

## A Comprehensive Study on the *Awareness and Interest* among Higher Secondary Students about Games and Sports in District Kulgam Jammu & Kashmir

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### Abstract

The purpose of the study was to investigate the awareness and interest among higher secondary school students of district kulgam (j &K). For this study 500 male students of 11<sup>th</sup> and 12<sup>th</sup> class students from 10 higher secondary schools of district kulgam were selected as subjects for the study. Interview for teacher and questionnaire for students was used to collect the data. The data was statistically analyzed by using percentage. The study plays a certain role in promoting the games and sports at district kulgam.

**KEYWORDS:** - Awareness, Interest, Games and sports

### INTRODUCTION

Man does not attain his full stature as a human being without education. Education is a process of physical, intellectual mental and moral development .A harmonious makes a full cultured man. This is why human habitation has given attention to physical development and as a part of games and sports has received patronage and social and entertainment value. Nowadays games and sports are gaining importance. Even radio, T.V. Programmers finds a special allotment that is well received by people, the world over. News papers have reserved pages for games and sports news also. As such without games and sports no curriculum in schooling can be complete and hence it has become an essential part of education.

Evolution of human life started with the movement. Human beings have been very active and creative by nature and physical activity has been part of their life all along since evolution. For primitive man, search for food and shelter was the first activity. This first physical activity was necessitated by his instinct for survival. Physical activity was also the first mode of communication; it was also a means of expression. As human beings evolved culturally, emotionally and socially, physical activity also evolved. As the society became more and more complex towards the modern age, physical activity came to be recognized as an organized supervised form of education. Man can undertake many activities for letting out excess energy for enjoyment. But it is observed that man has definite attraction towards games and sports. MC dugall, one of the prominent psychologists has pointed out that interests in latent attention in interests in action. We can say that there is definite interest towards games and sports. Letus examine whether interests are inborn or can be acquired what are the factors which create interest. The study of a few definitions of illustrations made by psychologists will enlighten us in finding out answer to the above queries. William James discussed interests a form of selective awareness or attention that produces meaning out of the mass of ones experiences. Again interests are labels as likes. Man gives attention towards the activity which he likes. And as it is mentioned above attention is interest in action. In this way interest can be created while teaching new activity, it is better if one has the phenomenon. To catch attention of a learner we

should make appeal to the tendencies of the individuals is instincts in their raw or modified form. These tendencies give every individual disposition to attend to specific types of stimuli. This mental disposition is termed as interest. Interests are based on training, Knowledge, sense of achievements etc.

An individual may not actually participate in the activity. Still he can have interest in other words, somebody can interest in participation in games, whereas other in witnessing and some may be interested in reading or listening about it.

Interests are very much linked with wants, motives, drives and basic needs. As a person grows, his wants and needs are changed. The increase or decrease of interest is the result because of environment, growth and development, the motives, wants and needs of a person change and naturally interests also vary. A boy from village may not be that much interested in movies as a boy from urban area. It is because of advertisement, that the boys are attracted towards movies, this is the reason why one experiences that during college career boys adopt new games or activities. They show interest in the games and sports which they have not played or know during schooling. Hence it is said that interests are of less acquired dispositions.

#### Methodology

To achieve the purpose of the study 500 male subjects from higher secondary schools of District Kulgam from 11<sup>th</sup> and 12<sup>th</sup> class students were selected for the study. Teacher made questionnaire was used for the collection of data.

