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Attitude of Female Students Towards Physical Education and Sports

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ABSTRACT

This study presents an attitude of female students studying B.Ed. third year towards physical education and sports within Kathmandu valley. Initially, it was hypothesized that there is no significance difference in attitude of physical education and sports among female students of different campuses. From these 6 campuses, 184 female students were randomly selected. A five-point Likert-type scale was applied for data collection from the selected students who studied in B.Ed. third year. Altogether five opinion statements were used for data collection. It was found that all respondents showed positive attitudes towards physical education and sports. In order to test whether there is significant interdependence in score among the respondents in different perspectives. The chi-square test score was applied as statistical test at the 0.05 level of significance. The chi-test under contingency table: independent of opinion among the respondent, if ($\chi^2 \geq \alpha$=0.05 in different degree of freedom) and independent if ($\chi^2 \leq \alpha$=0.05 in different degree of freedom). For the measurement of attitude for physical education and sports,it has enough evidence in the data to accept alternatives hypothesis; there is relation or interdependence of attitude towards physical education and sports among the respondents. Because, the score is very high among the response of respondent. The study suggests that the university teacher must be accountable to construct professional environment.

Key Words: Key words: Attitude, physical education, sports, female students.

INTRODUCTION

"Physical education is the study, practice, and appreciation of the art and science of human movement" (Harrison, Blakemore, and Buck, 1989 p. 15). Sports is a worldwide popular activity. Sports activities become the important part of our daily life. Very often physical education is equated with physical training, exercise, games and sports recreational activities, yoga, dance etc. The World Health Organization (WHO, 2016) defines physical activity as "any bodily movement produced by skeletal muscles that requires energy expenditure" (para. 1).

Physical activities of moderate-intensity such as walking, cycling, or participating in sports have significant health benefits that contribute to maintaining one's physical health (WHO, 2016). The recommended guidelines indicate that adults 18-64 should obtain 150 minutes a week of moderate-intensity 4 physical activity or at least 75 minutes of vigorous-intensity activity per week. Children and youth ages 5-17 years should accumulate 60 minutes per day of moderate to vigorous physical activity and several hours of light physical activity throughout the day (Canadian Society for Exercise Physiology, 2011). For the purpose of this study, women meeting the recommended physical activity guidelines are considered active.

Physical inactivity is defined as "doing no or very little physical activity at work, at home, for transportation or during discretionary time" (Bull et al., 2004, p. 729). For the purpose of this paper, women are considered physically inactive, or 'Inactive,' if they participate in little to no physical activity. A third category exists for those women who do not meet the criteria for being physically active or physically inactive. Some individuals take part in some form of physical activity at irregular intervals, but fall short of meeting the suggested guidelines as outlined by WHO (2016). As these persons are not achieving sufficient levels of physical activity for optimum health, they are regarded as 'Semi-Active.'

Physical education and sports provide the basis for sound health of the people and helps to maintain physical,

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mental, social and emotional development of an individual. It also helps to minimize the risk and control various diseases like high blood pressure, heart diseases, lungs diseases, neurological problems, skeletal problems etc. Similarly, physical education and sports is a main part of education. Nowadays, physical education and sports has been playing a vital role in the wholesome development of an individual. It is always directed towards producing desirable change in the total behavior of an individual.

In our society, there is domination of males in physical education and sports. However, most of the males are not aware about the importance of involvement of females in such activities. In this modern society, the involvement of females in physical education and sports is equally important as males because through sports activities they can learn cooperative behavior, personal fitness, socialization, discipline, control of emotion, appreciative thinking, utilization of leisure time, knowledge of health as well as for spreading its importance to family members and the community as well. In the context of Nepal, females are solely engaged in household work and thus, have not participated in the field of sports. Keeping this in mind, the paper is interested to find the attitude towards physical education and sports of females.

METHODOLOGY

Mixed method research design had been applied for this study. Also, the information was analyzed by mixed method i.e. both quantitively and quantitively. The study was conducted campuses running B. Ed. program affiliated to Tribhuvan University in Kathmandu valley. There are 17 campuses in Kathmandu valley. In third year with Health and Physical Education as a major subject, 340 students were enrolled in those campuses. Among them 245 students were female and rest 95 were male. Out of total, 6 campuses were selected randomly. Out of them,184 female students were selected from Health and Physical Education in B.Ed. by using Slovin's formula, $n = \frac{N}{1+N(e)^2}$ (where, N= total number of female students, e= Standard error for 95% confidence level and n= sample size.). The study used Likert attitude test scale and questionnaire to identify the attitude of the respondents. Researcher used frequency table, mean, percentage and chi square test for the analysis quantitative information obtained from the questionnaire and checklist. Likert scale, SPSS program were used for interpretation of data. The test is called the χ^2 test of independence and the null hypothesis is that there is no difference in the distribution of responses to the outcome across comparison groups. The outcome is variable and the grouping variable (e.g., the comparison treatments or comparison groups) are independent (hence the name of the test). Independence here implies homogeneity in the distribution of the outcome among comparison groups.

