



RELATIONSHIP BETWEEN PHYSICAL FITNESS AND ATTITUDE TOWARDS PHYSICAL EDUCATION OF SENIOR SECONDARY STUDENTS

Davender Singh Yadav, Ph. D.

Sr. Lecturer DIET's (SCERT) DELHI

Abstract

The present study was conducted to investigate the relationship between physical fitness and attitude towards physical education . For this, Government Senior Secondary School of Directorate of Education, G.N.C.T. Delhi, comprised the sample of the study. 828 students (boys) constituted the sample of the study. (AAHPERD) youth fitness test has been used for measuring the physical fitness. Edgington Attitude Scale being relevant with the purpose of present study was adopted for measuring the attitudes of the subjects. The study concluded that there is no relationship between physical fitness and attitude towards physical education except good and poor physical fitness category students.



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INTRODUCTION

Attitude and aptitudes, interest, and abilities, innate or acquired, have their significant roles to play in life. Attitude has two basic characteristics - valence and intensity. Valence can be either positive, which is the representation of favorable attitude, or negative representing an unfavorable attitude. Intensity is the strength or weakness depending upon the variance from high to low degree. They have been described as the effective side of men's nature, which results from his inner urges, his desires, his training and the particular environment in which a person lives and grows. "Attitudes affect the entire person, his well being, his thinking, his emotions, and his behavior as influenced by his feeling tones.

Moreover the measurement of attitude and opinions has become a vital part of the educational system. "The use of opinion and attitude measurement in education has become very widespread. It helps all concerned, pupils, parents, classroom teachers, physical education teacher, guidance personnel and administrators within the school system." The need for measuring the attitude can never be over emphasized and the measurement of attitudes of students towards physical education has become a dire necessity under the present circumstances.

In the field of physical education no athlete/player can win the condition on environment. Right/positive attitude and interest are as important to education as a steady steering to a car. It is important to know how children develop physically because physical developments influence children's behaviour directly by determining what they can do directly by influencing their attitude towards self and others.

Clearly people are not born with attitude, and just as clearly, we all have attitudes toward people and events with which we have had no experience. Finally attitudes are the dynamics of human action. Unless people have favourable attitude towards what they set out to learn, they cannot drive full benefit out of what is being taught. The development of healthy, favourable attitude is itself a phase of education.

Indian society is very complex with various social groups; diversified with the backgrounds of region, religion, languages, culture, social status etc. all these have different impact on attitude towards physical education.

In order to answer the question raise above, as regards physical education, it is proposed to investigate the relationship between physical fitness and attitude towards physical education.

METHODOLOGY

Student (Boys) studying in class XI in the Government Senior Secondary School of Directorate of Education, Govt. of National Capital Territory Delhi, comprised the population of the study. Thus, 828 students from 27 schools constituted the sample of the study.

American Association for Health Physical Education, Recreation and Dance (AAHPERD) youth fitness test has been used for measuring the physical fitness. 'Edgington' Attitude Scale being relevant with the purpose of present study was adopted for measuring the attitudes of the subjects. The likert technique of presenting attitude statements is used in this scale.

RESULT AND CONCLUSION:

Classified the students in terms of good, average and poor physical fitness categories of the total, in a sample of 828 Mean the physical fitness score of the students was found 298.38 and Standard Deviation 25.38. Students obtaining a score above Mean plus (+) standard deviation i.e. $298.38 + 25.38 = 323.61$, were identified as having good physical fitness. 121 students i.e. 14.62% of the total were found as physically fit (good physical fitness category) and 113 students scored below 272.84 Mean minus (-) standard deviations i.e. *Copyright © 2017, Scholarly Research Journal for Humanity Science & English Language*

298.23 - 25.38 = 272.84. They were put in poor physical fitness category of students i.e. 13.65% of the total sample. The number of students between good physically fit and poor physically.

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Physical Fitness	N	'r'	Level of significance
Total physical Fitness	828	-.009	INS./NEG.
Good Category Physical Fitness	121	-.136**	SIG. /NEG.
Average Category Physical Fitness	594	.0005	INS.
Poor Category Physical Fitness	113	-.159**	SIG. /NEG.

* Significant at .05 level. ** Significant at .01 level.

The above table displays relationship between physical fitness and attitude towards physical education of students belonging to total sample. The relationship of total physical fitness as well as good, average and poor categories students. It shows the insignificant negative 'r' value of total physical fitness For N of 828 which should be .062 and .081 at .05 level and .01 level of significant respectively. It shows that the obtained 'r' value of total physical fitness is insignificant at .05 levels. There is insignificant negative relationship between physical fitness and attitude towards physical education of students.

Table displays relationship between physical fitness and attitude towards physical education of students belonging to good physical fitness category students. In order to be significant 'r' value of physical fitness for N 121 should be .062 and .081 at .05 level and .01 level of significant respectively. It shows that the obtained 'r' value of physical fitness -.136 is significant but negative at .01 level. This indicates that the students belonging to good physical fitness category have significant but negative relationship with attitude towards physical education.

Table displays negative relationship between physical fitness and attitude towards physical education of students belonging to average physical fitness category students. In order to be significant 'r' value of physical fitness for N 594 should be .062 and .081 at .05 level and .01 level of significant respectively. It shows that the obtained 'r' value of physical fitness -.136 is negative significant at .01 level. This indicates that there is insignificant

relationship between physical fitness with attitude towards physical education of students belonging to average physical fitness category.

Table displays relationship between physical fitness and attitude towards physical education attitude towards physical education belonging to poor physical fitness category. In order to be significant 'r' value of physical fitness for N 121 should be .062 and .081 at .05 level and .01 level of significant respectively. It shows that the obtained 'r' value of physical fitness -.159 is significant but negative at .01 level. This indicates that the students belonging to poor physical fitness category have significant but negative relationship with attitude towards physical education.

In order to validate findings displayed in table the researcher computed correlation between physical fitness and attitude towards physical education. In preceding page this relationship has been presented in table. It is obvious from the result drawn, that physical fitness in total sample is insignificant and negative. In good and poor category this relationship is significant but negative and in average category this is not related with physical fitness with attitude towards physical education.

CONCLUSION:

- It was found that total sample students were not related (negative) with attitude towards physical education.
- It was found that good and poor physical fitness category students were related but negative with attitude towards physical education.
- It was found that average physical fitness category students were not related with attitude towards physical education.

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