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## The need and importance of developing a recreational programme for the U.G. students of affiliated colleges of Karnataka veterinary, animal and fisheries Sciences University

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**Abstract**

The study was taken up with a special interest to know the reason for the low level of participation in physical activities by the undergraduate students of Karnataka Veterinary, Animal and Fisheries Sciences University and their attitude towards sports and games and also to develop a programme to promote the recreation sports and games participation. Three hundred undergraduate students interviewed with an opinionnaire which highlighted students study hours, leisure time available, leisure time activities, hobbies and opinion about sports, games and physical activity. The study revealed that the students of KVAFSU had a positive attitude towards sports and games in that, they know the benefits of sports and games, the wholesome development of body and mind. The majority of students participate in sports for recreation purposes. Some of the students the students find it difficult to get leisure time to participate in recreational activities. Some feel that staff support was not up to their expectations as far as participation in recreational activities. The study also draws out the fact that the infrastructure available on the campus of affiliated colleges are not sufficient for students to participate in recreational activities.

**Keywords:** Recreational programme, sports and physical activities, fitness, undergraduate students

### 1. Introduction

Sport and leisure can be of significant importance for the well-being and social support of children and adolescents. Researchers suggest that physical activity pattern track during childhood and it is possible that children's activity pattern might continue into adulthood. However, youngsters have limited free time and limited opportunity to engage in leisure physical activities. The school and college physical education programme provides each person with several opportunities to asses fitness levels and consequently select activities that will strengthen personal weakness and promote the development of lifetime skills and understanding, thus enabling the student to lead a full and productive life.

Karnataka Veterinary Animal and Fishers Science University is one of the youngest university in the country. The university is combined to be a seat of excellence in the body and mind of the youth between the age group of 17 to 25 years. Colleges affiliated to KVAFSU are situated in Karnataka, so 90% of undergraduate students belong to this state. It is a general complaint that KVAFSU and affiliated college campus doesn't have adequate sports and recreation facilities. But it is a noticed fact that only few (10% to 15%) students use the available facilities and participate in sports and recreational physical activities. But from the inter-class competition performance and participation we can say that 90% of students are skilled in one or more games. This reveals that the students are actively involving themselves in recreational sports and games in their early education. The colleges are also having outstanding athletes and sportsmen who have represented KVAFSU and other institutions, in their earlier days. They also occasionally involve themselves in physical activities and the women athletes don't have any intention to participate in higher-level competitions, once they enter the college level. Since the 50% of the colleges affiliated to KVAFSU are situated away from the city, it is not possible for the students to use the facilities available there for recreation daily. Then their only choice is to spend leisure time in physical activity centre, library or Internet browsing

centre. The Internet facilities are also limited and nobody would like to read and study whole day. Thus the only way to spend the leisure time in a meaningful way is to participate in recreational sports and games. But the attendance in the physical activities is very less. Thus many, questions arise regarding the meaningful use of leisure time, physical activity participation, attitude towards sports and physical activities, facilities available for leisure time activities etc. So it is very important to know the reason for this trend in order to promote the sports and recreational activity at the UG level and hence contribute to the overall development of the student.

**2. Literature Review**

Scholars, physical educationists and specialists in the field of physical activity participation, promotion, leisure activities and attitudes of students, children, and youth towards physical activities have carried out different studies. Martin Hugger, Lorraine Cale and Len Almond (1997) [6] in their study found that approximately 50% of the children were inactive and children exhibited positive attitude towards physical activity. Tony Macfadyen (1999) [7] found that the attitude towards physical activity diminishes after leaving school. Karen Trew and others (1999) [9] found that boys spent more time in participating in sports than girls.

**3. Methodology**

A systematic approach was taken to collect the data. Three hundred undergraduate students of KVAFSU affiliated colleges interviewed with an opinionnaire. The opinionnaire contained both pre-coded and open-ended questions. The questions were framed in such a way so as to get information about the student interest, leisure time activities, opinions about the sports and physical activities and opinion about facilities in the campus. The compilation, analysis and interpretation of the data were carried out with the support of percentage method with tables. Whenever the percentage analysis was not possible, the content analysis was carried out.