RESULT AND DISCUSSION

Under this heading, attitude of students regarding the Physical Education and sports as a subject is shown. here the assessed topics include, Physical, mental, social and emotional development, Sports keeps at good physical fitness and health, PE classes are effective and joyful, PE provides energy to study other subjects. These headings were made so as to assess how the students view towards the Physical education and Sports affect the various aspects of life.

Table 1: Attitude towards physical education and sports as a subject

Attitudes Scale	SA	A	N	D	SD	Total	WM	Chi-Value
Physical, mental, social and emotional development	163	21	0	0	0	184	4.89	53.88
Sports keeps at good physical fitness and health	61	110	9	4	0	184	4.24	183.51
PE classes are effective and joyful	86	2	10	86	0	184	3.48	223.15
PE provides energy to study other subjects	160	17	7	0	0	184	4.83	49.12
Total	470	150	26	90	0	736	4.36	509.65

In above table 1, 163 respondents put their argument in strongly agree and 21 respondent favor in agree in the statement of physical, mental, social and emotional development out of 184. This statement Weighted Mean (WM) is 4.89 which shows absolute supported. Statement wise Chi-square value which is the statistical measures

of independent of opinion also seems favorable among the opinion. In second statement 61, 110, 9 and 4 are belong to SA, A, N, DA and SD respectively. Value of WM and Chi-square also is very supported position for consistency among the attitude. Likewise, in statement three respondent number of 86, 2, 10, 86, 0 are belong to SA, A, N, DA and SD respectively. Which WM is 3.48 and Chi-square value is 223.15. Fourth statement WM is 4.83 which is result of 160 respondents put their opinion SA, 17 respondents supported to A, 7 expressed in N and remaining two are no respondent choice.

In aggregate interpretation of the statement SA, A, N, DA, SD score 470, 150, 26, 90 and 0 respectively. Weighted mean is 4.36 and Chi-square value is 509.65. The value $\chi 2$ test depends on the level of significance and the degrees of freedom, defined as degrees of freedom (df) = (c-1) (r-1) =12 value is 21.026. If the null hypothesis is true, the observed and expected frequencies will be close in value and the χ^2 statistic will be close to zero. If the null hypothesis is false, then the χ^2 statistic will be large. Critical values can be found in a table of probabilities for the χ^2 distribution. Here we have df 12 and a 5% level of significance. The appropriate critical value is 21.026, and the decision rule is as follows: Reject H_0 if $\chi^2 \geq 21.026$. The conclusion can be tracked for similar and positive attitude for physical education and sports.

Attitude towards females in physical education and sports

Attitude of physical education and sports through Social behavior can be measured by seven factors mentioned in following attitudes scale.

Table2: Attitude towards Females in physical education and sports

S.no	Attitudes Scale	SA	A	N	D	SD	Total	WM	Chi-Value
2.1	Female can play as good as male	110	64	7	3	0	184	4.53	32.79
2.2	Female behaved equally as male in class	102	62	7	7	6	184	4.34	26.90
2.3	Support from teacher, guardian and friends for study	82	95	2	3	2	184	4.37	28.75
2.4	Curriculum useful for female students	65	79	9	30	1	184	3.96	11.75
2.5	Playing is taken as good by the society	59	87	25	11	2	184	4.03	13.58
2.6	Proper subject for Female Employment	55	69	12	43	5	184	3.68	47.03
2.7	View of society towards female students	46	71	43	24	0	184	3.76	63.48
	Total	519	527	105	121	16	1288	4.10	224.28

In above table 3, 110 respondents put their argument in strongly agree and 64 respondent favor in agree,7 respondents neutral and 3 respondents disagree in the statement of Female can play as good as male out of 184. This statement Weighted Mean (WM) is 4.53 which shows absolute supported. Statement wise Chi-square value which is the statistical measures of independent of opinion also seems favorable among the opinion. In second statement 102, 62, 7, 7 and 6 are belong to SA, A, N, DA and SD respectively. Value of WM and Chi-square also is very supported position for consistency among the attitude. Likewise, in statement three respondent number of 82, 95, 2, 3, and 2, are belong to SA, A, N, DA and SD respectively. Which WM is 4.34 and Chi-square value is 28.75. Fourth statement WM is which is result of 65 respondents put their opinion SA, 79 respondents supported to A, 9 are neutral, 30 respondents put their opinion DA and expressed in SD remaining one respondent. Fifth statement WM is which is result of 59, 87, 25, 11, and 2 are belong to SA, A, N, DA, and SD respectively. Which WM is 4.03 and Chi-square value is 13.58.In sixth statement 55, 69, 12, 43 and 5 are belong to SA, A, N, DA and SD respectively. Which WM is 3.6 and Chi-square value is 47.03. At last statement 46, 71, 43 and 24 belong to SA, A, N, DA and SD respectively. Which WM is 3.76 and Chi-square value is 63.48.

