



ATTITUDE OF COLLEGE STUDENTS TOWARDS IMPLEMENTATION OF PHYSICAL EDUCATION AS A SUBJECT AT COLLEGE LEVEL

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Abstract: A study was carried out to find out the attitude of college students towards implementation of physical education as a subject at college level “with special reference to north Kashmir”. This was a survey study under descriptive research. Sixty college students were selected purposively as the samples of the study from district Bandipora, of North Kashmir. The Researcher scholar went through the various relevant literatures and prepared the Questionnaire with the help of the guide and physical education experts. Comprising of 36 statements based on a very simple pattern via, agree disagree undecided and covered 6 aspects i.e. physical aspect, education aspect, social aspect, mental aspect, economic aspect, general aspect of physical education. The questionnaire was distributed to 60 college students. Survey method was used to assess the attitude of college students in north Kashmir. No specific statistic was involved in this study. Only frequency and percentage were calculated to analysing the data. The result of the study was significant. The findings of the study indicate that the attitude of college students towards physical education program is very much positive. It was Hypothesized that attitude of college students towards implementation physical education as a subject at college level will be positive is accepted. Majority of the students accept that regular physical activities are essential for proper growth and development, mental alertness, emotional maturity, social and moral development. It also inculcates leadership cooperation, competition, promotes better interpersonal relations and provides enjoyment as well as fulfilment, which ultimately contribute to the total education of the child. Finally researcher concluded that the study has indicated that majority of the students have a very much favourable opinion towards implementation physical education as a subject at college level. They are of the opinion that students who actively participate in physical education program are obedient, disciplined and well behaved. They have highly favourable opinion towards physical education because it promotes physical help and fitness, mental maturity and alertness. They have a highly favourable opinion that it should be a compulsory subject not only at college level but from the primary level so that all students can understand actually what physical education program is.

Keywords: Attitude, College students, Physical education

Introduction:

The importance of physical education and activity was recognized by Plato when he said, “Lack of activity destroys the good conditions of every human being, while movement and methodical physical combination forms one of the most powerful education media the physical education.

An attitude is a tendency of an individual to react in a certain way towards a particular objects, stimuli, situation, process or phenomenon. Attitude is what a person feels or behave it is the in the inner feelings of an individual it may be either positive mental or negative. Maltermer has made distinction between opinion and attitudes. He says, “The typical attitude study involves a scale of battery of questions for ascertaining attitude whereas the typical opinion particularly public opinion study

learns heavily on a single question for a given issue.” The study of attitude has interested; sports and exercises scientists for a quite a long time at through the initial research efforts were descriptive. For the success of every sports and games attitude plays an important and big role. The purpose of the present study was carried out to find out the attitude of high school headmasters towards implementation compulsory physical education as a subject at high school level “with special reference to north Kashmir”.

Material and Methods:

This was a survey study under descriptive research. Sixty college students from govt degree college sumbal sonawari were selected purposively as the samples of the study from the district Bandipora of North

Kashmir. The Researcher scholar went through the various relevant literatures and prepared the Questionnaire with the help of the guide and physical education experts. Comprising of 36 statements based on a very simple pattern via, agree disagree undecided and covered 6 aspects i.e. physical aspect, education aspect, social aspect, mental aspect, economic aspect, general aspect of physical education. The questionnaire was distributed to 60 college students of district bandipora. Survey method was used to assess the attitude of students district bandipora in north Kashmir. No specific statistic was involved in this study. Only frequency and percentage were calculated to analysing the data, the survey revealed the true picture facts, draw backs, weakness, difficulties as well as a few strong point.

Findings and Discussion:

The findings of the study indicate that the attitude of college students towards physical education program is very much positive. It was Hypothesized that attitude of college students towards implementation physical education as a subject at college level will be positive is accepted.

Majority of the students accept that regular physical activities are essential for proper growth and development, mental alertness, emotional maturity, social and moral development. It also inculcates leadership cooperation, competition, promotes better interpersonal relations and provides enjoyment as well as fulfilment, which ultimately contribute to the total education of the child.

Inadequate program of physical education is not due to the lack of interest of college students but it is due to lack of trained physical education teachers, facilities i.e. playgrounds, equipment's and lack of funds. Sometimes funds are used for other purposes in the colleges.

Parents are also playing important role for the upliftment of physical education programs because they are not cooperating their children's to take part in games and sports. Students are always very much interested in games and sports but due to busy schedule on their academic side so

that they cannot take part in games and sports.

Conclusion:

Within the limitations of the study the following conclusions may be drawn.

- The study has indicated that majority of the students have a very much favourable opinion towards implementation physical education as a subject at college level.
- They are of the opinion that students who actively participate in physical education program are obedient, disciplined and well behaved.
- They have highly favourable opinion towards physical education because it promotes physical help and fitness, mental maturity and alertness.
- They have a highly favourable opinion that it should be a compulsory subject not only at college level but from the primary level so that all students can understand actually what physical education program is.

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