

The role of attitude in promoting sports participation

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■ ABSTRACT

The purpose of the present investigation was to examine the role of attitude in promoting sports participation. Data were collected from the teachers, parents, coaches and students by administering questionnaires (N=70) (Parents=20, Coaches=10, students=20 and teachers=20). Results showed that parents, teachers, and coaches had a positive attitude towards sports and encouraged their children for sport participation. It was also found out from this study that students were interested and also self motivated to participate in sports and games.

■ **Key Words** : Attitude, Sports participation, Sports psychology

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Like other branches of psychology, sports psychology continues to expand today with many sports psychologists building the knowledge base of discipline by following scientific approach. Sport psychology is a branch of sports and exercise sciences defined as the scientific study of athlete's behaviour in sports. Sport psychology is a relatively young discipline. It embraces such fundamental concerns and concepts as motivation, attention, attitude, and management of stress. During the early 20th century a few sighted individuals recognized the importance of psychological factors, in sports and initiated sports psychological research.

Sport and exercise psychologists continue to explore the factors which motivate persons to exercise at levels which resulted in increased physical and psychological health. Intrinsic motivation, levels of enjoyment and family perceptions of exercise had all been linked to increase commitment to routine exercise activity (Brustad, 1996; Kimicick and Harris, 1996). In addition, the use of goal setting and other cognitive techniques also appeared to facilitate greater compliance to the exercise programme (Dzewallowski, 1994).

Although these factors were strong contributors toward exercise adherence, a positive attitude toward exercise was

the primary determinant of a physically active life-style. Aliport (1947) introduced the classic definition of attitude as a "mental and neural state of readiness, organized through experiences, exerting a direct or dynamic influence upon the individual's response to all objects and situations with which it is related". Thus, if a person had a positive attitude toward physical fitness his behaviour reflects this attitude (Gill, 1986). If a person had a negative attitude towards exercise but still was required to participate in a routine physical activity programme his preconceived notions toward exercise changed.

Attitude was defined as a person's behaviour, which indicated his/her thoughts, feelings, or opinions. In youth sports, we can know kids' attitudes by watching their behaviors during practice or players games. If they take the game as a game, they have an opportunity to learn skills, compete, increase confidence and fun, they go with the flow, fun, and relax. Overall, they show a sense of humour and a sense of good sportsmanship. They are able to learn from their mistakes. However, if they take the game as a pressure-filled event, with winning as the only acceptable outcome, most of their energies was spent trying not to make mistakes. If they make mistakes (which is inevitable in youth sports), they use lots of energy making excuses, blaming others, complaining about officials, etc.

The National Association for Sport and Physical Education (NASPE), U.S., a nonprofit education association of over 18,000 professionals in the fitness and physical activity fields they wanted to explore with adults and teens with their attitudes about physical activity and physical education: to learn about their physical activity experiences, positive and negative approach. It was found out from the results majority of adults (59%) felt that they were getting enough physical activity to maintain a healthy life-style. Men were more likely than women to feel they were getting enough physical activity to maintain a healthy life-style (65% vs. 53%). Three-quarters (76%) of adults with children in the household (aged 6–17) felt that their children were getting enough daily physical activity to maintain a healthy life-style. Adults perceived that their children received 3.4 days of physical education. The majority of adults (84%) with children ages 6-17 had a positive perception about their child's physical education classes.

Some reasons given for 'Why' parents believed that physical education will assist their child's development in other school subjects are: makes child more alert/ware (26%); child can focus/concentrate better (14%); gives/increases energy (9%); child learns how to work with others (6%); reduces stress (6%); child is more healthy (5%) and gives child a break/child needs to move around (5%).

A much higher percentage of adults 55+ felt that their child's participation in physical education improved overall mental function (71%), compared to adults 35-54 and 18-34 (54% and 51%, respectively).

Adults who lived in larger house (3 or more) stated that a child's participation in physical education improves overall mental function (55%) compared to those who lived alone with a child (40%). Adults with some college education made child healthier and gave/increased energy (13% and 12%) compared to those with no college education (5% and 5%).

