Attitude of Girls and Their Parents of Different Socio-Economic Status towards Games and Sports

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Abstract: The main purpose of the study is to find out the attitude of girls and their parents of different socio-economic status towards games and sports. The questionnaires were used to examine the attitude of the Girl-students of schools (7th to 9th std.) of age ranging 13 to 15 and their parents. The scholar had selected 50 girl and their parents from the schools of Kulgam District of Jammu and Kashmir for this study. In this study self designed Sports Attitude Scale (PESAAS-a self made questionnaires with 26 & 20 for students and parents respectively adapted version were used to collect data. For the statistical analysis the research scholar used percentage method to describe the observation and responses. The attitude of the girl-students of middle school towards Games and sports was found highly positive. The attitude of the parents towards Games and sports was also found highly positive. Findings of the study further revealed that there was significant difference between girl-students and parents. Thus, it shows that the parents’ attitude was more positive towards Games and sports than their daughters.

Key Words: Games and Sports, Attitude, Girls, Parents, Socio-economic Status.

INTRODUCTION

As sports has developed into a distinct scientific discipline in itself and each nation is varying with each other to produce to class players to win laurels in international competition. Considerable research is developing to identify factors that will be predictive of achieving high level of skill in a given sport with proper coaching.

Sport is a psycho-social activity. It has both psychological and social dimensions, besides physical, physiological and technical aspects. Man's interest in sports is found in all societies of the world. Most of the nations share a common interest in sports competition, especially at certain times during the Olympic Games, where people from all nations focus their attention on that drama of competition. But the quality of the participation of the athletes and sportsmen is determined by their psychological factors.

In this modern era of competition, the psychological preparation of a team is as much important as teaching the different skills of game on the scientific lines. The teams are prepared not only to play the games, but also to win the games. And for winning the games, it is not only the proficiency in the skills, which bring victory, but more important is the spirit of the players, with which they play and perform their best in the competition. The application of psychological principles to the improvement of performance in sports has received greater attention in these days. There are certain accepted psychological principles, which have to be applied, so that the athletes and players are able to show their best in their performances. Coaches, physical educationists and sports scientists have always expressed a great need to know more about those psychological principles, which are helpful in improving the motor skills of the players. It is important to know about the role of reaction time, movement time, emotional phenomena like competitive anxiety and some personality traits like extraversion and neuroticism of the players during training as well as competitive situations.

Review of Related Literature

Mize(1980) has conducted a study entitled “Attitude toward Physical Activity as a function of Sex Role Orientation”. The purpose of the study was to determine the relationship between attitude towards physical activity and sex role orientation of college students. Scores on the Kenyan Attitude toward Physical Activity Inventory (ATPA) and the Bem Sex Role Orientation Inventory (BSRI) were processed by inter correlation, t-test, ANOVA, Duncan’s Multiple Range Test and Chi-square. Her subjects were 267 college age students (M=179, F=88). All variables of ATPA were inter related.
except chance and athletics for the total group. Analysis of the male and female groups yielded some different results for various factors of the ATPA. Significant difference between males and females was found.

Lambert (1981) has conducted a study entitled “A Comparison of Student Attitudes in Traditional and Selective Physical Education Programmes”. He has administered the Kenyon Attitude toward Physical Activity (ATPA) scale was administered to 390 sophomore students in a selective physical education programme and 368 freshman students in a traditional physical programme in Winona MN. Data were treated by ‘t’ and MANOVA to determine differences between grades, sex, and area of residence and level of athletic participation. The conclusions were. There were no differences in attitudes between 9th and 10th grade students, i.e. the two types of programmes. 10th grade males had more positive attitudes than 10th grade females in the sub domain of pursuit of vertigo while females had most positive attitudes in the sub domain of physical activity as an aesthetic and social experience. There were no differences in attitudes between rural and suburban students. 10th grade athletes had more positive attitudes towards physical activity and sub domains of health and fitness, catharsis and ascetic experience than 10th grade non-athlete.

Bhuller (1982) has undertaken a study entitled “A Comparative study of attitude towards physical activity of university male and female students”. The purpose of this study was to discover the structure of attitude towards physical activity of male and female students living in the same environment. Subjects for this study included both male and female students. The 200 (100 male & 100 female) subjects who participate were drawn randomly from various teaching departments of the Punjab University campus, Chandigarh. Their age ranged from 16 to 23 years. To measure attitudes, physical activity attitude scale constructed and standardized by the author was used which consisted of 70 items. Scoring was done on the basis of ‘Scale Product Technique by giving weight for each response category in the Likert fashion and then multiplying the same with scale value of the statement.