In aggregate interpretation of the statement SA, A, N, DA, SD score. Weighted mean is 4.10 and Chi-square value is 224.28. The value $\chi 2$ test depends on the level of significance and the degrees of freedom, defined as degrees of freedom (df) = (c-1) (r-1) =24 value is 36.41. If the null hypothesis is true, the observed and expected frequencies will be close in value and the χ^2 statistic will be close to zero. If the null hypothesis is false, then the χ^2 statistic will be large. Critical values can be found in a table of probabilities for the χ^2 distribution. Here we have

df 12 and a 5% level of significance. The appropriate critical value is 21.026, and the decision rule is as follows: Reject H_0 if $\chi^2 \geq 36.41$. The conclusion can be tracked for similar and positive attitude for physical education and sports.

Attitude towards the academics of physical education and sports

Attitude of physical education and sports through Social behavior can be measured by seven factors mentioned in following attitudes scale:

Table 3:Attitude towards the academics of physical education and sports

S.no	Attitudes Scale	SA	A	N	D	SD	Total	WM	Chi-Value
3.1	Taught by trained teachers	88	86	7	3	0	184	4.41	97.21
3.2	Adequate content of curriculum 1st and 2nd year	61	92	4	26	1	184	4.01	24.13
3.3	Media plays great role in promoting Sports	34	117	13	13	7	184	3.86	36.08
3.4	Organizations help in organizing programs in campus	32	50	54	30	18	184	3.26	33.47
3.5	Proper Physical facilities in campus	15	47	27	45	50	184	2.63	54.75
3.6	Good policy of PE and sports of our country	12	43	66	37	26	184	2.88	93.97
3.7	Influence by friends to study PE	11	52	11	67	43	184	2.57	92.57
	Total	253	487	182	221	145	1288	3.37	432.17

In above table 3, 88 respondents put their argument in strongly agree and 86 respondent favor in agree, 7 respondents neutral and 3 respondents disagree in the statement of taught by trained teachers of 184. In second statement 61, 92, 4, 26 and 1 are belong to SA, A, N, DA and SD respectively. Value of WM and Chi-square also is very supported position for consistency among the attitude. Likewise, in statement three respondent number of 34, 117, 13, 13 and 7, are belong to SA, A, N, DA and SD respectively. Which WM is 3.86 and Chi-square value is 36.08. Fourth statement WM is which is result of32respondents put their opinion SA, 50respondents supported to A, 54 are neutral, 30 respondents put their opinion DA and expressed in SD remaining 18respondents. Fifth statement WM is which is result of 15, 47, 27, 45, and50 are belong to SA, A, N, DA, and SD respectively. Sixth statement WM is which is result of 12respondents put their opinion SA, 43respondents supported to A, 66are neutral, 37 respondents put their opinion DA and expressed in SD remaining 26respondents. Seventh statement WM is which is result of 11, 52, 11, 67, and43 are belong to SA, A, N, DA, and SD respectively.

In aggregate interpretation of the statement SA, A, N, DA, SD score 253, 487, 182, 221 and 145 respectively. Weighted mean is 3.37 and Chi-square value is 432.17. The value $\chi 2$ test depends on the level of significance and the degrees of freedom, defined as degrees of freedom (df) = (c-1) (r-1) =18 value is 32.67. If the null hypothesis is true, the observed and expected frequencies will be close in value and the χ^2 statistic will be close to zero. If the null hypothesis is false, then the χ^2 statistic will be large. Critical values can be found in a table of probabilities for the χ^2 distribution. Here we have df 18 and a 5% level of significance. The appropriate critical value is 32.67, and the decision rule is as follows: Reject H_0 if $\chi^2 \geq 32.67$. The conclusion can be tracked for similar and positive attitude for physical education and sports.

In qualitative data analysis through open ended questions, students were asked how the physical education can be made effective in schools and campus level the students had a common recommendation which were, proper management of daily practical classes, provision of adequate sports materials, classed should be female student friendly, motivation to the students in regards to shaming and bullying, appointment of qualified and trained teachers in the school, provision of proper play field, class should run keeping female psychology in mind and teaching importance of physical education and sports among members of society.

On asking about problems that were faced by the students while studying in the campus, most of them a said lots of absentees and lack of enthusiasm in the class, also other said poor management by the administration side, lack of physical infrastructure and sports equipment, poor management of playing grounds, lack of proper changing room, oppressive behavior of other faculty students and also the lack of qualified teachers was stated by

few of the students.

Regarding the ways to solve aforementioned problems students recommended the administration should be well educated, adequate and good sports materials, compulsory attendance, regular supervision by university regarding teacher appointment and proper infrastructure, also provision regarding infrastructures like dress changing room, first-aid kits, health hygiene and sanitation management and awareness among campus administration and members of the society.

CONCLUSION

After meticulous analysis of the data and information it was concluded that almost all of the respondents expressed strongly positive attitude toward physical education and sports. It seems that in Nepalese society, the craze for sports life is going to increase. According to direct conversation to students, sports is regarded as respected life in society. Student are ready to compromise the outcomes of involvement in taking parts in sports and education. Though expressing positive statement toward the sports, majority respondents show their question for sustainability of sports and its value in family and household life. In analysis, student sought the commercial value of physical education and sports in Nepalese society. It has also given useful insights about the attitudes which the students have about the value and importance of taking physical education as a subject and being involved in sports programs.

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