

## **An Analytical Study of Parental Support towards Participation in Physical Education and Sports in India**

**Arnab Ray**

Research Scholar, Visva-bharati, Santiniketan, India

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### **Abstract**

**Introduction:** School going Children's Parental Support towards Physical Education and Sports is one of the most important contributions for larger participation and enhancement of better performance in sports events. Parents can make to the School going Children's development greater the parents support. Greater the social competence (Self Esteem, Moral Behavior, Academic Achievement and Vocational Achievement). Support can be shown in several ways such as physical affection companionship and sustained contact.

**Purpose of the Study:** The study is to investigate the parental support towards the participation in physical education and sports.

**Method:** The data were collected by administrating the questionnaire Likert Scale. Parental support scale measures parental supports towards participation in physical education and sports prepared on Likert Scale, which based on 3 dimensions i.e. parental interest, parental behavior and resources provisions. It has 37 statements, out of these 37 statements 28 are scored as 3, 2, 1 in order favorably worded and rest 9 are scored as 1, 2, and 3 in order of no favorably worded. The parents were given the questionnaires and requested to duly fill it up with mutual consultation in the presence of investigator. They had to tick mark any one alternative from 3 choices given (Always, Sometimes and Never) which they found most appropriate in their case. Investigator had taken care of that no statement was left unanswered.

**Findings and Conclusion:** It is clearly understood that parental support towards the participation in physical education and sports are comparatively higher. And it is evident that interactions between parents and School going Children include positive behavior towards participation in physical education and sport Parents are aware that physical activity can help their children in their enrollment.

**KEYWORDS:** Analytical, Physical Education, Sports, Behavior, Parental Support.

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### **INTRODUCTION**

School going Children's Parental Support towards Physical Education and Sports is one of the most important contributions for larger participation and enhancement of better performance in sports events. Parents can make to the School going Children's development greater the parents support. Greater the social competence (Self Esteem, Moral Behavior, Academic Achievement and Vocational Achievement). Support can be shown in several ways such as physical affection companionship and sustained contact.

Period of school going age is one of most crucial and critical as well. It is during this time, that teens struggle with their own identity. They are progressing into a period of maturation and development that is scary and uncertain. They need guidance and strong support features that come from their parents.

Children's need their parents both for guidance and support during this crucial point in their life. He further indicated that parents by the strong foundation for the social skills and self-roles which have long term impact on the School going Children's decisions and plans when they provide the emotional security which the adolescent needs.

Thus a common assumption in the literature on child rearing is that adolescent requires parental attention supervision and guidance along with support features in developing effective transitional adult identity until very recent studies and reviews have identified parental support as the principle aspect of child development. That predicts life time competence. This dimension has received such label as warmth, affection, nurturance and acceptance parental support has been studies most often as a unitary dimension, but recent investigators are beginning to identify several sub dimensions of these variables including interest, companionship, guidance and resources provision.

Interactions between parents and School going Children's include positive behavior such as interests, support, and communication openly and parent child connectedness, help adolescent learn to be autonomous and successful in shaping their own lives.

Parental support has a strong influence on a broad array of outcomes including academic success, behavioral and psychological competences, and positive attitude towards others and roll taking skills. They further asserted that supportive parents not only help adolescent to define goals but also allocate resources in the form of advice, social contacts, values and monetary support for the young adult in the pursuit of his ambition.

The study was conducted on the selected schools of various states urban areas in India. (States were from North India- Punjab, Uttarakhand, UP, Himachal Pradesh, Delhi, and Haryana. From East India- West Bengal, Jharkhand, Meghalaya, Assam, Odisha, Bihar. From west India- Maharashtra, Goa, Gujrat. From South India- Tamilnadu, Andhra Pradesh, Kerala, and Telangana). Total 1200 parents of school going children were took part in this study.

### **Objective of the study**

The objective of the study is to investigate the parental support towards the participation in physical education and sports.

### **Significance of the study**

The present study would help in analyzing the support of parents towards their children towards physical education and sports. So that they would learn to be autonomous and successful in shaping their own lives through movements

The study would further provide the guidelines to the parents about the importance of participation in physical education and sports event.

The study would also help the sports experts in the field to take up appropriate measures and to enhance the sports performance of the adolescents.

Inter zonal comparison would help govt. of India to take up special interest for the zone/zones where parental attitude towards physical education and sports is not up to the satisfactory level.

### Methodology

#### Selection of the subjects

The researcher selected the parents of school going children From Various States of India i.e. Punjab, Uttarakhand, UP, Himachal Pradesh, Delhi, Haryana, West Bengal, Jharkhand, Meghalaya, Assam, Odisha, Bihar, Maharashtra, Goa, Gujrat, Tamilnadu, Andhra Pradesh, Kerala, Telangana.

