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## Attitude of parents towards participation of girls in sports and physical education

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### Abstract

Parents attitude effect the girl's participation in sports. But sports and physical activity is very important for girls to their health as well as mental improvement. The objective of this study was to test the attitude of female and male parents towards participation of girls in sports and physical activity of Sirsa and Bathinda district. The parents of 11<sup>th</sup> and 12<sup>th</sup> class students of Senior Secondary School of Sirsa and Bathinda district were selected for the study. A sample 200 parents of 100 boys and 100 girl students was randomly selected as subject for this study. The attitude scale used in the study was fully designed and constructed by the investigator with the help of experts. The present scale consisted of 15 items to seek the opinion of parents of students. The t- test, at the.05 level of significant was used for the compare the attitude of parents towards girl sports in Sirsa and Bathinda district. The statistics analysis was applied with graph pad statistics software for comparing the attitude of male and female parents of Sirsa and Bathinda district. After applying the statistical tool the result showed that, significant differences was not found in attitude of female parents in Sirsa and Bathinda and attitude of male parents in Sirsa and Bathinda district towards participation of girls in sports.

**Keywords:** Attitude, girl's parents, positive attitude and negative attitude

### Introduction

Physical education must gather the challenge accessible in the society. The terms Physical education aim at instruction the whole child through guide participation. In this admiration the term accomplishes a physical implication and therefore Physical education has become a co-curricular activity. So physical education also has to take responsibility of all around development of the child by means of physical activity and sports. The growth and development with consider to the fitness and mental health starts from the early childhood. It is a long and continuous process so most of the people of our country ignored it. Therefore this conception has developed a negative attitude towards physical fitness and sports. The privileged of the huge nations have compassionately laid struggle on the beginning of sports a physical fitness curriculum at the school and college level to encourage physical fitness and sports.

The word 'physical' refers to such bodily characteristics like strength, speed, health, flexibility, endurance, coordination and performance. It apparently contrasts the body with the mind. On the other hand, 'education' can be explained as "the complete upbringing of the individual from the childhood, the arrangement of character and of habits, manners of mental and physical aptitude". It is organized instruction directed to improve the moral and academic quality of individual. Basic purpose of education is to build the recipient (of education) more skillful, deft, dexterous and inspired. Having understood the meaning of the two terms independently, now it would be suitable to define "physical education". It refers to a process of "education that develops the human body especially for healthy and movement skills. Consequently, it exceeds all delusion and doubts about physical education as a field of teaching and being well thought-out as a component of general education".

Thus, physical education is a holistic conception. On the other hand, at this stage, it would be significant to discriminate the term from its associated concepts such as sports and games. Both sport and game indicate a complete freedom of activity, their major aim human being activity. For some people they are recreation while for others, they are competition the

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Means to do extremely well and attain high principles in performance. So far there is a difference between a sport and a game. Although “sports are mostly individual events such as athletics, archery, swimming, shooting etc. in which the participant tries to compete against own earlier standards as well as those of others”. Alternatively, games refer to team game in which more than individual forming a group competes against the similar group for superiority. A game is a cooperative issue in which teammates play in accordance with certain set of blueprint. Footballs, hockey, basketball, table tennis, handball, volleyball etc. are known as games rather than sports. Physical education is education throughout physical activities for the total well-being of individual to its fitness and accomplishment in body, mind and spirit”. Physical education is effectively education for it is a means through which body; soul and mental power obtain affecting proficiently and dynamically.

The great stress of physical activity and sports is on “big muscle” or “large muscle” activity – an instinctive quality of the human organism. The admirable outcomes shall build up only when the individual participates in the physical activity programmed. Nobody be able to learn to swim except he gets into the water. The physical mental, intellectual, spiritual and social aspects of a “wholesome” personality are correlated. Physical education strives to sustain and build up the body-mind-spirit assimilation. Nowhere do the aim and objectives of physical education approach in deviation with the aim and objective of education. In fact, both of them no one can different from other.

**Attitude**

Today, mostly accepted that the parent’s attitudes has great and impressive effect on children attitude, views and performance. Parent’s positive and negative behavior direct influence on children performance in sports. Parents support and their positive attitude increase children attitude toward sports. Family play important role in encouraging their children to do physical activity. Parents positive behavior toward their child’s sports is important determine his/her attendance and sports achievement of the child. Prosperous and affirmative towards sports enhance parental involvement in their child’s present and future sports. Low socio-economic status of the parent’s affects their attitude towards sports. The family shapes the social consolidation of the child more than a formal school.

It is important that parents understand the meaning behind the values of sports. Parents always remember that they are a role model to their child and their good opinion and positive behavior make a conflict in their child life. Girls and boys behavior depend on their family attitude. At present also some parents don’t allow the girls to participate in games. Therefore many girls don’t participate in any game and physical activity. Parents emotional, financial and information also effect the girl’s involvement in sports. But sports and physical activity is very important for girls to their higher attitude.

**Objectives of the Study**

1. Comparison of attitude of Parents towards girl’s participation in sports of Sirsa and Bathinda district.

**Hypotheses of the study**

1. There is no significance difference between female parent’s attitudes towards girl’s participation in sports of Sirsa and Bathinda district.
2. There is no significance difference between male parent’s attitude towards girls participation in sports of Sirsa and Bathinda district.