**4. Results and Discussion**

The data collected from the students is presented in the form of tables and interpreted on the basis of percentages, where it is possible to be applied. In those tables where there is the possibility of students giving more than one answer to a particular question, table is interpreted on the basis of the number of students responding to the question. The tables are arranged, based on the availability of leisure hours in the campus, their attitude towards the participation in physical activities during leisure hours, and their opinion and suggestions about the available facilities in the campus.

**Table 1:** Table Showing the Hours of Sleep of the Students In A Day

Hours of sleep	Female		Male		Total	
	No.	%	No.	%	No.	%
Less than 6	0	0	11	6.71	11	3.67
6	12	8.82	30	18.29	42	14
7	20	14.71	47	28.66	67	22.33
8	84	61.76	70	42.68	154	51.33
More than 8	20	14.71	6	3.66	26	8.67

The table-1 indicates that 51.33% of the students sleep 8 hours per day, 22.33% of students sleep 7 hours per day, and 8.67% of students sleep more than 8 hours per day. This indicates that majority of students give importance to rest and relaxation of body and mind.

**Table 2:** Table Showing the Hours Spent On Studies By The Students in A Day.

Hours of study	Female		Male		Total	
	No.	%	No.	%	No.	%
0	-	0	5	3.05	5	1.67
1	36	26.47	12	7.32	48	16
2	44	32.35	39	23.78	83	27.66
3	16	11.76	37	22.56	53	17.67
4	20	14.71	16	9.76	36	12
5	16	11.77	2	1.22	18	6.
More than 5	4	2.94	53	32.31	57	19

Table- 2 shows that the time spent on studies differ from 0 to 5 and even more. From the table we can see that 27.66% of students spend two hours per day and 16% of students spend only one hour per day on studies. 1.67% of students do not spend any time on studies. They only study at the time of examination and other spends more than two hours per day. This indicates that most of the students concentrate much on their studies. This table indicates that a majority of the students spend more than 3 hours on study, which is an indication of the importance given by the students to academics.

**Table 3:** Table Showing the Grades Secured By the Students in the Academics.

Grades in academic career	Female,		Male		Total	
	No.	%	No.	%	No.	%
80% and above	16	11.76	5	3.05	21	7
60% to 80%	92	67.65	101	61.58	193	64.33
40% to 60%	20	14.71	51	31.10	71	23.67
Less than 40%	4	2.94	-	0	4	1.33
No response	4	2.94	7	4.27	11	3.67

Intelligence is the key to improvement in any walk of life. An intelligent person has the ability to learn faster and thus benefit from his experiences in life.

Table- 3 indicates that 71.33% of the students studying in UG Courses have secured above 60% during their academic career. This reveals that most of the students have sound mind. We know that sound mind resides in a sound body. Thus one can assume that most of these students are adept at using their leisure time in a most beneficial manner.

**Table 4:** Table Showing The Hours Spent On Leisure Time Activities.

Total hours of leisure time available	Female		Male		Total	
	No.	%	No.	%	No.	%
0	0	0	9	5.49	9	3
0-2	12	8.82	21	12.81	33	11
2-4	28	20.59	42	25.61	70	23.33
4-6	52	38.24	32	19.51	84	28
6-8	16	11.76	35	21.34	51	17
More than 8	24	17.65	23	14.02	47	15.67
No response	4	2.94	2	1.22	6	2

Table -4 indicates that 95% of the students spend their time in leisure activities. Most of the students (51.33%) spend 2-6 hours in leisure activities. This indicates that participating in leisure time activities is part and parcel of student activity. Irrespective of whether the student realises the effectiveness of such activities or not, it is of at most importance that he/she participates in it. Thus it is heartening to know that such a vast majority of students take part in recreational activities.

