

Research Paper :

Attitude of women students of degree college towards sports

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ABSTRACT

The study was conducted on 250 women students of Kodagu district. Majority of the women students were of the opinion that participation in sports makes one more socially desired person, and enhances desirable standard of conducts and builds courage, confidence, obedience and respect. Taking part in sports in no way interferes with academic work.

Key words : Attitudes, Women students, Sports

The play instinct in man is as old as evolution itself. Its background is biological. The pre-human ancestors gave secondary importance to play as food was their primary need. The pre-human ancestors started staying more on the ground for obvious reasons and soon became a 'Caveman'. He realized that he can be safe and can derive various benefits if he lived in ground. This led to formulation of society. To live in a society one has to follow certain rules, regulations, beliefs, attitudes etc. For this social transformation, education is considered as the primary tool.

Modern educational system gives emphasis mainly on the mental development and not on physical, cultural and spiritual development. In addition to this, mechanization also, added to less physical efforts and made the life easy. As a consequence, considerable amount of physical degeneration took place which in turn lead to various hypo-kinetic diseases. To avoid this drawback of educational system, the institutions are offering physical education and sports activities to improve the fitness and developing sports talents. However, majority of the students do not have positive attitude towards physical education and sports programmes offered by the educational institutions. Due to this negative attitude, the students are not able to understand the importance and benefits of physical education sports programmes.

Allport and Eycnck (1968) have defined "attitude as the mental and neural state of readiness, organized through experience which exerts a directive or dynamic influence upon the individuals response to all objectives and situations which it is related".

According to Boannur (1953), "an attitude is a

preparation for action in certain direction, it is an implicit response or pre-disposition to act towards or away from the individual or social value".

Charles (1977) defines attitude as "denoting an adjustment of an individual towards selected aspects of his environment or of his own conduct".

In Kodagu district, very few percentage of girls are willing to take part in sports. At the college level, sports and games are offered on voluntary basis. Adding to this, the facilities, equipments, personnel, finance and programme made available at the college level are much to be desired. Students are not motivated to the extent that is desirable. Thus, the responsibility of involving in sports and games activities is vested with the students themselves. Spontaneous participation by the students in sports activities largely depends on their attitude towards sports. If the students have favourable attitude, they participate in the sports activities without any reservation. If the students do not have proper awareness, participation will be poor.

METHODOLOGY

250 women students selected from the First Grade Colleges in Kodagu district were taken as subjects. A questionnaire was constructed containing 50 questions covering different aspects such as physical, mental, social, academic and leadership. The questionnaire was administered to all the subjects to obtain their responses. The responses of the subjects were obtained in a 5 point Likert scale. Percentage was calculated to analyse the response of the subjects according to their choice.