



A SURVEY OF SPORTS PARTICIPATION ATTITUDE AMONGST ADOLESCENCE

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Abstract

An attempt was made to investigate the impact of gender and player status on sports participation attitude among adolescents. Total 1000 adolescents were surveyed to assess the sports participation attitude among adolescents. Data was collected through surveys assessing sports participation attitude. Sports participation attitude questionnaire was employed to gather the information. Descriptive and comparative (ANOVA) was used to analyze the data. Results showed that players (8.80) showed significantly ($p < 0.05$) higher positive attitude than non-player group. Similarly, sports participation attitude of male was significantly ($p < 0.05$) greater positive attitude than female adolescents. In nutshell, findings of the study showed that both player status and gender play vital roles when examining sports participation attitudes among adolescents. Understanding these factors can inform targeted interventions and programs aimed at promoting sports engagement and participation among youth.

Key words: sports participation, attitude, gender, player, adolescence.

Introduction

Sport is defined as an activity that requires a degree of physical exertion and skill and that typically involves competition with others and a set of rules, or as a physical activity undertaken to improve personal sporting performance (for example, training to reduce time or improve distance). Sports touches many aspects of our life directly and indirectly, yet many people are unaware how powerfully sports affect them, sports brings changes, in the individuals health, well-being, social relations and skills, affects communities, has impact on the economy, and helps to shape vocational and cultural identities.

Sport is an avenue for children and adolescents to improve physical skills as well as enhance their psychosocial development (Brown, 1990; Calfas & Taylor, 1994; Rowland, 1990). Despite the many benefits of sport, however, numerous children and adolescents choose not to participate in sport. Understanding the factors that influence participation choices of youth may yield strategies the involvement and positive psychosocial outcomes of sport participation among children and adolescents.

Sports are often perceived as acting outside of their gender role. It can be assumed that the close association between the attributes required for sport and the traditional concepts of stereotypical gender roles contribute to this attitude. The participation of women and men in the social institution of sport and the very shape of that institution are partly determined by the definitions of what men and women ought to be in society (Murphy, 1988).

Although there has been an increase in girls' involvement in sports, but still girls' participation is at lower rates than boys in athletics. In most developing countries, gender discrimination between girls and boys exists in relation to access to primary schooling, with boys having higher enrolment rates. Although attendance at school is affected significantly by poverty, the attendance of girls is hampered by poverty and social values more than that of boys.

Method

Scientific investigation is largely based upon the dependability of the samples, the appropriateness of the instruments and the methods and procedure followed in collecting data. In view of these requirements, a scientific appraisal of various components of methodological procedure is presented in this chapter.

The sample of the study consist of 1000 students studying in different schools of Amravati and nearby area. Out of 1000 sample 500 students were player and 500 were non player. Each category players and non-players consist of 250 male and 250 females' subjects. The age range of the sample group was 14-18 year. The player group of students was identified on the basis of their participations in sports at zonal, regional and state and district level competitions. The random sample selection technique was used to select the samples.

A specific inventory sports participation attitude questionnaire was designed by Tripathi et. al. (2006) to ascertain participation in physical education and sports, the questionnaire aimed to identify the interest and attitude of the subjects toward the physical education and sport. Each question of sports participation attitude questionnaire has a code with yes or no, in respond yes 1 mark is awarded to the subjects and 0 for respond no. The sum of the values scored in each subject was determined to ascertain participation in physical education and sports. A higher score would indicate better participation in physical education and sports. An Individual was considered normal or having poor participation depending upon the total score earned by him in the range of 00 to 10.

Statistical analysis

All data were scored in the form of records in database files. Sum total of the score scales of questionnaire were categorized into several groups. Data were analyzed with the help of software, namely SPSS (Version 10.0), Analysis Tool Pack (Microsoft Excel). Techniques for descriptive statistics, and ANOVA were employed to test the hypotheses.

Result

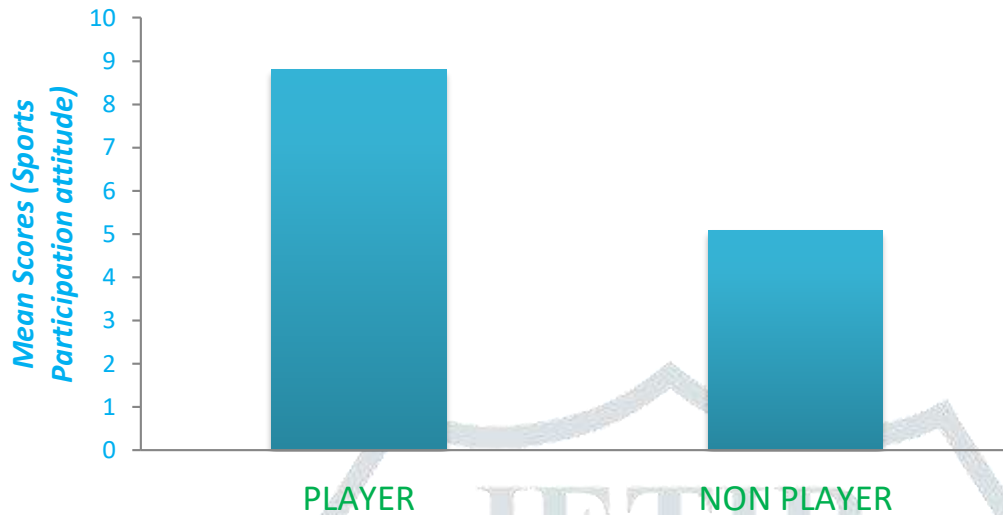


Figure 1: Showing the difference in sports participation attitude between players and non-players.

