



Attitude of undergraduates towards physical activities and sports with reference to sex and college type

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Abstract

The purpose of this study is to know the levels of the students' attitudes towards Physical Activity and Sports and also find out the effect of sex and college type of undergraduates on attitude towards physical activities and sports. The subjects included 3165 degree college students of college year 2008-2009. A researcher self developed tool was administered and data gathered were statistically treated using the Statistical Package for Social Sciences (SPSS Version 20 and MS Excel). Furthermore, percentage analysis and 't' test was used in finding out difference in attitude towards Physical Activities and Sports in relation to their sex and college type. It was concluded that 87.4% expressed moderate attitude towards physical activity and sports. The male undergraduates had higher level of attitude towards physical activities & sports when compared female undergraduates. The general college male and female undergraduates had higher level of attitude towards physical activities when compared with professional college students. The professional college male and female undergraduates had higher level of attitude towards sports and also attitude towards physical activities & sports when compared with general college female undergraduates.

Keywords: attitude, physical activities, sports, undergraduates, general, professional

1. Introduction

Engaging in sports is very beneficial for the development of social skills in a person. Sports teach a person to interact with people, act as a team. They foster collective thinking and develop planning skills among youths. Early adolescence is a unique and fascinating period in human development. This period of great transition marks the end of childhood and the introduction into young adulthood. A sport builds confidence in children and gives them a sense of accomplishment. Sports thus play a vital role in one's social well-being.

Physical education is necessary for the total development of human beings and to stay healthy and knowledge related to the body movements through different types of physical activities like games & sports. Physical Education activities that include inter alia, Games & Sports are the most potent factor in keeping an individual physically healthy, active and mentally alert. Kothari Education Commission (1964-66) emphasized that physical education activities and sports development of certain qualities like perseverance, team spirit and many other values of life processes and high achievements.

Regular exercise helps to increase the overall quality of life. Playing sports acts as a beautiful blend of recreation and physical activity. It is a combination of both enjoyment and exercise. Sport and Physical Education has a central dimension of various cultures across history, Attitude towards sports and physical activities has undergone tremendous change in the recent years. Modern technology for instance has reduced the physical demands of everyday activities although the human body is designed for movement and strenuous physical activities; exercise is not a part of average life style.

The attitudes are never taught, they are caught through direct

or indirect experiences. Therefore, we should always try to plan and build such healthy and desirable environment around our youths so that they can take up healthy and desirable attitudes towards persons, objects, ideas etc. automatically as a result of their interactions with such environment.

In an effort to explain and to predict behavior, social psychologists have explored underlying attitudes. Similarly, sports scientists have investigated how attitudes influence physical activity and exercise behaviors. Attitudes are defined as individual value dispositions - in terms of approval or disapproval toward a social object (Eagly and Chaiken, 1998)^[5]. Research indicates that in comparison to healthy-weight range adolescents, obese adolescents may have different attitudes towards physical activity and exercise. The purpose of the study is to find out the attitude of General and selected Professional male and female Undergraduates towards Physical Activities and Sports. The findings of the study may reveal the types of attitude of undergraduate students towards physical activities and sports in collegiate educational system. The result of the study may also reveal the Attitude of male and female undergraduate students towards physical activities and sports.

2. Need for the Present Study

The behaviors and traits of today's children, along with their genetics, are determinants of their growth and development; their physical, mental, and psychosocial health; and their physical, cognitive, and academic performance. Technological advances of modern society have contributed to a sedentary lifestyle. Behaviorally, most children fail to engage in vigorous or moderate-intensity physical activity and lack of participation in physical activities and sports has contributed to a greater prevalence of pediatric fatness, a decrease in

