

## Attitude of swimmers towards health and hygiene related to environment

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### Abstract

The purpose of the study is to determine the attitude towards Environment of Swimmers. A total of 80 Swimmers (40 male and 40 female) were selected for the present study. The TAJ environmental attitude scale (TEAS) constructed by TAJ (1997) was employed to assess the level of attitude. Mean, SD and 't' test were employed to find out the significance of difference and administered to assess the attitude of the subjects with regard to Health and Hygiene related to environment. The result of the study revealed that No significant differences have been found between male and female swimmers. Conclusion of the study and suggestions for future environmental attitude research are discussed.

**Keywords:** attitude towards Environment of Swimmers, Health and Hygiene related to environment

### Introduction

Mankind's effect on the environment has been one of the most controversial social issues in recent years. The environment has constantly been in the forefront in most political debates. There are two sides to every story. Chris Bright says that yes, mankind is dangerously harming the environment. On the other side, Bjorn Lomborg, says the environment is in fact improving, not declining. I'm going to be discussing both sides of this issue and then giving my own opinion. Much of the information on development in the 1960s was based on the belief that all of mankind would prosper. It really ignored the strong effects of development on the environment and assumed that the readiness of raw materials would not be a factor. The thinking was that all people working together would get richer because they would be investing in new technologies that would bring more wealth to all. By the end of the 1960s, a marine scientist Rachel Carson's book *Silent Spring*, had an enormous impact on the public. Her book noticed the loss of birds to pesticides. Her book also made all classes of the population to realize that the pollution affects everyone, not just the rich. Another professor, Paul Ehrlich, was worried about overpopulation being the demise of mankind. He thought that the population was about five times too large, and we were using our resources to not only overpopulate but to also over use our environment. We were poisoning the ecological systems which we were dependent on for all of our food and oxygen. Chris Bright said the world population would double to 8 billion sometime between 2010 and 2020. That means at the same time that the population is growing, people are striving to get richer, which in turn means that they would consume more, pollute more and use up all of our resources. He also thought that humans would disturb the ecological system.

The relationship between the man and the environment has been established in the early periods itself. Human beings live in the kingdom of nature and interact with it constantly. The influence of nature in the form of the air he breathes, the water he drinks, the food he eats, and the flow of energy and information. Any change in the environment can not only

result in devastating effects, but can also pose a threat to the human race.

India that is Bharat is an ancient civilization. It is considered to be a pious nation, its people are very religious. India is consists of people of various faiths; Hindus, Muslims, Christians, Shikhs, Parsis, Jains etc. and they follow their faiths very devotedly. But it is a sad reality of our country that all the cleanliness and piousness is only confined to religious activities or kitchen. We Indians are not concerned about the filth all around us everywhere; anywhere one looks large mounds of dirt will be found.

It's not in our behaviour to keep our surrounding clean and sanitized. At the most we keep our own houses clean and it is of no concern of ours to be careful about streets, lanes, parks or other public places. Even after 65 years of Independence, it is really shameful that Indians are famous for their unhygienic behaviour. Recently, a new Government came into power and one of its main priorities are to make India clean. And for the same objective, the Government has launched a scheme in the name of "Swachh Bharat Abhiyan". The Government has associated the Abhiyan with Father of the Nation, Mahatma Gandhi as he was a great champion of the cleanliness cause in the country and throughout his life was involved in activities related to sanitation and hygiene. However, it has been clearly declared that the campaign is not only the duty of the Government but each and every citizen of the country is equally responsible to keep the nation clean or *swachh*. However, it has been clearly declared that the campaign is not only the duty of the Government but each and every citizen of the country is equally responsible to keep the nation clean or *swachh*.

### Attitude

Fishbein and Ajzen (1975) define attitude as "a learned predisposing to respond in a consistently favorable manner with respect to a given object". When we break this definition then three components arrives i.e. 1) attitude is learned 2) it predisposes action, and 3) such action or behavior is generally consistent. Attitude is evaluative in nature- evaluative toward,

for instance, Pollution or wildlife and such evaluations are based on beliefs.

