

## Assessment of Attitude of Society towards Sports Activities in Punjab

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### Abstract

The purpose of this study changed into to determine the attitudes of college students who had a class on disabled people and people who did not. The students who participated within the look at have been reading at the school of sports activities Sciences of college at some stage in the educational. Disabled humans usually encounter bad attitudes. Regardless of all of the precautions taken, being disabled is perceived as a ,excluded, unaccepted and despised' concept. This behavior reasons a terrible mind-set in the direction of disabled human beings. The scholars' attitudes in the direction of disabled human beings had been analyzed in terms of demographic functions. The extent of significance for all statistical methods became taken as 0.05. In end, it's been decided that the attitudes of college students gambling in the universities towards sports activities are high quality. It has also been verified that the mindset toward sports activities by using the intercourse variable is better in want of girl students; however, such variables as circle of relatives educational historical past, earnings, age and grade factor common don't create difference for the mindset in the direction of sports activities.

**KEYWORDS:**assessment of attitude, society towards, sports activities in Punjab.

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### INTRODUCTION

Achievement in sports activities in generally attributed to the level of physical fitness, strategies and methods. Motivation also plays a large position in fulfillment and is intimately associated with the level of aspiration. It may also be deduced from the avoidable and recorded literature that sports have a huge impact putting off a sports activities guy's sublimating anti-social tendencies mind-set; persona adjustment and different private characteristics. Sports guys possess want for fulfillment and set goals prior to competitions while a participant attains or surpass his level of aspiration for a specific assignment, he will be considered to have succeeded. alternatively his inability to attain his expected level constitutes a failure. The player's destiny stage of aspiration is affected rather through his preceding performances and tends to differ along with his earlier fulfillment or failure. as a consequence an man or woman may also begin a consultation with aspiration for advanced overall performance however because the session progresses a failure is possibly to decrease his aspiration and attitude in subsequent contests.

Those attitudes, decisions and moves display our perspectives and inclinations. Attitudes are found out as a result of experiences and they're encouraged by the values the mother and father have. Being prompted and influencing reasons someone to persuade his/her social environment or to be influenced via his/her social surroundings due to the

connection and interaction constructed with these surroundings. Hence, it could be understood that someone has the energy to steer and change in addition to being prompted by the surroundings he/she lives in. This factor of someone can sometimes motive a person to revel in some activities which could have an effect on his/her life to a top notch extent. Even though motives which include injuries, ailments or performing insensibly are effective inside the prevalence of these occasions, every so often innate genetic issues and hereditary disorders come to the leading edge. Disabilities that occur because of illnesses, accidents or innate genetic influences are defined in exceptional ways.

International fitness organization defines these principles as the following: impairment is a shortcoming or anomaly in someone's physiological, mental, anatomical structure or capabilities. Disability is an absence or restriction of ability to perform an interest that an everyday person can efficaciously do and takes place as a result of impairment. Disabilities can be brief (malnutrition, infectious illnesses), everlasting (blindness, intellectual retardation) or modern (degenerative illnesses, coronary heart ailment). Handicap is a disadvantage for a given person that limits or prevents the success of a feature this is every day for that individual and it takes place because of a incapacity or impairment relying on age, gender, social and cultural sports.

### **Attitude**

An attitude may be defined as a perceptual orientation and reaction richness in relation to a particular object or elegance of objects. In step with excellent (1956), attitude is a readiness to react toward or towards a few scenario, individual or aspect in a specific manner, wood really worth remarks an attitude is a set or disposition (readiness, inclination, tendency) to behave toward an object according to its characteristics. The dictionary of psychology defines attitudes as a longtime set of disposition, as an abbreviated but comprehensive revel in and the particular mental disposition toward an incoming revel in wherein that enjoy is changed on a circumstance of readiness for certain form of sports. It's far evidenced with the aid of both a superb and a bad price respectively from the issue viewpoints. There are numerous humans who have described mindset in line with their very own intellectual feeling, bodily energy and social installation. They denote the mind-set as a complete means of inclination and emotions, prejudices or biases, pre conceived international locations, thoughts, fears, threats and convictions approximately specific bodily education activity or scenario when it comes to environmental set up.

