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Vinod Bhagwan Malik
Research Scholar, Shri Jagdishprasad Jhabarmal Tibrewala University, Rajasthan, India

Shailendra Ravalnath Gaonkar
Research Scholar, Shri Jagdishprasad Jhabarmal Tibrewala University, Rajasthan, India

Dr. Sandipraj Shashikant Autade
Co-Guide, Shri Jagdishprasad Jhabarmal Tibrewala University, Rajasthan, India

Corresponding Author:
Vinod Bhagwan Malik
Research Scholar, Shri Jagdishprasad Jhabarmal Tibrewala University, Rajasthan, India

A study of opinion and attitude of academicians towards making physical education as a compulsory subject in the state of Goa

Vinod Bhagwan Malik, Shailendra Ravalnath Gaonkar and Dr. Sandipraj Shashikant Autade

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Abstract
The aim of the study is to study the opinion and attitude of Academicians towards making Physical education a compulsory subject in the state of Goa. The area of research was the state of Goa to obtain primary data by using a questionnaire. A Stratified Random Sampling approach has been used to obtain data for this study and possible answers were given by the respondents. The Academicians are very enthusiastic about physical education. And they have a very high positive attitude towards physical education. It also results that a majority of the teachers are in the favor of the implementation of physical education as a compulsory subject.

Keywords: attitude academicians, physical education, compulsory subject

Introduction
Physical Education and sport and physical culture each provide a special platform on which to discover a multitude of holistic learning opportunities. For instance, the moral or ethical controversies in sport can give teachers a range of academic stimuli for debate, reasoning, and critical thinking. As part of the project, not only were the students recognized for their written contributions at school awards evenings, Physical Education was successfully standing shoulder to shoulder with other subjects in the curriculum as a valuable educational endeavor, with written evidence to help the claim.

Eleonora Sislova, et.al, in their article "Comparison of attitude towards compulsory physical activity at the university among students from Latvia and Belarus in the context of experience in physical education" said that, due to their expertise in physical education and the current different interpretations of standards, university students attitudes toward required physical exercise have not been thoroughly examined. For a big part of students in the Republic of Latvia and Belarus physical activity throughout leisure is not up to the suggested level. Students in Belarus are mindful of the impact of physical activity on health, and 82% of scholars in Latvia have a favorable attitude toward physical activity.

Amarjit Kaur In their article "Curriculum and practicum status of physical education and sports in different colleges of Punjab" stated that "the studys aim was to investigate the physical education and sports curriculum, as well as the practicum status, in various colleges in Punjab that offer physical education courses. There would be no important mean score difference in the curriculum, according to the hypothesis. According to the findings, there was no significant mean score discrepancy between the physical education curriculum and the practicum".

Objective of Study:
To study the attitude and opinion of academicians towards physical education as a compulsory subject. And how many educational institutions are implementing physical education as a compulsory subject for passing, implementing physical education as a compulsory subject in their curriculum.

Hypotheses

- H0: That the attitude of Academician towards physical education is positive.
- H1: That all the institutions are implementing physical education as a compulsory subject in their institutions.

Methodology

The nature of the study is explanatory, precise, and investigational in nature. A survey was conducted in the state of Goa to obtain primary data by using a questionnaire that consists of 25 applicable questions related to the topic. A Stratified Random Sampling approach has been used to obtain data for this study and possible answers were given by the respondents. The questions were designed to acquire data, minimize interview and respondent bias, and enabling coding, tabulation, and interpretation.

Sample

Population: Teachers from various Schools, Higher Secondarys, Colleges and other Educational Institutions in Goa the Sample Size is 522 by Cluster Sampling followed by Simple Random Sampling from all the Educational Institutions across Goa from Primary level to Post Graduate level faculties (Aided, Government and Self-financing) Educational Institutions and Teachers at all the levels.

Statistical Analysis

Testing of Hypothesis

Hypothesis 0: That the attitude of Academician towards physical education is positive

A survey was conducted by using a questionnaire that consists of 25 applicable questions related to the topic.

