

ATTITUDE OF BPES STUDENT OF DHANAMANJURI UNIVRSITY TOWARDS PHYSICAL ACTIVITY

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ABSTRACT

Physical activity plays a vital role in maintaining health and wellness. But in the hectic modern world, people are very less or little interested in involving in physical activity. **Objective:** To find out the attitude of BPES students of DMU towards physical activity, to compare the attitude towards physical activity between male and female BPES students of DMU. **Methods:** the data was collected randomly from the three undergraduate semesters of physical education department, DMU using Physical activity attitude scale for professional college students developed by Joly Thomas (2019). For analyzing the result of the study, the descriptive statistic and independent t-test were employed. The test statistic is calculated by using SPSS version 27. **Result:** BPES students of DMU was found with very low attitude towards physical activity, further it is revealed that the male had higher attitude towards physical activity compare to the female students.

Keywords: attitude, physical education, physical activity, health, wellness

INTRODUCTION

Being active is essential to preserving one's health and well-being. However, individuals are very little or not interested in engaging in good physical activities in the busy modern world. The majority of individuals are not aware of the remarkable advantages of physical activity in preserving fitness and health in the social, mental, and physical domains. Inactivity is one of the biggest issues facing our young people today. Recent epidemiological research reveal that many developing teenagers are not as active as they should be, despite the fact that the advantages of physical activity are widely acknowledged. Examining the underlying causes of this threat, we see that our children are now immersed in a virtual world due to the growing use of cars and other electronic devices. Youth physical activity gradually declines as a result of this. Artificial intelligence is lagging behind the modern world. The automation of tasks, which makes life easier and more advanced, is given far greater weight in the current situation.

In a student's life, academics and physical exercise must be equally valued. According to studies, pupils' academic performance improves when they spend less time on academics and more time engaging in physical activities. (Sallis, 1999). On the other hand, cutting back on physical activity to lengthen the academic day hasn't worked out well. 2014; Becker et al. Parents often

expect their adolescent pupils to be very industrious and forbid them from playing outdoor games for fun. They are expected to use the contemporary conveniences that are accessible. The majority of parents never let their children interact with others; instead, they only emphasize academic success, which causes them to be physically inactive as adults.

Statistics indicate that numerous hypokinetic disorders, such as heart disease, hypertension, diabetes, osteoporosis, obesity, colon cancer, and others, are associated with sedentary lifestyles or lack of physical activity among children and young people. An individual's habit and pattern toward physical activity are significantly influenced by their level of knowledge regarding workouts and physical activities. According to a World Health Organization survey, 60% of people worldwide do not engage in the recommended amount of physical activity. The Indian Council of Medical Research's report reveals that physical inactivity is widespread in India. More than 80% of schoolchildren, according to the most recent study, lack physical fitness. Approximately 54.4% of people are reported to be inactive during these times. Men are more active than women, according to the research. Anjana RM et al. (2014). All of these emphasize how important and serious it is for young people to be physically active.

Regular exercise and a positive attitude toward it can only be formed in the early years of life. Family members' active involvement has a significant impact on the alterations in a person's thought processes and mental composition. Peer pressure and social support provide the foundation for the development of certain habits or behavioral patterns that last into adulthood.

Research indicates that adolescents who engage in physical activity during their youth go on to have physically active adult lives and lead active, healthy lifestyles throughout their lives (Dishman, 1988; Kuh & Cooper, 1992). The psychological preparedness for physical exercise up to the age of thirty was better among adolescents who had more experience with sports and physical activity before the age of fifteen. The benefits of physical activity for fitness, health, and well-being have been established by recent studies. Biddle (2008).

Attitude, which is a motivating element that plays a crucial role in the use of skills and information connected to teaching knowledge, may assist improve the learning process. It is a responsibility to maintain the body's health. If not, we won't be able to maintain a sharp and healthy intellect (Buddha). Professional college students are more likely to be reluctant to participate in physical activities, despite the fact that they are more informed and more conscious of the value and relevance of physical activity. We must be ready to take corrective action to stop this potential threat, which involves emphasizing physical exercise more, since the studies alert us to potential risk factors.

