.61 as well as 8.87 respectively. Once again from Table 3 it was transparent the 2 ways of the mindset scores of female and male college going adolescents wasn't (statistically) drastically different. Both female and male adolescents had good attitudes towards actual physical education.

Once again from Table 4 we received the report of geographic location (urban and rural) smart comparison of ways of attitude scores of college going adolescents. Just in case of urban and rural

adolescents, the way of the mindset scores were 93.05 as well as 95.84 respectively and also the traditional deviations had been 9.50 as well as 9.39 respectively. It was transparent from Table 5 which the 2 ways of the attitude scores had been distinct considerably. The mean of the urban college going adolescents was above that of the rural counterparts of theirs.

6. CONCLUSION

In the current study, Uttar Pradesh's institution going adolescents' attitudes toward actual physical training had been driven and this was examined if it varies based on gender as well as geographical location good. The results demonstrated that as an entire, the mindset towards physical training of the college going adolescents of the state of ours was optimistic. Both female and male adolescents had good attitudes towards actual physical education. Participation in bodily sports as well as workouts needs robust attitudes toward actual physical activities. The investigation findings of ours indicate that actual physical education pupils have good attitudes toward actual physical activities. In the current study regardless of male and female of many geographic location (urban and rural) institution going adolescents exhibited a good attitude towards actual physical education. Once again the mean of the urban college going adolescents was (statistically) much more optimistic compared to the rural counterparts of theirs. From the state of ours much more value has been put to incorporate physical training of school curriculum for times that are extended. This endeavour could be reflected. In areas that are urban a few facilities for games & sports are common - this could be the root cause of increased positive attitudes towards physical training in cities.

7. REFERENCES

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