fitness and a more risk for diseases. Regular physical activities will promote growth and development and has more benefits for physical, mental, and psychosocial health that undoubtedly contribute to learning and maintain wellbeing and healthy lifestyles. It is essential to provide awareness and develop attitudes of youngsters towards physical activities and sports. "Attitudes develop at an early age and can be changed based on situational contexts such as a particular teacher or the class environment" (Ajzen, 2001) [1]. In other words, a student's attitude toward a particular subject in school and college can be shaped by his/her perception of instructional setting or teacher and person. Attitudes toward physical activity and sports perceived by the students are important to understand as they can influence an individual's decision to begin or to continue participation in an activity (Silverman and Subramaniam, 1999) [8]. Hence, there is need to study the students attitude toward their physical activities and sports at college levels. This may be viewed as an attempt to conflict the sedentary lifestyles diseaseing many of the youth by providing knowledge and skills that will influence their decisions to pursue an active lifestyle and balance their wellbeing.

The present study is to know the levels of attitude of undergraduates towards physical activities and sports at college level. On the basis of the attitude of the subjects awareness of physical activities and benefits of sports participation can be created among the undergraduate students. The results of the study can help physical education directors to include different varieties of physical activities and sports programmes at college level. The study would give proper guidelines in the formulation of physical activities suitable for undergraduate male and female according to their needs.

3. Purpose of the Study

The purpose of the study was to find out the level of attitude of undergraduates towards physical activities and sports and also find out the differences in the attitude towards physical activities and sports between male and female undergraduates and also find out the differences in the attitude towards physical activities and sports between general and professional male and female undergraduates.

4. Limitations

The attitude was measured through survey method, which is considered as the one of the major limitation. No special motivational technique was used to obtain correct response other than the covering letter in the form of requisition to the subject for the co-operation and correct response. The self prepared scale developed by the researcher, to measure the attitude which is considered as another limitation.

5. Operational Definitions and Terms Used In the Study

- **Undergraduate:** A student is at college who has not yet received the first or bachelor's degree.
- **General Colleges:** The college students who are studying in Arts, Science and Commerce faculties completing 3 years of study.
- **Professional Colleges:** The body of faculty and students

of a college who are studying in specific professional courses i.e. MBBS, B.E., BDS, Nursing, LL.B., BPT., B. Pharma and BHMS etc. with four to five years of study.

- **Sports:** All types of physical activities which people do to keep healthy and for enjoyment.
- **Physical Activities:** It is defined as any bodily movement produced by skeletal muscles that requires energy expenditure. Regular moderate physical activities such as walking, cycling or participating in sports has significant benefits for health and wellness and encourage for learning.
- **Attitude:** According to Allport, "An attitude is a mental and neural set of readiness exerting directly dynamic influence upon the individual's response to all objects and situations with which it is related."
- **Attitude towards Physical Activity and Sports:** In the present study attitude towards physical activity and sports perceived by the students in terms of either favourable or unfavourable attitude towards physical activities and sports.

6. Objectives of the Study

1. To find out the attitude of undergraduates towards physical activities & Sports.
2. To find out the significant difference in the attitude towards physical activities & sports between male and female undergraduates.
3. To find out the significant difference in the attitude towards physical activities & sports between general and professional male and female undergraduates.

7. Hypotheses

The following are the hypotheses formulated as under

1. There is no significant difference in the Attitude towards Physical Activities & Sports between male and female undergraduates.
2. There is no significant difference in the Attitude towards Physical Activities & Sports between general and professional male and female undergraduates.

8. Methodology

The study was chosen as descriptive survey method. The population comprised of all general and professional undergraduates of different Universities of Karnataka were selected as subjects. The sample comprised 3164 undergraduates (1645 general colleges and 1519 professional colleges out of which 1585 male and 1579 female undergraduates) from six different universities namely Bangalore University, Tumkur University, University of Mysore, Mangalore University, Karnataka University and Gulbarga University selected by using simple random sampling technique. To collect the data the researcher selected self prepared Attitude Scale towards Physical Activities and Sports was used to collect the data. This scale contains 40 items out of which 25 statements related to attitude towards physical activities and 15 statements related to attitude towards sports. This scale is in the form of Likert scale. The collected data was analyzed by using appropriate statistical techniques namely percentages, mean, standard deviation and independent 't' test.

9. Results of the Study

Table 1: Levels of Attitudes of undergraduates towards physical activity and sports

| Attitude towards Physical Activity and Sports | N | Percentage | Cumulative Percentage |
|---|------|------------|-----------------------|
| Unfavourable | 152 | 4.8% | 4.8% |
| Moderate | 2765 | 87.4% | 87.4% |
| Favourable | 247 | 7.8% | 7.8% |

The table-1 proved that 7.8% undergraduates expressed favourable attitudes and 87.4% expressed moderate and only 4.8% undergraduates show unfavourable attitude towards physical activity and sports.

Table 2: Number, mean, standard deviation, obtained ‘t’ values and sig. levels of Attitude towards Physical Activities & Sports between male and female undergraduates.

| Variable and Group | | No. | Mean | Standard Deviation | Obtained ‘t’ value | Sig. Level |
|---|--------|------|--------|--------------------|--------------------|------------|
| Attitude towards Physical Activities | Male | 1579 | 55.648 | 11.661 | 4.084 | ** |
| | Female | 1585 | 54.079 | 9.871 | | |
| Attitude towards Sports | Male | 1579 | 27.238 | 6.165 | 7.370 | ** |
| | Female | 1585 | 25.733 | 5.280 | | |
| Attitude towards Physical Activities & Sports (Total) | Male | 1579 | 82.886 | 15.999 | 5.878 | ** |
| | Female | 1585 | 79.813 | 13.282 | | |

** Significant at 0.05 level (Table Value 2.58; df=3162)

From the above table, it can be seen that, the obtained ‘t’ values 4.084, 7.370 and 5.878 are greater than the table value 2.58 at 0.01 level of significance. Hence the stated null hypothesis is rejected and alternative hypotheses have been formulated that there is significant difference in the Attitude

towards Physical Activities, Sports and Total Attitudes between male and female undergraduate students. It also concludes that male undergraduates had better Attitudes than female undergraduates. The same is shown in graphical representation in Fig.1.

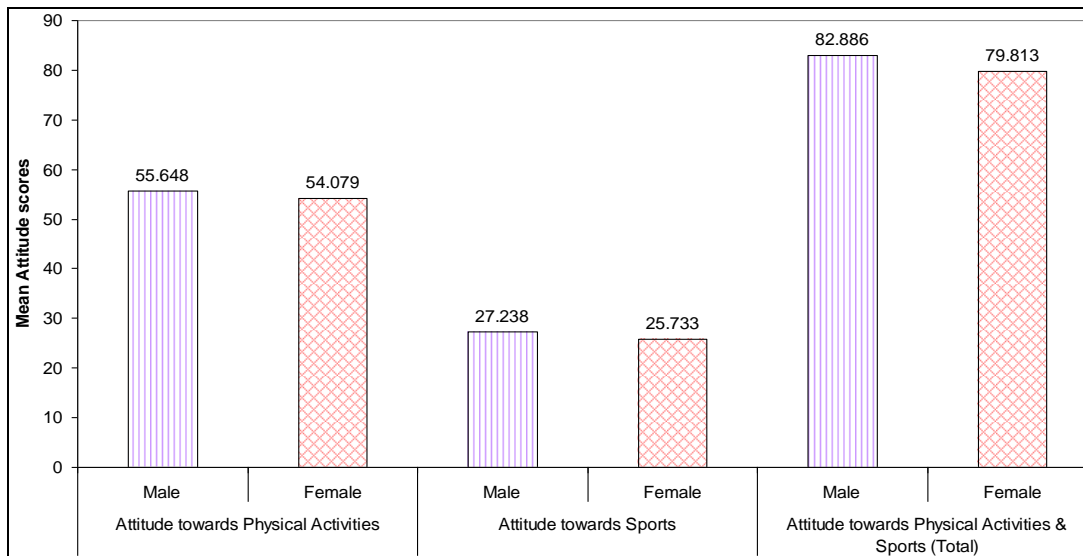


Fig 1: Comparison of mean attitude scores towards physical activities & Sports between male and female undergraduates.

