

Research Paper :

Attitude of college students towards physical education and sports

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ABSTRACT

The main purpose of this study was to analyze the attitude of college students towards the physical education and sports and the secondary purpose of the study was to examine the divergences in the attitudes' from the equal probability occurrence. One hundred subjects were selected from the Lucknow Christian P.G. College, Lucknow for this study. The age of the subjects were ranging from 18 to 25 years. These subjects were administered a self-developed questionnaire. The entire questionnaire comprised of thirty statements with a cover page, a covering letter and a personal information sheet for respondents. The attitude of respondents towards the physical education and sports were analyzed using the descriptive frequency percentage technique for each of the thirty statements of the questionnaire on the two alternative choices *i.e.* 'Yes' and 'No'. With regard to the secondary purpose of the study, chi-square test (χ^2) was used to determine the significance of the divergence in the attitudes of respondents from that of equal probability occurrence. Results of this endeavour revealed that college students exhibited a positive attitude towards physical education and sports. The results of this study might be in favour of the good prospective of physical education but its dose not depict the actual picture of the scene. Students of the college know the benefit of taking part in physical education and sports programme but do not participate in it. Thus it's a great area of concern for a physical educationalist to encash the great opportunity to make popular and fruitful the physical education and sports in our society, so we all can live in a healthy society as well.

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Developing a habit of regular participation in sport and recreational activities at school age is essential for proper health and development. However, participation in organized or spontaneous leisure-time competitions in various sport disciplines depends on a variety of movement skills and a positive attitude towards sports.

Physical education and sports, at least in its origin, has existed since human society. However, it has been a historic category as a whole but as a matter of fact, physical education and sports in India is still in the formative stage. Physical education and sports, in general, dose not has the same status as the other academic subjects in the education curriculum in our education institutions. Though it has been generally accepted as a matter of policy that physical education and sports should be in harmony with the total education pattern and should be complimentary to the ultimate aim of education.

Physical activity is essential for life. If the organism

is not physically active; the functions of the body will gradually diminish from desirable levels until there is difficulty in moving even under minimal conditions. Without physical activity, their regression in bodily function will continue until death results.

Physical activity is a part of the society and an integral part group of the culture. It varies in each nation, community and group. It has been a part of life of all people from early times to the present. The influence of international sports has made physical activity a part of life in all cultures and nations.

Attitude is a feeling one has about a specific object, such as a situation, a person, an activity, and so forth. Attitudes are judgments. They develop on the ABC model (affect, behaviour, and cognition). The affective response is an emotional response that expresses an individual's degree of preference for an entity. The behavioral intention is a verbal indication or typical behavioral tendency of an individual. The cognitive response is a