

Effectiveness of Principal's Attitude towards Physical Social Adjustment

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Abstract – Physical activities allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. It is important to healthy brain development. It is through play that children at a very early age engage and interact in the world around them. Play allows children to create and explore a world they can master, conquering their fears while practicing adult roles, sometimes in conjunction with other children or adult caregivers. As they master their world, play helps children develop new competencies that lead to enhanced confidence and the resiliency they will need to face future challenges. Undirected play allows children to learn how to work in groups, to share, to negotiate, to resolve conflicts, and to learn self-advocacy skills. When play is allowed to be child driven, children practice decision-making skills, move at their own pace, discover their own areas of interest, and ultimately engage fully in the passions they wish to pursue. Ideally, much of play involves adults, but when play is controlled by adults, children acquiesce to adult rules and concerns and lose some of the benefits play offers them, particularly in developing creativity, leadership, and group skills. In contrast to passive entertainment, play builds active, healthy bodies. In fact, it has been suggested that encouraging unstructured play may be an exceptional way to increase physical activity levels in children, which is one important strategy in the resolution of the obesity epidemic. Perhaps above all, play is a simple joy that is a cherished part of childhood.

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SOCIAL ADJUSTMENT

It has been described as efforts that an individual made for coping with society's needs, values and standards so that society accepts them.

Also, it has been described as a psychological process. It comprises handling new standards and values.

PROCEDURE

This chapter comprises of subjects, research design, questionnaire construction, conducting a pilot survey, revising the questionnaire, questionnaires administration as well as statistical procedure selection used for analysis has been defined.

SUBJECT'S SELECTION

For the study purpose, subjects are selected as 100 Principals, and every principal works in Chhatrapati Shahuji Maharaj University, Kanpur's different college.

They have been contacted and explained about the purpose of the questionnaire, they have been assured

of maintaining the confidentiality of their responses in the questionnaire. All the principals involved in the study concern are also taken before giving them the initial and final questionnaire to be filled by them.

RESEARCH DESIGN

For the assessment of attitude trends as well as opinions for social adjustment with regard to physical education, a significant tool is survey research design. Judging opinion for assessing the efficacy with carefully designed surveys can dramatically change in strategies of physical education for social adjustment.

Survey research design reflects the views on attitude for social adjustment toward physical education of a genuine cross-section of the population.

VARIABLE

For study purpose selected variable was the principals' attitude for social adjustment toward Physical Education. Self-made Questionnaire was used for evaluation.

CONSTRUCTION OF QUESTIONNAIRE

The initial questionnaire was constructed by the research scholar with consultation with the guide for analyzing the principals' attitude for social adjustment toward physical education. self-made questionnaire to test the objectives of the study based on the five aspects of principals' attitude for social adjustment toward physical education.

The questionnaires was constructed based on the following aspects of attitude of the principals for social adjustment toward physical education:

CONDUCTING A PILOT SURVEY

A pilot survey was conducted for testing the questionnaire utilizing on a small sample that is size of ten prior to the actual, large-scale survey. During this survey research conduction phase, total sample population's small percentage is administered by questionnaire, or to a convenience sample. The pilot survey was also conducted to test the instructions' correctness that is evaluated by pilot sample's each respondent can adhere to specified directions. Also, better information is provided that if such survey types fulfill study's purpose effectively.

PURPOSE

The attitude for social adjustment toward physical education questionnaire is used to measure the extent of attitude of the principals, which principals realize rising from several conditions and constituents during the job.

PROCEDURE

A survey was made to measures question among different principal working in Chhatrapati Shahuji Maharaj University, Kanpur's various college. Researcher through the instructions to the subject explains the study purpose. The questionnaire comprises of few statement which principal feel or say regarding their job's several aspects. The subjects were asked for selecting a response among 5 for indicating the amount of agreeing and disagreeing with every statement for describing your job's conditions and nature as well as your own feelings and experiences regarding the job.

SCORING:

The scholar scrutinized the completed questionnaire in order to ensure that the subjects were responded to every question and no question was unanswered. "True keyed" were scored as per the given keys: -

Score	Response
1.	Strongly disagree
2.	Disagree
3.	Undecided
4.	Agree

5.	Strongly agree
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In "false keyed" items case scoring is done as per given keys.

Score	Response
1.	Strongly agree
2.	Agree
3.	Undecided
4.	Disagree
5.	Strongly disagree

ADMINISTRATION OF QUESTIONNAIRE

Survey's actual administration (Final Questionnaire) to every respondent selected as a sample is involved in this step. For preventing any bias, the same environment is used for each respondent for answering the questionnaire. The questionnaire then was administrated by the research scholar by sending the questionnaire to the principals through post, email and personal contact.

STATISTICAL TREATMENT

Self-made questionnaire was used for data analysis. The administered questionnaire consists of attitude of the principals towards physical education for social adjustment, where statements were designed to the Liker's "Scale of Strongly Disagree, Disagree, Undecided, Agree, and Strongly Agree was" involved.

Latest software analysis, SPSS (Statistical Package for the Social Sciences), for Liker's Scale responses, in Frequency Percentage terms Descriptive Technique were used for data analysis, as well as for the attitude divergence examination, Liker's Scale responses are applied with Chi Square Test (χ^2). The significance level is set at 0.05.

The execution of physical education course based on the Outlook of the Principal of the college

Subject	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Total of Response	Observed χ^2 Value
Principal	0	0	0	68	32	100	182.4*

* The χ^2 value is 182.4. The P-Value is < .00001. The result is significant at $p < .05$.

Physical education events do not make a student more outgoing

Subjects	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Total of Response	Observed χ^2 Value
Principal	31	56	2	6	5	100	

* The χ^2 value is 108.1. The P-Value is < .00001. The result is significant at $p < .05$.

Participating in physical activity is an aesthetic experience for the student

Subjects	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Total of Response	Observed X ² Value
Principal	22	36	21	12	9	100	22.3*

The Chi² value is 22.3. The P-Value is < .00017. The result is significant at p < .05.

Caring and sense of responsibility develop in the students through participation in games

Subjects	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Total of Response	Observed X ² Value
Principal	10	13	0	41	20	100	39.9*

The Chi² value is 39.9. The P-Value is < .00001. The result is significant at p < .05.

Physical Education inculcates the trustworthy quality in the students

Subjects	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Total of Response	Observed X ² Value
Principal	12	16	9	37	26	100	26.3*

The Chi² value is 26.3. The P-Value is < .00003. The result is significant at p < .05.

CONCLUSIONS

Depending on study's findings, some conclusions are made that are:

- ▶ It can be concluded that, it has been favored by maximum subjects (Principals) that for social efficiency environment students are improved with the help of Physical education programme; also students' fitness and health is also improved who participating in the Physical education programme of the college through by physical activities.
- ▶ It can be concluded that, most of the principal's feel that the social experience in the social milieu. For the student's vital stimulation, community influences are employed by the physical activity as when students participate in games they develop ability to adjust with others. Also, student's social behavior is influenced by the physical education; an environment is created by physical education that encourage students to help others that are in need.
- ▶ It can be concluded that, maximum number of principals thinks that, the Aesthetic value can be developed through joining the Physical education programme, physical activity is an aesthetic experience for the student.

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