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Attitude towards physical activity among higher education students - an analysis

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Abstract

The purpose of the study is to analyze the attitude towards physical activities among higher education students. To achieve the purpose of the study, 61 students from arts department, 38 students from science department and 54 students from physical education department studying at Manonmaniam Sundaranar University, Tirunelveli. The average age of the subject were ranged from 22 to 28. The subjects were randomly selected. The requirements for the study were explained by the investigator to the entire subject and all the subjects voluntarily agreed to fill the questionnaire. Attitude towards physical activity was selected as criterion variables for this study. Exercises Benefits/Barriers Scale (EBBS) was used to collect the data from the subjects. The collected data were statistically analyzed for significant difference by using independent t-test and one way analysis of variance ANOVA. As the obtained F-ratio was significant, the Scheffe's test was used as a post hoc test to find out the significant difference between each cell. In all the cases.05 level of significance was used to test the hypothesis. There was significant difference between physical education and arts students studying in higher education at Manonmaniam Sundaranar University, Tirunelveli. There was significant difference between science and arts students studying in higher education at Manonmaniam Sundaranar University, Tirunelveli. There was significant difference between men and women students studying in higher education at Manonmaniam Sundaranar University, Tirunelveli. Men students are having positive attitude towards physical activity than women students in higher education. Physical education students are having positive attitude towards physical activity than arts and science students in higher education.

Keywords: Physical activity, students, higher education

Introduction

The potential for physical activity behaviors, learned in childhood, to be carried through to adulthood and impact on health, coupled with the age-related declines in physical activity from childhood to adolescence, makes for a critical need to understand the predictors, antecedents and determinants of such behaviours. The benefits of physical activity are well established. Physical activity appears to promote mental health in adults and enhances self-esteem in young people. It has a protective effect against coronary heart disease and some cancers and also has been identified as important in relation to weight maintenance and prevention of obesity. Physical inactivity has been associated with a wide range of chronic diseases including coronary heart disease, stroke, breast cancer, colorectal cancer and diabetes. Physical education activities in school and colleges play an important role in the promotion of regular involvement in physical activities that also help in promoting healthy lifestyle in the coming years of their life.

Purpose of the study

The purpose of the study was to analysis the attitude towards physical activities among higher education students studying at Manonmaniam Sundaranar University, Tirunelveli.

Methodology

Selection of Subjects

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Research Design

The research design employed in this study was a survey. According to Nelson, Thompson, and Silverman (2005), the survey is a technique of descriptive research that seeks to determine present practice or opinions of a specific population. Survey can come in the form of questionnaire. Researchers use the questionnaire to obtain information by asking participants to respond to questions rather than by observing their behavior. The obvious limitation of the questionnaire was that the results consists of what people say they do or what they say they believe or like or dislike (Nelson, Thompson, and Silverman 2005).

Tools used

A questionnaire that consisted of two sections was administered for data collection. The following scale was targeted to collect information on perceived benefits and barriers of physical activity. Exercises Benefits/Barriers Scale (EBBS). It was a 43-item (Sechrist, Walker, & Pender, 1987) Likert-type scale developed to explore perceived benefits and barriers to exercise using constructs of Pender ‘s Health Belief Model (Pender, 1996). It included items like ‘‘I enjoy exercise’’, ‘‘exercise decreases feelings of stress and tension for me’’, and ‘‘exercising takes too much of my time’’. It was based on 4- point, rating scale to obtain strength of agreement

with the item statements. Choices were scored as: 4 = strongly agree, 3 = agree, 2 = disagree and 1 = strongly disagree.

Scoring of the Questionnaire

The scoring of the test was done according to the instructions provided in the respective manual undertaken for restudy. The 43 statements of Exercises Benefits/Barriers Scale (EBBS) (Sechrist, Walker, & Pender, 1987) were scored using Likert techniques of score. The positive statement was given the following weights. Negative Statements were scored vice-versa.