Adults in the west (53%) region encouraged their children more often than adult parents in the North-east (30%) and North-central (28%) regions. Nearly eight in ten (79%) parents felt that their own attitudes towards physical activity will in turn affect their child's attitude towards physical activity.

Nearly the same eight in ten (77%) parents felt that their attitudes towards physical education will in turn affect their child's attitude towards physical education.

Nearly six-in-ten (56%) of all teenagers said that their parents attitude had no effect on their personal feelings towards physical activity. Boys (Teenagers) significantly agreed that their parents' attitudes did not effect their attitudes towards physical activity when compared to teenage girls (63% vs. 48%).

Rationale of the study :

In India not much research had been done in sports psychology. In recent years the importance of sports

psychology had increased to improve the performance of the athletes in India. The present study was a survey to know the attitude of parents, teachers, students and coaches towards sports. The study will help the parents, teachers, and coaches to motivate and create the interest in their athletes to participate in sports and games.

■ METHODOLOGY

Plan and design :

The study was a small attempt to understand the attitude of parents, coaches, students and teachers towards sports and games. The purpose of the present study was to find out the interest and aspirations of children, the motivational support and encouragement by the parent and teachers and the major problem of opportunities and training facilities perceived by the coaches towards games and sports in general. Therefore, the study was designed to cover four groups of subjects, *i.e.*; students, parents, coaches and teachers. In order to elicit their responses four questionnaires were specially designed for the present study.

Sample :

In the present study different types of samples were used such as parents, teachers, coaches and students. In order to know the attitude of students towards sports a questionnaire of 10 items were given to 10 tenth class (No. 20) students from Govt. inter college, Uttarakashi, Uttarakhand. Their average ages were 14.6 years. Another set of questionnaire of 10 items were given to 20 parents in order to know their attitude towards sports. Their average ages were 40.8 years. Parents differed in socio-economic status and education.

In order to find out the attitude of the teachers towards sports 10 questions were given to 20 teachers from Govt. Inter College, Uttarakashi, Uttarakhand to know their attitude towards sports. Their average age was 35 years. In order to know the attitude towards sports/games a set of questionnaire containing 10 items were given to 10 experienced coaches of different games and sports from Govt. Inter College, Uttarakashi, Uttarakhand. Their average ages were 41.3 years. All the coaches were well trained. All of them were giving training to both Junior, Senior state and national level players.

Research instruments :

The following questionnaires were used in this study.

- Students Attitude Towards Sports
- Teachers Attitude Towards Sports
- Parents Attitude Towards Spool
- Coaches Attitude Towards Sports

■ OBSERVATIONS AND DISCUSSION

To collect the data from the students the researcher first selected 20 numbers of class 10th students randomly and

administered the questionnaire. At first the researcher read all the items of the questionnaire in order to make the students aware of these questionnaires and to respond to each item in terms of (yes) or (no) according to their own will. The same procedure was followed to collect the data from parents, teachers and coaches. All the subjects were found to be very cooperative and helped to collect the data.

Table 1 represents the item wise frequency and percentage of responses of parents, teachers, coaches and students. Item wise frequency and percentage distribution was a of all the low groups. It was observed from Table 2 that

the percentage of responses varied between 25 per cent to 85 per cent of the parents. In item no (1), 80 per cent of the parents responded positively to the question, in item no. (2) 70 per cent of the parents responded positively to the question. 50 per cent of the parents responded positively to the item no. 6 and 7.

It was observed from Table 2 that in item no (1) 95 per cent of the teachers responded positively to the question. In item no. (2) 90 per cent of the teachers responded positively to the question. In item no. 7 and 10, 65 per cent teachers responded positively to the question.

