



Attitude of university students towards inclusion of physical education as an independent course

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Abstract

The main purpose of this study was to prepare an attitude scale for measuring attitude for the university students towards inclusion of physical education as an independent course. In the present study, the investigator selected 200 students from AISECT University. This study revealed the awareness level among the students regarding the importance of games and sports in human life. Moreover, it brought forth various aspects of physical exercise and the benefits to be gained from them. Attitude scale was administered to the students selected randomly for present study. No time limit was set for the attitude scale. The sheets were collected and scoring was done on the basis of prepared key and thus obtained the raw scores for further analysis. Two-way Analysis of variance with 2x2 factorial design was applied in order to study the attitude of university students towards inclusion of physical education as an independent course belonging to different sex and locality.

Keywords: attitude, university students and physical education

Introduction

Attitude is an expression of inner feeling and beliefs that reflects whether a person is favorable or unfavorable predisposed to some phenomenon. As an outcome of some psychological processes, attitude are not directly observable but must be inferred from what people say or how they behave. Attitude are the inner feelings and beliefs of an individual towards a particular phenomenon. These are the prime movers of thought and action. Positive attitudes decide the course of life but a person highly infused with a negative attitude will show dubiety for everything. His uSSncertainly based principles always enables him to look behind. There is time when it is useful for the investigator to have information concerning individual attitudes towards the general situations of life.

Physical education in its modern concept is broader and more meaningful. There is no doubt that it is conducive to build up and organize health but it is helpful in developing mental and emotional health and social qualities that are considered to be desirable by the society. It provides that much of energy which is so very necessary for every person to withstand the wear & tear of the struggle for existence. Physical education is not confined to some forms of drill and regular exercises, but emphasizes on the physical fitness value. Physical development and mental development are inter-related and go all together.

Methodology

In the present study, the investigator selected 200 students from AISECT UNIVERSITY through random sampling

method. Many scales or methods have been developed to measure attitude of university students towards inclusion of physical education as an independent course.

These include the Thurstone Scale developed by Thurstone and Chave in 1929, the Likert scale developed by Likert in 1932, the Guttman Scale developed by Guttman in 1944 and the Semantic Differential Scale developed by Osgood *et al.* in 1957 were used for measuring the attitude of university students towards inclusion of physical education as an independent course.

Administration and collection of data

The attitude scale was administered to the students selected randomly for present study. No time limit was set for the attitude scale.

Where ever the students faced difficulty in following the printed instructions the needy individuals were helped. The sheets were collected and scoring was done on the basis of prepared key and thus obtained the raw scores for further analysis.

Analysis and interpretation of data

In the present investigation the investigator was interested to find out the difference in the attitude of university students (Boys and Girls) belonging to urban and rural areas towards inclusion of physical education as an independent course.

In view of these consideration, the technique of two way ANOVA was used to realize the objectives of the study. The use of ANOVA was considered to be the most appropriate technique.

Table 1: showing the summary of ANOVA for 2 x 2 factorial design (Attitude of university students towards physical education)

Sources of variance	SS	Df	MS	F-ratio	Level of Significance
A (Sex)	29.4	1	29.4	0.23	Not significant
B (Locality)	564.27	1	564.27	4.38	Significant at .05 level
AxB (Locality & Sex)	1.65	1	1.65	0.01	Not significant
Within	7204.62	56	128.65		

Conclusions

There was no significant difference in the attitude of university students i.e. male and female towards inclusion of physical education as an independent course.

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