Strongly Agree	- 4
Agree	- 3
Disagree	- 2
Strongly Disagree	- 1

Statistical Technique

The collected data were statistically analyzed for significant difference by using independent t-test and one way analysis of variance ANOVA. As the obtained F-ratio was significant, the Scheffe's test was used as a post hoc test to find out the significant difference between each cell. In all the cases.05 level of significance was used to test the hypothesis.

Analysis and Interpretations of the Data

Attitude towards Physical Activity among Arts, Science and Physical Education

The analysis of variance on the data obtained of arts, science and physical education on attitude towards physical activity have been analysed and the results are presented in Table I.

Table 1: Analysis of variance on attitude towards physical activity of arts, science and physical education

Mean ± Standard Deviation			Sources of Variance	Sum of Square	df	Mean Squares	f - ratio
Arts	Science	Physical education					
127.23 ± 12.82	127 ± 15.19	136.19 ± 15.42	Between	2859.07	2	1429.53	6.92*
			Within	31002.93	150	206.69	

*Significant at.05 level. (The table value required for significance at.05 level with df 2 and 150 is 3.055).

From the above table, the mean values of arts, science and physical education on attitude towards physical activity are 127.23, 127 and 136.19 respectively. The obtained F-ratio value among arts, science and physical education is 6.92. The obtained F-ratio value is greater than the table value of 3.055 with df 2 and 150 required for significance at.05 level of confidence. The result of the study shows that there was

significant difference exists among arts, science and physical education on attitude physical activity. The result of the study shows that there was significant difference exists among arts, science and physical education on physical activity.

To find out which of the three paired means had a significant difference, the Scheffe’s post-hoc test was applied and the results are presented in Table II.

Table 2: Scheffe’s test for the differences between the arts, science and physical education on attitude towards physical activity

Mean values			Mean Differences	Confidential Interval
Arts	Science	Physical Education		
127.23	127		0.23	8.70
127.23		136.19	8.96*	7.62
	127	136.19	40.81*	9.40

*Significant at.05 level.

The table shows that the mean difference on attitude towards physical activity between arts and physical education students; and science and physical education students are 8.96 and 40.81 respectively which are higher than the confidence interval value are 7.62 and 9.40 respectively at.05 level of confidence. From the results of the study, it was concluded that there was significant difference exists between arts and physical education students; and science and physical education students on attitude towards physical activity.

However, it was found that Physical Education students are showing positive attitude towards physical activity than sponce and arts students studying in higher education.

Attitude towards Physical Activity between Gender

The analysis of variance on the data obtained on attitude towards physical activity between men and women higher education students have been analysed and the results are presented in Table I.

Table 3: mean, standard deviation and independent t-test on attitude towards physical activity of men and women

Group	Number	Mean	SD	T-ratio
Men	109	126.72	14.50	2.55*
Women	45	133.16	16.61	

*Significant at .05 level. (The table value required for significance at .05 level with df 151 is 1.98).

From the above table, the mean values of men and women on attitude towards physical activity are 126.72 and 133.16 respectively. The obtained t-ratio value between men and women is 2.55. The obtained t-ratio value is greater than the table value of 1.98 with df 151 required for significance at .05 level of confidence. The result of the study shows that there was significant difference exists between men and women on attitude physical activity. However, it was found that Men students are showing positive attitude towards physical activity than women students studying in higher education.

Conclusions

- The following conclusions were drawn from the present study such as;
- There was significant difference between physical education and arts students studying in higher education at Manonmaniam Sundaranar University, Tirunelveli.
- There was significant difference between science and arts students studying in higher education at Manonmaniam Sundaranar University, Tirunelveli.
- There was significant difference between men and women students studying in higher education at Manonmaniam Sundaranar University, Tirunelveli.
- Men students are having positive attitude towards physical activity than women students in higher education.
- Physical education students are having positive attitude towards physical activity than arts and science students in higher education.

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