Table 1: Subject wise frequencies and percentages

No. of subjects	Parents freq.	%	Coaches freq.	%	Teachers freq.	%	Students freq.	%
1	7	70	10	100	9	90	9	90
2	4	40	10	100	8	80	8	80
3	8	80	9	90	8	80	6	60
4	8	80	10	100	8	80	8	80
5	9	90	10	100	5	50	7	70
6	8	80	10	100	8	80	7	70
7	8	80	10	100	8	80	7	70
8	8	80	10	100	8	80	9	90
9	8	80	10	100	9	90	6	60
10	7	70	8	80	7	70	6	60
11	4	40			10	100	4	40
12	7	70			8	80	6	60
13	2	20			7	70	8	80
14	6	60			6	60	7	70
15	6	60			6	60	7	70
16	9	90			6	60	10	100
17	8	80			7	70	9	90
18	7	70			10	100	4	40
19	7	70			5	50	5	50
20	6	60			5	50	5	50

Table 2 : Item wise frequencies and percentages of positive responses of the parents, teachers, students and coaches

Items	Frequencies (Out of 20)				Percentage (%)			
	Parents	Teachers	Students	Coaches	Parents	Teachers	Students	Coaches
1	16	19	9	10	80	95	45	100
2	17	18	15	10	85	90	75	100
3	11	20	18	10	55	100	90	100
4	14	18	14	9	70	90	70	90
5	12	11	17	9	60	55	85	90
6	10	7	8	9	50	35	40	90
7	10	13	19	10	50	65	90	100
8	5	20	14	10	25	100	70	100
9	10	7	14	10	50	35	70	100
10	12	13	10	9	60	65	50	90

It was observed from the Table 2 that the percentage of the studenty positive responses varied between 40 per cent to 90 per cent. In item no (1) 45 per cent of the students responded positively to the question. In item no. (2) 75 per cent of the students responded to the question. In item no. (5) 85 per cent of the students responded to the question positively. It is observed from the Table 2 that 95 per cent of the students responded positively to item no. (7).

It was observed from the Table 2 that the percentage of coach responses varied between 90 per cent to 100 per cent. In item no. 1, 2, 3, 7, 8 and 9 all the coaches responded positively to the questions. 90 per cent of the coaches responded positively to the item no. 4 and 10.

The word sports refers to either to a pleasant pass time or to some extent hazardous recreation or to someone who is prepared to face daring challenges or willing to take a chance. Basically it means a physic as activity which involves a challenge and normally it takes the form of a contest. A sport bears a feeling of a reasonable chance of success in the mind of players and simultaneously generates a mood of uncertainty and tension around the goal achievement.

In the present study the parents, teachers, coaches and students attitude towards sports are not same. From the result it was found that parents motivated their children for sports by allowing them to play and also accept their failure and success.

It was found out that the students also got motivation from their parents to play. With respect to the teachers it was also found that the teachers motivated the students by allowing and encouraging them to participate in the sports and they also allowed their students to play regularly. They also motivated the students by organizing the sports competition in their school.

Regarding the facilities and materials it was found out that the parents showed the positive attitude towards sports by providing materials to their children. The teachers also provided the sports materials to their students and motivated them to play. It was also found out that the student's expectation for sports materials and equipments were higher.

From the above discussion it was concluded that the parents, teachers and the coaches played an important role in motivating the students to participate in sport. The parents should take care of their children and should allow their children to play regularly. Because it would help them to remain fit and fine. The teachers tried to motivate their students by providing materials to them and allowing them to participate

in state and National level competition. The coaches played the most important role in motivating the players. They tried to know the new techniques and methods and allowed the players to practice with those new techniques and methods.

The present study was just a survey while the results were interesting and helpful in the understanding the problems and difficulties involved in the development of the sportsmanship spirit in our children. India with a population of 100 croer and about 40 per cent of the population being children, adolescents and youth, still our performance in the International level was not satisfactory, while, it is important that our children should be guided to develop this sportsman spirit. The parents and teachers play a vital role in motivating children and providing materials and opportunities. More training facilities are needed in various areas of games and sports which would require expert trainer and coaches.

Conclusion :

The study provides a clear picture to the parents, coaches, teaches regarding their responsibility to motivate their children for sport participation and for better performance. It is suggested that in future in order to do this type of research more samples are required to do a comparative analysis which would help in future for the development of theory.

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