

A comparative study of Delhi and Vidarbha on academic achievement, sports performance, physical fitness and attitude towards physical education of Senior Secondary School students

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■ ABSTRACT

The most important model for physical education in this century has been the development modern physical education through sports. Many people who aspire to a career in the sports and physical education profession had youth experiences in sports they were primary motivating factors. The present study found out Delhi and Vidarbha region on academic achievement, sports performance, physical fitness and attitude towards physical education of Senior Secondary School students. This study was delimited to the Senior Secondary School girls of Delhi and Vidarbha of girls of the age of 16 to 18 years. Methodology of the study 200 subjects Delhi and Vidarbha region. All 400 girls students had been collected data. AAHPHER physical fitness test and Dr. Beena Shah achievement scale questionnaire and attitude towards physical education and sports performance questionnaire of G.P. Thakur and Manju Thakur were used to collect the data. The means and standard deviations were calculated and to see the effect of physical fitness on attitude toward physical education and sports and on academic achievements and sports performance 't' test was applied. The study concluded that Delhi students compare Vidharba students better physical fitness in girl's students have better attitude toward physical education and sports, better academic achievements and better sports performance.

■ **KEY WORDS** : Academic achievement, Sports performance, Physical fitness, Attitude of towards physical education

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Physical education and sports are important means to develop and improve overall personality of the students. The concept overall development includes various aspects such as, physical mental social, intellectual, emotional. These factors should also be parts of physical education curriculum as well as physical

education and sports for various levels. Many people who aspire to a career in the sports and physical fitness and physical education profession had childhood and youth experiences in sports they were primary motivating factors. The participation in physical education programmes improves the physical fitness, mental

fitness, social fitness, psychological fitness of the individual. Mental fitness improves the academic standard of the students, physical fitness helps to improve the performance in sports and games and social fitness improves the good qualities of the citizenship. Psychological fitness helps confidences physical fitness also changes the attitude towards life and improves the positive attitude towards fitness.

It is observed by the scholar that the lack of physical education programme in schools have changed the attitude of students towards physical fitness, physical education and sports. Therefore, the scholar decided to undertake the research study on physical fitness and attitude of students towards physical education. The scholar selected research study entitled "A comparative study of Delhi and Vidarbha region on academic achievement, sports performance, physical fitness and attitude towards physical education of Senior Secondary School students". The main purpose of the study was to measure physical fitness, attitude, academic achievement of Senior Secondary School girls of north Delhi and Vidarbha

Objectives of the study :

- To compare the attitude of towards physical education and sports, academic achievement and sports performance of senior secondary girls students of Delhi with Vidarbha Senior Secondary School girl.
- To find out the relationship between physical fitness and attitude towards physical education of Senior

Secondary School girls students.

- To find out relationship between physical fitness and sports performance of Senior Secondary School girls of North Delhi.

- To find out the relationship between physical fitness and sports performance of Senior Secondary School girls of Vidarbha region of Maharashtra state.

■ METHODOLOGY

This study was on physical fitness of the Senior Secondary School girl's students of the Delhi and Vidarbha. For the study the scholar selected 200 Senior Secondary School girls students of Delhi schools and 200 Senior Secondary girls students of Vidarbha, out of these 400 girls students had given physical fitness test and 400 questionnaire test attended Delhi girls students and Vidarbha Senior Secondary Schools girls were correct. Therefore, the scholar selected only 400 girl's students from Senior Secondary Schools of Delhi and Vidarbha.

■ OBSERVATIONS AND DISCUSSION

To collect the data scholar used AAHPHER physical fitness test detail of test are given in the main thesis and Dr. Beena shah achievement scale questionnaire and attitude towards physical education and sports questionnaire of G.P. Thakur and Manju Thakur were used to collect the data. The means and standard deviations were calculated and to see the effect of physical fitness on attitude toward physical education

Table 1 : Delhi and Vidarbha Senior Secondary School girls (400) AAPHERD fitness test scores means standard deviation, calculated 't' and tabulated 't' value

| Sr. No. | AAPHERD physical fitness items | Delhi girls | | Vidarbha girls | | Cal 't' | tab 't' |
|---------|--------------------------------|-------------|-----|----------------|-----|---------|--|
| | | Mean | SD | Mean | SD | | |
| 1. | Flexed arm hang time | 10.5 | 1.2 | 8.2 | 0.5 | 25.5 | 2.6 at 0.01 level of significance and df 199 |
| 2. | Bent knee sit ups counts | 18.6 | 5.2 | 15.2 | 6.2 | 5.31 | 2.6 at 0.01 level of significance and df 199 |
| 3. | Shuttle run timings | 55.2 | 5.2 | 65.3 | 6.7 | 17.8 | 2.6 at 0.01 level of significance and df 199 |
| 4. | Standing broad jump distance | 5.5 | 2.1 | 4.1 | 0.3 | 9.33 | 2.6 at 0.01 level of significance and df 199 |
| 5. | 50 yards dash timing | 9.7 | 1.2 | 13.5 | 1.5 | 25.3 | 2.6 at 0.01 level of significance and df 199 |
| 6. | 600 yard run and walk timing | 5.7 | 1.6 | 8.5 | 1.8 | 16.5 | 2.6 at 0.01 level of significance and df 199 |