Figure 1 depicted the comparison of sports participation attitude between the player and non-player adolescence. The mean score of sports participation attitude in players was (8.80) was significantly ($p < 0.05$) higher than that of in non-players adolescent (5.08). The players group showed higher mean values which indicated higher sports participation

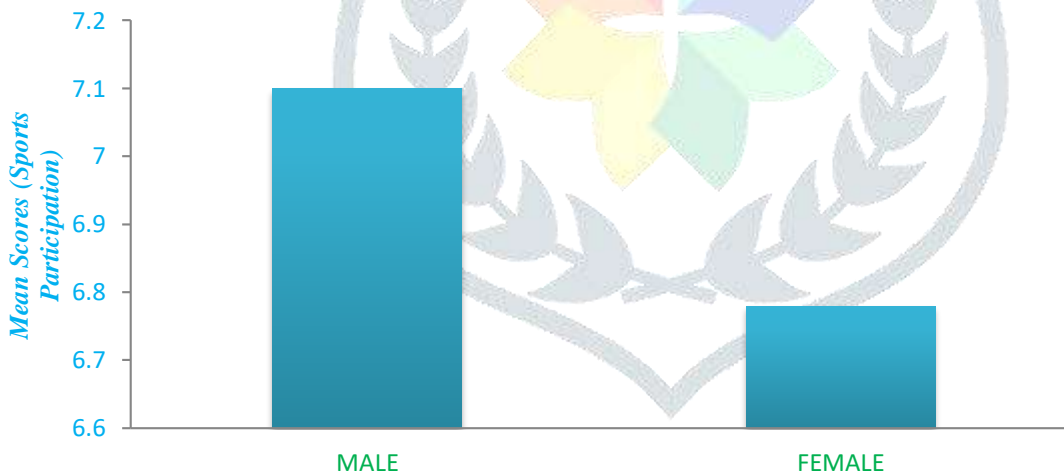


Figure 2: Showing the difference in sports participation attitude between male and female groups.

Figure 2 represent the sports participation attitude between male and female adolescence. It is observed from the figure that the male shows more participation attitude than that of female groups. The results reveal that there is difference between the groups taken in to consideration for the study. The male and female adolescents differ significantly in their sports participation attitude.

Discussion

The male and player adolescents have shown that they are more inclined towards sports in comparison to female and non-player students. It may be because of socialization and gender differentiation process. Parents play significant role in the development of their children's attitude and behaviour toward sports. Research on achievement in other context has demonstrated that the nature of parental involvement is much more important than undifferentiated measures of the overall amount (Clark – Stewart, 1977, cited in Woolger&Power, 1993).

The findings of the study are very much significant for parents of school growing adolescents, who are important facilitator in shaping the attitude of their children. As the results indicate the authoritative parenting style and parent induced

climate has significant effect on sports participation attitude, the changed behaviour and beliefs may encourage children in engaging in sports activities.

It is further suggested that the researches related to the elite athletes in relation to parents behaviour, their attitude may contribute significantly in the field of knowledge. Studies related to adherence and parent's style and motivation may also be studied. It appears to be important for parents to provide encouraging but accurate feedback about sport ability and performance to the children.

The study demonstrates a notable disparity in sports engagement attitudes between teenage individuals who participate in sports and those who do not. Players exhibited a greater average score for sports involvement, suggesting a more favorable disposition towards sports. This is consistent with research indicating that persons who actively participate in sports tend to show more excitement and commitment. The research also indicates gender inequalities in attitudes towards sports engagement, with males exhibiting a higher level of participation attitude in comparison to females. This implies that gender influences attitudes towards sports involvement, potentially as a result of society norms, expectations, and opportunities. Conventional gender stereotypes commonly link sports with masculinity, which may result in a greater likelihood of males having positive attitudes towards sports participation. The results underscore the need of taking into account personal attributes and provide tactics to encourage higher involvement in sports, particularly among non-participating and female adolescents.

Sports and athletes represent one of the most pervasive institutions in modern societies. The quantitative growth in this sphere of human activity can be documented in terms of financial expenditures, number of participants, and man hours consumed. However, only in recent years have researchers gone beyond the descriptive level to analyze some of the correlates and provide theoretical explanations for sports activities.

Athletics is an important domain in which family socialization processes and gender difference can be studied. Because participation in sports is voluntary, parents can play a particularly important role in shaping children's beliefs and participation. Parents act as gatekeepers by providing children with their first exposure to athletics. If children are not involved in sports at an early age, they will have less opportunity that supports the development of athletic skills and values.

Gender cognition itself refers to a fairly broad concept in which the gender stereotypes are commonly defined as cognitive structures or schemata, containing socially shared knowledge, beliefs and expectations about females and males. Gender stereotypes have a dual nature i.e. they serve on the individual level to organize and simplify information available for the perceived and on the cultural level to offer socially accepted explanations for events, to justify group status and action and to provide a means for groups to differentiate themselves positively from other groups. Due to the cultural-level existence of gender stereotypes, simply labelling a person a 'women' or 'man', a 'girl' or a 'boy', conveys much information to the recipient of the communication. The idea of the gender dualism is the basis and legitimization of the existing gender hierarchy. According to the doing gender concept, gender differences are produced and performed in all interaction as well as in rituals, fashion and behavioural settings as in sports.

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