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Attitude of girl's students towards participation in sports and games at College level

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Abstract

The history of sports is generally considered as male dominated sphere. The changing role of women in society from the Victorian age to the present times is an enormous social revolution, in which sports have played a major role and thus the development of women's sports in the present century definitely is one of the most fascinating topics. (Borns, Hebbelinck & Vernerando, 1981).

After knowing this fact, the purpose of the present study is to determine the attitude of girl of under graduate students of Modinagar area, towards participation in sports and games. For the study we obtain samples from two main under graduate college i.e Multinimal Modi College Co-education College Modinagar and Ginny Devi Girls College Modinagar. The age of subjects are ranging between 16 to 18 years. For the purpose of study, the author prepared a questionnaire comprising of 25 statements based on a very simple pattern. All subjects gave their frank and true responses in Yes/No without any hesitation or bias.

Keywords: Attitude, girl's students. Sports and games

Introduction

“Physical activity is all movement in every life, including work, recreation, exercise and sporting activities...” WHO 1997 [2]

Games and Sports have been part of human life almost since the time immemorial. Be it a necessity for his survival i.e. Hunting for food and Shelter, Safety from wild animals or other enemies of as a pursuit of pleasure, the games and sports have been indispensable to mankind and have been part of their culture. Though the origin of sport is lost in antiquity, it is quite certain that physical activity has been a basic necessity of life, more than fun and diversion, for their survival depended on it. Gradually along with the process of evolution, such activities became more of play & became part of culture of tribes. People used sports & games as a means of transmitting the cultural heritage of their tribes. Games, Sports & Physical activities, persisted despite the rise and fall of ancient civilization as a cultural heritage to another. Today games & sports have emerged as Universal cultural phenomena (Ajmer Singh, jagtar, JagdishBains; Modern Text book of Physical Education Health & Sports Kalyani Publishers, Ludhiana P – 99 (2005) [3].

Women have always played a definite role in history of mankind. Throughout human history, the role of the women in sports has reflected the changing status of the women society. Victorianism maintained a rigid outlook on the life in which role of women society was clearly limited to bearing children and caring for home and family. It is said that education of a child begins from the mother's lap. Education is the process by which the individual is shaped to fit into society and which maintains and advances the social order. It is a systematic process designed to make man more rational mature and knowledgeable. Education is the modification of behavior of an individual for his own personal happiness for his better adjustment in society and for making him a successful citizen, contributing something to the society.

Sports and games are the part of physical education programme. Physical education is not an activity in itself, but achievement of human potentials, contained within the activity. In other words the goal is the development of all human personal qualities that are essential for successful and satisfying through participation in sports and games activity.

Sports reflects values found in our everyday lives and even in entire society, women have been excluded from certain areas of significant participation in various aspects of living and this

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is also true for their involvement in sports and other physical activities. There is perhaps no domain where myths, attitudes and belief remain so persistent as in the world of sports. (Kamlesh and Sangar, 1981) [4].

Participation in games and sports provides a service to the individual by preparing him/her for challenges of competition during later life in the society. This is the development of mental and physical fitness, good character, discipline, competitiveness and courage, and opportunities to experience challenges leading to personal achievement and social reorganization. The fundamentals of character of either gender are gained through participation in sports and games. (Ajmer Singh, Jagtar, JagdishBains; Modern Text book of Physical Education Health & Sports Kalyani Publishers, Ludhiana P – 47 (2005)

Objective

In present time parents of the girl's students want them to be highly educated. They insist that the girls should only focus

on academic courses and do not encourage or motivate them to participate in any type of sports activity. Keeping this fact in mind the objective of the study is to find out the attitude of under graduate girl students towards participation in sports and games.

Procedure and Methodology

The present investigation was conducted on 100 female students i.e. randomly selected from two under graduate college of Modinagar area. The age of subjects are ranging between 16 to 18 years. For collecting the required data self-made 25 questionnaire are administered to all the randomly selected girls of under graduate college. For analysis data by applying percentage method. The data collected by questionnaire consisting of question relate to attitude of girl students towards participation.

Discussion and Findings

It is observed from the above table that the Majority of the respondents indicated that girls are:

S. No.	Question	Res	F=frequency
1	Do you think that participation in competitive sports develops total wellness?	Yes	40
		No	60
2	Do you think that there is any job scope for female students in area of sports?	Yes	35
		No	65
3	Do you think that passive recreation like watching T.V., listening music better than taking active parts in sports.	Yes	30
		No	70
4	Do you feel that reading a book is more enjoyable than taking active part in sports?	Yes	32
		No	68
5	Do you think that sports girls do not have a career in India?	Yes	30
		No	70
6	Do you think that sports girls develop their own image as India is a male dominating country?	Yes	40
		No	60
7	Do you think that sports girls would be given same emphasis as given to the male sportsmen?	Yes	40
		No	60
8	Media plays vital role in promotion of games and sports. Do you think that media will give more emphasis in promotion of female sports?	Yes	40
		No	60
9	Does the institution pay for any kind of motivating expenses?	Yes	30
		No	70
10	Do you feel that participation in sports provides the girls a situation for developing desirable character?	Yes	35
		No	65
11	Do you think that participation in sports will help girls to release physical as well as mental tension?	Yes	40
		No	60
12	Do you feel that sports make a valuable contribution towards building up adequate reserves of strength and endurance for everyday living of girls?	Yes	50
		No	50
13	Do you feel that participation in sports and games adds nothing to the improvement of social behavior of sportswomen?	Yes	40
		No	60
14	Indian history reveals that women have confined themselves to passive role rather than active role, so should girls participate in sports.	Yes	40
		No	60
15	Do you feel that sports make a valuable contribution towards build up adequate reserves of strength and endurance for everyday living of girls?	Yes	40
		No	60
16	Do you feel that participation in sports adds nothing to the improvement of social behavior of girls?	Yes	40
		No	60
17	Do you feel that sports in meant for selected few girls possessed extra ordinary qualities.	Yes	40
		No	60
18	Do you think that women can perform better than men?	Yes	45
		No	55
19	Do you think that girls are more dedicated than men in all aspects?	Yes	45
		No	55
20	Do you think that teacher can encourage girls to participate in sports?	Yes	45
		No	70
21	Do you think that parental attitude will be positive for sports girls?	Yes	30
		No	74
22	Do you think that the participation in sports activities will have an effect on the studies?	Yes	36
		No	64
23	Will the parents of Girls students are agree for their participation in sports activities?	Yes	32
		No	68
24	Does the participation in sports activities enhance the development of social qualities in them?	Yes	50
		No	50
25	Do they prefer to participate in sports activities as individuals or in a peer group?	Yes	34
		No	66

Res = Response, F = Frequency

Conclusion

After administering the questionnaire, the data was collected from 100 female students. After analyzing the responses given by randomly selected subjects using frequency method, it was found that within limitation of present study is negative attitude of girls towards the participation in sports activity.

Suggestions

For changing their negative attitude of female students in to positive attitude towards the participation in sports and games activities. It is duty of their parents as well as of the society to motivate and encourage their female spouse in achievement of human potentials, contained within the activity. In other words the goal is the development of all human personal qualities that are essential for successful and satisfying through participation in sports and games activity.

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