#### Criterion Measures

| Variable   | Measuring Unit |
|--|----------------|
| Parental support participation in physical education and sports in India | Likert Scale   |

#### Tools and Materials used

Dr. Shobha Nandanwana and Dr. Nimni Asawa questionnaire was used as tools and materials for this study (parental support scale).

#### Collection of Data

The data were collected by administrating the questionnaire Likert Scale. Before administering the test, the rules and conditions of the test were made clear to the respondents. Their co-operation was also highly solicited. Parental support scale measures parental supports towards participation in physical education and sports prepared on Likert Scale, which based on 3 dimensions i.e. parental interest, parental behavior and resources provisions. It has 37 statements, out of these 37 statements 28 are scored as 3, 2, 1 in order favorably worded and rest 9 are scored as 1, 2, and 3 in order of no favorably worded. The parents were given the questionnaires and requested to duly fill it up with mutual consultation in the presence of investigator. They had to tick mark any one alternative from 3 choices given (Always, Sometimes and Never) which they found most appropriate in their case. Investigator had taken care of that no statement was left unanswered.

#### Findings:

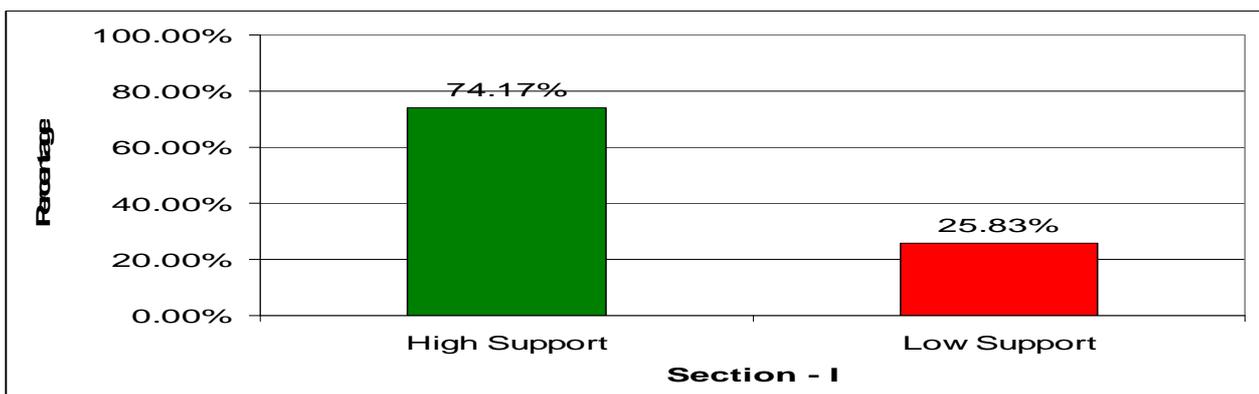
**Table I Section wise Parental Support Towards Physical Education and Sports**

|  | Section I | Section II | Section III | Over All |
|--|-----------|------------|-------------|----------|
|  |           |            |             |          |

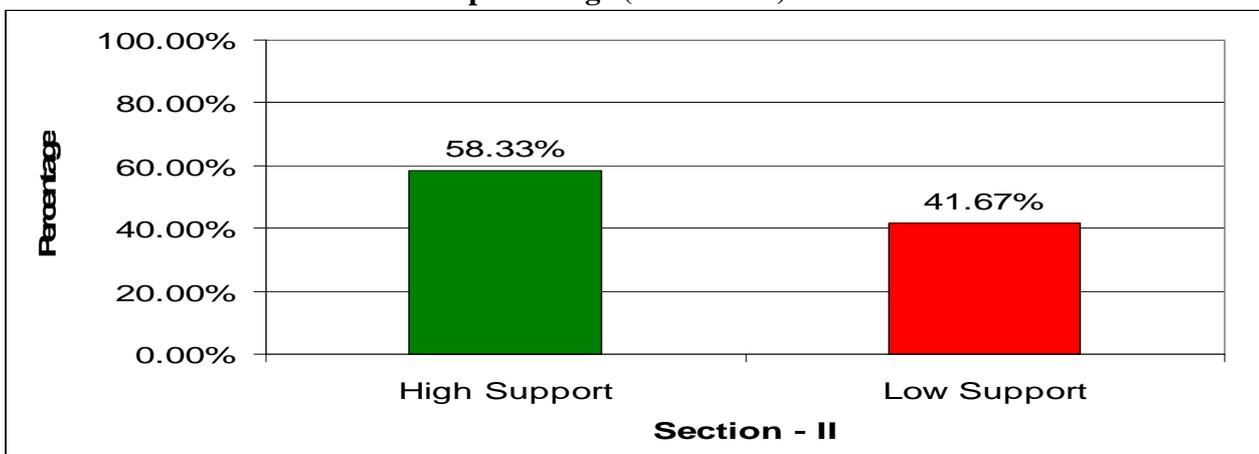
|            | Parental Interest |             | Parental Behaviour |      | Parental Provision |      |      |      |
|------------|-------------------|-------------|--------------------|------|--------------------|------|------|------|
|            | High Support      | Low Support | H.S.               | L.S. | H.S                | L.S. | H.S. | L.S. |
| Total      | 890               | 310         | 700                | 500  | 850                | 350  | 980  | 220  |
| Percentage | 74.17             | 25.83       | 58.3               | 41.7 | 70.3               | 29.2 | 81.7 | 18.6 |