India has not achieved the favored requirements of games and sports activities. The query is raised anywhere, why is the standard of sports activities so down. There are such a lot of cause for the down fall of India sports activities fashionable, can be loss of self confidence in players, lack of incentive of players specific criteria for choice of players, inference of politics in sports activities and some mental elements like degree of attitude towards sports activities of college students in particular at school age. In popular it's far determined that during colleges huge range of players are selected now not because they have got authentic interest in games & sports, however because of free weight-reduction plan and because of getting hazard to visit different locations out of doors their states as a member of taking part teams. After they attend education camp they ought to go through

strenuous physical games and training programmed. The result is wastage of cash & efforts. Maintaining view of these elements there's dire need to examine the extent of attitude toward sports activities of boy college students of senior secondary schools. Subsequently the existing research "observe of attitude towards sports activities of senior secondary college boys" has been undertaken.

## **REVIEW OF LITERATURE**

### **GURMEET SINGH ET AL (2018)**

The purpose of this study becomes to the attitudes towards amusement activities of Panjab college campus students. in this rapid converting and transferring tech-international things have changed notably, entire way of life of people got into effect, in particular the young generation which is more liable to these technical stuffs, due to the fact they understand generation easily and matters comes handy to them. This have a look at is for identifying what is the mind-set of Panjab university campus students towards recreational enjoyment time bodily sports as they are young and like to get extra affected.

### **GUL CAVUSOGLU ET AL (2014)**

The effects of the study showed that the students who took training approximately disabled humans had effective mindset toward disabled human beings. The effect of gender at the mindset closer to disabled human beings is an end result that's consistent with the literature. Therefore, perceptions of the society closer to disabled humans need to alternate, administrative and legal precautions should be taken to prevent the exclusion of disabled human beings and their families from the society and societal duties need to be fulfilled.

### **SANJAY KUMAR (2013)**

The members' destiny stage of aspiration is effected rather his previous performances and tends to very his earlier achievement or failure. Consequently an individual can also start consultation progresses. A failure is possibly to decrease his aspiration and mindset in subsequent contests. As a social self he is impelled by means of the requirements of society to evaluate himself with deferments inside the realism of achievement and it's far the character of each fitness organism to attain out past the bounds of his present day attainment. India has now not carried out the favored standards of video games and sports.

### **AHMET ATALAY ET AL (2015)**

The motive of this study is to research the attitudes of student-athletes towards sports who performed in Universities Volleyball 2nd League competitions held in Antalya on 16th-27th December 2014. target populace of the take a look at is composed of the pupil-athletes studying in universities in Turkey and gambling inside the volleyball groups of universities on the equal time, and the pattern group of the observe is composed of 23 pupil athletes from extraordinary universities who participated in Universities Volleyball 2d League held in Antalya on 16th-27th December 2014. With the reason of figuring out

the attitudes of scholar-athletes closer to sports, the members had been implemented a survey.

### **SEHMUS ASLAN (2018)**

The purpose of this study become to study the attitudes of dad and mom of college students with intellectual incapacity and unique schooling teachers running in unique education colleges to the sports activities of college students with intellectual incapacity (identity). The "mindset towards sports activities sports of Intellectually Disabled people Scale" turned into used by members to determine their attitudes closer to the participation of college students with intellectual disabilities.

### **OBJECTIVES**

1. To find out the level of attitude towards sports among students.
2. To find out the relationship between attitude and sports activities.

### **HYPOTHESES**

There significant attitude towards sports activities Panjab University

### **METHODOLOGY**

The design was a survey type study of attitude towards sports activities Panjab university campus students. A sample of 300 aged 19-27 years participated in this study. Students were randomly selected from the different departments of Panjab university campus.

