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**Dr. Shashikant Pardeshi**  
Research Scholar, Dept of  
Physical Education Dr. BAMU  
University in Aurangabad,  
Maharashtra, India

**Swapnil S. Bhaip**  
Director of Phy Edu, Goa College  
of Home Science Campal,  
Panjim, Goa, India

**Prakash N. Rokade**  
Research Scholar, Dept. of  
Physical Education Dr. BAMU  
University in Aurangabad,  
Maharashtra, India

**Anil P. Sonawane**  
Research Scholar, Dept. of  
Physical Education Dr. BAMU  
University in Aurangabad,  
Maharashtra, India

#### Correspondence

**Dr. Shashikant Pardeshi**  
Research Scholar, Dept of  
Physical Education Dr. BAMU  
University in Aurangabad,  
Maharashtra, India

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## Correlation study of attitude towards and physical fitness knowledge of physical education teachers of elementary school Pune city

**Dr. Shashikant Pardeshi, Swapnil S Bhaip, Prakash N Rokade and Anil P Sonawane**

#### Abstract

The purpose of this study was to determine whether a relationship exists between attitudes toward and Physical fitness knowledge of health-related fitness among elementary physical education teachers. Teaching fitness at elementary levels is an important step toward the prevention of lifestyle-related diseases, which are more difficult to prevent as we age. It is very important to teach physical fitness at elementary levels, and to instill positive attitudes in our younger students (Sander & Burton, 1989).

It was descriptive survey method in which Teachers attitude towards physical activity and physical fitness questionnaire and physical fitness knowledge questionnaire used for the data collection. In this study 120 (90 male & 30 female) samples from elementary school physical education teachers were selected by using simple random sampling technique. Results shows according to gender wise there no significant correlation among attitude towards and physical fitness knowledge in elementary school physical education male teachers ( $p=0.49$ ) & there no significant correlation in women ( $p=0.85$ ). according to elementary school physical education teachers teaching experience wise 0 to 5 years teaching experience attitude towards & physical fitness knowledge there no significant correlation ( $p=0.195$ ), 6 to 10 years teaching experience there no significant correlation ( $p=0.852$ ) and above 11 years there no significant correlation ( $p=0.716$ ). Conclusion of this study was there is no significant correlation among attitude towards & physical fitness knowledge of elementary school physical education teachers in Gender wise & Experience wise of Pune city.

**Keywords:** Elementary School Physical education Teachers, Attitude toward and Physical fitness knowledge

#### Introduction

Physical education is considered to be a main branch in education taking its theories from the different sciences through the guided physical activity to prepare individuals in all levels and to enable them from adjusting with their daily life requirements.

Physical Education in school plays an important role in educating and developing students' attitudes and awareness towards sports, as the student learn and practice sports in school or in pastime will enable him to practice it in his daily life outside school (Al-shinawi, 2006). Physical education teachers hold the main responsibility in conducting different educational activities. Therefore, they must obtain the need knowledge as well as skills which are the main requirements in teaching. Therefore, taking care of education is the first step in reforming education and providing teachers with needed competencies is the most efficient method in improving learning especially in physical education (Al-tamimi, 2009: 2).

Moreover, teachers' trends and attitudes play important role in guiding and developing their teaching behavior. Attitudes can be defined as (A feeling accompany individual's attention to the issue of what is the direction of myself or characterized by a concentration of attention on a particular topic (Al-sawari, 1996).

Further, they are a predisposition or a tendency to respond positively or negatively towards a certain idea, object, person, or situation. Attitude influences an individual's choice of action, and responses to challenges, incentives, and rewards (Sylibeh, 1999:56).

**Material and Method**

**Subjects**

For this study total No. of 120 i.e. 90 male and 30 female physical education teachers from elementary school Pune city was selected as sample of the study, using simple random sampling technique. This was further used for collecting and analyzing data.

