

Effect of camping on leadership qualities of physical education personnel

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■ ABSTRACT

The purpose of this study was to see the effect of camping on the leadership qualities of physical education personnel. The subjects selected for the study were 75 male students of Bachelor of Physical Education from Lakshmibai National University of Physical Education, Gwalior and aged 19.7 ± 2.1 years. The subjects were selected while they were going for a leadership training camp at Pachmarhi (M.P.). For the collection of data, Collaborative Leadership Self-Assessment Questionnaire (constructed by Robert Wood Johnson) was used to assess the leadership quality. CLSQ included six factors *i.e.* developing people, self-reflection, assessing the environment, creating clarity, visioning and mobilizing, building trust and sharing power and influence. The data were recorded before and after the camp. In order to analyze the data 'Paired t-test' was employed. The level of significance was set at 0.05. It was evident from the conclusion that the value of calculated t-ratio of all the six factors of leadership 6.93, 7.55, 8.26, 9.02, 10.02, 10.04, respectively, were found significant at 74 df with the tabulated 't' value 1.92, thus indicating that there was a significant effect of camping on the leadership qualities of physical education personnel on all the six factors.

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Camping is a place where people, students, troops etc. live for a specific time in tents or huts. Camp means living together in a group away from the homes, institutions, hostels etc. for outdoor education. Camp can be educational as well as recreational. Camping was at its peak during the epic Age. In those days people learnt from one another as they struggled to survive in the outdoor environment. Modern camps are becoming more democratic, permitting for free participation in activities and in planning of the program. The interest of campers are ascertained by means of various methods and used as the basis of programme working. The camp must be recreational to the extent that it must be satisfying to camper's aim but it does not prevent them from doing a very high level of educational work. Every camp has its own definite objectives and goals, towards which every phase of camp life will be directed. The camper's aim in attending camps is 'fun'. A camper judges every activity on the basis of pleasure and interest. To fail to satisfy the camper's aim will result

disastrously/defeat central aim of a camp. Camping is an outdoor recreational activity and the participants are known as campers.

Leadership is a process by which a person influences others to accomplish an objective and directs the organization in a way that makes it more cohesive and coherent. Leadership is a process whereby an individual influences a group of individuals to achieve a common goal. Leadership is the ability to build up confidence and zeal among people and to create an urge in them to be lead. To be a successful leader, one must possess foresight, drive, initiative, self-confidence and personal integrity. Different situations may demand different types of leadership. A group leader provides channel to the unutilized energy and creativity in the group.

Objective of the study:

The objective of the study was to see the effect of camping on leadership qualities of physical education

personnel.

METHODOLOGY

Selection of subjects:

The subjects selected for the study were 75 male students of Bachelor of Physical Education from Lakshmibai National University of Physical Education, Gwalior and aged 19.7±2.1 years. The subjects were selected while they were going for a leadership training camp at Pachmarhi (M.P.).

Research design:

Pre test, Post-test randomized group design was used for the study.

Instrument for collection of data:

For the collection of data, Collaborative Leadership Self-Assessment Questionnaire (constructed by Robert Wood Johnson) was used to assess the leadership quality. CLSQ was especially designed for adolescents and adults. It consists of 64 items which covers six important factors of leadership *i.e.* Developing People (DP), Self-Reflection (SR), Assessing the Environment (AE), Creating Clarity, visioning and mobilizing (CC), Building Trust (BT) and sharing power and influence (SP). The subject had responded to the 4 point scale such as seldom; sometime; often and almost always. The data were recorded before and after the leadership training camp.

Statistical analysis:

In order to analyze the data ‘Paired t-test’ was employed. The level of significance was set at 0.05.

OBSERVATIONS AND DISCUSSION

The analyses of data pertaining to all the important factors of leadership *i.e.* developing people (DP), self-reflection (SR), assessing the environment (AE), creating clarity, visioning and mobilizing (CC), building trust (BT) and sharing power and influence (SP) are shown in Table 1 and Fig. 1.