Onifade (1983) has conducted a study entitled “Relationship among Attitude, Physical Activity Behaviour and Physical Activity Belief of Nigerian Students towards Physical Activity”. The scholar has examined the relationship among attitude, physical activity behaviour and physical activity belief of Nigerian male (N=217) and female (N=133) University students is U.S.A. Attitudes were assessed through the attitude towards physical Activity inventory developed by Kenyon (1968) while physical activity behaviour was assumed by the use of a scale developed by Zoich Kowsky (1979). Data was collected on the physical activity belief of subjects by a scale development by the researcher. Data was analyzed through the use of univariate and multivariate statistical procedures. Results depicted that there was no relationship among attitudes, physical activity behaviour and physical activity belief of subjects. However, there were some relationship between some specific attitudes and physical activity behavior and physical activity belief. Subjects also chose individual physical activities and dual and team activities.

**METHODOLOGY**

**Sampling Procedure:**

The research scholar has applied the available sample method for the collection of the data i.e. Random sample was adopted for the study. The scholar had selected 50 girl and their parents from Kulgam District of Jammu and Kashmir for this study.

**Tools for Collecting the Data:**

In this study self designed Sports Attitude Scale (PESAAS-a self made questionnaires with 26 & 20 for students and parents respectively adapted version were used to collect data.

**Administration of Questionnaire and collection of data:**

The questionnaires were used to examine the attitude of the Girl-students of middle schools (7th to 9th std.) of age ranging 13 to 15 and their parents. For the present study, 50 girls and their parents from district Kulgam of Jammu and Kashmir state were randomly selected for the collection of data. Researcher scholar personally visited to all the selected samples for the collection of data. The researcher distributes the questionnaire and describes the purpose of the study so that they gave their responses positively. In total 100 questionnaires were finally collected for the analysis.

**Statistical analysis of data**

For the statistical analysis the research scholar used percentage method to describe the observation and responses.
Analysis of data and interpretations

The statistical analysis of the data gathered to know the attitude of students, teachers and parents towards physical education and sports.

From the observation almost 68% of the students population do agrees that participation in sports takes much of their time hence they get less time to do their studies, thus it may be the factor of hindrance in pursing academic excellence. But on the other hand 30% of the students population do not agrees with the version.

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From the above table it is observed for the version no. 1, the frequency for strongly agrees is 100%, which indicates that every child thinks physical education really develops their personality and hence doing physical activities is essential for every child. Similarly, for the second versions “Participation in Games & Sports must be made compulsory for each Girl child”. The frequencies observed for strongly agree is 98%, for agree it is 2% and for rest it is zero, which indicates almost 100% of the girl-students wish to participate in games and sports.

Similarly for the version “Game and sports are hindrance in pursuing academic excellence” the frequency observed for strongly agree is 04, for agree it is 64, for undecided it is 4, for disagree it is 30, and for strongly disagree it is 0. This indicates that participation in games sports varies the views and experiences of the girl-students that whether it really hindrance the academic excellence or helps the academic excellence.

From this observation almost 68% of the students population do agrees that participation in sports takes much of their time hence they get less time to do their studies, thus it may be the factor of hindrance in pursing academic excellence. But on the other hand 30% of the students population do not agrees with the version.

It is observed that the majority of the girl-students are in favour of sports and games participation, because they are thinking that it is helping media to become a mental tough person and a well known to all the surroundings to her.

Conclusions:

Based on the limitations, delimitations and the findings of the present study following conclusions may be drawn –

1. The attitude of the girl-students of middle school towards Games and sports was found highly positive.

2. The attitude of the parents towards Games and sports was also found highly positive.

3. Findings of the study further revealed that there was significant difference between girl-students and parents. Thus, it shows that the parents’ attitude was more positive towards Games and sports than their daughters.

Recommendations:

Based on the results of the present study following recommendations are made for further necessary and follow up action –

1. Govt. of Jammu & Kashmir shall look in the matter of appointment of the Physical Education Teachers in middle schools with appropriate ration of students and the teacher.

2. It is recommended that every child must be made compulsory to participation in physical activities conducted at school.

3. It is recommended that more periods
for physical education programme in schools shall be placed in their routine time table.

4. Regular participation in the tournament/competition conducted by D.S.O hall be made compulsory to each school”

5. Latest ideology must be included in the curriculum of physical education for the middle school.

6. Future research scholars, taking other regions of Kulgam District should carry out the same type of study.

References:


