



Study of attitude about social and psychological aspect of athlete studying at various colleges from Pune city

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Abstract

The sports activity has changed in according with the changing times. The sports activities were viewed differently in different phases of time. Many factors for the changing attitude of the sports activity are responsible. The crucial role is played by the parents and the society. Previously the parents discouraged the children from playing and encouraged them to study their academic matter. None of the facilities, nor any career opportunity and neither any financial gain was involved in the sports activities, so obviously there was no growth in the sports field. But now the attitude towards the sports has changed and the sports men enjoy the social status as well as financial gains. The goal of this study was to investigate, " study of attitude about social and psychological aspect of athlete studying at various colleges from Pune city." The Random Sample technique was used in this study. The researcher used the Likert Method of summated rating to build an attitude scale in this study. A five-point attitude scale was used to evaluate the response using Opinionnaire. Students in Pune were found to have a "Positive" attitude toward physical and mental health issues.

Keywords: sports, career, social, psychological, likert method, opinionnaire

Introduction

Every society is dynamic and keeps on changing, so naturally all the concepts prevailing in a society undergo a change. The social change which is inherent in a society changes all the spectrums of life and the sports activity is no exception. The sports activity has under gone a sea change in the past twenty to fifteen years. In the olden times the focus was on education and the sports activity was not only neglected but was regarded as activities which did not promote the children's career. But today the global prospective of sports activity has changed and today sports activity is regarded as a very lucrative and a popular career opportunity.

In the ancient days the sports activity was regarded as a source of entertainment. When the children became very tired or were over burdened with the schools studies, then they were allowed to play. The play activities were also very simple and did not require much equipment. So also the rules regarding these play activities were simple and flexible.

The state changed its policy from the police state to the welfare state and the entire scene of the educational system changed. Proper school and colleges were developed. In the school and college curriculum, subjects of western educational pattern were introduced. Science and technology were also developed which influenced the educational pattern. Apart from the academic learning much attention was given to other activities including the sports. Grounds, playgrounds became a statutory requirements of the schools. So also the schools had compulsion of devoting some time for physical training. More sophisticated schools had special physical training uniform, however very few school had this facility. Still the games or the sports activity were neither developed nor were they regarded as career opportunity. This phase marks the introduction of sports in the educational system but was not given importance.

A little later schools started promoting the sports activities by conducting sports competition on a very small level scales called as 'intramural competition'. Small prizes as token of appreciation as well as an incentive were distributed on a particular day called as the 'Sports Day'. It must be noted that still the winners were not equated with the first rank holders. As the first rank holder were given more appreciation and importance and were felicitated on the 'Annual Day' which was considered to be a prestigious function of the school.

Slowly and gradually the society thought that the sports activity also requires some skill and intelligence. Earlier, only that student which secured good marks or good rank was hailed and appreciated because of his hard work. Such a student was regarded to be intelligent and a good student. Later on the people came to the conclusion that one who plays a particular sport has also some talent or a skill. To win a prize in the sports activity also requires hard work and hard practice which has to be appreciated and acknowledged. Now when the student utilizes his most of the time in doing practice of a particular sports activity, then where would he have the time for studying? Obviously such a student could not score marks in his academics, and hence playing of the sports was sometimes regarded a little worthless.

The society attitude changed regarding such students who had exceptional talent in some sports activities. The state also took some efforts and directed the schools to give some exemption of time period regarding the academic submission and laboratory experiments. Further it was thought that only given relaxation in time period did not help the sports students and some form of help in their academic year must be granted. So the concept of giving additional marks to the winners of the sports activity was started. According to state G.R. the scheme of granting 25 marks in the board exam of 10th and 12th years was implemented. To get the benefit of this scheme the players had to occupy any one place among the first three positions in any sports activity.

The attitude of the colleges regarding sports has changed. The colleges give full supports to the students who play sports. Admission of such student player are preferred over the ordinary students. The companies and the corporates who employ the students give preference to the student's player. So sports playing is considered to be advantageous by the students.

Objective/ Purpose

- Prepare Attitude Opinionnaire for study of attitude about social and psychological aspect of athlete studying at various colleges from pune city.
- Collection of Data with the help of Opinionnaire.
- Analysis of collected Data.

Methodology

The goal of this study was to look into "study of attitude about social and psychological aspect of athlete studying at various colleges from Pune city." The survey instrument utilised in this study was a Opinionnairy. A random sample is one in which every member of the population has the same chance of being chosen. The Random Sample technique was utilised. In this study, the researcher created an attitude scale using the Likert Method of summated rating. Using Opinionnairy, a five-point attitude scale was employed to evaluate the response.

In this study, the researcher intended to learn about the attitudes of various College students in Pune regarding social and psychological health. As a result, Investigator decided to build the scale. There are five opinions asked on about social and five on psychological aspect of the Attitude Scale.

Source of Data

The data for the sample (N=222) were gathered from several colleges that had previously been chosen. Under the test and measurement method, each subject was given an Attitude Scale.

All instructions were given to the subjects in writing, and they were required to read them carefully before filling them out. The subjects were given a thorough introduction to the scale and were instructed to express their opinions on each item. All of the subjects were given the scale and asked to fill it out and return it.

Analysis with tables

After data collection, data was processed through a series of statistical analysis. The results of data analysis along scientific as well as logical interpretations have been presented for social aspect

Statement No. 1 "Co-Operative spirit is developed due to sports."

Statement No.2 "Sports help students to live happily with other and helps to build him up a good citizen."

Statement No.3 "Sports provides ample scope for the development of leadership qualities."

Statement No. 4 "In comparison to class, one can readily make friends through sports activities."

Statement No 5 "Sports develops social poise (Balance) spontaneity."

Table 1

Attitude/Opinion	Statement No 1	Statement No 2	Statement No 3	Statement No 4	Statement No 5
Strongly Disagree	3	3	5	12	2
Disagree	12	23	19	25	18
Undecided	25	27	41	49	32
Agree	92	81	104	74	107
Strongly Agree	91	88	53	62	63
Total	222	222	222	222	222

From Statement No.1 it reveals that out of 222 there were 12 Students Disagreed and 3 Students strongly disagreed to the statement i.e. "Co-Operative spirit is developed due to sports". While 91 and 92 Students shown their positive attitude and were strongly agreed and agreed to the statement respectively. 25 students where neither in favour nor against the statement. With reference to statement No. 1 it can be concluded that college students in Pune have a positive attitude toward sports in terms of social aspect.

From Statement No.2 it reveals that out of 222 there were 23 Students that Disagreed and 3 Students strongly disagreed to the statement i.e. "Sports help students to live happily with other and helps to build him up a good citizen". While 88 and 81 Students shown their positive attitude and were strongly agreed and agreed to the statement respectively. 27 students where neither in favour nor against the statement. With reference to statement

No. 2 it can be concluded that college students in Pune have a positive attitude toward sports in terms of social aspect.

From Statement No.3 it reveals that out of 222 there were 19 Students that Disagreed and 5 Students strongly disagreed to the statement i.e. "Sports provides ample scope for the development of leadership qualities". While 53 and 104 Students shown their positive attitude and were strongly agreed and agreed to the statement respectively. 41 students where neither in favour nor against the statement. With reference to statement No. 3 it can be concluded that college students in Pune have a positive attitude toward sports in terms of social aspect.

From Statement No.4 it reveals that out of 222 there were 25 Students that Disagreed and 12 Students strongly disagreed to the statement i.e. "In comparison to class, one can readily make friends through sports activities". While 62 and 74 Students shown their positive attitude and were strongly agreed and agreed to the statement respectively. 49 students where neither in favour nor against the statement. With reference to statement No. 4 it can be concluded that college students in Pune have a positive attitude toward sports in terms of social aspect.

