

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.

## OBSERVATIONS AND DISCUSSION

The responses of the subjects were tabulated according to the aspects included in the questionnaire. The results were presented in Table 1, 2, 3 and 4.

It is evident from Table 1 that only 16.8% and 40.8% of the students felt that sports and games obstruct the study programme and 25.2% and 10% were of the opinion that it will not obstruct the studies. 52.4% of the students were willing to accept sports on par with other college subjects. 51.2% and 12.8% of the students agreed and strongly agreed, respectively that compulsory sports period is required in the college time table. Compulsory sports is not disadvantageous to other staff members of the college

was the opinion of 47.6% and 10% of the students.

Social aspects as regard and sports have been presented in Table 2. 36% strongly agreed and 47.2% agree that sports make one or more socially desired person. 8.8% respondents disagreed and only 1.6% strongly disagreed with this. This shows people look forward to sports participation as it would benefit them considerably in the form of enabling them to develop sound sociability.

Leadership aspects of sports presented in Table 3 reveal that 30.4% respondents strongly agreed and 48.8% agreed that sports help in developing leadership qualities. 36% strongly agreed and 49.6% agreed that sports teach

**Table 1 : Academic aspects and sports**

Particulars	Strongly agree		Agree		Undecided		Do not agree		Strongly disagree	
	No.	%	No.	%	No.	%	No.	%	No.	%
Sports obstruct the study programme	42	16.8	102	40.8	18	7.2	65	25.2	25	10
Sports should be treated as other college subjects	45	18	131	52.4	19	7.6	45	18	10	4
Compulsory sports period in college time table needed	32	12.8	128	51.2	18	7.2	56	22.4	16	6.4
Sports cannot be done to the expected level because of facilities and climatic conditions	31	12.4	92	36.8	19	7.6	86	34.4	22	8.8
Sports is disadvantage to other staff members	39	15.6	51	20.4	16	6.4	19	47.6	25	10

**Table 2 : Social aspects and sports**

Particulars	Strongly agree		Agree		Undecided		Do not agree		Strongly disagree	
	No.	%	No.	%	No.	%	No.	%	No.	%
Sports bring unhealthy rivalry amongst students	43	17.2	66	26.4	39	15.6	84	33.6	18	7.2
Sports make one socially desired person	91	36.0	118	47.2	16	6.4	22	8.8	4	1.6
Through sports social character is cultivated	43	17.2	88	35.2	40	16.0	53	21.2	26	10.4
There is notion among the people that sports women lose characters	46	18.4	41	16.4	22	8.8	97	38.8	44	17.6
Sports help the individual to maintain self-discipline	46	18.4	66	26.4	15	6.0	94	37.6	29	11.6
Sports helps in learning how to get along with people	79	31.6	111	44.4	19	7.6	31	12.4	10	4.0
Sports help to adopt to group situations	57	22.8	130	52.0	39	15.6	19	7.6	5	2.0
Knowledge of sports makes one an understanding spectators	66	26.4	110	44.0	20	8.0	48	19.2	6	2.4

tolerance, obedience and respect. 29.2% strongly agreed and 52.4% agreed to the suggestion that sport builds better citizenship qualities, whereas 24.4% strongly agreed and 41.6% agreed that sports develops desirable standard of conduct.

It is clear from Table 4 that 16.8% felt intelligence is not improved by participating in sports whereas, 42.8% claimed improvement in intelligence. 23.6% respondents strongly agreed that sports help to have better power of concentration, in taking quick decisions (28%) and responding early. 69.2% were of the view that participation in sports activity makes the student mentally active.

The results of the whole study revealed that majority of the women students of First Grade colleges in Kodagu district had positive attitude towards sports. Kodagu district, even though it is one of the smallest districts in

Karnataka state had produced several outstanding sports persons in different sports disciplines. The repetition and status of these outstanding sports persons in the society especially in the Kodavas and other communities might have created a deeper impact and image in the minds of youngsters. Probably, this could be the reason of positive attitude towards sports of the women students of First Grade colleges in Kodagu district. Organization of family hockey festival every year attracts more than 200 teams regularly. The family teams consists of young and old players of both sex as. Many supports gather to encourage the performance of their family in this tournament. Even this also helps in creating positive attitude towards sports among the college going women students of Kodagu district. Existence of Sports School in Kudige, near Kushalnagar, sports training centre, under the auspices

**Table 3 : Leadership aspects and sports**

Particulars	Strongly agree		Agree		Undecided		Do not agree		Strongly disagree	
	No.	%	No.	%	No.	%	No.	%	No.	%
Sports provide opportunity for leadership	76	30.4	122	48.8	26	10.4	14	5.6	12	4.8
Sports build up courage and confidence	86	34.4	105	42.0	32	12.8	13	5.2	14	5.6
Sports teach to accept defeat with grace and victory with modesty	47	18.8	125	50.0	31	12.4	38	15.2	9	3.6
Sports teach tolerance, obedience and respect	90	36.0	124	49.6	9	3.5	20	8.0	7	2.8
Sports makes one better citizen	73	29.2	130	52.0	17	6.8	20	8.0	10	4.0
Sports develop desirable standard of conduct	60	24.0	104	41.6	28	11.2	44	17.6	14	5.6

**Table 4 : Mental aspects and sports**

Particulars	Strongly agree		Agree		Undecided		Do not agree		Strongly disagree	
	No.	%	No.	%	No.	%	No.	%	No.	%
Learning of motor skills bring mental relaxation and relief	64	25.6	111	44.4	16	6.4	44	17.6	15	6
Students participating in sports are below average in studies	39	15.6	79	31.6	28	11.2	89	35.6	15	6
Sports participation bring emotional control	54	21.6	116	46.4	3	1.2	60	24	17	6.8
Sports students are mentally active	66	26.4	107	42.8	18	7.2	42	16.8	17	6.8
Women become shrewd through sports activities	55	22	74	29.6	30	12	68	27.2	23	9.2
Participation in sports enables students to take quick decision and response	52	28	108	43.2	41	16.4	37	14.8	12	4.8
Participation in sports increases the power of concentration	59	23.6	103	41.2	21	8.4	54	21.6	13	5.2

of Sports Authority of India at Madikeri, regularly attract many budding talented boys and girls in various sports disciplines and also help in creating sports awareness amongst the parents and in turn motivate the school and college women students to have the positive attitude towards sports. Apart from this organization of invitation tournaments in hockey, volleyball, organization of Cauvey Marathon, Kabaddi and Throwball tournaments at the senior level, inter school, inter collegiate tournaments and athletic meets at block, Taluk and district levels may also help the college women students in creating the positive attitude towards sports.

### Conclusion:

- Majority of the students were of the opinion that participation in sports makes one more socially desired person and builds self-discipline and helps to adopt to group situations and to get along with people.
- Sports in no way interfere with academic work and affect least in the study programme of women students and sports should be treated on par with the other subjects.
- Majority of the women students felt that learning of motor skills makes them shrewd and enables them to take quick decisions and respond early, and also enhances

desirable standard of conduct and builds courage, confidence, obedience and respect.

- Majority of the students were of the view that participation in sports develops different leadership qualities.

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