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Impact of college students' attitudes on their engagement in sports activities

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Abstract

Attitude is a mental and emotional disposition or perspective that shapes a person's feelings, thoughts, and behaviors toward a particular person, thing, situation, or concept. It can be positive, negative, or neutral, and it plays a significant role in guiding human behavior. For this study, 20 subjects were selected, and further, it is subdivided into two groups: the experimental group (10 subjects) and the control group (10 subjects). Based on expert opinion and personal understanding, the standard Sonstroem Physical Estimation and Attraction Scale (PEAS) questionnaire was used. The investigator tried to get a reflection of the attitude of urban and rural students towards sports participation in Birbhum, South 24 Parganas, Burdwan, Nadia, and Medinipur. To find the impact of college students attitudes on their engagement in sports activities, the data was examined by applying the analysis of a paired T-test. The level of significance to test the hypothesis was set at 0.05. Data analysis shows that there was a significant difference between the pre- and post-tests of the impact of college students' attitudes on their engagement in sports activities in the experimental group, as the calculated t-ratio of 5.77 was greater than the tabulated t-value of 2.10. Thus it can be said that there was significant effect of nine (9) weeks of sports activities program on attitude.

Keywords: Attitude, sports, sports activities

Introduction

Attitude is a mental and emotional disposition or perspective that shapes a person's feelings, thoughts, and behaviors toward a particular person, thing, situation, or concept. It's a complex psychological concept that influences how individuals perceive and interact with the world around them. Attitudes can encompass a wide range of feelings, including likes, dislikes, preferences, opinions, beliefs, and emotions. They are often shaped by a combination of personal experiences, cultural influences, social norms, and cognitive processes. Attitudes can be positive, negative, or neutral, and they play a significant role in guiding human behavior. For example, a positive attitude toward exercise might lead someone to prioritize physical activity, while a negative attitude toward a certain food might result in avoiding that food. Attitudes can also change over time due to new information, experiences, or personal growth.

Attitudes are typically categorized into three components

- **Cognitive component:** This involves a person's beliefs and thoughts about a particular subject. For instance, someone might have positive thoughts about the benefits of recycling.
- **Affective component:** This pertains to the emotional reactions and feelings associated with a subject. For instance, someone might feel happy when thinking about spending time with loved ones.
- **Behavioral component:** This relates to the actions or behaviors that result from a person's attitude. For instance, someone with a positive attitude toward volunteering might actively participate in community service activities.

Sports activities play a significant role in the lives of college students, contributing to their physical, mental, and social well-being. Engaging in sports helps students maintain a healthy lifestyle, manage stress, build teamwork skills, and develop time management abilities.

Here are some key points about sports activities and college students, along with references:

- 1. Physical Health Benefits:** Regular participation in sports activities can improve cardiovascular health, enhance muscle strength, and promote overall physical fitness among college students. It can also help prevent obesity and related health issues.
- 2. Mental Health Benefits:** Sports activities have been linked to reduced levels of stress, anxiety, and depression among college students. Physical activity stimulates the release of endorphins, which are known as "feel-good" hormones that improve mood.
- 3. Social Interaction and Teamwork:** Participating in team sports activities provides college students with opportunities to build social connections and develop teamwork skills. Interacting with teammates fosters communication, cooperation, and leadership skills.
- 4. Time Management and Discipline:** Balancing sports activities with academic responsibilities teaches college students valuable time management and organizational skills. Juggling sports practices, games, and study time requires discipline and effective planning.
- 5. Campus Community and Identity:** Engaging in sports activities can help students feel more connected to their college community and establish a sense of belonging. Participation in sports can contribute to a student's identity and pride in their institution.

Incorporating sports activities into college life can lead to holistic development and improved well-being for students. These references provide a starting point for understanding the benefits of sports activities among college students.

Objective: The objective of the present study was to assess the impact of college students' attitudes on their engagement in sports activities.

Methodology

The purpose of this study was to find out the impact of college students attitude on their engagement in sports activities. Total twenty (20) subjects were selected for the study and further it is sub-divided into two groups: Experimental Group 10 subjects and Control Group 10 subjects.

Measurement of Attitude

The selection of a proper tool was of vital importance for this study since the aim is to assess the students' attitude of urban & rural students towards sports participation. Based on expert opinion and by personal understanding the standard Sonstroem Physical Estimation and Attraction Scale (PEAS) questionnaire was used. With the help of the questionnaire the investigator tried to get the reflection of attitude of urban & rural students towards sports participation in Birbhum, South 24 Parganas, Burdwan, Nadia and Medinipur of West Bengal, India.