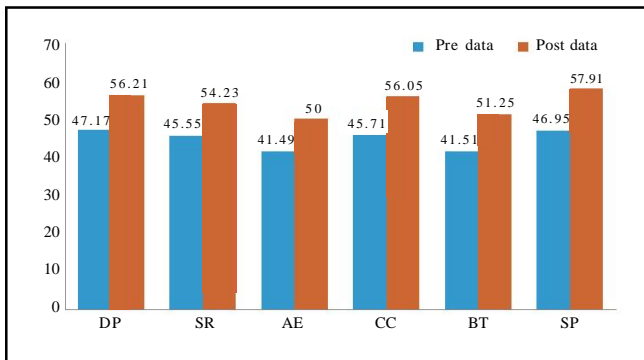


Fig. 1 : Comparison of mean resulting from pre data and post data of all the six factors of leadership

Table 1 : Analysis of pre data and post data of different factors of leadership

Leadership factors	Pre data v/s post data	N	Mean	Std. deviation	Std. error mean	t-ratio	Sig. (2-tailed)
DP	Pre	75	47.17	10.99	1.27	6.93	.000
	Post	75	56.21	9.37	1.08		
SR	Pre	75	45.55	8.44	0.97	7.55	.000
	Post	75	54.23	8.96	1.03		
AE	Pre	75	41.49	8.87	1.02	8.26	.000
	Post	75	50.00	7.86	0.91		
CC	Pre	75	45.71	9.01	1.04	9.02	.000
	Post	75	56.05	7.89	0.91		
BT	Pre	75	41.51	8.36	0.96	10.02	.000
	Post	75	51.25	8.17	0.94		
SP	Pre	75	46.95	9.26	1.07	10.04	.000
	Post	75	57.91	9.43	1.09		

Conclusion:

It is evident from that the value of calculated t- ratio of all the six factors of leadership 6.93, 7.55, 8.26, 9.02, 10.02, 10.04, were found significant at 74 df with the tabulated 't' value 1.92, thus indicating that there was a significant effect of camping on the leadership qualities of physical education personnel.

The result of the study indicated that there was a significant effect of camping on the leadership qualities of *i.e.* developing people (DP), self -reflection (SR), assessing the environment (AE), creating clarity: visioning and mobilizing (CC), building trust (BT) and sharing power and influence (SP). Camping is an activity which gives numerous opportunities for an individual to help people, teach them new skills, help others to become successful in whatever they are doing and every day is a new experience for all the individuals. It is a cooperative venture since everybody irrespective of colours; caste and creed live together for a certain amount of time. Under the variable self reflection, an individual is able to learn how his good emotions will improve the work performance whereas bad emotions can result in deteriorating relationship and as a result no work will be done. An individual develops an understanding of non-verbal communication and is able to understand the group dynamics. As a result of living in nature during camping, an individual is able to understand the needs of the community and will be able to solve problems. The individual will be able to understand the different views of the problems and help in solving them effectively. The individual is able to encourage people to act on information rather than assumption. Camping gives numerous opportunities for an individual to prepare personal vision for the community and also is able to communicate this in situations which demand it. The individual is able to make action plans within the stipulated time with added responsibilities in order to ensure that the community vision can be achieved. Trust is built through camping since the individuals live together and they learn

how to speak out what is on their minds and also to be able to do what they say they will do. During camping people learn that trust is essential for successful collaboration. As a result of camping, individual develops self-confidence and people learn to make decisions which affect them. An individual develops confidence in the capabilities of others and is able to influence others to produce the results. Hence, it was seen that camping was one of the best means through which leadership can be able other than providing recreation, fun and enjoyment to the individuals.

Shephard and Speelman (1986); Gillet *et al.*, (1991), Johnson (1990); O'Brien (1995) and Karen *et al.*, (2008) have also contributed some information related to the present investigation.

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