**Sources of the Data**

The sources of the data for the present study were the parents of the students of 11<sup>th</sup> and 12<sup>th</sup> from the Public as well as Government Senior Secondary schools of Sirsa and Bathinda districts. Boys and Girls sportspersons who have participated minimum at zone level of Haryana and Punjab were selected as the sources of the data.

**Procedure for collection of data**

For conducting this study, the investigator himself visited the schools of Sirsa and Bathinda districts and obtained the permission from their respective principal’s for the purpose. The investigator introduced his in the class in the respective school and described the purpose of the study to the students (respondents). Thereafter, the answer sheets of Attitude Scale were distributed to randomly chosen girls and boys students in each school. These randomly selected students take answering the questions from their parents. Giving of the instructions and clarifying the doubts was 20 minutes. The students was filled the attitude scale test by their parents. After the completion of the stipulated time-period, all the sheets were collected and scoring was done. When all the answer sheets were taken back, the investigator thanked the students, the teacher and the principal of the respective school for their co-operation. Thus the data was collected from 200 parents of the students and the scoring of all the tests was done and the scores were computed.

**Data Analysis**

For the present study, the mean value, standard deviation, ‘t’-test was applied to analyze the data, different steps in ‘t’ – test was used in Graph pad software and the final conclusion was drawn and it was also be compared with the significant value at.05 level of confidence.

**Results**

**Table 1:** Mean Attitudes Scores of Female Parents from Sirsa and Bathinda District towards Girls Sports

Respondents	N	Mean	S.D.	SED	‘T’-value	Level of Significance
Sirsa district	50	56.9	6.37	1.183	1.5572**	0.05
Bathinda district	50	58.7	5.60			

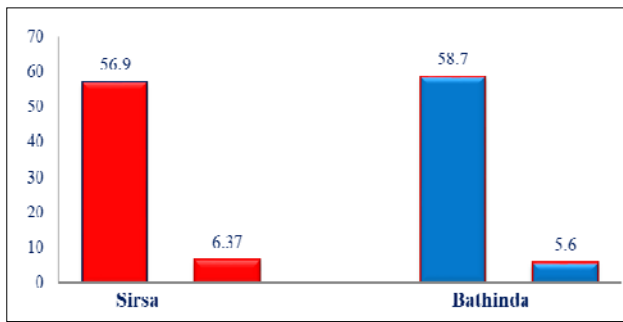
\*Significance at.05 level of significance

\*\*Not Significant at.05 level of significance

Degree of difference = 98

As shown in Table-1 above, the mean attitude score towards participation of girls in sports of female parents of Sirsa and Bathinda district was 56.9 and 58.7 respectively, where as SD was 6.37 and 5.60 respectively. And the calculated value of ‘T’ was 1.5572, which is less than of table value. It means

That the hypothesis was accepted at the 0.05 level of significant. There is no significance difference found between the attitudes of female parents of Sirsa district and Bathinda district towards girl's participation in Sports.



**Graph 1:** Mean and SD of Female Parents of Sirsa and Bathinda District towards Girls Sports

**Table 2:** Mean attitude scores of male parents from sirsa and Bathinda district towards girls sports

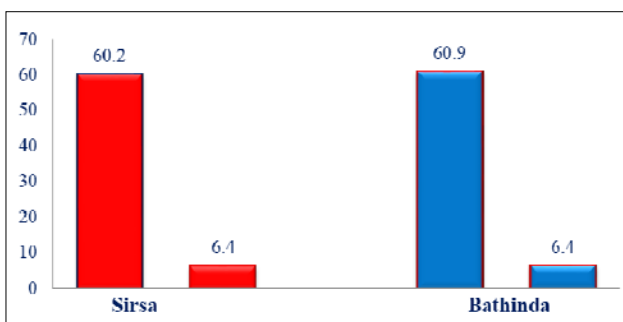
Respondents	N	Mean	S.D.	SED	'T'-value	Level of Significance
Sirsa district	50	60.28	6.49	1.278	0.5075**	0.05
Bathinda district	50	60.93	6.41			

\*Significance at.05 level of significance

\*\*Not Significant at.05 level of significance

Degree of difference = 98

As shown in Table-2 above, the mean attitude score towards participation of girls in sports of male parents of Sirsa and Bathinda district was 60.28 and 60.93 respectively, where as SD was 6.49 and 6.41 respectively. And the calculated value of 'T' was 0.5075, which is less than of table value. It means that the hypothesis was accepted at the 0.05 level of significant. There is no significance different found between the attitudes of male parents of Sirsa district and Bathinda district towards girl's participation in Sports.



**Graph 2:** Mean and SD of Male Parents of Sirsa and Bathinda District towards Girls Sports

**Conclusion**

- The attitudes towards girls' Sports of female parents of Bathinda district is (mean is 58.7) more than the attitude towards girls sports of female parents of Sirsa district (mean is 56.9) towards, but it was not significant due to t value (1.5572) was lower than table value and our hypothesis is accepted.
- The attitudes towards girls' sports of male parents of Bathinda district is (mean is 60.93) more than the attitude towards girls sports of male parents of Sirsa district (mean is 60.28) towards girl's participation in Sports, but it was not significant due to t value was lower than table value and our hypothesis is accepted.

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