Teachers advise that curriculum for physical education be designed such that students' involvement in the program becomes a fun and fulfilling educational experience that aids in their knowledge and motor skill development (Colquitt, 2012). The degree to which students participate in physical activities both on and off campus reveals whether they value or dislike physical education. However, students' attitudes about physical education are also influenced by their degree of knowledge and proficiency (Bernstein et al. 2011).

Understanding students' attitudes and beliefs may be achieved in large part through instructional change and student attitude (Rikard & Banville, 2006). Numerous activities may be included into the curriculum to improve students' mental and physical health. As a result, a curriculum that guarantees each student's physical and mental development must be created.

Physical exercise is just referenced as a moniker in the current curriculum, but given its significance and the statistical warnings, it should be given the weight it deserves in order to shape our children into intellectually and physically healthy adults. Students will actively engage in physical exercise if the younger generation is persuaded of the value of physical activity and provided with sufficient resources and opportunities through innovative approaches.

OBJECTIVES OF THE STUDY

1. To find out the attitude of BPES students, DMU towards physical activity
2. To compare the attitude towards physical activity between male and female BPES student of DMU.

METHODS

The BPES student of Dhanamanjuri University was used as subject of the study. Hence, the student was the source of data. Therefore, the data collected from them was primary source of data. The sampling was done randomly from the three undergraduate semesters of physical education department, Dhanamanjuri University. Forty (40) students 20 female and 20 male students were selected. Physical activity attitude scale for professional college students developed by joly Thomas (2019) was selected as the tool for this study. The instrument is a five-point Likert scale which participants indicates the relative strength of agree mentor disagreement on each item using the follow in scoring system 1-strongly disagree,2- disagree, 3- undecided, 4- agree, and 5-strongly agree.

DATA ANALYSIS

The data have been statistically analyzed to find out the difference in the selected variables. For analyzing the result of the study, the descriptive statistic and independent t-test were employed. The test statistic is calculated using SPSS version 27. To test the hypothesis the level of significance was chosen at 0.05 level of confidence which was considered adequate and reliable for the purpose of the study.

RESULT AND FINDING

The findings of the selected variable attitude of BPES student towards physical activity are presented in the following table 1 and 2.

Table1: Descriptive statistic of attitude towards physical activity among BPES students.

<u>Variable</u>		<u>Mean</u>	<u>Std. deviation</u>	<u>N</u>
Sex	Male	61.25	4.55	20
	Female	56.58	4.50	20
	Total	59.7	5.17	40

Figure 1: Graph representing mean of attitude of BPES students towards physical activity based on sex.