**Selection of Variable**

The study was taken to pinpoint the Teachers' attitude towards teaching physical activity and physical fitness (TATPAPF) and Physical fitness Knowledge Questionnaire used for Psychology variables. Therefore, based on literary evidence and scholars own understanding the following variable was selected for the purpose of this study.

**Procedure**

The researcher was explain details about the conducted Teachers' attitude towards teaching physical activity and physical fitness (TATPAPF) and physical fitness knowledge questionnaire was used for selected elementary physical education teachers and then was data collected and was do scoring based on teachers perform questionnaire. For the collected score compute mean, Standard Deviation (SD) and correlate using correlation of coefficient test to find out the relationship amongst physical education teachers' attitude towards and physical fitness knowledge.

**Results of the study**

The purpose of this study was to find out the correlation of Teachers' attitude towards teaching physical activity and physical fitness of elementary school physical education teachers of Pune city.

**Table 1:** TATPAPF & Physical education knowledge of elementary school physical education teachers of Pune city Gender wise Descriptive statistics

Variable	Gender	No	Mean	SD
<b>Knowledge</b>	Male	90	11.07	1.77
	Female	30	11.60	2.42
	<b>Total</b>	120	11.20	1.96
<b>Attitude</b>	Male	90	55.92	5.59
	Female	30	55.70	4.55
	<b>Total</b>	120	55.87	5.33

Table No: 1 Shows the elementary school total 90 male physical education teachers physical fitness knowledge score of mean was  $11.07 \pm 1.77$  & attitudes towards score mean was  $55.92 \pm 5.55$ .

And similarly for the elementary school total 30 female physical education teachers physical fitness knowledge score of mean was  $11.60 \pm 2.42$  & attitudes towards score mean was  $55.70 \pm 4.55$ .

Similarly for the elementary school total 120 physical education teachers physical fitness knowledge score of mean was  $11.20 \pm 1.96$  & attitudes towards score mean was  $55.87 \pm 5.33$ .

**Table 2:** TATPAPF & Physical education knowledge of elementary school male and female physical education teachers of Pune city Gender wise Descriptive correlation statistics

Variable	Gender	Statistics	Correlation Coefficient
<b>PE Knowledge &amp; TATPAPF</b>	<b>Male</b>	Pearson Corr.	0.073
		Sig (2-tailed)	0.49
		No.	90
	<b>Female</b>	Pearson Corr.	0.036
		Sig (2-tailed)	0.85
		No.	30
	<b>Total</b>	Pearson Corr.	-0.045
		Sig (2-tailed)	0.63
		No.	120

Table No 2 Shows the elementary school male & female physical education teacher's physical fitness knowledge & attitudes towards physical fitness between correlations. In this table elementary school 90 male physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.073. There was no significant correlation at 0.05 significant level ( $p=0.49$ ), Similarly as elementary school 30 female physical education teacher's physical fitness knowledge & attitudes towards

physical fitness correlation of coefficient score was 0.036. There was no significant correlation at 0.05 significant level ( $p=0.85$ ).

Same as elementary school male & female physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was -0.045. There was no significant correlation at 0.05 significant level ( $p=0.63$ ).

**Table 3:** TATPAPF & Physical education knowledge of elementary school physical education teachers of Pune city Experience wise Descriptive statistics

Variable	Experience	No	Mean	SD
<b>Knowledge</b>	0 - 5	45	11.07	1.99
	5- 10	16	10.75	2.24
	$\geq 11$	59	55.84	5.16
<b>Attitude</b>	0 - 5	45	56.62	5.79
	5- 10	16	53.81	4.26
	$\geq 11$	59	55.84	5.16

Table No 3 Shows the elementary school 0-5 years' experience total 45 physical education teachers physical fitness knowledge score of mean was  $11.07 \pm 1.99$  & attitudes

towards score mean was  $56.62 \pm 5.79$ . And similarly for the elementary school 5-10 years' experience total 16 physical education teachers physical

fitness knowledge score of mean was  $10.75 \pm 2.24$  & attitudes towards score mean was  $53.81 \pm 4.26$ .

