

## A comparative study of attitudes behavior between sportsman and non sportsman's towards physical education and sports

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### Introduction

Attitude has been a interest to social psychologists since a long time. The attitude is related to learning, prejudice & discrimination, perception and socialization. Attitudes a intimately associated with behavior. The influence our over as well as convent behavior. We would discuss this relationship with reference to research studies. Many factors influence the formation of attitudes.

- i. Directions
- ii. Intensity.
- iii. Centrality Salience
- iv. Consistency

### The various factors that play important role information of attitudes

- i) Motivation
- ii) Ii) Information Exposure
- iii) Group affiliation Group Values Group norms
- iv) Personality

### Statement of the Problem

A comparative study of attitudes behavior between sportsman and non sportsman's towards physical education and sports

### Hypothesis

1. The sports students will have a positive attitude physical education & sports. Where non sportsman has will have negative attitudes towards physical education & sports.
2. There -would be significant influence of nature of course on attitudes behavior towards physical education & sports.
3. There is a sex difference in their attitudes towards sports & physical education.

### Objectives

1. To assess the significant influencing of sportsman & non sportsman activities on attitudes towards physical education & sports.
2. To see the nature of co-relation exist between sportsman & non sports man in eliciting education & sports.
3. To assess the influence of sex verbal on attitude behavior towards physical education & sports.

### Limitations

1. Psychological variable attitude is only selected for research study.
2. The study is limited to Mnglore University Manglore and Karnataka University Dharwad.

### Delimitation

1. Sportsman & non Sportsman studying in women's University have chosen as a sample to collect the data.

### Methodology

The research has been conducted to assess and prove significant difference between the sportsman & Non Sportsman in their attitudes behavior towards physical education and sportsman of PG Sports student studying K.U. Dharawda, University, PG, Center, and Mangalore University Mangalore.

### Simple size

Groups	Non Sportsman	Sportsman	Total
Male	25	25	50
Female	25	25	50
Total	50	50	100

**Tools:** Self constructed questionnaires with model of Likert will be used to collect the data. To collect the data total 100 Students were randomly selected from different departments of port Mangalore University and K.U. Dharawad, PG. Center, were selected and were asked to mark their opinions on a questionnaire. The questionnaire contained 30 questions of sports. Each question contained opinion and each option carries different marks. Marks will be awarded with the help of manual.

### Analysis and Interpretation of Data

Attitude is said to be a pre dispersion of mind to react to the various situation and issues attitudes place significant role while taking the decisions and expressing to a participator phenomena. Psychologist said that the process of formation and changing of attitude is a challenging and big task. The attitudes process is going to be influenced by the various factor like cognitive, information ability, motivation group affiliation, group beliefs, group values, personality etc. of the person and once formed attitudes is very difficult to change until conforming a particular behavior with authentic reliable information. The attitudes related to the physical education and sports also same. These studies related to the physical education of attitudes have been hardly carried out to see the impact and correlations of physical education activities. The process of attitude formation but where as many studies conducted to see the intimate relationship between the attitudes and behavior. In 1934 Lapiere carried out a study and on the basis of it suggested that attitudes are only weak predictors of human behavior.

With these bags round researcher brings an attempt to see the influence of physical education and sports in the formations of attitudes.

The table no 4.1 showing that mean, SD and 't' values of attitudes behavior of sportsman and non sportsman. Table showing the Mean, SD and 't' values of Aggressive Behavior of High and Low SES Sportsmen

Sample	"t"	diff	sig	Mean Difference	Confidence interval of difference
Sportsmen	42.403	24	.000	103.20	
Sports women	39.552	24	.000	103.64	
Non ports men	57.973	24	.000	103.44	
Nonsports women	37.071	24	.000	106.12	

Variables	High SES aggressive Mean	Low SES aggressive
	9.83	12.83
	3.97	2.90
t-value	6.13**	

\*\* Significant at 0.01. Level.

