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Attitude of Principals of Colleges of Various Universities in Gujarat towards Physical Education and Sports

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Abstract

The purpose of the study was to find out the attitudes of principals of different colleges of Gujarat towards physical education and sports. A total of 348 principals have selected randomly as subjects for the purpose of the study. Questionnaire was constructed and developed by the research scholar in consultation with the subject experts. All the essential items regarding attitude were incorporated in the questionnaire. The questionnaires were administered to subjects through contact. Detailed instructions were explained well to the subject before administration of the questionnaire to assure them that the responses given would be kept strictly confidential and utilized for the research purpose only. On the basis of researcher's own experience, expert's opinion and available literature it was hypothesized that there would be no significant difference between attitudes of subjects towards physical education and sports. The study has revealed that the principals of North Gujarat have more positive attitudes towards physical education and sports than the principals of Central Gujarat. The principals of North Gujarat are having more positive attitudes towards the physical education and sports than the principals of Saurashtra.

Key Words: Attitudes towards physical education, principals, Gujarat

Introduction

The scientific inventions are the witness – the child who takes part in physical education and sports activity, are more active, stable and self-confident¹. As old the human history, so old is the history of education, because human life is based on existence². Physical activities directly or indirectly related with human life since the age of *purana* in some or other form has been the part of human life. In certain circumstances of life, the man had to become active and powerful. In olden days the man required physical energy to support his life and protection against wild animals. For this purpose only the man adopted physical exercise.

Thus we find the progress of physical strength activities along with the man. For representation in present and future, physical activities' affirmative attitude towards physical education, nourishes effective inspiration. Strong affirmative attitudes lying in pupils so, inspire them to take part enthusiastically in school and afterward in life. Disliking towards these activities creates negative effect so to some extent awareness of attitudes is necessary³. Attitudes play very important role in everybody's life from very small matters to very important matter. Attitudes influence-out different facts of life directly or indirectly . Person's whole personality is expressed in his attitudes. In reference to the study, the researchers had made an attempt to measure and create the suggestions

from the principals of various colleges and universities of Gujarat about physical education and sports.

It was hypothesized that there would be no significant difference between attitudes of principals of different colleges and University of Gujarat towards physical education and sports.

Experimental

A total 348 principals have selected randomly for the purpose of the study and data were gathered through questionnaire method. Before filling up the questionnaire, the subject was well informed about the purpose and future use of data. Experimental data were statistically analysed using Linkert attitude scale.

Results

Various statistical measures calculated are shown in Table 1. Based on data presented in Table

Table 1. Frequency distributions of different zones

| Statistics | Frequency distribution | | | |
|--------------------|------------------------|-----------------|---------------|------------|
| | North Gujrat | Central Gujarat | South Gujarat | Saurashtra |
| Mean | 398.71 | 392.37 | 388 | 389 |
| Median | 400 | 388 | 391.5 | 399 |
| Quartile deviation | 52 | 45 | 60 | 63 |
| Standard Deviation | 40.44 | 38.20 | 44.71 | 48.43 |
| Standard Error | 5.66 | 5.06 | 10 | 7.75 |

Table 2. Testing of Null hypothesis at 0.05% level of significance

| Null hypothesis | t-value | p-value | A / R |
|--|----------|---------|-------|
| There is no significant difference between attitudes of principals of North Gujarat and principals of Central Gujarat toward physical education and sports | 0.60 | 0.55 | R |
| There is no significant difference between attitudes of principals of North Gujarat and principals of South Gujarat toward physical education and sports | (-) 0.45 | 0.65 | A |
| There is no significant difference between attitudes of principals of North Gujarat and principals of Saurashtra toward physical education and sports | 0.99 | 0.33 | R |
| There is no significant difference between attitudes of principals of Central Gujarat and principals of South Gujarat toward physical education and sports | 0.18 | 0.86 | A |
| There is no significant difference between attitudes of principals of Central Gujarat and principals of Saurashtra toward physical education and sports | 0.87 | 0.39 | R |
| There is no significant difference between attitudes of principals of South Gujarat and principals of Saurashtra toward physical education and sports | (-) 0.04 | 0.97 | A |

A= Null hypothesis accepted; R = Null hypothesis is rejected

2 we can say that the principals of North Gujarat are having more positive attitudes towards physical education and sports than the principals of Central Gujarat. The Principals of North Gujarat are having more positive attitudes towards the physical education and sports than the Principals of Saurashtra. The principals of Central Gujarat are having more positive attitudes towards the physical education and sports then principals of Saurashtra. In short principals of Central Gujarat and principals of South Gujarat are having high attitudes towards physical education and sports.

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