

A STUDY ON THE ATTITUDES OF COLLEGE/ UNIVERSITY STUDENTS TOWARDS SUSTAINED PARTICIPATION IN SPORTS AND GAMES

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Abstract

This study is attempted to assess the attitude of college/university students both men and women towards participation in sports and games and also to find out why there is no sustained participation among them.

Methodology- The sample of the present study comprised of 480 students i.e., 240 males and 240 females studying in Under graduate and Post graduate courses of Allahabad and Lucknow. Statistical Analysis-Use of Mean, SD, t-test. The study revealed that there exists significant difference in every aspect i.e., Physical aspect, cognitive aspect, health aspect, psychological aspect, social aspect of attitude of college/university students towards sustained participation in sports and games. The direction of difference was in favour of male students. Thus hypotheses stated 'there is significant difference in attitude of college/university students towards sustained participation in sports and games' stands accepted.

INTRODUCTION:

Sports and Games play an important part in human resource development. Sports have the capacity to transform the lives of individuals. It bolsters physical, psychological, emotional, and social well-being and development. Games are creative and mindful expression of human spirit which comes out through the creation of activity that has an entertaining, flexible, instructive and competing elements. Games are the positive experience which helps in strengthening of our body and mind. Attitudes are generally positive or negative views of a person, place, thing, or event. Attitudes are judgments. Attitude is a person's behaviour, which indicates his/her thoughts, feelings or opinions. attitudes are not innate-they are learned, they develop and they are organized through experience. These states of readiness are relatively enduring but they are modifiable and subject to change.

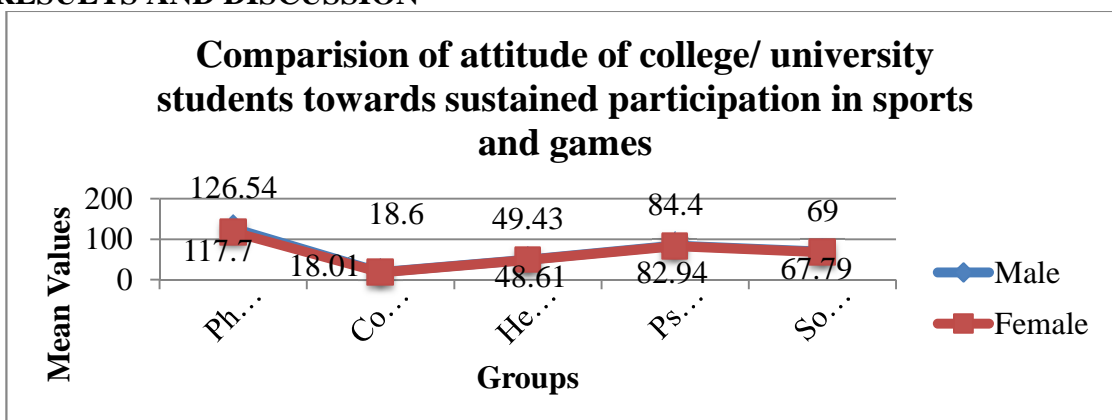
OBJECTIVE OF THE STUDY:

This study was attempted to assess the attitude of college/university students both men and women towards participation in sports and games and also to find out why there is no sustained participation among them.

METHODOLOGY:

The sample of the present study comprised of 480 students studying in Under graduate and Post graduate courses of Allahabad and Lucknow District of Uttar Pradesh. Among the respondents 240 male and 240 female students were taken as subjects. Data were collected by stratified random sampling technique. Self prepared questionnaire was adopted. The response of the subjects was assessed by five point Likert Scale. Likert scale was divided into 5 groups i.e. (a) Strongly Agree, (b) Agree, (c) Undecided, (d) Disagree, and (e) Strongly Disagree was selected to assess the response of the subjects on positive or negative worded statements. Mean, SD, t-test was used to study the attitude of college/university students towards sustained participation in sports and games.

RESULTS AND DISCUSSION



- (a) In physical aspects the mean score of male students (126.54) was higher than the mean score of female students (117.70) by 4.36. T-test value obtained was 5.36, was greater than the required value (2.63). It was significant at 0.01 levels.
- (b) In cognitive aspect the mean difference between male students (18.98) and female students (18.04) was 2.30. The obtained t-value was 3.92, was greater than the required value (2.63). It was significant at 0.01 levels.
- (c) In health aspect the mean score of male students (49.43) was higher than the mean score female students (48.61) by 0.82 the obtained t-value was 4.34, was greater than the required value (2.63). It was significant at 0.01 levels.

- (d) In psychological aspect the mean difference between male students (84.40) and female students (82.94) was 1.46. T-test value obtained was 6.63, was greater than the required value (2.63). It was significant at 0.01 levels.
- (e) In social aspect the mean difference between male students (69.00) and female students (67.79) was 1.21. T-test value obtained was 5.80, was greater than the required value (2.63). It was significant at 0.01 levels.

The study revealed that there exists significant difference in every aspect i.e. Physical aspect, cognitive aspect, health aspect, psychological aspect, social aspect of attitude of college/university students towards sustained participation in sports and games. The direction of difference was in favour of male students. Thus hypotheses stated 'there is significant difference in attitude of college/university students towards sustained participation in sports and games' stands accepted. Similar finding is also reported by Goral (2010).

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