### One-Sample Test

	Test Value = 0					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Sportsperson Wome	42.403	24	.000	103.2000	98.1769	108.2231
Sportsperson Men	39.552	24	.000	103.6400	98.2319	109.0481
Nonsportsperson Women	57.973	24	.000	103.4400	99.7575	107.1225
Nonsportsperson Me	37.071	24	.000	106.1200	100.2119	112.0281

The table no.1 reveals SD, mean and 't' value of attitudes behavior of sports belong into PG students of K.U.D and Mangalore University. The mean score of sports women's is 103 and non sportsman is 106. Whereas conducted' value is 39.552 and 37.07 respectively. It reveals that there is a significant difference between sportsman and non sportsman. Their attitudes towards physical education and sports. At the beginning of the research the hypothesis has formatted as their would be a significant differences in the attitudes behavior of sportsman and non sportsman towards physical education and sports. The rational behind the formation of hypothesis is that the explosive to the various mass media, information technology experiencing through the participate would bring

significant changes in critical thinking and reasoning. These changes helps individual to develop a positive relation and positive attitudes towards the explosive phenomena. Hence the study clearly indicates that there is a significant difference in the attitudes of sportsman and non sportsman and physical education and sports. It is due to influence of sports participations and information ability of a person. Hence the formulated hypothesis is accepted and null hypothesis is rejected.

The table no 4.2 Showing the mean, SD and 't' value of attitudes behavior of men and women's towards physical education and sports.

### One Sample Test

	Test Value = 0					
	t	df	Sig.(2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
sportsmen	39.552	24	.000	103.6400	98.2319	108.0481
non sportsmen	37.071	24	.000	106.1200	100.2119	112.0281
sportswomen	42.403	24	.000	103.2000	98.1769	108.2231
Nonsports	57.973	24	.000	103.4400	99.7575	107.1225

The hypothesis formulated that there would be significant difference between men and women sport person on their attitudes towards physical education and sports. The rational behind that expose to the physical activities, possessing lot of information's and experiencing gating through the activities

plays decisive factors in the formation and changing of attitudes. In addition to that women's are not encouraged and not motivated and sub sided by the men dominated society. This kind of suppuration alienations fear of losing beauty and becoming in a hardness heart and muscles and lack of

opportunity to participate in sports and physical activities in directly resulted to develop negative attitudes towards sports the table showing mean and 't' value of the sub group that is 103.200 and 42. 403 where as men's sports mean is showing 103.64 and 't' value is 39.552. it is clearly indicate that there is significant difference between men and women's in their attitudes behavior towards physical education and sports.

According interpretation of Lickert scale tells that higher values represented to the negative response of subject and lower value indicates positive response towards measuring phenomena. Hence formatted hypothesis their would be a significant difference between men and women in their attitudes towards physical education and sports is accepted and null hypothesis is rejected.

The table no. 4.3 showing the 'r' values of sportsmen and non sportsmen.

**Paired Samples Correlation**

	N	Correlation	Sig
Pair 1 Women & men	50	-.099	.494

The hypothesis is formulated that there is a positive correlation between sex and attitudes behavior of men and women sports is formulated on the strong belief that generally males are allowed and motivated to participate in sports activity. Whereas women's as discouraged demotivated and lack of social support. These might be resulted developing negative attitudes towards sports. But tables reveal that there is a moderate correlations exit between men and women's in the formations of attitudes towards physical education and sports.

**Chapter- V: Summary, Conclusion and Recommendations**

**Summary**

The purpose of the study was to compare the attitude of the PG students towards the physical education and sports, for this study were we had taken sample from K.U.D and Mangalore University. The sample size is 100, for this sample we employed the questionnaires collected the data.

For the attitude scale there are five responses they are as follows.

Option	Marks
1. Strongly A	5
2. Agree	4
3. Undecided	3
4. Disagree	2
5. Strongly D.A.	1

The raw data collected and it was used in statistical analysis to find out the attitude of the PG students towards physical education and sports.

**Conclusion**

- 1 The sportsmen's of PG students have shown positive attitude behavior towards physical education and sports.
- 2 There is significant difference between men and women's in their attitudes physical education and sports.
- 3 There are positive correlations formations of attitudes among the men and women's PG students.

**Recommendations**

At the time of conducting this study, Research faced several related problems which are suggested bellow's for further research.

1. This study may be conducted on U.G. students.
2. This study may be conducted on P.G. students.
3. This study may be conducted on different university campus.
4. This study may be conducted on different school level.

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