

# THE STUDY OF PHYSICAL EDUCATION STATUS IN PRIVATE AND GOVERNMENT SCHOOLS OF KUPWARA DISTRICT

Dr. Farooz Ahmad Punzoo, Assistant Professor JJT University, Chudela, Jhunjhunu, Rajasthan, India.

## **Abstract:**

*It is a well known fact that a sound mind lives in a sound body. The purpose of this paper is to study the current status of physical education in Kupwara District. It is a descriptive survey research, in which 100 students were selected from each board (i.e., 50 from Private and 50 from Government School). A questionnaire tool was utilized to collect required data for the present study. The Questionnaire tool was distributed to the selected schools of Kupwara District (Private and Government Schools) for the existing position of physical education and sports. A simple and standard questionnaire tool was framed to obtain the current status and infrastructure facilities in the schools of Kupwara. A suitable test ANNOVA was used to obtain the current status of physical education and also the interest and attitudes of students towards physical education in Kupwara District.*

**Keywords:** Physical Education, status, Private and Government schools etc.

## **INTRODUCTION**

Education is the process through which students acquire knowledge, develop skill, and change in behavior and shape personality. In addition to this education is an integral, essential and fundamental investment since it results in the form of human resource development, which contributes the total aspects of country's development.

Man is a social animal and the difference is his potential to investigate, to speak, and to assume. He has been endowed with intelligence which allows his to adjust his animal dispositions according with the needs of the environment and the society. It's far, however, the training which complements his intelligence and competencies as to make certain proper improvement in existence. Education is a way which allows a person to gather records through conducive attitude that is critical for being a person.

Physical training has been considered as an important part of human lifestyles. Physical training is not up to date phrase in Indian context. From time immemorial Indians have laid emphasis on 'Yoga' and 'bodily physical activities' no longer best to keep match but to save you and address the bodily illnesses. The first rate ancient Rishis, Vedas and Parana connected lots emphasis on physical fitness, Meditation, Dhayana and spiritualism. Literature suggests that Indian lifestyle has

been providing statistics and peace ever on the grounds that historic time has been capable of appeal to the attention of the complete of the Universe.

Basically the survival of guy is physical and movement or the pastime is the primary and fundamental essential element one learns quickly after transport. It is the motion by way of which one expresses the preference for starvation and thirst. Speech comes later in a single's lifestyles. Secondly, bodily activity is likewise required for correct increase and development.

The literate which means of 'bodily' is 'frame' which right now pertains to physique, fitness, power, persistence, pace, agility, flexibility and bodily overall performance on the sports activities floor, a unique contribution closer to physical development.

Despite the recognized health risks associated with physical inactivity, most school going children and Kenyans, generally are not active enough to achieve health benefits and many report no planned physical activity at all. The US' Surgeon General's Report and several research studies have provided evidence that most people do not exercise and are consequently at risk for numerous health problems. School physical education has been challenged to produce programmes that will develop positive activity patterns that youths will carry into adulthood and to foster dispositions that value physical activity.

Today's teachers must overcome serious obstacles if they are to succeed in promoting a physically active lifestyle. While critics blame teachers for low levels of academic achievement, physical educators are cited for not providing students with enough health-related physical activity. In highlighting some conditions and issues that affect physical education in today's schools, Sollerhead describes poor facilities due to lack of support for school physical education.

## REVIEW OF LIERATURE

In an up-date on the status of physical education in schools worldwide, a technical report for World Health Organization (WHO) by Hardman said that resources like financial considerations have had a number of impacts on physical education in not only Europe, but across the globe. The report further says that the failures to refurbish/ reconstruct/ replace/ maintain (out) dated and/or provide new facilities; shortages of equipment; employment of lower salaried unqualified teaching personnel; exit of physical educators to better paid jobs; and reductions in numbers of physical education lessons and time-table allocation has had negative impacts on the state of physical education. A widely reported impact of funding limitations is on the activity area of swimming: the considerable financial investment of gaining access to swimming facilities exposes this area of physical activity to reduced opportunities or even omission from curricula in many

countries. In terms of facilities and equipment, Physical education is commonly faced with the challenge of inadequate facilities and poor maintenance of teaching sites. North and eastern areas of Kupwara region are less endowed with facilities and equipment and there are signs of deteriorating provision. The problem appears to stretch beyond the geographical and economic divides. Whilst there are higher expectations over levels and standards of facilities and equipment in more economically developed regions of Jammu and Kashmir, there are indicators of inadequacies and shortages in facilities and equipment and low maintenance levels in other regions.

