

Study of Academic Achievement of Players and Non-Players at High School Level

Neetu Ohri

Principal, Guru Nanak College of Education, Gopalpur, India

Abstract

The present study was undertaken to study the Academic Achievement of Players and Non-Players at high school level. A sample of 160 secondary school students was taken for the present study. The marks obtained by the students of 9th in their previous annual examination were taken as the basis of academic achievement scores. t-test was used to ascertain the difference between means of players and non players. The results revealed no significant difference in the mean scores of academic achievement of players and non-players.

KEYWORDS: Academic Achievement, Players and Non-Players

INTRODUCTION

“Every human being has a fundamental right to access to Physical Education and Sport, which are essential for the full development of his personality. The freedom to develop physical, intellectual and moral powers through Physical Education and Sport must be guaranteed both within the educational system and in other aspects of social life.”

–**International Charter of Physical Education and Sport, UNESCO, 1978**

Sports have seen the dawn of the day in almost all civilizations of the world as indigenous modes of physical endeavor, healthy social interaction, a potential medium of entertainment and forming an integral part of life; whether as active participants or passive spectators. Sports, which are derived from the old French word ‘Desports’ meaning ‘Leisure’ has a crucial role to play to improve the lives of people around the world. Sport, in fact, is an attitude of mind. For most people, sport is recreation; for others, it is competition – the means to excel and achieve high standards in performance. Sports are a preparation for life; sports are a way to get ahead; the will to win is the will to work. Sports can give some suitable solutions or preventive techniques related to any physiological, sociological or psychological problems of human beings. Through sports we can inculcate a number of virtues in any individual.

Sport is all forms of physical activity which, through casual or organized participation, aims to use, maintain or improve physical fitness and provide entertainment to participants. Sport may be competitive, where a winner or winners can be identified by objective means, and may require a degree of skill, especially at higher levels. Hundreds of sports exist, including those for a single participant, through to those with hundreds of simultaneous participants, either in teams or competing as individuals. Some non-physical activities, such as board games and card games are sometimes referred to as sports, but a sport is generally recognized as being physical athleticism.

Sport is an attitude of mind. For most people, a sport is recreation. For others, it is competition-the means to excel and achieve high standards in performance. Sports are a preparation for life; sports are a way to get ahead; the will to win is the will to work.

Most importantly, sports are a big source of physical and mental health. Sports can give some suitable solutions or preventive techniques related to any physiological, sociological or psychological problems of human beings. In addition to intrinsic benefits like physical fitness and well-being, social interaction, entertainment, healthy competition, personality development, potential and skill development, inculcation of sense of achievement, pride, patriotism, self-confidence, leadership qualities etc.; sports have extrinsic advantages like rewards, awards and monetary gain. Through sports we can inculcate a number of virtues in any individual. Moreover; they can have memorable experiences which a person can cherish throughout his or her life time.

Modern life is competitive. Growth of industrialization and development of science and technology have contributed to increase its intensity and affected a change in its life style. Today sports have become highly competitive. Therefore, sports are seen in a much broader perspective than ever before. Sports and physical activities, understood with educational value, is a recent innovation. Sports education or physical education plays a significant role in all round development of the child through games and sports. This all round development includes perfect socialization of the child. He has to live in society. So his development is complete only when he is perfectly at ease with the society in which he lives. Individual who have not had the opportunity to sports, work and socialize with opposite sex in the childhood and youth often find it difficult to adjust satisfactorily when they become adults.

Adolescents form a large section of population about 22.5 percent i.e. about 225 million. They are living in diverse circumstances and have diverse health needs. They are a positive force for a nation and are responsible for its future productivity provided they develop in a healthy manner. Regular physical exercise has a positive influence on health. Adolescence, no doubt, is the most important period of human life but at the same time it is the most critical period of an individual's development. Adolescence is the phase of development and adjustment, being the traditional period between childhood and adulthood. It is the transitional period in everybody's life, which begins at the end of childhood and closes at the beginning of adulthood. Biologically, adolescence is the age when puberty draws. Chronologically this is a span of life ranging from 12 to 19 years. The term adolescence has a broader meaning these days it had in early years. The adolescent's task is not simply to interact with the external environment or with other individuals but also to develop its own potentialities. They try to expose their role in the world in which they live. It is a stage of new experiences, responsibilities and new relations with adults as well as peers, which influence his personality, his ability to emerge out of conflicting situations and his futuristic patterns of life.

New Illustrated Webster's Dictionary (1992), "Adolescence is the process of going up the stage or period of growth from the onset of puberty to the stage to adult development."

According to Chamber's 21st Century Dictionary (1999), "Adolescence is said to be of a young person at the stage of development between adulthood and childhood or between puberty and adulthood."

Early adolescence is often marked by changes in school context, family relationship, and developmental process. In the context of these changes, academic

performance often declines, while at the same time the long-term implications of the High school levels, the significant role of families, family school relationship and parental involvement in education has been highlighted.

