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## Proclivity towards physical education: An evaluative study on semester based and working hours according to NCTE regulations

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### Abstract

The goal of physical education is to influence people's experience to the extent that each individual within their capacity can be helped to successfully settle in society, to increase and improve your Wishes and develop the capacity to meet his desires. Purpose of the study was to assess the proclivity of students and physical educationist toward NCTE regulation 2015. Percentile score of teachers and students on two years four semester system the norm given by NCTE. Total no of participant were 255 whereas 24 were teachers and 231 were students. It has been conclude that 45.83% teachers are found consentient with the statement and 54.16% teachers were found dissident with the statement, where as 42.42% students are found consentient with the statement, 54.54% students were found dissident of the statement and 3.03% students were found neutral/undecided about the statement and Percentile score of students and teachers on at least 200 working days in a year and 36 hours in a week of five or six days. Total no of participant were 255 whereas 24 were teachers and 231 were students. It has been conclude that 87.5% teachers are found consentient with the statement and 12.5% teachers were found dissident with the statement, where as 57.57% students are found consentient with the statement, 29.84% students were found dissident of the statement and 12.55% students were found neutral/undecided about the statement.

**Keywords:** Yoga, pranayama, aged women, breath holding capacity, vital capacity

### Introduction

"The goal of physical education is to influence people's experience to the extent that each individual within their capacity can be helped to successfully settle in society, to increase and improve your Wishes and develop the capacity to meet his desires".

"Organized physical education should aim to make maximum contribution to the development of an individual's potential in all phases of life by placing it in as favourable as possible to promote these muscular responses and related activities or the environment which contribute the best for it. (Nixon and Cozen 2013).

Probably one of the most concise objectives of physical education was the book Walter, "The goal of physical education is the optimal development of physically, socially and mentally integrated and adapt to people through instruction and participation Guided total selected, and rhythmic gymnastics sport conducted in accordance with social and hygiene standards."

The above definition focuses on the holistic concept offering many possibilities and sufficient means for development in an integrated and adjusted way; you can live a rich, radiant and abundant individual life. In short, the goal of physical education is the healthy development of the human personality for a full life.

### Significance of the Problem

The two years (Four Semesters) programme of Bachelor of Physical Education (B. P. Ed.) is a specialized program expected which prepares the physical Education teachers to take classes from VI to X which further leads the physical education and sports activities in Classes XI and XII. Previously the course was of the one year and running annually. Therefore here the Present study will highlight the advantage and disadvantage of NCTE regulation 2014. In the year 1973 Government of India formed The National Council for Teacher Education (NCTE) which works as an consultative body to the government which work for both centre and the

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State, however the matters is related to teacher education .Beside this, in the year 1986 the government framed a National Policy on Education (NPE), which basically focus on the teacher's education in the country, it look after the need of the teachers. To produce good teaching professionals in the country is the first step of the NPE is. On 17<sup>th</sup> August 1995, National Council for Teacher Education (NCTE) was consulted the status of legal body in undertaking to the National Council for Teacher Education Act, 1993. After this some change has been done in 2015.

**Objectives of the Study**

To assess the proclivity of students and physical educationist toward NCTE regulation 2015.

**Research Questions of the Study**

- Are the teachers in favour of NCTE regulation 2015?
- Are teachers against the NCTE regulation 2015?
- Are students in favour of NCTE regulation 2015?
- Are students against the NCTE regulation 2015?

**Delimitations of the Study**

- Only bachelor of physical education norms (NCTE Regulations2015) evaluated in the present study.
- Data was collected through checklist and by examining the syllabus and scheme.
- Study was delimited to the university of Punjab region only.

**Design of the Study**

In this study descriptive design was chosen as the appropriate research design. Major purpose of descriptive research is to give a description of Proclivity towards Physical Education: An Evaluative Study on semester based and working hours according to NCTE regulations.

**Sampling Design**

Sampling is an important process in research work, especially where the researcher has to collect data from limited or particular population. The present study is based on NCTE regulations 2015. For this study have been selected teachers and students from the different universities of Punjab (Guru Nanak Dev University, Punjabi University and Punjabi University). Total samplings are taken from these universities.

**Procedure of data Collection**

The present study was conducted on teachers and students of physical education. The subjects were taken from different universities of Punjab. The purpose of the study was to examine the application of NCTE regulation 2015 in various universities of Punjab. Checklist was used to find out the views of students on the NCTE regulations 2015. The researcher has informed all the teachers and students about the nature of the study and assures that this data will not be used for any other purpose. Researcher takes permission to head of the department for collect data in the respected department of the university. Researcher distributes the checklist to the students and explains in detail about the

checklist in front of the students and take responses. And same has been done with the teachers.

**Tools Used**

**Checklist**

Checklist was used to assess the views of the respondents on the selected NCTE regulations 2015.

**Selection of Subjects**

The sample size consists of teachers from different universities of Punjab. Researcher will construct an interview guide for objectives. Data will be collected through qualitative method using interview guide. Researcher will use percentile method.