### **Objectives of the present research work**

The following were the objectives of the current research work:

1. The objective of the present work was to study the status of physical education in Private and Government Schools of Kupwara District.
2. The objective was to study the interest and attitude of students towards physical education in Private and Government Schools of Kupwara District.
3. The main objective was to develop a suggestive module to increase the status of physical education and sports in Private and Government schools of Kupwara District.

### **Hypotheses of the study**

1. Ho: There is no significant difference in status of physical education in Private and Government Schools of Kupwara District.  
Ha: There is significant difference in status of physical education in Private and Government Schools of Kupwara District.
2. Ho: There is no significant difference in interest towards physical education in students of Private and Government Schools of Kupwara District.  
Ha: There is significant difference in interest towards physical education in students of Private and Government Schools of Kupwara District.
3. Ho: There is no significant difference in attitude towards physical education in students of Private and Government Schools of Kupwara District.  
Ha: There is significant difference in attitude towards physical education in students of Private and Government Schools of Kupwara District.

## **METHODOLOGY**

### **Research Design and Tools**

It is a descriptive survey research, in which 100 students were selected from each board (i.e., 50 from Private and 50 from Government School). A questionnaire tool was utilized to collect required data for the present study.

## Data Collection Procedures

The Questionnaire tool was distributed to the selected schools of Kupwara District (Private and Government Schools) for the existing position of physical education and sports. A simple and standard questionnaire tool was framed to obtain the current status and infrastructure facilities in the schools of Kupwara.

## Analysis of Data

After receiving the completed questionnaire tool from the selected school, the data was then arranged and fed in the SPSS software for analysis. A suitable ANNOVA test was used to obtain the current status of physical education and also the interest and attitudes of students towards physical education in Kupwara District.

The following tables show the status and attitudes of students towards physical education in Kupwara District:

**Table No.1: Shows the Status of physical education in Private and Government schools:**

		Sum of Squares	df	Mean Square	F	Sig.
Do you agree that the status of physical education in Kupwara District is satisfactory?	Between Groups	16.215	1	16.215	26.890	.000
	Within Groups	59.095	98	.603		
	Total	75.310	99			
Do you agree that the Government should give due emphasis to physical education while planning the policy of education?	Between Groups	11.605	1	11.605	25.104	.000
	Within Groups	45.305	98	.462		
	Total	56.910	99			
Do you agree that the facilities available for physical education in the schools of Kupwara District are sufficient?	Between Groups	17.900	1	17.900	31.982	.000
	Within Groups	54.850	98	.560		
	Total	72.750	99			
Do you agree that school administrators give due importance to the physical education curriculum in schools?	Between Groups	21.557	1	21.557	34.613	.000
	Within Groups	61.033	98	.623		
	Total	82.590	99			
Do you agree that the physical education teacher should be appointed as per requirement of student's ratio?	Between Groups	17.113	1	17.113	34.475	.000
	Within Groups	48.647	98	.496		
	Total	65.760	99			
Do you agree that physical education classes are treated at	Between Groups	19.633	1	19.633	29.547	.000
	Within Groups	65.117	98	.664		

