

Effectiveness of Principal's Attitude towards Physical Education

Dr. Ramneek Jain¹ Deepti Shukla^{2*}

¹ Physical Education, Mewar University, Chittorgarh, Rajasthan

² Associate Professor, Physical Education, Prayag Mahila Vidyapeeth Degree College, Prayagraj, Uttar Pradesh

Abstract – It is significant that principal's attitude's effectiveness is measured with regard to physical education in the modern urban society for social adjustment as well as their relevancy according to the social adjustment requirement as well as contribution can be made by the principal, also for physical education class's success, it may have greater impact. Also, attitude of principal for social adjustment with regard to a specific subject is formed through his/her instructional setting or teacher's perception. Physical education class's perceptions as well as physical activity attitudes are significant for understanding as they can influence an individual's decision for beginning or continuing the physical education activity participation.

-----X-----

ATTITUDE

A tendency or a predisposition for responding negative or positive with regard to a particular situation, person, object, or idea.

The means through which an individual sees something or tries to respond to it, in an evaluative mode.

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

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 (X²). 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 X ² Value
Principal	0	0	0	68	32	100	182.4.*

The Chi² 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 X ² Value
Principal	31	56	2	6	5	100	

The Chi² 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	8	41	28	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.

REFERENCES

- Albrecht, K. (2006). **Social Intelligence: The new science of success**. San Francisco: Jossey-Bass. p. 3.
- Alderman, B. (1970). “A Socio physical assessment of attitude toward physical activity in champion athletes.” **Research Quarterly**, 41. pp. 1-9. Print.
- Al-Hazzaa, H. M. (2004). Prevalence of physical inactivity in Saudi Arabia: a brief review. **Eastern Mediterranean Health Journal**, 10, 4/5, pp. 663-670.
- Aronson, E. (2003). **The social Animal**, New York: Worth Publishers.

Awokiyesi, Frances O., Makinde, Bose & Solademi, Makinwa, “Social adjustment and emotional stability as correlates to the academic performance of 2001 students in the school of public and allied health in Babcock university, Nigeria.” **US Open Public Health Journal**.

Corresponding Author

Deepti Shukla*

Associate Professor, Physical Education, Prayag Mahila Vidyapeeth Degree College, Prayagraj, Uttar Pradesh

deeptiabhinav.30@gmail.com