Anova (Analysis of Variance)

ANOVA						
Source of variation	**SS**	**Df**	**MS**	**F**	**P-value**	**F crit**
Between groups	9006.206	26	346.3925	394.8824	0	1.496374
Within roups	12339.63	14067	0.877204			
Total	21345.84	14093				

*Level of significant 0.05.

The null hypothesis that the means of several populations are all equal is tested using a single factor or one-way ANOVA.

Sources of variation: Between groups in this study is considered as Faculties from different institutions and colleges and within groups are teachers teaching physical education subject and another subject as well.SS. Sum of square deviations. “SS values are 9006.206 is the value for between the groups and value within the groups is 12339.63”.Df. = “Degrees of freedom”. “For between groups is 26 (number of majors minus 1) and for within groups is 14067 (number of students minus number of majors)”.MS. = “Mean square of deviations” “Which is equal to SS/df, Roughly 345.3925 between the groups and 0.877204 within the groups”.F. “Is a probability distribution. It is the ratio of two variances.

The value of F here is 394.8824”. “P-value”. We got a p-value of 0.13 which is greater than 0.05, so it seems there is no relation between a students major and his/her final grade. Had the p-value been lower than 0.05 then we would have found some kind of relationship between majors and grades.” F-crit”. “Is the critical value to check whether we reject or fail to reject ANOVAs assumption. The value of F crit here is 1.496374”.

Descriptive Statistics

Descriptive Statistics					
	N	**Minimum**	**Maximum**	**Mean**	**Std. Deviation**
Attitude	524	2.63	5.00	4.1604	.44210
Valid N (list wise)	524				

One-Sample Statistics

One-Sample Statistics			
	N	**Mean**	**Std. Deviation**
Attitude	524	4.1604	.44210

One-Sample Test						
	Test Value = 3					
	T	**Df**	**Sig. (2-tailed)**	**Mean Difference**	**95% Confidence Interval of the Difference**	
					Lower	**Upper**
Attitude	60.084	523	.000	1.16041	1.1225	1.1983

“One sample t-test was used to check if the mean of the responses varies significantly from the scale mean of 3. The T-value 60.084(p value= 0.000< 0.05) shows that the mean attitude (4.16) is significantly different from the mean scale of 3. As the mean (4.16) is between 4 and 5 which represents agree and strongly agree on the Likert scale, we can significantly conclude that the Academicians have a positive attitude towards physical education. Also, confirms the fact as on an average 99.8% agree/strongly agree with the fact that academicians have a positive attitude towards physical education.”

Attitude Scale		Frequency	Valid Percent	Cumulative Percent
Valid	"Strongly Disagree"	0	0	0
	"Agree"	0	0	0
	"Neither Agree nor Disagree"	1	0.2	0.2
	"Agree"	224	42.7	42.9
	"Strongly Agree"	299	57.1	100.0
	Total	524	100.0	
Missing	System	8		
Total		532		

Report			
Attitude			
Experience category	Mean	N	Std. Deviation
upto 10 years	4.2118	257	.43106
11 to 20 years	4.1008	202	.44134
more than 20 years	4.1425	65	.46916
Total	4.1604	524	.44210

Tests of Normality						
	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	Df	Sig.
log Attitude	.111	524	.090	.953	524	.089
a. Lilliefors Significance Correction						

ANOVA					
log Attitude					
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	.016	2	.008	3.714	.025
Within Groups	1.129	521	.002		
Total	1.145	523			

Post Hoc Tests

Multiple Comparisons						
Dependent Variable: log Attitude LSD						
(I) experience category	(J) experience category	Mean Difference (I-J)	Std. Error	Sig.	95% Confidence Interval	
					Lower Bound	Upper Bound
up to 10 years	11 to 20 years	.01180*	.00438	.007	.0032	.0204
	More than 20 years	.00766	.00646	.236	-.0050	.0204
11 to 20 years	up to 10 years	-.01180*	.00438	.007	-.0204	-.0032
	more than 20 years	-.00414	.00664	.533	-.0172	.0089
more than 20 years	up to 10 years	-.00766	.00646	.236	-.0204	.0050
	11 to 20 years	.00414	.00664	.533	-.0089	.0172

*Level of significant 0.05.