Table 3: Table shows number, mean, Standard Deviation, obtained ‘t’ values and sig. level of Attitude towards Physical Activities & Sports between general college and professional male and female undergraduates.

| Variable and Group | | No. | Mean | SD | ‘t’ value | Sig. Level |
|---|--------|--------------|------|--------|-----------|------------|
| Attitude towards Physical Activities | Male | General | 829 | 54.392 | 1.323 | NS |
| | | Professional | 756 | 53.736 | | |
| | Female | General | 816 | 55.922 | 0.968 | NS |
| | | Professional | 763 | 55.355 | | |
| Attitude towards Sports | Male | General | 829 | 25.656 | 0.612 | NS |
| | | Professional | 756 | 25.818 | | |
| | Female | General | 816 | 26.890 | 2.316 | * |
| | | Professional | 763 | 27.609 | | |
| Attitude towards Physical Activities and Sports (Total) | Male | General | 829 | 80.048 | 0.739 | NS |
| | | Professional | 756 | 79.555 | | |
| | Female | General | 816 | 82.813 | 0.188 | NS |
| | | Professional | 763 | 82.964 | | |

^{NS}Not Significant; *Significant at 0.05 level.

From the above table, it can be seen that, the obtained ‘t’ values of 1.323 and 0.968 are less than the table value 1.96 at 0.05 level of significance. Hence the null hypothesis is accepted that there is no significant difference in the Attitude towards Physical Activities between general and professional male and female undergraduates.

The table also shows that the obtained ‘t’ value of 0.612 is less than the table value 1.96 at 0.05 level of significance. Hence the null hypothesis is accepted that there is no significant difference in the Attitude towards Sports between general and professional male undergraduates.

The above table further shows that the obtained ‘t’ value of 2.316 is greater than the table value 1.96 at 0.05 level of significance. Hence the null hypothesis is rejected and an alternative hypothesis formulated that there is a significant

difference in the Attitude towards Sports between general and professional female undergraduates. It also concludes that professional female undergraduates (M=27.609) have more favourable Attitude towards Sports than general college female undergraduates (M=26.890).

It can also be observed from the above table, it can be seen that, the obtained ‘t’ values of 0.739 and 0.188 related to attitudes towards physical activities and sports of male and female graduates are less than the table value 1.96 at 0.05 level of significance. Hence the null hypothesis is accepted that there is no significant difference in the Attitude towards Physical Activities and Sports (Total) between general and professional male and female undergraduates. The same is shown in graphical representation in Fig.2.

