

Social Adjustment and Relevancy for Physical Education

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Abstract – School principal's play an important role in creating an educational climate that provides opportunities for interaction with others. Attitude means, having a feeling about something or an opinion whether it is positive or negative. Or it is a conscious or unconscious physical posture that is displayed while interacting with others.

The purpose of the study was to find the effectiveness of the principal's attitude towards Physical Education in colleges of University of Kanpur. The subjects were 10 principals working in different colleges of University of Kanpur, for collection of data the self-made questionnaire was used. The administered questionnaire comprised of Physical Education program under which 20 statements formed to the Likert's Scale of Strongly Agree, Agree, Undecided, Disagree and Strongly Disagree were included. The level of significance was set at 0.05. The data was analysed by using the Descriptive Technique in term of the Frequency Percentage for Likert's Scale responses and to examine the divergence in the attitude the Chi Square Test (X²) was applied on the Likert's Scale responses. The result shows that the Subjects (Principals) felt that the Physical activities improve the social experience in the student, Physical education events make a student more outgoing, Participating in physical activity is an aesthetic experience for the student, and active catharsis is the emotional release a person has while participating in strenuous physical activity.

Key Word – Principal's Attitude

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INTRODUCTION

It is important to examine the effectiveness of principal's attitude towards physical education for social adjustment and its relevancy in the modern urban society and also to make the curriculum for students as per the need for social adjustment and the principal can make their portions of contribution and can have a large impact on the students for the success of a physical education class. Play is integral to the academic environment. It ensures that the school setting attends to the social and emotional development of children as well as their cognitive development. Social-emotional learning is best integrated with academic learning; it is concerning if some of the forces that enhance children's ability to learn are elevated at the expense of others.

METHODS

For the purpose of the study, 10 Principals were selected as the subjects for the study principals working in different colleges of University of Kanpur.

The variable selected for the purpose of this study was: Attitude, the effectiveness of the principal's attitude towards Physical Education was assessed by the Self- made Questionnaire. The data was analysed by applying self-made questionnaire. The administered questionnaire comprised of Physical Education program under which 20 statements are formed to the Likert's Scale of Strongly Agree, Agree, Undecided, Disagree and Strongly Disagree was included.

STATISTICAL TREATMENT

The data was analysed by using the Descriptive Technique in term of the Frequency Percentage for Likert's Scale responses and to examine the divergence in the attitude the Chi Square Test (X²) was applied on the Likert's Scale responses. The level of significance was set at 0.05.

RESULT OF THE STUDY

The questionnaire consists of 20 statements and there are 8 responses which was found statistically significant questions they are as follows-

TABLE – 1

The execution of physical education course depends upon the outlook of the Principal of the college

Respondents	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Total # Of Response	Observed X ² Value
	#	%	#	%	#	%	#	%	#	%		
Principals	5	50	4	40	0	0	1	10	0	0	10	11*

*The Chi² value is 11. The P-Value is 0.027. The result is significant at p≤0.05.

Analysis of table -1 leads to the following findings: 50% of the respondents strongly agree with the statement, 40% of the respondents agree with the statement and 0% of the respondents were undecided and strongly disagree, 10% of the respondents disagree with the statement. Table – 1 also indicate that the obtained chi-square value X² = 11, which was found statistically significant at 0.05 level of confidence.

TABLE – 2

Physical activities improve the social experience in the student.

Respondents	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Total # Of Response	Observed X ² Value
	#	%	#	%	#	%	#	%	#	%		
Principals	3	30	6	60	1	10	0	0	0	0	10	13*

*The Chi² value is 13. The P-Value is 0.011. The result is significant at p≤0.05.

Analysis of table -2 leads to the following findings: 30% of the respondents strongly agree with the statement, 60% of the respondents agree with the statement and 10% of the respondents were undecided, 0% of the respondents disagree and strongly disagree with the statement. Table – 2 also indicate that the obtained chi-square value X² = 13, which was found statistically significant at 0.05 level of confidence.

TABLE – 3

Physical education events make a student more outgoing.

Respondents	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Total # Of Response	Observed X ² Value
	#	%	#	%	#	%	#	%	#	%		
Principals	1	10	6	60	1	10	1	10	0	0	10	16*

*The Chi² value is 16. The P-Value is 0.003. The result is significant at p≤0.05.

Analysis of table -3 leads to the following findings: 10% of the respondents strongly agree with the statement, 60% of the respondents agree with the statement and 10% of the respondents were undecided and disagree, 0% of the respondents

strongly disagree with the statement. Table – 3 also indicate that the obtained chi-square value X² = 16, which was found statistically significant at 0.05 level of confidence.

TABLE – 4

Participating in physical activity is an aesthetic experience for the student.