### **Data Collection**

For obtaining the information and information-based records for this observe the researcher had permission and organization from many quarters. The researcher got permission from department of physical, Panjab University collect the facts for the research from students studying at diverse departments of Panjab College Campus. After receiving the permission letter, the researcher in my opinion approached the chairperson of various departments. The investigator decided the time agenda for the gathering of records in session with the chairpersons, sothat the students must be spared by the point from their ordinary classes or exercise time. The questions commands have been definitely study out and defined to them and topics have been accredited to ask queries and their doubts had been cleared earlier than filling the questionnaires. The topics were requested to report their first response and quit their response sheets as soon as they fill it up. The researcher attempted his degree great that there was no be minimal distraction to the topics who could attempt the checks.

### **Statistical Techniques**

Once a record turned into received, it changed into tabulated and analyzed, keeping in thoughts the objective of the have a look at. The information becomes analyzed by way of the use of SPSS. To compare the attitude towards sports activities amusement time physical pastime t-check was applied. So that it will take a look at the hypotheses of the take a look at, imply SD and t-check turned into used. The facts were analyzed through

the usage of SPSS. To affirm of the look at stage of significance was decided on to be 0.05 stages.

## RESULTS

**TABLE-1**

Compression of Attitude towards Sports activities (Players and Non Players)

Sr. No	Groups	N	Mean	SD	T
1	Players	150	110.84	11.97	4.76
2	Non Players	150	104.81	11.04	

The table 1 suggests the mean scores of gamers as 110.84 and non-players 104.81 with a SD as 11.97 and 11.04 respectively. The t ratio comes as 4.76 with a diploma of trouble 2.198. The t ratios have been observed massive at 0.05. Degree as tabulated fee is 4.76. This shows very virtually that students who are taking part in games & sports are having favorable mindset to phrases games & sports than the non-players students.

Table 2 Significance of attitude of towards sports activities Panjab University

Attitude of towards sports activities	t	Df
	4.76	298

The table 2 suggests that there has been vast distinction within the mind-set of Panjab University Campus closer to entertainment time physical interest it is obvious from the table that is much less than 0.05 degree of significance. Therefore, it could be said that there was vast distinction in mind-set of Panjab college students toward enjoyment time physical hobby. It became concluded that male students of Panjab university campus have a higher interest closer to amusement time physical hobby than their counterpart.

## Discussion

It was determined that the overall attitude (of the scholars having physical schooling as their extra challenge) closer to bodily training turned into extraordinarily nice. So as in line with their perception this training is relatively wished for their well-being. other college students also ought to be influenced to take the concern and this subject need to be protected as obligatory difficulty to the secondary curriculum.

This have a look at was delimited to do studies on elegance fashionable excessive college physical programmed with the aid of investigating college students' attitudes closer to the physical programmed. The insights accumulated from this have a look at, even though beneficial, had been in no way exhaustive. It is therefore imperative that destiny studies in this place ought to be persevered.

An obvious place to begin could be to further check out the position of curriculum content on high faculty students' attitudes closer to physical education. Destiny research could inspect the attitudes of excessive players who're exposed to non-conventional or

innovative curriculum. Examples of such programmed may consist of programmed in which college students choose all or part of their curriculum or programmes in which curricular scope and series had been narrowed to provide college students with more intensity and less breadth. Studies on this region will be performed consistent with grade level, or perceived competency, to name a few. Although this examine supplied some rich insights into college students' attitudes towards excessive faculty physical education, it changed into handiest representative of a small pattern. Consequently, a recommendation for destiny research is the replication of this observes with various populations from various locations. Extra especially, pupil attitudes towards bodily education ought to stay examined in accordance to school vicinity (city, rural, or suburban) and according to pupil ethnicity all over Punjab.

### Conclusion

The study shows that students who are gamers have greater favorable attitude toward sports activities compared with the non-gamers. The substantial differences were observed at 0.05 degree of sizable. The study at indicates that aspiration degree of student who are players it's having lower degree of compared with non-players. This suggests that participant are playing or taking part in the sports activities at their very own and at random, no unique efforts motivation made by way of the bodily training private to select the players on positive foundation of assured and self-esteem. Non players had been located to have higher stage of aspiration that the players even that they had been no giving any opportunities to play and if this turned into provided to then they would have proven higher overall performance. The extent of attitude in the direction of sports activities have proven the inter courting. This again a more ordinary finding to have right replication of the have a look at on larger records should be performed to authenticate the fact of the observe.

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