Table showing the breakup of the subjects

S.NO.	Name of the school	11 <sup>TH</sup>	12 <sup>TH</sup>	TOTAL
1	Govt.Hr.sec.school Yaripora	25	25	50
2	Govt.Hr.sec.school Kulgam	25	25	50
3	Govt.Hr.sec.school Bugam	25	25	50
4	Govt.Hr.sec.school Munad	25	25	50
5	Govt.Hr.sec.school Frisal	25	25	50
6	Govt.Hr.sec.school Asmuji	25	25	50
7	Govt.Hr.sec.school Qaimoh	25	25	50
8	Govt.Hr.sec.school Devsar	25	25	50
9	Govt.Hr.sec.school D.H Pora	25	25	50
10	Govt.Hr.sec.school Areh	25	25	50
TOTAL				500

**Results, Discussion and Findings**  
**Facilities for Games and Sports**

s.no.	Name of the school	Play fields	Sports equipment	Staff
1	Govt.Hr.Sec.School Yaripora	Adequate	inadequate	Inadequate
2	Govt.Hr.Sec.School Kulgam	Adequate	adequate	Adequate
3	Govt.Hr.Sec.School Bugam	Adequate	Inadequate	Inadequate
4	Govt.Hr.Sec.School Munad	Adequate	adequate	Inadequate
5	Govt.Hr.Sec.School Frisal	Adequate	Inadequate	Adequate
6	Govt.Hr.Sec.School Ashmuji	Adequate	Inadequate	Adequate
7	Govt.Hr.Sec.School Qaimoh	Adequate	Inadequate	Inadequate
8	Govt.Hr.Sec.School Devsar	Adequate	Inadequate	Adequate
9	Govt.Hr.Sec.School D.H.Pora	adequate	Inadequate	Inadequate
10	Govt.Hr.Sec.School Areh	Adequate	Inadequate	Inadequate

In above mentioned Higher Secondary's all have playfields but almost all schools lack sports equipments. The schools located in urban area have all kinds of facilities but the situation is different in rural areas. As for as the staff in these institutions is concerned, some of the institutions do not have physical lecturers and physical masters. The physical education subject is taught by an academic lecturer.

**Help received in Games and Sports**

Location of school	No. of students	Help received in points	Total
Urban area	100	* 4	400
	50	* 3	150
	50	* 2	100

Rural area	50	*	4	200
	100	*	3	300
	150	*	2	300

The data which is received from questionnaire has been arranged in the above table to find out coaching and guidance received by students during schooling. It is observed that students from urban area received coaching more than rural area. 100 students out of 200 received 100% help from urban area. 50 students received 75% help and 50 students received 50% help from coaches/teachers.

In rural area the picture is different 50 students out of 300 received 100% help, 100 students 75% help and 150 students 50% help.

#### SHOWING INTEREST IN GAMES

Total each out of 500	No. of students interested in one or more games	No. of students adopted new games	No. of students practice games regularly	No. of students representing school team
	450	200	300	300
	90%	40%	60%	60%

It is clear from the above table that 90% students are interested in one or more games during schooling and 40% of the students adopted new games. 60% of students practice the games regularly and 60% are the members of school teams. Very few students are showing good performance and they are selected in school teams. Others are showing poor performance and they do not get chance in the team.

Class wise Respondents Interested in Games

Class	No. of samples	No. of students interested in games and sports	Percentage
11 <sup>th</sup>	250	200	80%
12 <sup>th</sup>	250	250	100%

Out of 500 subjects from whom data is collected 450 students are interested in games and sports.

The table also indicates one more important thing. The percentage of interest in 12<sup>th</sup> class students is 100% and that of 11<sup>th</sup> class is 80%. Thus it is revealed that the interest in games and sports is much more in 12<sup>th</sup> class as compared to 11<sup>th</sup> class.

Showing interest towards different games

Showing interest in Cricket

No. of students interested	No. students practice regularly	No. of students representing school teams
450 90%	300 60%	150 30%

Cricket is the game of fancy and is most popular now-a-days. It has gained a lot of publicity in the world. That is why maximum students show interest in Cricket. In the above table it is observed that 90% of students are interested in it but only 60% practice it regularly and 30% of the total students represent school teams.

Showing interest in volley ball

No. of students interested	No. of students practice regularly	No. of students represent school team
250 50%	200 40%	90 18%

The table shows that 50% of the students are interested in this game 40% practice it daily and 18% of the total students represent the teams. This game is not so popular as cricket. In spite of less time consuming, needs small area for playing and very little chances of injury, survey shows that only 40% of the students practice it daily.

