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## An attitude study of high and low performance of Indian male sprinters

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### Abstract

Current study aimed to assess the attitude toward physical education and physical activity of Indian male 100, 200 and 400 m. high and low performer sprinters. For the purpose of this study, data on attitude was collected through Jimmie Ishee (25/09/2001) scale from 79<sup>th</sup> All India Inter-University Athletics (Men & Women), Championship 2018-19 held at (Mangalagangothri) Karnataka, from 25 to 29, Nov., 2018 and 22<sup>nd</sup> Federation-cup National Senior Athletics Championship 2018 held at NS-NIS (Patiala), Punjab from 5<sup>th</sup> to 8<sup>th</sup> March 2018.

**Keywords:** Low performance, Indian male sprinters, physical activity

### Introduction

Athlete's attitudes towards physical education and physical activity have a significant role in his performance. Positive attitudes are an important steady steering wheel driving the athletes towards performance enhancement. They are the dynamics of human action. Bartholomew, (2000) <sup>[1]</sup>.

### Aim of the study

The present study aimed to assess the Attitude toward physical education and physical activity of 100, 200 and 400 m. sprinters.

### Methodology

For the purpose of this study, data on attitude was collected through the standard inventory on attitude toward physical education and physical activity (APEPA), developed by Jimmie Ishee (25/09/2001) from 79<sup>th</sup> All India Inter-University Athletics (Men & Women), Championship 2018-19 held at (Mangalagangothri) Karnataka from 25 to 29 November, 2018 and 22<sup>nd</sup> Federation-cup National Senior Athletics Championship 2018 held at NS NIS (Patiala), Punjab from 5<sup>th</sup> to 8<sup>th</sup> March 2018.

The questionnaire was distributed to the subjects and method was explained for filling the response by the researcher.

### Test Administration

The coaches and subjects (Athletes) were consulted personally and their sincere cooperation was solicited. Respondents were called to a common place when they were not busy and had enough time to spare for testing. Necessary instructions were passed on to the athletes before the administration of each test inventory. The researcher motivated the athletes respondents by promising to send a separate abstract of the conclusions of his study to each of the subjects. Confidentiality of responses was assured so that the subject would not camouflage their real feelings. No time limit for filling in the questionnaire was set but the subjects were made to respond as quickly as possible once the instructions are clearly understood by them. As soon as subject completed questionnaire.

There are seven scales in the scoring and scholar awarded following points against score achieved by sports persons.

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- \* 72 and above -- Excellent.
- \* 64 – 71 -- Very good.
- \* 56 - 63 -- Above average.
- \* 40 - 55 -- Average.
- \* 32 – 39 -- Below average.
- \* 24 - 31 -- Poor.
- \* Below 23 -- Very poor.

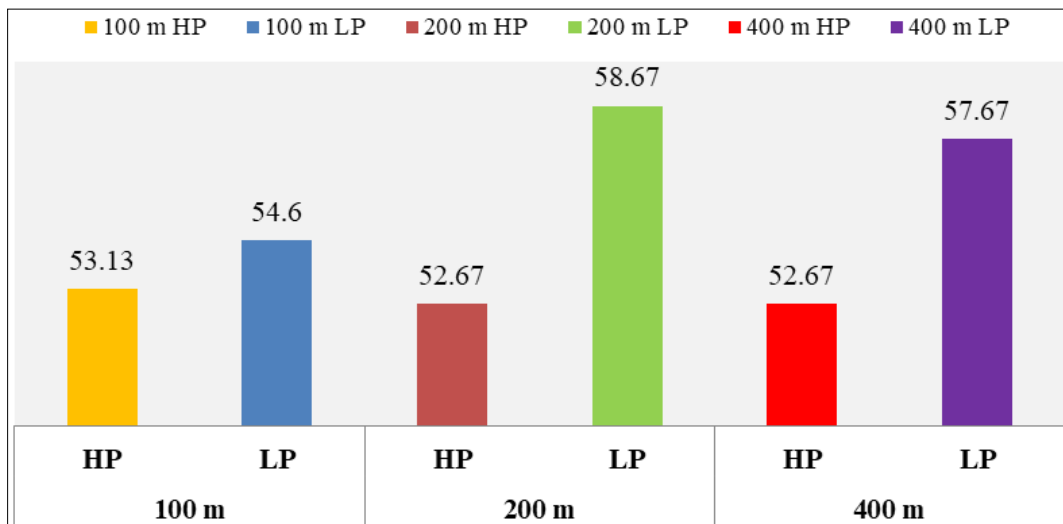
5 Point Likert Scale were use for calculating the data

**Results and discussion**

**Table 1:** Scoring and Interpretation of High and Low performer Sprinters

Event	Level	N	Total score	Interpretation
100 m	HP	15	53.13	Average
	LP	15	54.60	Average
200 m	HP	15	52.67	Average
	LP	15	58.67	Above average
400 m	HP	15	52.67	Average
	LP	15	57.67	Above average

HP high Performer  
LP low Performer



**Fig 1:** Scoring High and Low performer of 100, 200 & 400 m.

Above results indicated, the 100 m sprinters in high and low performance were having average attitude towards physical education and sports activity.

200 m high performer sprinters were having average and Low performer were having above average Attitude towards Physical Education and Sports activity

The high performers of 400 m sprinters are having average attitude rating towards physical education and physical activity where as the low performers are having above average attitude rating towards physical education and physical activity.

Cho (1991) [3] in a significant study found that Korean national athletes and coaches had a favourable attitude towards athletic participation, they had favourable attitude towards self-concept and character development including social, moral and general aspects. Female national athletes had more favourable attitude towards athletics participation than their male counterparts. International athletes had more favourable attitude towards athletic athletes. Korean national coaches had more favourable attitude towards athletics participation than national level athletes.

Christie (1997) [2] studied the effects of a physical fitness concept curriculum, on attitude, knowledge and fitness levels of Ninth grade physical education students. The attitude towards physical education and conceptual knowledge of physical fitness concepts were significantly affected by the physical fitness concept curriculum (P = .04). The overall results showed that the students reported more positive attitudes and greater conceptual knowledge from involvement in the concept curriculum.

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