Anova test was used to test whether there is a significant difference between the attitude of academicians based on the number of years of experience. It showed that there is a significant difference (F=3.714, p=0.025<0.05) between the attitude of academicians based on the number of years of experience. Post hoc tests revealed that Younger faculties with experience up to 10 years show significantly (p=0.007<0.05) higher positive attitude (Mean difference = 0.01180*) compared to the academicians with 11 to 20 years of teaching experience. There is no difference between the attitude of academicians with more than 20 years of experience and up to 10 years of experience (p=0.236>0.05) and also between more than 20 years of experience and 11 to 20 years of experience (p=0.533>0.05) towards physical education, although all have a positive attitude towards physical education.

Hypothesis 1: That all the institutions are implementing physical education as compulsory subject in their institutions

A survey was conducted by using a questionnaire that consists of 25 applicable questions related to the topic.

Reliability Statistics		
Cronbachs Alpha	Cronbachs Alpha Based on Standardized Items	No of Items
0.647	0.686	6

One-Sample Statistics				
	N	Mean	Std. Deviation	Std. Error Mean
compulsory subject	524	4.2611	.56407	.02464

One-Sample Test						
	Test Value = 3					
	T	Df	Sig. (2tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
compulsory subject	51.179	523	.000	1.26113	1.2127	1.3095

Compulsory Subject Category					
		Frequency	Percent	Valid Percent	Cumulative Percent
	Strongly Disagree	0	0	0	
	Disagree	0	0	0	
Valid	Neither agree Nor Disagree	5	.9	1.0	1.0
	Agree	195	36.7	37.2	38.2
	Strongly Agree	324	60.9	61.8	100.0
	Total	524	98.5	100.0	
Missing	System	8	1.5		
Total		532	100.0		

One sample t test was used to check if the mean of the responses varies significantly from the scale mean of 3. The T-value 51.179 (p value= 0.000< 0.05) shows that the mean of the opinion (4.26) is significantly different from mean scale of 3. As the mean (4.26) is between 4 and 5 which represents agree and strongly agree on Likert scale, we can significantly conclude that the Academicians have positive opinion for implementing physical education. Also, confirms the fact as on an average 97.6% agree/strongly agree the fact that all the institutions are implementing physical education as compulsory subject in their institutions."

Major Findings

- The Academicians are very enthusiastic about physical education. And they have a very high positive attitude towards physical education.
- The study has indicated that a majority of the teachers are in the favor of the implementation of physical education as a compulsory subject. And their opinion that children are who actively participate in all types of physical activities including participation at various sports competitions is obedient, disciplined, and well-mannered, and well-behaved.
- The teachers have a highly favorable attitude towards physical education because it promotes physical fitness, health, mental maturity, alertness, leadership qualities, personality development, and sociability.
- Physical education should be made an examination subject in the curriculum for all classes, according to nearly 84% of the total respondents who participated in the study.
- 97% of the respondent believed that "Health is Wealth."
- f)Nearly 84% of respondents having an opinion that more time should be dedicated to physical activity and sports in the timetable as they are also an important subject in the curriculum.
- If physical education is implemented as a compulsory subject, then students will get Grace Marks to benefit, career benefit and also many benefits like financial support from Government and educational institutions.
- Almost 93% of the institutions in the state organize sports meet and cultural programmes in their respective institutions.

Conclusion

The study concluded that physical education is just as essential as any other subject in the curriculum and that it should be regarded as such. More and more students can be inclined towards physical education by creating awareness about physical education, organizing more sports activities in the institutions like intramurals, etc., and encouraging students to participate on various levels, including district, state, national, and international.

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