par with other subjects as far as time allotment is concerned?	Total	84.750	99			
Do you agree that physical education classes should be allotted equal periods as other subjects?	Between Groups	18.774	1	18.774	30.835	.000
	Within Groups	59.666	98	.609		
	Total	78.440	99			
Do you agree that every school should have playground for physical education classes?	Between Groups	17.014	1	17.014	28.480	.000
	Within Groups	58.546	98	.597		
	Total	75.560	99			
Do you agree that physical education programmes enhance the physical development of students?	Between Groups	16.151	1	16.151	26.362	.000
	Within Groups	60.039	98	.613		
	Total	76.190	99			
Do you agree that physical education programmes promote emotional development of students?	Between Groups	1.259	1	1.259	3.203	.077
	Within Groups	38.531	98	.393		
	Total	39.790	99			
Do you agree that physical education facilitates the intellectual development of students ?	Between Groups	19.668	1	19.668	31.890	.000
	Within Groups	60.442	98	.617		
	Total	80.110	99			
Do you agree that physical education contributes to the socialization process of students?	Between Groups	16.247	1	16.247	31.528	.000
	Within Groups	50.503	98	.515		
	Total	66.750	99			
Do you agree that physical education curriculum should comprise both theory and practice ?	Between Groups	.843	1	.843	1.906	.171
	Within Groups	43.347	98	.442		
	Total	44.190	99			
Do you agree that concept of wellness should be included in physical education?	Between Groups	.843	1	.843	1.822	.180
	Within Groups	45.347	98	.463		
	Total	46.190	99			
Do you agree that Olympic Movement should be included as an essential component of physical education?	Between Groups	9.589	1	9.589	19.838	.000
	Within Groups	47.371	98	.483		
	Total	56.960	99			
Do you agree that athletic injuries and its rehabilitation should be taught in physical education?	Between Groups	16.280	1	16.280	34.811	.000
	Within Groups	45.830	98	.468		
	Total	62.110	99			

Do you agree that support from parents is sufficient for the promotion of physical education and sports?	Between Groups	.000	1	.000	.000	1.000
	Within Groups	28.000	98	.286		
	Total	28.000	99			
Do you agree that participation of students is sufficient for the promotion of physical education and sports ?	Between Groups	10.257	1	10.257	19.062	.000
	Within Groups	52.733	98	.538		
	Total	62.990	99			
Do you agree that responses from the society are sufficient for the development of physical education and sports ?	Between Groups	17.934	1	17.934	31.286	.000
	Within Groups	56.176	98	.573		
	Total	74.110	99			
Do you agree that marks should be allotted for the physical education subject at par with other classroom subjects?	Between Groups	4.642	1	4.642	7.701	.007
	Within Groups	59.068	98	.603		
	Total	63.710	99			
Do you agree that camping and outdoor activities should be included in physical education curriculum ?	Between Groups	5.506	1	5.506	8.674	.004
	Within Groups	62.204	98	.635		
	Total	67.710	99			
Do you agree that ratio of marks for physical education subject should be based on 40:60 respectively for practical and theory examination ?	Between Groups	2.342	1	2.342	4.945	.028
	Within Groups	46.408	98	.474		
	Total	48.750	99			
. Do you think that sports quota is appropriate in government and non-government jobs ?	Between Groups	2.664	1	2.664	5.354	.023
	Within Groups	48.776	98	.498		
	Total	51.440	99			
Do you agree that the scholarship given to students on performance in games and sports is adequate?	Between Groups	3.922	1	3.922	4.414	.038
	Within Groups	87.078	98	.889		
	Total	91.000	99			
Are the efforts of the government sufficient to promote sports-culture at school level education?	Between Groups	77.682	1	77.682	67.998	.000
	Within Groups	111.958	98	1.142		
	Total	189.640	99			

Table No. 1. Shows the status dimension of physical education so it was analyzed that all the variables have its significance value less than 0.05 it means null was rejected and the alternate hypothesis accepted.