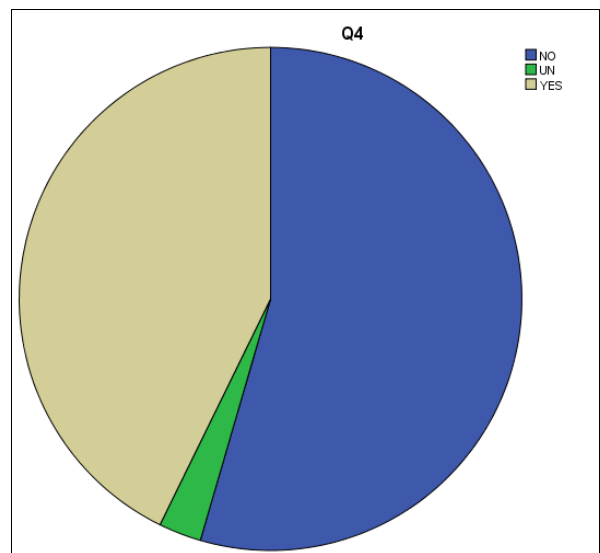
**Statistical Technique Used**

In the present study, percentile method will be used. A percentile is a measure used in statistics indicating the value below which a given percentage of observations in a group of observations.

**Table 1:** Percentile score of teachers and students on two years four semester system the norm given by NCTE.

Groups	No. Of Participants	Yes	No	Undecided
Teachers	24	11	13	0
Students	231	98	126	7

Table 1 shows that Percentile score of teachers and students on two years four semester system the norm given by NCTE. Total no of participant were 255 whereas 24 were teachers and 231 were students. It has been conclude that 45.83% teachers are found consentient with the statement and 54.16% teachers were found dissident with the statement, where as 42.42% students are found consentient with the statement, 54.54% students were found dissident of the statement and 3.03% students were found neutral/undecided about the statement.

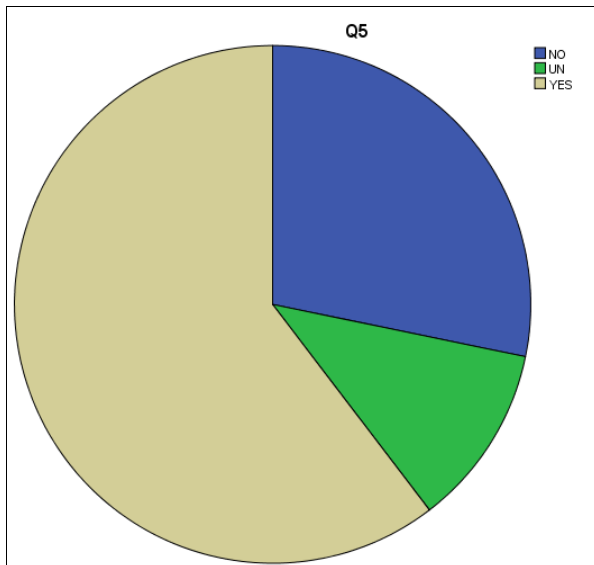


**Fig 1:** The Graphical Presentation of Percentile scores of teachers and students on two years four semester system the norm given by NCTE.

**Table 2:** Percentile score of students and teachers on at least 200 working days in a year and 36 hours in a week of five or six days.

Groups	No. Of Participants	Total no of positive responses	Percentage of positive responses	Total no of negative responses	Percentage of negative responses	Undecided	percentage
Teachers	24	21	87.5	3	12.5	0	0
Students	231	133	57.57	69	29.84	29	12.55

Table 2 shows that Percentile score of students and teachers on at least 200 working days in a year and 36 hours in a week of five or six days. Total no of participant were 255 whereas 24 were teachers and 231 were students. It has been conclude that 87.5% teachers are found consentient with the statement and 12.5% teachers were found dissident with the statement, where as 57.57% students are found consentient with the statement, 29.84% students were found dissident of the statement and 12.55% students were found neutral/undecided about the statement.



**Fig 2:** The Graphical Presentation of Percentile score of students and teachers on at least 200 working days in a year and 36 hours in a week of five or six days.

### Results

It has been found that 42.42% of the respondent (students) with the norm of two years four semester system. Similarly 54.54% of the samples are against this norm and 3.03% of the students are neutral about the norm of NCTE regulation 2015. It has been found that 45.83% of the respondent (teachers) with the norm of two years four semester system. Similarly 54.16% of the samples are against this norm of NCTE regulation 2015.

It has been found that 57.57% of the students are with the norm of NCTE of 200 working days in a year and 36 hours' work in a week. Similarly 29.87% of the samples are disagreeing with the norm and 12.55% of the respondents are neutral about the norm of NCTE.

It has been found that 87.5% of the respondents (teachers) are with the norm of NCTE of 200 working days in a year and 36 hours' work in a week. Similarly 12.5% of the samples are disagreeing with the norm of NCTE.

### Suggestions

Present study was conducted on selected areas of NCTE guidelines and the similar study area can be explored.

Present study area was limited to some universities of Punjab but in future similar study can be done in different universities of India

Sample of the study was limited to teachers and students only but in future data can be collected by taking the views of principles and people involved in framing the guidelines of NCTE

In this study checklist in the shape of questioner was used but in future standardized questioner can be used.

### Conclusion

It has been concluded that all the sample opinion it has been observed that University are following that scheme given by NCTE in 2015. Same has been observed by further scheme.

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