**Table 5:** Table Showing the Mode of Participation in Recreation Activities

Participation in recreation activities	Female		Male		Total	
	No.	%	No.	%	No.	%
Active	49	36.03	110	67.07	159	53
Passive	85	62.5	45	27.44	130	43.33
No Response	2	1.47	.9	5.49	11	3.67

From the table 5 one can find out that 53% of students actively involved in recreational activities, while the others remain inactive.

Majority of students actively take part in physical activities. The reason that more are not taking active part might be due to the fact that a large number of female student take only a passive interest in sports.

Still 53% is a good enough number at the undergraduate level, to be involved actively in recreational sports.

**Table 6:** Table Showing the Games Involved in During Leisure Time

Games involved in Leisure time	Female	Male	Total
Cricket	11	113	124
Volleyball	7	48	55
Football	-	42	42
Shuttle Badminton	37	28	65
Chess	49	53	102
Carrom	44	46	90
Play cards	14	25	39
Kabaddi	-	23	23
Throwball	18	-	18
Table tennis	9	19	28
Other	8	27	35
No games	22	-	22
No Response	16	2	18

The above table shows the games involved in by the students during their leisure hours. In cricket 124, in chess 102 and in carrom 90 students involve and in other games less number of student, involves and 22 students (7.33%) do not involve in games at all, 6% students have given no response to this. But Cricket is the most popular sport and it is also interesting to note that an almost equal number is interested in mental

pursuits like chess. Though these numbers seem too good to be true, the participants must have indicated the games that they have participated in at least once.

Response collected by daily observation of the respective physical education staff I can say that only about 30 to 40% of the total numbers indicated above, actual participate regularly in their mentioned games.

**Table 7:** Table Showing the Reason for Participating in Sports and Games by the Students.

Reason for participation in sports and games	Female		Male		Total	
	No.	%	No.	%	No.	%
Competition	17	12.50	14	8.54	31	10.33
Recreation	43	31.62	77	46.95	120	40
To maintain fitness	21	15.44	23	14.01	44	14.67
Enjoyment	4	2.94	19	11.59	23	7.67
Competition, Recreation and for fitness	0	0	5	3.05	5	1.67
Competition and Recreation	2	1.47	5	3.05	7	2.33
Recreation and fitness	0	0	12	7.32	12	4
Competition and fitness	0	0	9	5.49	9	3
No Response	49	36.03	-	0	49	16.33

The table-7 indicates that majority of students (40%) participate in sports and games for the recreation purpose. Only 10.33% participate with a competitive aim and 14.67%

participate to maintain fitness. 16.33% of students have not responded to this and others participate in sports with two or more above given reasons.

**Table 8:** Table Showing the Way the Students Spend Their Leisure Hours in the Campus

Way the students spend the leisure time in the Campus	Female	Male	Total
Playing	4	62	66
Chatting	65	64	129
Watching T.V.	43	44	87
Reading	98	67	165
Listening to music	23	14	37
Others	31	40	71
No leisure time	0	7	7
No response	16	13	29

The above table indicates that majority of the students spend their leisure hours in campus by reading magazine or newspaper, talking with their friends, watching T.V. and listening to music. Only 66 students (22%) spend their leisure

hours in the campus by involving in physical activities. We can also observe from the table that out of 66, only 4 females (2.94%) involve in physical activities in the campus during their leisure hours.

**Table 9:** Table Showing the Attitude of the Students Regarding Importance of Recreational Activities for Personal Growth.

Recreational activities are important for personal growth	Female -		Male		Total	
	No.	%	No.	%	No.	%
Yes	132	97.06	143	87.20	275	91.67
No	0	0	14	8.53	14	4.66
No response	4	2.94	7	4.27	11	3.67

Table-9 indicates that students have a positive attitude towards sports and recreational activities. 91.67% of students have said that recreational activities are important for the personal growth of an individual. The respondents are well educated about the fact recreational «activities are indispensable for balanced development of an individual.

