

Attitude of BHU Varanasi Students towards participation in Games and Sports Activities

Bipin Kumar Dubey
LNIPE, Gwalior India

Abstract

“Times of India”, Lucknow edition dated 7-7-07, Banaras Hindu University has made mandatory for all the students to participated in sports. Thus keeping in view the above mentioned policies by the BHU, Varanasi for compulsory participation in games and sports, the scholar was making a modest effort to reveals the attitude of different faculty students towards participation in different games and sports. For this study the scholar were randomly selected Two hundred (200) Male/Female subjects from different Faculty of BHU, Varanasi. The age of the subjects was ranged from 18-25 years and the standard Sonstroem Physical Estimation and Attraction Scale (PEAS) questionnaire (1974) was used and it was analyzed by using percentage. The total score of BHU students out of 54 in relation to Attraction was 32 i.e. 59.3%, hence 59.3% were having positive attitude towards participation in games and sports.

KEYWORDS: Attitude, Games & Sports

INTRODUCTION

“India is not a country of the Hindus only. It is a country of the Muslims, the Christians and the Parsees too. The country can gain strength and develop itself only when the people of the different communities in India live in mutual goodwill and harmony .It is my earnest hope and prayer that this centre of life and light which is coming into existence, will produce students who will not only be intellectually equal to the best of their fellow students in other parts of the world, but will also live a noble life, love their country and be loyal to the Supreme ruler.” (**Pandit Madan Mohan Malaviya**)

Banaras Hindu University (BHU) is a premier Central University and a world class educational institution located in Varanasi, India It is regarded as the largest residential university in Asia. The fully-residential campus has more than 128 independent teaching departments. The total enrollment in the University stands at just over 15000. Several of its colleges, including engineering (IT-BHU), (Agriculture), (Law), Science and medicine (IMS-BHU), are ranked amongst the best in India. IT-BHU has recently got the status of IIT. IMS BHU is equivalent to AIIMS and Faculty of Science in BHU is one of the best faculty in Asian countries. Culturally it retains India's ancient traditions. The late Kashi Naresh and Maharaja Dr. Vibhuti Narayan Singh had a great impact on this institution. This University attracts students from all regions of India.

Attitudes are contagious; children are great imitators of attitudes which are caught as they are taught. They learn many of their attitudes from their parents, their teachers and to her older associates. *Crow and Crow (1969)*

As per the Government Order of Uttar Pradesh No. 345/Sattar-2-2006-16(24)/2004 T.C. dated 01 February 2006 in Degree colleges sports and Physical Education has been introduced as a subject in which the students(excluding physically challenged) had to pass the physical education exam within three years. "Times of India", Lucknow edition dated 7-7-07, Banaras Hindu University has made mandatory for all the students to participated in sports. Thus keeping in view the above mentioned policies by the BHU, Varanasi for compulsory participation in games and sports, the scholar is making a modest effort to reveals the attitude of different faculty students towards participation in different games and sports.

METHODOLOGY

Two hundred (200) Male/Female subjects were randomly selected from different Faculty of BHU, Varanasi. The age of the subjects was ranged from 18-25 years. The standard Sonstroem Physical Estimation and Attraction Scale (PEAS) questionnaire (1974) was used

Collection of Data

At the beginning, the investigator will visit different faculties of BHU, Varanasi and will explain the purpose of the present study to them. Necessary instructions will be passed on to the subject before the administration of questionnaire. Confidentiality of responses will be guaranteed. No time limit for filling-in questionnaire will be set, but the subjects will be asked to respond as quickly as possible once the instructions are clearly understood by them.

Technique for Analysis of Data

The various responses received in terms of attitudes of BHU students towards participation in games and sports were analyzed using percentage.

RESULTS

In the present study if correct response were greater than fifty percent and one point was awarded for every correct response then the total score of BHU students in relation to Attraction was 32 out of 54. In other words it can be said that the total score of BHU students out of 54 in relation to Attraction was 32 i.e. 59.3%, hence 59.3% were having positive attitude towards participation in games and sports.

Similarly, total score out of 33 in relation to Estimation was 20 i.e 60.60% (Approx. 61%). 61% BHU students were found with positive interest towards participation in games and sports.

The above mentioned positive attitude and positive interest of BHU students towards participation in games and sports can be attributed to the following factors:

1. Availability of playing ground in front of every hostel.
2. Inter department competition
3. Inter faculty competition
4. Inter hostel competition

5. Inter university competition
6. Annual sports competition in every faculty
7. Availability of Multi gymnasium at approachable distance.
8. Availability of different playing halls like- Badminton, Judo, Swimming, Table Tennis, Wrestling, Gymnastics, Squash, Mulkhumb, Boxing Rings etc.
9. Availability of Coach, Physical Education teacher and coaching facilities in every faculty.
10. Availability & suitable sports environment of the BHU campus that is cont for all kind of physical activities.
11. Increased health awareness among the youths.
12. Suitable curriculum and practical based counseling.

CONCLUSION

Within the limitations, of the study the following conclusions were drawn:

1. The study has indicated that a majority of the students had a favorable attitude towards participation in games and sports
2. Total 59.3% of students were having positive attitude towards participation in games and sports.
3. 61% of students of BHU, Varanasi were having positive interest towards participation in games and sports.

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