is revealed from table-I that adolescents parental support towards physical education and sports in terms of parental interest is found to be high in (74.17%) where as to be low support is marked (25.33%), Section-II states that parental behaviour has also been (58.33%) and 41.67% is low support. In section-III, parental provision reveals that (70.33%) are highly supported and 29.17% is lowly supported. However, overall high supported and low supported section wise observed to be 81.67% and 18.63% respectively.

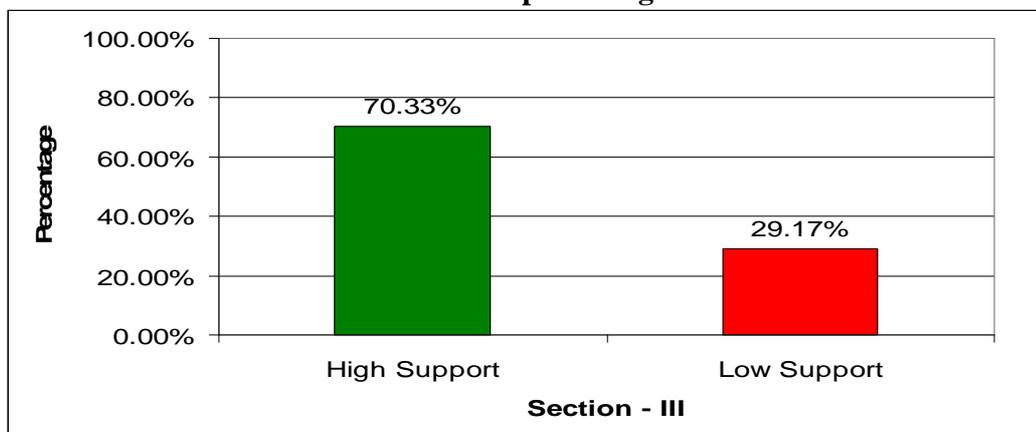
**Graph-1**  
**Information about High Support & Low support**  
**Shown in percentage (Section -1)**



**Graph 2**  
**Information about High Support & Low support**  
**Shown in percentage (Section - 2)**



**Graph 3**  
**Information about High Support & Low support**  
**Shown in percentage**



**Table 2**  
**Table Shows Chi Square, Section wise Parental Support Towards**  
**Physical Education and Sports**

|       | Section I | Section II | Section III | Total |
|-------|-----------|------------|-------------|-------|
| Fo    | 890       | 700        | 850         | 2440  |
| Fe    | 813.33    | 813.33     | 813.33      |       |
| Fo    | 310       | 500        | 350         | 1160  |
| Fe    | 386.67    | 386.67     | 386.67      |       |
| Total | 1200      | 1200       | 1200        | 3600  |

$$\sum x^2 = 7.66$$

$$\begin{aligned} \text{Tabulated } X^2 &= (r-1)(e-1) \\ &= 1 \times 2 = 2 \\ &= 5.99 \end{aligned}$$

The findings of table II reveal that the calculated  $x^2$  value of 7.66 is higher than the tabulated  $x^2$  value of 5.99 for the 2 degrees of freedom at 0.05 level, hence there is significant difference among the occurrence.

**Discussion of findings**

From the findings of tables and graphs, it is clearly understood that parental support towards the participation in physical education and sports are comparatively higher. And it is evident that interactions between parents and School going Children include positive behavior towards participation in physical

education and sport that their School going Children learn to be autonomous and successful in shaping their own lives through movements.

### **Conclusion of the Study**

Parents of School going recognize the value of sports. Parents of school going children realize the importance of physical activity. Parents are aware that physical activity can help their children in their enrollment. Academic load divers the parents' interest. Insecurity in the academic life establishment due to increase competition in all employment avenues diverted the parent's interest from sports and physical activities.

### **Recommendations**

Based on the conclusion of this study the following recommendations are made.

- 1) Similar study can be conducted on girls' parental support towards physical education and sports.
- 2) Similar study can be conducted on Importance of participation in physical education and sports event.
- 3) Similar study can be conducted on different age and sex groups.
- 4) Similar study can be conducted on different areas of fitness.
- 5) Organized physical education and sports program in schools and colleges should be developed.
- 6) Similar studies can be conducted in other district also.
- 7) It is also suggested that further studies may be undertaken to assess of the teacher and coaches towards physical education and sports.

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