Collection of Data

At the beginning, the investigator will visit different Birbhum, South 24 Parganas, Burdwan, Nadia and Medinipur of West Bengal, India and will explain the purpose of the present study to them. Necessary instructions will be passed on to the subject before the administration of questionnaire.

Confidentiality of responses will be guaranteed. No time limit for filling-in questionnaire will be set, but the subjects will be

asked to respond as quickly as possible once the instructions are clearly understood by them.

Administration of Questionnaire

The questionnaire will be administered by the research scholar to all selected students of Birbhum, South 24 Parganas, Burdwan, Nadia, Medinipur. The subjects will be exhorted to give their own & true opinion and the research scholar will assure to the respondents that the information given by them will be kept confidential and will be utilized only for the purpose of this study.

Statistics

To find the impact of college student's attitude on their engagement in sports activities, the data was examined by applying analysis of Paired T-Test. The level of significance to test the hypothesis was set at 0.05.

Findings

In order to determine the impact of college student's attitude on their engagement in sports activities the pretest and post test score were collected, the initial and final test scores were analyzed using Paired T-Test. The results of the study are presented in tabular form.

Table 1: Comparison of Pre and Post Test of college student's attitude on their engagement in sports activities of Experimental and Control Group

Group	Test	Mean	S.D	S.E.	M.D	t-value
Experimental	Pre-Test	1.20	0.19	0.028	0.16	5.77*
	Post-Post	1.36	0.26			
Control	Pre-Test	1.12	0.137	0.002	0.001	0.361
	Post-Post	1.12	0.136			

*Significant at 0.05 level of significance, $t_{0.05}(18) = 2.101$

Table-1 shows that there was significant difference among pre-post test of impact of college student's attitude on their engagement in sports activities of experimental group as calculated value t-ratio 5.77 was more than tabulated t-value 2.10. Thus it can be said that there was significant effect of nine (9) weeks of sports activities program on attitude.

Conclusion

Attitudes can have a significant impact on college students through their involvement in sports. Sports offer a unique context where attitudes can play a crucial role in shaping behaviors, decisions, and overall experiences.

- **Motivation and Participation:** Positive attitudes toward sports can motivate college students to participate actively. Students with a positive attitude are more likely to engage in sports, which can lead to improved physical health, mental well-being, and social interactions.
- **Academic Performance:** Attitudes toward sports can indirectly impact academic performance. Research suggests that participating in sports can enhance cognitive skills, time management, and discipline. A positive attitude toward sports may contribute to better academic outcomes through improved self-discipline and time management skills.
- **Social Integration:** Participating in sports can help students form social connections and develop a sense of belonging. Positive attitudes toward teamwork, cooperation, and competition can enhance students' ability to collaborate effectively with peers, thereby improving their social integration on campus.

- **Self-Confidence and Self-Efficacy:** A positive attitude toward sports can boost self-confidence and self-efficacy. Engaging in sports challenges and achievements can help students develop a strong sense of competence that can extend to other areas of their lives.
- **Stress Management:** Attitudes can influence how students perceive and cope with stress. A positive attitude toward sports can serve as a healthy outlet for stress relief, helping students manage their academic and personal challenges more effectively.
- **Health and Wellness:** A positive attitude toward physical activity and sports can encourage healthy lifestyle choices. Students who hold positive attitudes toward maintaining their physical health are more likely to engage in regular exercise and make healthier dietary choices.
- **Skill Development:** Attitudes toward skill development in sports can impact a student's willingness to learn and improve. Positive attitudes toward the process of acquiring new skills can lead to greater dedication and effort in practicing and refining their abilities.
- **Leadership and Responsibility:** Positive attitudes can contribute to the development of leadership qualities and a sense of responsibility. Engaging in sports often involves taking on roles such as team captain or mentor, which can foster leadership skills.
- **Conflict Resolution:** Attitudes related to conflict resolution and sportsmanship is important in sports settings. Students with positive attitudes toward fair play respect for opponents, and ethical behavior can contribute to a more positive and respectful sports environment.
- **Networking and Alumni Relations:** In college, sports participation can create networks and connections that extend beyond the campus years. Positive attitudes toward sports can lead to lasting connections with fellow athletes, coaches, and alumni, offering potential benefits in terms of career opportunities and personal growth.

It's important to note that attitudes can vary widely among college students, and their impact can be influenced by individual differences, cultural factors, and the specific sports context. Colleges and universities often recognize the positive impact of sports on students and provide various resources to support their involvement and foster positive attitudes in this domain.

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