Respondents	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Total # Of Response	Observed X ² Value
	#	%	#	%	#	%	#	%	#	%		
Principals	4	40	5	50	0	0	1	10	0	0	10	11*

*The Chi² value is 11. The P-Value is 0.027. The result is significant at p≤0.05.

Analysis of table -4 leads to the following findings: 40% of the respondents strongly agree with the statement, 50% of the respondents agree with the statement and 10% of the respondents were disagree, 0% of the respondents were undecided and strongly disagree with the statement. Table – 4 also indicate that the obtained chi-square value X² = 11, which was found statistically significant at 0.05 level of confidence.

TABLE – 5

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

Respondents	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Total # Of Response	Observed X ² Value
	#	%	#	%	#	%	#	%	#	%		
Principals	1	10	7	70	2	20	0	0	0	0	10	17*

*The Chi² value is 17. The P-Value is 0.002. The result is significant at p≤0.05.

Analysis of table -5 leads to the following findings: 10% of the respondents strongly agree with the statement, 70% of the respondents agree with the statement, 20% of the respondents were undecided, 0% of the respondents were disagree and strongly disagree with the statement. Table – 5 also indicate that the obtained chi-square value X² = 17, which was found statistically significant at 0.05 level of confidence.

TABLE – 6

Physical Education inculcates the trustworthy quality in the students.

Respondents	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Total # Of Response	Observed X ² Value
	#	%	#	%	#	%	#	%	#	%		
Principals	4	40	5	50	0	0	0	0	1	10	10	11*

*The Chi² value is 11. The P-Value is 0.027. The result is significant at p≤0.05.

Analysis of table -6 leads to the following findings: 40% of the respondents strongly agree with the statement, 50% of the respondents agree with the statement, 10% of the respondents disagree with the statement, 0% of the respondents were undecided and disagree with the statement. Table – 6 also

indicate that the obtained chi-square value $X^2 = 11$, which was found statistically significant at 0.05 level of confidence.

TABLE – 7

Physical Education classes create inactive people in the society.

Respondents	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Total # of Response	Observed X^2 Value
	#	%	#	%	#	%	#	%	#	%		
Principals	0	0	0	0	0	0	7	70	3	30	10	19*

*The Chi² value is 19. The P-Value is < 0.001. The result is significant at $p \leq 0.05$.

Analysis of table -7 leads to the following findings: 0% of the respondents strongly agree, agree and undecided with the statement, 70 % of the respondents disagree with the statement and 30% of the respondents strongly disagree with the statement. Table – 7 also indicate that the obtained chi-square value $X^2 = 19$, which was found statistically significant at 0.05 level of confidence.

TABLE – 8

Active catharsis is the emotional release a person has while participating in strenuous physical activity.

Respondents	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree		Total # of Response	Observed X^2 Value
	#	%	#	%	#	%	#	%	#	%		
Principals	6	60	4	40	0	0	0	0	0	0	10	16*

*The Chi² value is 16. The P-Value is 0.003. The result is significant at $p \leq 0.05$

Analysis of table -8 leads to the following findings: 60% of the respondents strongly agree with the statement, 40 % of the respondents agree with the statement and 0% of the respondents were undecided, disagree and strongly disagree with the statement. Table – 8 also indicate that the obtained chi-square value $X^2 = 16$, which was found statistically significant at 0.05 level of confidence.

DISCUSSION OF FINDINGS

The results of the study may be attributed to the fact that as the Physical Education programme has been in existence for last so many years, the subjects (principals) have over observed the working of the physical education program in some of the colleges and have come to the conclusion that the Physical Education Program is being implemented as envisaged.

The finding shows that 30% of the respondents strongly agree, 60% of the respondents agree and 10% of the respondents were undecided with statement that the Physical activities improve the social experience in the student, 10% of the respondents strongly agree, 60% of the respondents agree and 10% of the respondents were undecided and disagree with statement that the physical

education events make a student more outgoing, 40% of the respondents strongly agree, 50% of the respondents agree and 10% of the respondents were disagree with the statement participating in physical activity is an aesthetic experience for the student, and 60% of the respondents strongly agree, 40 % of the respondents agree with the statement that the active catharsis is the emotional release a person has while participating in strenuous physical activity. The results shows that the Physical Education is important for boys as well as girls might be attributed to the gradual increase in awareness as the respondent's progress through the entire questionnaire.

CONCLUSION

On the basis of findings of the study, the following conclusions are drawn:

Majority of the subjects (Principals) favoured that the Physical activities improve the social experience in the student, Physical education events make a student more outgoing, Participating in physical activity is an aesthetic experience for the student, and active catharsis is the emotional release a person has while participating in strenuous physical activity. The results shows that the Physical Education is important for boys as well as girls might be attributed to the gradual increase in awareness as the respondent's progress through the entire questionnaire.

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