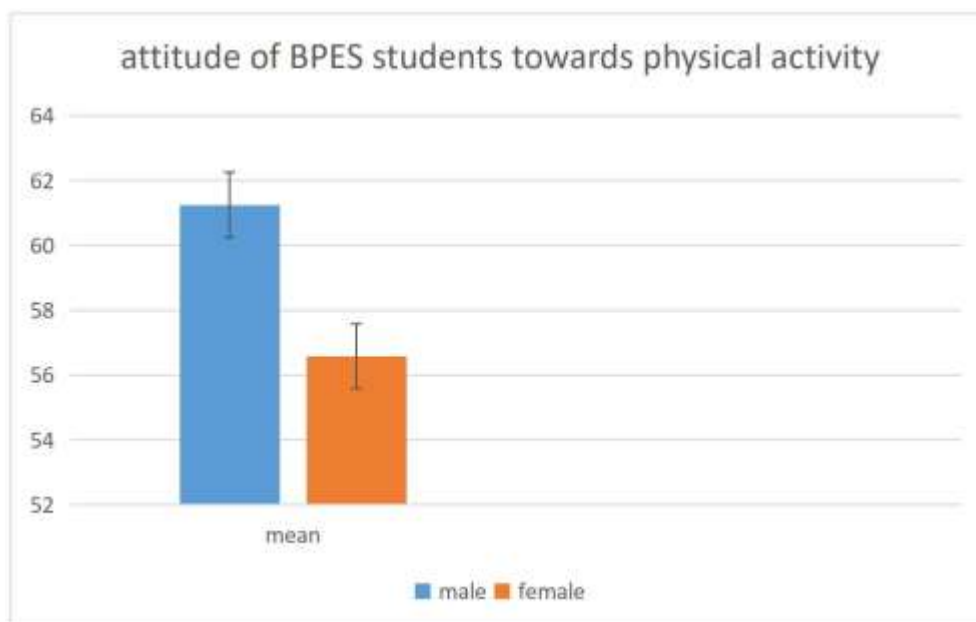


Table 1 and figure 1 show the mean scores of attitudes of BPES students towards physical education based on sex. The mean attitude of BPES student based on sex for male (N=20) is 61.25 ± 4.55 . The mean attitude of BPES student based on sex for female (N=20) is 56.58 ± 4.50 .

As per the norms of the selected questionnaire, physical activity attitude scale for professional college students developed by Joly Thomas (2019), the mean score (59.7) for attitude of the student towards physical activity was low. Among the sub groups both male (N=20) and female (N=20) students in department of physical education and sports science (BPES) of Dhanamanjuri University were found with very low attitude towards physical activity.

Table 2: Independent sample test for attitude scale of BPES students towards physical activity based on sex

Group statistics

	Group	N	Mean	Std. deviation
Attitude scale for BPES students towards physical activity	Female	20	56.5833	4.50168
	Male	20	61.2500	4.55115

Independent samples test

		F	Sig.	t	df	Sig.(2-tailed)
Attitude scale for BPES students towards physical activity	equal variances assumed	.450	.506	-2.981	38	.005
	equal variances not assumed			-2.995	21.098	.007

Table 2 reveals that there is significant difference in the attitude of male and female BPES student towards physical activity with a sig. (2-tailed) value of 0.005 which is significant at 0.05 level as set earlier for my study. Further it is revealed that the male had statistically significant higher attitude towards physical activity as compare to the female students.

DISCUSSION OF FINDING

The results of the study shows the mean scores of attitude of BPES students towards physical activity based on sex.

As per the norms of the selected questionnaire, Physical Activity Attitude Scale for Professional College Students developed by Joly Thomas (2019), the mean score (59.7) for attitude of the student towards physical activity was low. Among the sub groups both male (N=20) and female (N=20) students in Department of Physical Education and Sports Science of Dhanamanjuri University were found to be very low. This may be due to the burning situation in the state causing mental disturbance and psychological hazards resulting the students to response passively towards physical activities. The current situation also leads to economic crisis among the student and their family making them prioritize on making money than improving physical fitness. Another reason may be the mood of the respondent at the time of the data collection.

Further it is revealed that the male had statistically significant higher attitude towards physical activity as compare to the female students. This may be due to Natural Law that Men tend to be more physically active than their female counterpart. According to Science Daily "Females of all ages are less active than their male peers". Two studies, presented January 6 at a major academic conference, reveal the gender difference in activity levels among school children and the over 70s. Both studies show males to be more physically active than females. Hence my study is canonical to some other studies.

CONCLUSION

Recognizing the limitation on the basis of statistical findings of the study. The following conclusion are drawn:

1. The statistic reveals that there is low attitude towards physical activity among the BPES student of Dhanamanjuri University.
2. Attitude of male towards physical activity is statistically significantly higher than the female students.

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Informed Consent

All the subjects gave informed consent for inclusion before participating in the study.

Conflict of Interest

The authors declare no conflicts of interest