In this rapidly changing world and with growing advancement in science and technology, the place of education has become so vital that every parent today sets high goals to educate his/her child. Parents want the child to shine in academics no matter at what cost! Teacher also sees children's examination performance as measure of their own worth. The test scores, marks or grades assigned to the pupils on the basis of his performance in the achievement tests determine his status with respect to attained skill or knowledge compared with other pupils and also with the adopted standard of the school.

ACADEMIC ACHIEVEMENT

Modern society is Achievement oriented. Academic Achievement is the point and center of education growth and development. It is the most important goal of education. Despite many varied statements about aims of education, Academic Achievement of people continues to be the primary and the most important goal of education. Academic Achievement creates a challenge for every pupil at all levels of education. It is the status or level of a person's learning and his capability to apply what he has learned. Academic Achievement is the core of a wider term i.e. educational growth, which means growth in all aspects. The assessment of Academic Achievement has been largely confined to the evaluation in terms of information, knowledge and understanding. Thus, Academic Achievement in general refers to the degree or level of success or proficiency attained in some specific areas concerning scholastic academic work.

According to Oxford Advanced Learner's Dictionary (2000), "Achievement is a thing somebody has done successfully, especially using his/her effort and skills."

In the words of Kumari (2001) "Academic Achievement as the sum total of information gained after completing a course of instruction particularly or fully in a particular grade that he has obtained on an achievement test."

According to Ollendik (2003), "Academic Achievement is defined as the knowledge and skills that an individual learns through direct instruction. Achievement tests measure what a person has learned, where an aptitude test (including that of intelligence) assess a person's potential for learning."

According to Subramanyam (2008), "Education Achievement is usually defined in three ways; the grades the students earn in school, their performance and standardized tests of Academic Achievement or the number of years of schooling completed."

Academic Achievement has a very high place in child's life. It builds self-esteem and provides self-confidence and above all, emotional security. Academic Achievements have come to occupy the central position. Sound development in academic record is just like the pillars on which entire future structure of personality stands. Academic Achievement is related to the acquisition of principles and generalizations and the capacity to perform efficiently certain manipulations of objects, symbols and ideas. Thus, Academic Achievement is

(a) Quantity and quality of learning attained in a subject or a group of subjects after a period of instruction.

(b) Knowledge attained or skills developed in school subjects.

Academic Achievement has become an index of a child's future in this highly competitive world. It is only a drop in the vast sea of education. Academic Achievement or Scholastic Achievement means the attained level at which the student is functioning in school such as Economics, History and English as measured by the school marks. Thus, Academic Achievement of a pupil refers to the knowledge attained and skills developed in school subjects, which are assessed by educational authorities with the help of achievement test which may be standardized or non-standardized.

SPORTS AND ACADEMIC ACHIEVEMENT

During the period of adolescence, biological development and psychosocial development overlap. A person's body undergoes dramatic changes. Because the adolescents experience various strong cognitive and physical changes, for the first time in their lives they may start to view their friends, their peer group as more important and influential than their parents/guardians. The unique strength of physical education and sports exists in its capacity to enthuse a dream in successive young generations. The life style of today's generation has changed tremendously. The fitness level of individual has gone down badly. Students prepare video games rather than to toil sweat in play fields. Now kids are suffering more and more from posture deformities. The only way to remove these factors from society is that the roll of physical education and sports should become massive. It not only improves the health of an individual but also makes him stronger mentally to face the huge competition present in today's fast changing world.

Physical education and sports provide opportunity for the development and maintenance of physical fitness and personality. Sports provide numerous opportunities for students to grow socially, emotionally and physically. The participation in sports warrants a fundamental desire to compare and surpass others. Every sports activity depends on performance. Sports performance is largely based on psychological aspects.

Sports and exercises help in strengthening and toning the muscles and bones in the body. It keeps them in an excellent shape. According to the U.S. Department of Health and Human Services and the President's Council on Physical Fitness and Sports, children need 60 minutes of physical activity per day to maintain optimum health. Signing your children up to play sports, either team or individual, can help to get them off the couch.

Jasar Pappattu and Mrs. Vanitha (2017) revealed in their study that there does not exist any relationship between family environment and Achievement in science skills. Abhilasha and Ritu (2013) concluded from their research that there is a significant effect of socio-economic factors on student's Academic Achievements. A study on impact of achievement goals, sociability and gender on Academic Achievement of university students showed that only performance-approach goals significantly predicted Academic Achievement (Fatima, et al. 2012)

NEED AND IMPORTANCE OF THE STUDY

Children are the most important asset of a country. It is they who will become tomorrow's young men and will provide the human potential required for the country's development. It is therefore necessary that today's child should be healthy both

physically and mentally so that tomorrow he may prove to be an energetic and dynamic young man. An Achievement test is a measure of an individual's degree of accomplishment or learning in a subject or task. The achievement test serves as a tool to measure current knowledge levels for the purpose of placing students in an educational environment where they have the chance to advance at a pace that is suitable for their abilities. The assessment of Academic Achievement also provides feedback both to teachers and parents. It helps the teachers to know whether the teaching methods are effective or not and helps them in bringing improvement accordingly. Adolescents are in the age of stress and strain. So it is the duty of teacher to indulge the students in education, co-curricular activities and sports also. The present investigation will try to study the Academic Achievement of Players and Non-Players at High school level. The study will help the administrators, parents, teachers and students to find out the difference in Academic Achievement of Players and Non-Players.

