

A Comparative Study of Attitude towards Physical Activities between the Girls of Selected Government and Private Schools of Bilaspur

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Abstract

The present investigation was undertaken to compare attitude towards physical activity between the girls of government and private schools of Bilaspur. Total 100 girls acted as subjects in this study (50 from each group) from different secondary and senior secondary school of Bilaspur district. Age of subject was ranged from 12 to 18 years. Physical Activity Attitude Scale of Bhullar's (1976) was administered for collecting the data. On analyzing the data it was found that significant difference of attitude towards physical activity existed between the girls of selected government and private schools of Bilaspur. Moreover; the private schools girls are having more attitudes towards physical activity as compared to government schools girls.

Keywords: Attitude, Physical Activity, Government Schools, Private Schools.

1. Introduction

Physical activities are the essential need of human life in the present scenario and therefore physical activities should be considered as an integral part of present educational system. The students are supposed to develop a culture of physical activity and that could be possible only when such environment is created in the school itself. The good physical activity culture formulated in the childhood will be transformed to adulthood. Perhaps; it is a physiological necessity for maintain a normal health and wellbeing.

Physical activities are of varied forms and it can be modified as per the need of the student's sex and age to suit all levels of fitness. School, is the right place where maximum learning takes place and therefore physical education should be an important part of school curriculum. Schools can make an attempt to develop interest, skills attitudes and knowledge among the students that may enable them to live happy and healthy lives. The best way to begin would be to give training of physical activity during school hours to the children, which will also ensure discipline and consistency in sports practice.

1. Objective of the study

The objective of the present study was to make a comparative study of attitude towards physical activities between the girls of government and private schools of Bilaspur, Chhattisgarh.

2. Methodology

The following methods were applied for the said study as described below:

2.1. Selection of Subjects

For the purpose of present study 100 girls (50 from government and 50 from private schools) who fall between the age group of 12 to 18 years were randomly selected as subject. All the subjects selected for the present study were regular

students of different secondary and senior secondary school of Bilaspur District, Chhattisgarh.

2.2. Tool Used

Bhullar's (1976) Physical Activity Attitude Scale was used to compare attitude towards physical activity between the girls of government and private schools of Bilaspur. The reliability coefficient of Physical Activity Attitude Scale was 0.87.

2.3. Administration of Test

All the selected subjects were asked to give their response on Physical Activity Attitude Scale as per the guidelines of the questionnaire and as convenience of the subjects. Scoring of responses given by the subjects was done according to author's manual.

2.4. Analysis of Data

In the present study independent 't' test was applied at 0.05 level of significance to compare attitude towards physical activity between the girls of government and private schools of Bilaspur. Data analysis was performed using SPSS 16.0 software under windows.

3. Result & Discussion

Descriptive analyses of attitude towards physical activity between the girls of government and private schools of Bilaspur are given in Table-1.

Table 1: Mean and Standard Deviation of Attitude towards Physical Activity between the Girls of Government and Private Schools.

Group	N	Mean	SD	SEM
Government School Girls	50	248.76	7.56	1.070
Private School Girls	50	257.20	5.69	.806

As per the description of Table- 1 the means of attitude towards physical activity of girls of government and private schools of Bilaspur have been reported 248.76, 257.20 and standard deviation 7.56 and 5.69 respectively. The mean

scores of private school girls on attitude towards physical activity (M=257.20) is higher as compared to government school girls (M=248.76)

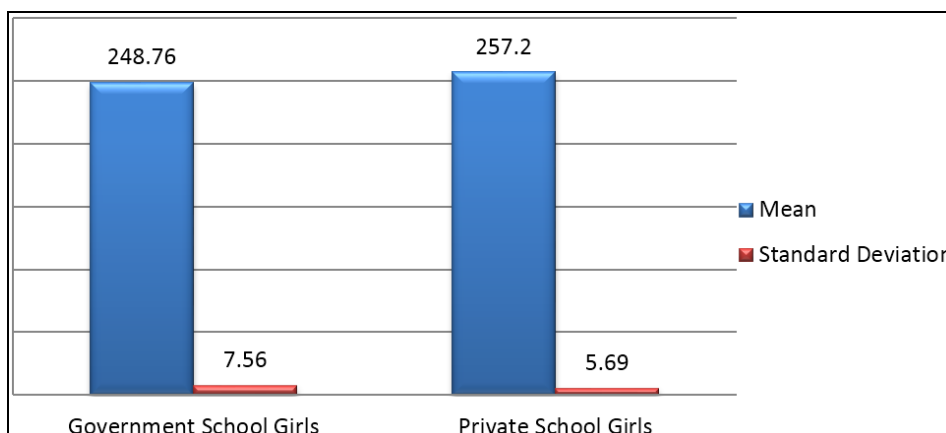


Fig 1: Graphical Representation of Mean and Standard Deviation of Attitude towards Physical Activity between the Girls of Government and Private Schools.

Table 2: Significant Difference between the Means of Attitude towards Physical Activity between the Girls of Government and Private Schools

Group	Mean	MD	SED	df	't'atio	Sig.
Government School Girls	248.76	8.44	1.34	98	6.30*	.000
Private School Girls	257.20					

*Significant difference at 0.05 level. $t_{05}(98) = 1.98$

Table-2 indicates that the obtained 't' value for attitude towards Physical Activity of girls of government and private schools of Bilaspur has been reported 8.44 which is higher than the tabulated value 6.30. This reveals that there is significant difference between girls of government and private schools of bilaspur in attitude towards physical activity at .05 level of significance.

4. Discussion

The result of the present study indicates that attitude towards physical activity is significantly higher of private schools girls as compared to government schools girls. The reason behind this attitude may be due to the management system of private schools who might have been emphasizing more on physical and sports activities compare to the government schools and as a result it reflects the mindset of the school students.

5. Conclusion

On the basis of results it may be concluded that private schools girls are having better attitude towards physical activity as compared to government schools girls.

6. References

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