Same for the elementary school  $\geq 11$  years experience total 59 physical education teachers physical fitness knowledge score of mean was  $55.84 \pm 5.16$  & attitudes towards score mean was  $55.84 \pm 5.16$ .

**Table 4:** TATPAPF & Physical education knowledge of elementary school male and female physical education teachers of Pune city Experience wise Descriptive correlation statistics

Variable	Gender	Statistics	Correlation Coefficient
PE Knowledge & TATPAPF	0 - 5	Pearson Corr.	-0.197
		Sig (2-tailed)	0.195
		No.	45
	5- 10	Pearson Corr.	0.051
		Sig (2-tailed)	0.852
		No.	16
	$\geq 11$	Pearson Corr.	0.048
		Sig (2-tailed)	0.716
		No.	59

Table No 4 Shows the elementary school physical education teacher's physical fitness knowledge & attitudes towards physical fitness between correlations. In this table elementary school 0-5 years' experience total 45 physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was -0.0197. There was no significant correlation at 0.05 significant level ( $p=0.195$ ),

Elementary school 5-10 years' experience total 16 physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.051. There was no significant correlation at 0.05 significant level ( $p=0.852$ ),

Elementary school  $\geq 11$  years' experience total 59 physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.048. There was no significant correlation at 0.05 significant level ( $p=0.716$ ).

## Discussion

The present study to find out the correlation of Teachers' attitude towards teaching physical activity and physical fitness of elementary school physical education teachers of Pune city which is similar to the study Participation in physical exercises and sports requires strong attitudes toward physical activities. Our research findings show that physical education students have strong attitudes towards physical activities. This is consistent with the following findings, Mea and Hoe (2005, p. 100) found that Malaysian sports science students had strong positive attitudes toward physical activities and Zeng, Hipscher, Raymond (2011, p. 532) <sup>[10]</sup> also found that their study participants had strong attitudes toward physical activities. However, their attitudes vary in different domains. Our study shows that the students' attitude is strong in the aesthetic experience domain and relatively weak on tension and risk. Mea and Hoe in 2005 differ from our findings as they found social experience as the strongest attitude and aesthetic experience as the weakest attitude toward participation in physical activities. It is probable that the strong attitude was because of prior sports exposure, moral support from parents and support from physical education teachers in their childhood. According to Trudeau and Shephard (2005, pp. 98-100), pupils who engage in physical exercises develop strong attitude toward physical activities. They go on to claim, pre-adolescent students who

were compelled by their teachers to be involved in physical exercises are highly likely to experience negative attitude toward physical activities in their adult life. Martin-Matillas (2010) reveals that adolescents who received moral support from their relatives engaged in physical activities more than their counterparts who received little or no moral support. This shows the importance of social encouragement in influencing attitude toward physical activities.

## Conclusion

On the basis of the result obtained in the study the researcher made the conclusion that correlation of Teachers' attitude towards teaching physical activity and physical fitness of elementary school physical education teachers of Pune city.

- ✓ Elementary school 90 male physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.073. there was no significant correlation at 0.05 significant level ( $p=0.49$ ),
- ✓ Elementary school 30 female physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.036. There was no significant correlation at 0.05 significant level ( $p=0.85$ ).
- ✓ Elementary school male & female physical education teacher's physical fitness knowledge & attitudes towards physical fitness between correlations of coefficient score was -0.045. There was no significant correlation at 0.05 significant level ( $p=0.63$ ).
- ✓ Elementary school 0-5 years' experience total 45 physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was -0.0197. there was no significant correlation at 0.05 significant level ( $p=0.195$ ),
- ✓ Elementary school 5-10 years experience total 16 physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.051. there was no significant correlation at 0.05 significant level ( $p=0.852$ ),
- ✓ Elementary school  $\geq 11$  years' experience total 59 physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.048. There was no significant correlation at 0.05 significant level ( $p=0.716$ ).

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