**Table 10:** The Showing Attitude of Students Regarding Importance of Recreational Sports for Academic Career

Recreational sports is an important part of academic life	Female		Male		Total	
	No.	%	No.	%	No.	%
Yes	104	76.47	124	75.61	228	76
No	12	8.82	28	17.07	40	13.33
No response	20	14.71	12.	7.32	32.	10.67

The table-10 indicates that 76% of the students think that recreational sports and games are important part of the academic life. Thus it becomes obvious that majority of students feel that recreation and sports should go hand in hand with studies. Recreational sports has a place of prominence in the academic timetable.

**Table 11:** The Showing the Availability of Free Time to the Students.

Do you get enough free time	Female		M	Ale	Total	
	No.	%	No.	%	No.	%
Yes	69	50.74	97	59.15	166	55.33
No	67	49.26	62	37.8	129	43
No response	0	0	5	3.05	5	1.67

**Table 14:** Table Showing the Benefits of Recreational Activities

Benefits accrued from participation in recreational activities	Agree		Disagree		No response	
	No.	%	No.	%	No.	%
a. Sharpening of the intellect	246	82	38	12.67	16	5.33
b. Improvement in personality	285	95	10	3.33	5	1.67
c. Release of tension	255	85	28	9.33	17	5.67
d. Social interaction	263	87.67	15	5	22	7.33
e. Provides base for better concentration in studies	191	63.67	81	27	28	9.33
f. Improvement in health	262	87.33	20	6.67	18	6
Emotional stability	228	76	43	14.33	29	9.67

Table-14 indicates that 82% of students feel that sports helps in sharpening the intellectual capacity, 95% of students feel that sports helps in improvement of personality, 85% of students feel sports helps in the release of tension, 87.67% of students feel that sports helps in social interaction, 63.67% of students feel that sports helps in providing base for better concentration in studies. 87.33% of students feel that sports

The table-11 indicates. that only 55.33% of the students get enough free time so that they could participate in recreational activities, (where) as 43% of students do not get enough free time to participate in recreational activities and Other 5 students have not responded to this. This may. be one of the reason for the decrease of participation in sports and games.

**Table 12:** The Indicating the Amount of Encouragement from Lecturers for Leisure Time Participation

Encouragement from lecturers	Female		Male		Total	
	No.	%	No.	%	No.	%
Yes	48	35.29	83	50.61	131	43.67
No	72	52.94	76	46.34	148	49.33
No response	16	11.77	5	3.05	21	7

The table-12 indicates that most of the students do not get encouragement from the lecturers and professor to participate in sports and games. 43.67% of the students says that they get encouragement from the lecturers and professors. This is one of the most common reasons for the youth today, not to utilise their body to the fullest potential in physical endeavours. Usually if one observes it is the active persons who more inclination towards professional excellence, than others.

**Table 13:** The Showing Attitude of Students Regarding the Effect of Recreational Activities on Grades.

Recreation activities results in lower grades in study	Female		Male		Total	
	No.	%	No.	%	No.	%
Agree	24	17.65	53	32.32	77	25.67
Disagree	112	82.35	104	63.41	216	72
No Response	0	0	7	4.27	7	2.33

Table-13 shows that 72% of students says that recreational activities do not affect their studies. Here also, majority of students show positive attitude towards recreational activities. Three fourth of the students feel that participation in physical activities won't cause them to get low grades which is a common thinking nowadays. Thus, it is a healthy sign to note that, students have realised that participation in sports do not decrease their grades in studies, rather it enhances their study habits.

helps in improvement of health and 76% of students feel that sports helps in emotional stability. This indicates that majority of the students are well educated and well informed about the benefits accruing to them because of their participation in physical activities.

## 5. Conclusion

The study indicated that the students of KVAFSU had a positive attitude towards sports and games in that, they know the benefits of sports and games, the wholesome development of body and mind. The majority of students participate in sports for recreation purposes. Some of the students find it difficult to get leisure time to participate in recreational activities. Some feel that staff support was not up to their expectations as far as participation in recreational activities. The study also draws out the fact that the infrastructure available on the campus is not sufficient for students to participate in recreational activities.

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