From Statement No.5 it reveals that out of 222 there were 18 Students that Disagreed and 2 Students strongly disagreed to the statement i.e. "Sports develops social poise (Balance) spontaneity". While 63 and 107 Students shown their positive attitude and were strongly agreed and agreed to the statement respectively. 32 students where neither in favour nor against the statement. With reference to statement No. 5 it can be concluded that college students in Pune have a positive attitude toward sports in terms of social aspect.

The results of data analysis along scientific as well as logical interpretations have been presented for psychological aspect

Statement No. 1 "Due to Sports student learn lesson on stress and anger management."

Statement No.2 "Being physically active is good for physical and mental health."

Statement No.3 "Participation in Sports helps to increase concentration."

Statement No. 4 "Sports men are generally less short tempered."

Statement No 5 "Participation in sports helps to relieve mental stress."

Table 2

Attitude/Opinion	Statement No 1	Statement No 2	Statement No 3	Statement No 4	Statement No 5
Strongly Disagree	4	3	3	4	6
Disagree	26	16	18	24	8
Undecided	28	12	31	28	15
Agree	91	75	82	100	79
Strongly Agree	73	116	88	66	114
Total	222	222	222	222	222

From Statement No.1 it reveals that out of 222 there were 26 Students Disagreed and 4 Students strongly disagreed to the statement i.e. "Due to Sports student learn lesson on stress and anger management". While 73 and 91 Students shown their positive attitude and were strongly agreed and agreed to the statement respectively. 28 students where neither in favour nor against the statement. With reference to statement No. 1 it can be concluded that college students in Pune have a positive attitude toward sports in terms of psychological aspect.

From Statement No.2 it reveals that out of 222 there were 16 Students that Disagreed and 3 Students strongly disagreed to the statement i.e. "Being physically active is good for physical and mental health". While 116 and 75 Students shown their positive attitude and were strongly agreed and agreed to the statement respectively. 12 students where neither in favour nor against the statement. With reference to statement No. 2 it can be concluded that college students in Pune have a positive attitude toward sports in terms of psychological aspect.

From Statement No.3 it reveals that out of 222 there were 18 Students that Disagreed and 3 Students strongly disagreed to the statement i.e. "Participation in Sports helps to increase concentration". While 88 and 82 Students shown their positive attitude and were strongly agreed and agreed to the statement respectively. 31 students where neither in favour nor against the statement. With reference to statement No. 3 it can be concluded that college students in Pune have a positive attitude toward sports in terms of psychological aspect.

From Statement No.4 it reveals that out of 222 there were 24 Students that Disagreed and 4 Students strongly disagreed to the statement i.e. "Sports men are generally less short tempered". While 66 and 100 Students shown their positive attitude and were strongly agreed and agreed to the statement respectively. 28 students where neither in favour nor against the statement. With reference to statement No. 4 it can be concluded that college students in Pune have a positive attitude toward sports in terms of psychological aspect.

From Statement No.5 it reveals that out of 222 there were 8 Students that Disagreed and 6 Students strongly disagreed to the statement i.e. "Participation in sports helps to relieve mental stress". While 114 and 89 Students shown their positive attitude and were strongly agreed and agreed to the statement respectively. 15 students where neither in favour nor against the statement. With reference to statement No. 5 it can be concluded that college students in Pune have a positive attitude toward sports in terms of psychological aspect.

Result and Conclusion

It has been established from various College students in Pune have a "Positive" attitude about sports in terms of Social Aspects.

It is concluded that Students of various Colleges in Pune city have “Positive” attitude about Psychological Aspect of sports.

Sports, according to Pune city college students, develop cooperative spirit. Sports assist students in living happily with one another and in developing into decent citizens. Leadership skills can be developed in a variety of ways in sports. In comparison to class, one can readily make friends through sports activity. Social poise (Balance) and spontaneity are developed through sports. College students in Pune believe that sportsmen have less temper outbursts than other men. Students learn about stress and anger control through Physical Education and Sports. Mental stress can be relieved by participating in sports. Physical education and sports participation can aid to improve concentration. Physical activity is beneficial to both physical and mental health.

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