Table 2: Delhi and Vidarbha Senior Secondary School girls attitude academic achievement and sports performance means, standard deviations and calculated 't' values and tabulated 't'

| Sr. No. | Test | Delhi girls | | Vidarbha girls | | Cal 't' | tab 't' |
|---------|--|-------------|-----|----------------|-----|---------|--|
| | | Mean | SD | Mean | SD | | |
| 1. | Attitude towards physical education and sports | 30.5 | 3.8 | 22.5 | 2.2 | 26.6 | 2.6 at 0.01 level of significance and df 199 |
| 2. | Academic achievement | 56.7 | 5.5 | 47.8 | 7.5 | 13.7 | 2.6 at 0.01 level of significance and df 199 |
| 3. | Sports performance | 72.7 | 7.5 | 63.5 | 6.6 | 13.1 | 2.6 at 0.01 level of significance and df 199 |

and sports and on academic achievements and sports performance 't' test was applied. All detail statistical analysis was given in chapter 4 of the thesis. In following tables AAPHERD physical fitness items and the attitude towards physical education and sports academic achievement and sports performance means and standard deviation, calculated values and tabulated 't' value are given.

The Table 1 reveals that the Delhi Senior Secondary School girls and Vidarbha Senior Secondary School girls AAPHERD physical fitness flexed arm hang timing scores calculated 't' value between Delhi girls and Vidarbha girl is 25.5 whereas the tabulated 't' value is 2.6 at 0.01 level of significance and 199 degree of freedom. Bent knee sit-ups the calculated 't' value is 5.31 whereas the tabulated value is 2.6 at 0.01 level of significance and 199 degree of freedom. Shuttle run the calculated 't' value between Delhi and Vidarbha school girls is 17.8. Whereas the tabulated 't' is 2.6 at 0.01 at level of significance and 199 degree of freedom. Standing broad jump means are 5.5 and 4.1, respectively and standard deviations are 2.1 and 0.3, respectively the calculated 't' value is 9.33. Which is greater than tabulated 't' value 2.6 at 0.01 level of significance and 199 degree of freedom proved that north Delhi school girls are better in standing broad jump than Vidarbha region school girls. 50 yard dash Delhi school girls and Vidarbha school girls calculated 't' is 25.33. Which is greater than tabulated 't' value 2.6 at 0.01 level of significance and 199 degree of freedom. That proved that North Delhi girls are better than Vidarbha school girls in 50 yard dash. 600yds run and walk the calculated 't' is 16.47. Whereas the tabulated 't' is 2.6 at 0.01 level of significance and 199 degree of freedom that proved that the Delhi school girls are better in 600 yards run and walk. The above discussion proved that Delhi senior secondary girls are having better physical fitness than Vidarbha region senior secondary girl's student. This may be cause of better diet, better facilities of physical education in Delhi secondary schools.

Also the scholar used attitude questionnaire to find out the North Delhi Senior Secondary School girls and Vidarbha region Senior Secondary School girls towards physical education and sports. Also the questionnaire of academic achievement by Dr. Beena Shah and the sports performance of the North Delhi Senior Secondary School girls and Vidarbha region secondary school girls.

The Table 2 reveals that the attitude toward physical education and sports of Delhi and Vidarbha Senior Secondary School girls students calculated 't' value is 26.6 where as the tabulated value is 2.6 at 0.01 level of significance and 199 degree of freedom. The academic achievement of Delhi and Vidarbha Senior Secondary School girls students calculated 't' of attitude towards physical education and sports between Delhi and Vidarbha girls is 26.6 which is greater than tabulated 't' 2.6 at 0.01 level significance and 199 degree of freedom. The calculated 't' value between Delhi and Vidarbha girls students is 13.69. Whereas the tabulated 't' is 2.6 at 0.01 level of significance and 199 degree of freedom. The calculated value of sports performance between the Delhi and Vidarbha girls students is 13.14 whereas the tabulated 't' value is 2.6 at the 0.01 level of significance and the Delhi are better than Vidarbha region Senior Secondary School girls students in attitude towards physical education and sports academic achievement and sports performance.

From the above discussion of the tables the hypothesis made by the scholars are not accepted and it was found that there is significant difference between Physical fitness standard of Delhi and Vidarbha region Senior Secondary School girl's students. Also there is significant different in attitude towards physical education and sports. There is significant difference in academic achievement and also it is proved that better physical fitness have better attitude toward physical education better academic achievement and better sports performance.

Conclusion:

- Delhi Senior Secondary School girls student have better Physical fitness standard than Vidarbha region Senior Secondary School girl's students.
- The Delhi Senior Secondary School girl's students have better positive attitude toward physical education and sports than Vidarbha Senior Secondary School girl students.
- The Delhi Senior Secondary School girls are better in academic achievement than Vidarbha Senior Secondary School girl's students.
- Delhi Senior Secondary School girl's students are better in sports performance than Vidarbha Senior Secondary School girl's students.

Hence, finally concluded that better physical fitness



in girl's students have better attitude toward physical education and sports, better academic achievements and better sports performance.

Hence, it is recommended that school girl's students should develop physical fitness by participating in physical activities physical education and sports.

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