*An old man said, "Erasers are made for those who make mistakes." A youth replied, "Erasers are made for those who are willing to correct their mistakes!" Attitude matters!*

Lahey has defined "Attitude as beliefs that predispose one to act and feel in certain ways" this definition suggests three basic components of attitude: beliefs, feelings and dispositions to behave. Most of the attitudes are learnt directly from our experiences and we learn them from others. Many of the specific attitudes closely reflect the prevailing attitudes in our homes and communities.

When the above elements in mind, "environmental" attitude can then be defined as "a learned predisposition to respond consistently favorable or unfavorable manner with respect" to the environment. Therefore it is emergent need to create awareness and to develop positive attitude i.e. environment literacy so as to make human generation continue to survive in healthful living environment. Researcher had therefore undertaken the present study to assess and analyze the attitude of Swimmers towards Health and Hygiene related to environment. Swimmers constitute a distinct category of Sports persons who are not only constantly exposed to vagaries of water and thus can be expected to have wider exposure to environmental conditions as compared to other athletes.

**Objectives of the study**

The study has following objectives

- To assess the views and attitudes of Swimmers representing Junior National Level towards Environment.
- To find out the attitudinal differences between male and female swimmers towards Health and Hygiene related to environment.

**Hypotheses**

- There would be significant differences between male and female swimmer in their attitude on the variable Health and Hygiene related to environment.

**Definitions and explanation of the terms**

Attitude: Fishbein and Ajzen (1975) define attitude as "a learned predisposition to respond in a consistently favorable manner with respect to a given object".

- ✓ Health and hygiene; World health organization (WHO) defines health as, "Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity" Whereas the word hygiene has been derived from Greek word "Hygienos" which means healthful and it is mainly related with cleanliness of personal body, sanitation of surroundings, proper ventilation of buildings, regular exercise, proper rest and sleep, intake of nutritive diet, etc.

- ✓ Swimmers: The term for the purpose of the study denotes those swimmers who had participated in Junior National Swimming / Aquatic competition.

**Method and procedure**

The objective of the study was to view and assess attitude of national level swimmers towards Health and Hygiene related to environment to accomplish the objective of the study, procedure adopted in selection of subjects, selections of test, method of scoring and statistical design adopted have been described in this part.

**Selections of subjects**

For the purpose of this study, a total number of 80 swimmers (40 males and 40 females) who had participated in junior national swimming competition were selected purposively.

**Selection of Test**

As per the suitability, availability and validity, the TAJ environmental attitude scale (TEAS) constructed by TAJ (1997) was selected and administered to assess the attitude of the subjects with regard to Health and Hygiene related to environment.

**Method of Scoring**

The scoring of the response sheet of each subject was done with the help of the manual of the test. Each item alternative was assigned a weightage ranging from 4(strongly agree) to 1 (strongly disagree). The range of scores was from 5 to 20 with the higher scores indicating the more favorable attitude towards Health and Hygiene related to environment related to environment and vice versa.

S. No.	Group	Mean	SD	't' value
1	Male Swimmers	15.28	1.601	-1.275
2	Female Swimmers	15.65	1.721	

**Statistical Design**

The collected data was statistically analyzed. Mean and SD were calculated with regard to all the groups t-test was used to find out the direction of differences between the groups. Mean, SD and 't' values with regard to male and female swimmers on the variable Health and Hygiene.

**Results**

The results depicted in table indicated that the means and SD values with regard to male swimmers on the variable Health and Hygiene were 15.28 and 1.601 respectively and those with regard to female swimmers were 15.65 and 1.721 respectively. These results indicate that female swimmers were a little better than their male counterparts. These results were, however, not found to be significant, 't' value being -1.275.

**Findings**

On the variable health and hygiene the mean values of male swimmers and female swimmers were 15.28 and 15.65 respectively. The calculated 't' values being - 1.275, these differences were not found significant.

### Conclusion

On the basis of the finding of study, No significant differences have been found between male and female swimmers. Hypotheses therefore, stand rejected.

### Suggestion

A similar study may be under undertaken on athletes belonging to other games.

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