**Table No.2: Shows the interest and attitudes of students towards physical education in Private and Government Schools**

		Sum of Squares	df	Mean Square	F	Sig.
Does your institute organize intramural programmes in games and sports?	Between Groups	1.053	1	1.053	.531	.468
	Within Groups	194.257	98	1.982		
	Total	195.310	99			
Are you agree with the co-operation from higher authorities of your institution to conduct sports and games competition ?	Between Groups	.818	1	.818	.445	.506
	Within Groups	180.142	98	1.838		
	Total	180.960	99			
Are you satisfied with the required/standard playgrounds/courts/gymnasia, track and field in your institution ?	Between Groups	2.632	1	2.632	1.393	.241
	Within Groups	185.158	98	1.889		
	Total	187.790	99			
Does your institute have adequate standard equipments for practice ?	Between Groups	4.237	1	4.237	2.136	.147
	Within Groups	194.353	98	1.983		
	Total	198.590	99			
Are the available equipments being used by students for practice ?	Between Groups	1.543	1	1.543	.845	.360
	Within Groups	179.047	98	1.827		
	Total	180.590	99			
Are you satisfied with the qualified coaches/ PETs in your institution for games and sports ?	Between Groups	1.111	1	1.111	.522	.472
	Within Groups	208.599	98	2.129		
	Total	209.710	99			
Do the appointed qualified coaches/ PETs work as per your satisfaction ?	Between Groups	1.095	1	1.095	.519	.473
	Within Groups	206.615	98	2.108		
	Total	207.710	99			
Do you have budget allocation for games and sports ?	Between Groups	1.533	1	1.533	.775	.381
	Within Groups	193.857	98	1.978		
	Total	195.390	99			
Is the allocated/distributed budget utilized for games and sports ?	Between Groups	.033	1	.033	.015	.902
	Within Groups	214.157	98	2.185		
	Total	214.190	99			
Are you satisfied with the maintenance of infrastructure for games and sports in your institution ?	Between Groups	.061	1	.061	.035	.853
	Within Groups	171.649	98	1.752		
	Total	171.710	99			

Has your institute been a venue of any sports meet/event ?	Between Groups	2.684	1	2.684	1.409	.238
	Within Groups	186.706	98	1.905		
	Total	189.390	99			
Do you think that the amount of money spent on physical education and sports by the institution is justified for future of sports ?	Between Groups	2.336	1	2.336	1.390	.241
	Within Groups	164.704	98	1.681		
	Total	167.040	99			
Does the knowledge of physical education teachers/coaches need to be upgraded ?	Between Groups	.554	1	.554	.316	.575
	Within Groups	171.606	98	1.751		
	Total	172.160	99			
Is the time allotted for physical education and sports sufficient for their development?	Between Groups	1.553	1	1.553	.854	.358
	Within Groups	178.157	98	1.818		
	Total	179.710	99			
Your Parents consider physical education as 'wastage of time' What is your opinion?	Between Groups	.612	1	.612	.334	.565
	Within Groups	179.578	98	1.832		
	Total	180.190	99			
Physical exercises and activities are mostly useful	Between Groups	1.712	1	1.712	1.081	.301
	Within Groups	155.128	98	1.583		
	Total	156.840	99			

Table No. 2. shows Attitude and Interest dimension of present study So it was analyzed that all the variables have its significance level greater than 0.05 it means that null hypotheses was accepted so it concluded that alternate hypothesis rejected.

### Findings and Conclusions

So keeping the analyzed data in mind, it was found that there is significant difference in the status of physical education in Private and Government Schools of Kupwara District. It means that null hypothesis was rejected and alternate hypothesis was accepted. In the same case of interest and attitude the results showed that there is no significant difference in interest and attitude of Private and Government Schools of Kupwara District. So the null hypothesis was accepted and the alternate hypothesis was rejected.

The overall study showed that there is more need of advancement in this study and for the development of physical education and sports in the respective District should be given some developmental approaches. The government should laid emphasis on the following:

1. Physical education teachers should be appointed as per the ratio of students.
2. Infrastructure and other facilities should be in every school, so that students can utilize



them.

3. A separate male and female PET must be appointed to sort out the discrimination among players.
4. The knowledge of these PET's must be updated.
5. Intramural and extramural tournaments must be organized by the school authorities.
6. Every school should have their own playground for games and sports. Awareness programmes like seminars, workshops, conferences etc should be organized to highlight the scope and advantages of games and sports.
7. Physical education subject must be compulsory in every school. It should be given more importance in the curriculum.

Besides, these there are various aspects regarding physical education and sports development. But is better to sort-out the basic problems regarding physical education.

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