

Analysis of enjoyment in physical activity among middle school children

■ GAURAV SINGH KUSHWAH AND PRADEEP ASTEYA

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■ ABSTRACT

The aim of the study was to investigate the enjoyment and engagement in physical activity of students participating in Schools March Past and Mass display programme of LNUPE, Gwalior. The participants of the study were 131 students from Grade 6th (N=47), 7th (N=40), 8th (N= 44) aged 11 to 14 years. Physical activity engagement and enjoyment were assessed by self-report questionnaire. The mean and standard deviation of physical activity enjoyment of students of 6th, 7th and 8th grade students were 108.74 ± 11.18 , 107.70 ± 9.75 and 102.75 ± 11.16 , respectively. To compare the enjoyment of the physical activity among the students from different classes, one-way ANOVA was calculated and found significant at 0.05 level of significance. As the calculated 'F' value, 3.14, was greater than the tabulated value at 2 and 118 df, Scheffes post hoc test was conducted to find out the mean difference among the group. Results indicated that the level of enjoyment in physical activity of 8th grade was quite low than the others two.

■ Key Words : Analysis of engagement, Enjoyment, Physical activity

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See end of the article for authors' affiliations

GAURAV SINGH KUSHWAH
Lakshmbai National University of
Physical Education, GWALIOR
(M.P.) INDIA

Enjoyment is act or state of enjoying, use or possession of something beneficial or pleasurable, something that gives pleasure (American Heritage® Dictionary, 2000). Enjoyment has been implicated as a determinant of physical activity among youth (Motl *et al.*, 2001). Physical activity has been defined as "any bodily movement produced by skeletal muscles that result in energy expenditure. "Physical fitness is "a set of attributes that people have or achieve that relates to the ability to perform physical activity" (Caspersen *et al.*, 1985). Sport commitment is influenced by enjoyment, involvement alternatives, personal investments, social constraints, and involvement opportunities (Weiss, 2000). It is also known that sports are an integral part of physical activity. Enjoyment of physical activity may have significant positive outcomes by facilitating continued involvement in activity (Wankel, 1993). Providing enjoyable experiences is a potent strategy for increasing activity levels in youth, their attitude about the value of exercise, and ultimately long-term health outcomes (Weiss, 1993). Enjoyment is both a predictor and outcome of physical activity participation (Dacey *et al.*, 2008). Expected

enjoyment from physical activities can increase exercise intentions (Ruby *et al.*, 2011), but middle school children enjoy physical activity or not, if the load of the children increases or maturity enhances.

Therefore, the purpose of the study is to see, whether the enjoyment in physical activity reduces in the higher grades as compare to the lower grades. The subordinate purpose of the study is to find out the enjoyment level of the students when the duration of the involvement in the activity increases.

■ METHODOLOGY

The subjects for the study were 131 students of 6th grade (N=47), 7th grade (N=40), 8th grade (N= 44) from various schools of Gwalior. These students were taught by LNUPE student teachers for Schools March Past and Mass display programme. All the students were successfully participating in regular exercises but the interest and enjoyment level of higher classes get reduced accordingly. For the purpose of the collection of the data the physical Activity Enjoyment Scale (PACES by