Showing interest in Basket Ball

No. of students interested	No. of students practice regularly	No. of students representing school team
100 20%	50 10%	50 10%

This game needs and agility. This game is not so popular in the state. Very few people know about the game. The above table gives clear picture about the game. The reason simple that most of schools do not have basket ball grounds that is why very little no of students practice it. The table shows that 20% of the students are interested in the game. Only 10% practice it and 10% represent their school teams.

Showing interest in Foot Ball

No. of students interested	No. of students practice regularly	No. of students representing school team

200	150	150
40%	30%	30%

The students who have shown interest in foot ball, the game of robust nature is 40%. 30% of the students practice the game regularly and 30% of the students represent the school team. The reason is simple that very few schools have foot ball grounds and most of the schools lack these

#### Reasons for Non Participation

No. of students	Reasons
10	Lack of interest
6	Less interest from school authorities
10	House away from school
11	Lack of time
4	Parent do not permit to play
9	Burdon of study
50	

50 Students out of 500 do not participate in games and sports. In response of the question asked 2% of the students do not have interest in any game. 1.2% claiming that they do not participate due to less interest of their teachers. 2.2% have no time to play, 0.8% are restricted by parents and 1.8% feel that their academic side will be disturbed by playing games.

#### Conclusion:-

The present investigation was conducted to study the interest and awareness of students at higher secondary level in games and sports. It is generally observed that the playgrounds of these schools are rarely full with participants. The general assumption is that students of both the classes have link with sports activities to some extent. The study is conducted through questionnaire and interviews of teachers to find out the factual position. The information received is arranged for statistical analysis and results are given in the previous chapter. A summary of findings is

presented with suggestions for consideration of those who are interested in the welfare of students.

## REASONS

1. The students of rural areas have fewer facilities as compares to those of urban areas.
2. Students of urban area get more help/coaching because of availability of trained personal in the field of sports.
3. Schools of urban areas have more facilities as a result they can spend more for giving incentives to the students.
4. The students of urban area get chance to see the tournaments and regular games. it help in creating interest.
5. The students at higher secondary level gain more confidence in them. They learn most of the fundamentals of games during high school level.
6. They have maturity so they take advantage of facilities even if they do not get help.
7. It is found that there is positive correlation between facilities and participation. If adequate facilities are available the students do take advantage of facilities.
8. Some schools do not have proper facilities so the students of these schools get less chance to participate.
9. In rural areas the schools have inadequate facilities so their students are interested in academic subjects.
10. Some students realize that only merit in academic subjects gives them satisfaction. This removes them away from games and sports.
11. It is sometimes felt that there is no proper guidance which will teach them the importance of activities in general and games in particular.
12. It is observed that more students are involved or have interest in team games.
13. Most of the students get knowledge of games after joining higher secondary.

## SUGGESTIONS

Now-a-days the tendency of the students is to engage themselves in activities which will help them in obtaining degree with good class. This promotes the chances of employment. Hence they do not pay any attention towards other activities in general and sports in particular. The following suggestions have been made to improve the situation

1. Games and sports should be made compulsory for higher secondary students. After coming in the play fields they will develop interests.
2. Mere compulsion will not be perfect solution. The students should be credited additional marks if they participate in games and sports.
3. Schools should provide sufficient facilities and maintain good play grounds; the psychological effect there will be conspicuous. The facilities should be such that students should be attracted towards games.
4. In the beginning, facilities will surely prove helpful in getting response from students but to increase interest, help and guidance have a vital role to play. Proper coaching will ensure operation of the law of effect. It means that the participants will be able to enjoy the game with least adverse effect which in turn will increase interest in the game.
5. Incentives for participation should be given.



6. School authorities should encourage participation in games and sports.

Financial help should be provided, for proper kit, nutrition etc.

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