The competitive stress and physical load of sportsmen have left nothing in balance to go for studies. Moreover, they too devote a lot of time to prepare for a competition in sports training, whereas in the classroom the teachers go along with their study work. The players are also as much the students as are the non-players. They also want to get promotions in examinations, though they do not hope to stand first or get distinction in studies as most of their time is utilized in playing and practicing the sports activities. But they have to compete with other students in the academic field also because they have the same academic syllabi and curricula as other non-playing students have. Besides improving their skills in their athletics and playing activities, they have to study and appear in the same type of examinations. In order to understand whether the sportsmen are really interested in studies or not, the investigator has selected this problem. So, Achievement tests play an important role in different fields of education at various levels.

OBJECTIVES OF THE STUDY

1. To study the academic achievement of players.
2. To study the academic achievement of non-players.
3. To compare the academic achievement of players and non-players

HYPOTHESES

1. There exists no significant difference in academic achievement of players and non-players.
2. There exists no significant difference in academic achievement of male players and male non-players.
3. There exists no significant difference in academic achievement of female players and female non-players.

SAMPLE OF THE STUDY

A sample of 160 High school students (80 players and 80 non-players) was selected from the schools of Ludhiana district.

TOOLS USED

In the present study, the marks obtained by the students of 9th in their previous annual examination were taken as the basis of academic achievement scores.

STATISTICAL TECHNIQUES USED

- Numerical determinant of normality like Mean, Median, Mode and Standard Deviation were used to ascertain, the nature and distribution of scores on the variable of emotional intelligence.
- Test of Significance (t-test) was applied to know whether the difference between the means of Players and Non-Players is significant or not at any particular level of significance.

MAJOR CONCLUSIONS

1. There exists no significant difference in the mean scores of Academic Achievement of Players and Non-Players.
2. There exists no significant difference in the mean scores of Academic Achievement of male Players and male Non-Players.
3. There exists no significant difference in the mean scores of Academic Achievement of female Players and female Non-Players.

EDUCATIONAL IMPLICATIONS

A research is meant for developing new dimensions and for forwarding innovative steps in related field of work. Research work will not be considered complete in itself unless and until the research findings are put to some practical use. The study in hand was conducted to find out the Academic Achievement of players and non-players at High school level. Children are the most important asset of a country. It is they who will become tomorrow's young men and will provide the human potential required for the country's development. It is therefore, necessary that today's child should be healthy, both physically and mentally so that tomorrow he may prove to be an energetic and dynamic young man.

School education is an important segment of the total educational system contributing significantly to the individual as well as to national development. Human potential can be created and improved with the help of education system. Present study seeks to find out such implications for the betterment of the children through education. In the present study it was found that there exists no significant difference in the mean scores of Academic Achievement of Players and Non-Players. So it can be said that indulgence in sports and physical activities and spending time in these activities do not affect the Academic Achievement negatively rather regular physical activity may influence cognitive development by increasing cerebral blood flow, altering arousal and association neuro-hormonal balance, changing nutritional status or promoting the growth of inter-neuronal connections. Regularly indulging in sports helps in keeping the immune system strong and hence prevents from any kind of diseases. Thus, sports promote good health and physical fitness. So, the games and other co-curricular activities should be an integral part of school curriculum.

REFERENCES

- Chaudhari, P. (2010). The academic achievement of tribal students of ashram schools of Surat district. *Journal of Indian Education*, 36(2), 35-46.
- Garette, E. (1981). *Statistics in Psychology and Education*. Vakilis, Feffer and Simons Limited, Bombay
- Kaul, L. (2007). *Methodology of Educational Research*. Vikas Publication House, New Delhi.
- McCarthy, R. (2015). *The effect of athletic participation on the academic achievement of high school students*; Boston (Mass.): Northeastern University, January 2015
- Shrama, A., Thakur, K.S., Sharma, P. and Malhotra, D. (2011). Prediction of different streams in academic achievement through verbal and non-verbal intelligence tests. *Journal of Community Guidance and Research*, 28(1), 48-55.
- Singh, R. (2008). Learning style preference and academic achievement of school children. *Psycho Linguistic Association of India*, 38(1), 40-47.
- Sutherman, S. and Vasanthi, A. (2011). Study habits and academic achievement of 9th standard students in Palani educational district. *Edutracks*, 10(11), 39-42.
- Vasanthi, A. (2010). Learning Environment and academic achievement of higher secondary Physics students. *Edutracks*, 10(1), 42-45.