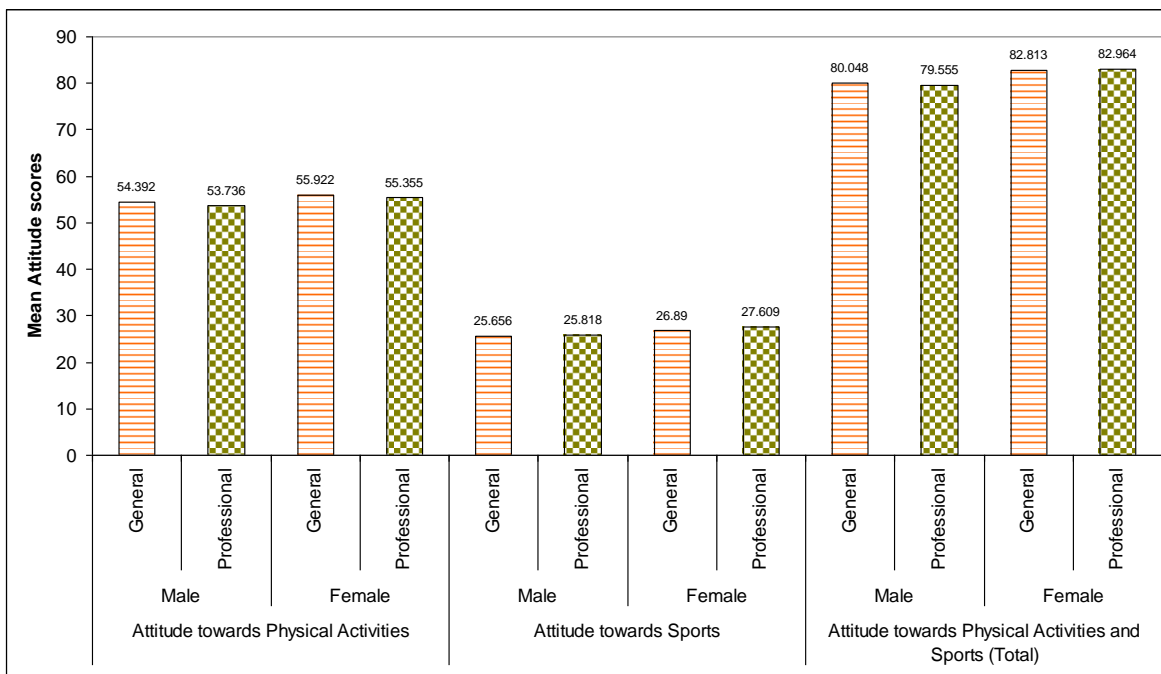


Fig 2: Comparison of mean attitude scores towards physical activities & Sports between general and professional male and female undergraduates.

10. Results and Discussion

From the percentage analysis it was found that 7.8% undergraduates expressed favourable attitudes and 87.4% expressed moderate and only 4.8% undergraduates show unfavourable attitude towards physical activity and sports. The study also concludes that there was significant difference in the attitude towards physical activities, sports and attitude towards physical activities between male and female undergraduates. Male undergraduates had higher attitudes than female graduates.

Further the results showed that there was no significant difference in the attitude of male and female undergraduates towards physical activities, sports and both physical activities & sports between general and professional colleges except attitude of female undergraduates of general and professional colleges. The female graduates from professional colleges had higher attitude level when compared with female graduates from general colleges. The degree colleges students moderate attitude towards physical activities & sports due to lack of infrastructure facilities like playground, indoor & outdoor

games facilities and even also time constraint and usage of modern gadgets. For health consciousness, the colleges should conduct workshops/seminars for students to improve their attitude and awareness towards physical activities and sports. Teachers, Parents and Peers should know the importance of physical activities in order to enhance their knowledge about physical activities and sports.

11. Conclusion

It was concluded that 87.4% expressed moderate attitude towards physical activity and sports. The male undergraduates had higher level of attitude towards physical activities & sports when compared female undergraduates. The general college male and female undergraduates had higher level of attitude towards physical activities when compared with professional college students. The professional college male and female undergraduates had higher level of attitude towards sports and also attitude towards physical activities & sports when compared with general college female undergraduates.

12. Suggestions for Future Studies

Based on the above findings, some suggestions are made for future studies, and implementation of physical education curriculum in Universities.

1. Colleges in Karnataka should improve the infrastructure and sports facilities for the betterment of sports.
2. Parents, Teachers, College and Government Authorities should encourage sports and physical activities for health and wellness among the youths.
3. Sports seminars and workshops should be conducted to share the ideas of physical activities and sports in colleges. More over, guidance from professionals would help them in implementing the physical activities and sports more effectively and efficiently.
4. Physical Education should be made compulsory in college education and it should be included curriculum. All the college going students should involve for the fitness activities and sports programme.

13. References

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