



## **A STUDY ON STUDENTS' ATTITUDE TOWARDS PHYSICAL EDUCATION AND WELLNESS**

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### **Abstract**

The aim of the present study is to find out the relationship between Student's Attitude towards physical education and Wellness among school students. This research was a descriptive survey of students' Attitude towards physical education and wellness. Out of all Kendriya Vidyalaya Sangathan (KVS) Schools from, Pune city 5 schools was selected randomly n=500 (100 each) samples with the help of simple random sample method. To study the student's wellness and attitude towards physical education researcher administrated the three questionnaires on the selected students, for Students' Attitude - Attitude towards Physical Education by (Subramaniam & Silverman, 2000) and for wellness- wellness Inventory (WI) by (Dadasaheb, D.2014). The data were analyzed using descriptive statistics; Mean, Standard Deviation analyzed and correlation was made by using Pearson "product movement coefficient of correlation. Moderate positive relationship was found between Student's Attitude towards physical education and Wellness. Students' attitude towards physical education affects the wellness of students so by doing positive attitude towards physical education increases the wellness of the students.

**Key words:** Attitude towards physical education, Wellness, School students.

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## **Introduction**

Wellness has been defined as "a style of life oriented toward most favorable health and wellness, in which the person incorporates body, mind, and spirit to experience life more completely within the human and environmental communities." It should ideally be the best condition of health and well-being that each individual is capable of reaching." In other words, wellness is a concept that describes an individual's perspective on life, including his impressions of physical activity, happiness, information, society, job, and religion.

A person seeking a higher quality of life must first achieve a condition of wellbeing. It provides a sense of calm that transcends the need for worldly possessions and alleviates anxiety from unimportant events. If you live a high-stress, drama-filled life, wellness will assist you ease those tensions by reconnecting you with your inner harmony and improving your physical health.

Physical activity and the meals we consume have a significant influence in sustaining a healthy lifestyle. Our bodies require the "proper" meals, and when we don't get them, we become more sedentary, grumpy, and our immune systems weaken. You will have a better chance of staying healthy if you engage in daily physical exercise and eat a good diet.

Early adolescence is a unique and endearing stage in human development. This transitional period marks the end of childhood and the beginning of early adulthood. Many developmental changes will occur when youngsters transition into adulthood. Young adolescents, for example, go through a period of rapid development that is second only to immaturity (CCAD - 1995). The importance of peers taking responsibility leads to changes in thinking patterns and mental composition (Adams and Gullotta 1989). Individuals who are physically active during adolescence continue to be physically active adults with a healthy and active lifestyle, according to studies. (Dishman.1988; Kuh and Cooper.1992).

The purpose of school is to promote a physically active lifestyle. According to the USDHHS (1996), "schools have greater effect on the lives of young people than any other social institution except family and offer a place in which friendship networks emerge, socialization happens, and behavioral standards are created and reinforced."

Attitude research in physical education is an emerging topic of study. Students' attitudes are a crucial factor for instructors and academics to investigate because they affect students' involvement and lay the groundwork for student accomplishment. Aside from accomplishment, one of the primary goals of physical education is to instil in children an optimistic attitude that promotes lifetime physical exercise. According to the study, attitudes about physical education impact physical activity, and physical activity has a good association with Wellness, thus it is critical to discover the relationship between students' attitudes toward physical education and Wellness for a healthy life.

## **Methods and Materials**

To investigate the relationship between students' attitudes about physical education and wellness among school students, a descriptive survey study approach was used. Five KVS schools were chosen using a simple random sample from Pune city. Researchers chose n=500 (100 students)

from each school sample to Wellness, Wellness Inventory (WI) by (Dadasaheb D, 2014) which has 38 questions, and Attitude, student's attitude towards physical education (Subramaniam & Silverman, 2000) which contained 20 items on the selected students.

## Results

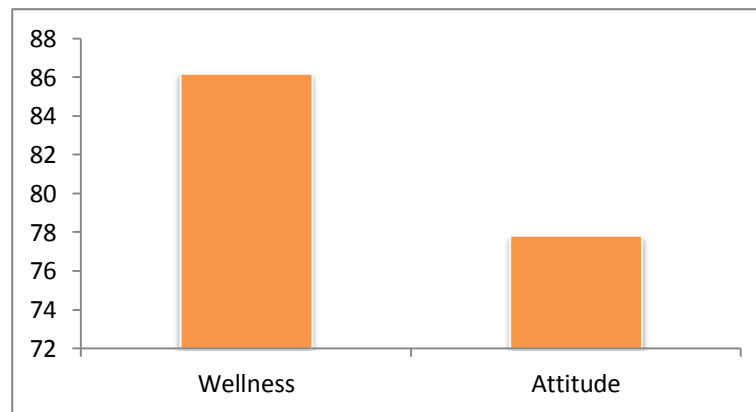
Descriptive statistics for Students Attitude towards physical Education and Wellness of school going students

**Table 1**

<b>Mean and Standard deviation of Students Attitude towards physical education And Wellness</b>			
	<b>N</b>	<b>Mean</b>	<b>Std. Deviation</b>
Wellness	500	86.18	7.21
Attitude	500	77.85	11.16

The Mean and Standard Deviation values of wellness and students 'Attitude towards physical education attitude was M = 86.18, S.D= 7.21; and M = 77.85, S.D=11.16 respectively.

**Figure No.1**



Mean Score of Attitude and Wellness of School Students

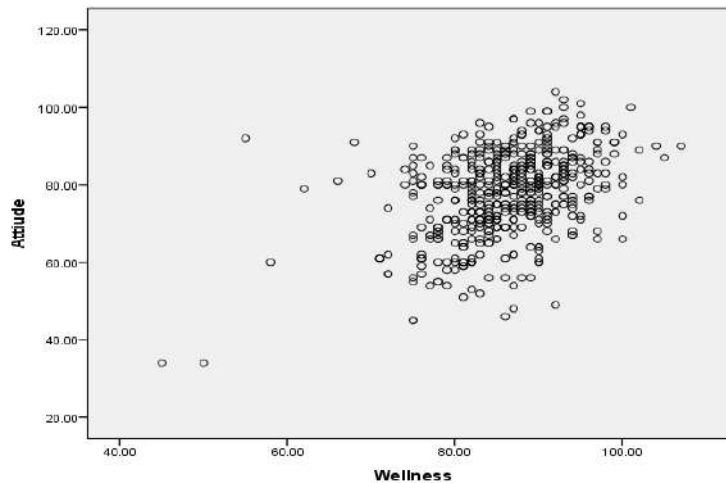
**Table no 2**

<b>Correlation of Attitude Towards Physical Education and Wellness of the Students</b>			
	<b>N</b>	<b>Correlation</b>	<b>Sig. (2-tailed)</b>
<b>Attitude</b>	500	.424**	0.001
<b>Wellness</b>	500		

Pearson “product moment coefficient of correlation was carried out to find out the correlation between Students ‘attitude towards physical education and Wellness. The table shows the correlation between attitude towards physical education and wellness.

A moderate positive relationship between attitude towards physical education and wellness with  $r = .424$  which was statistically significant at .01 level was observed

**Figure No. 2**



Scattered correlation graph of Attitude towards Physical Education and Wellness of the Students

## **Discussion**

Based on the descriptive statistics for the group of students, it is possible to deduce that the mean attitude score of all students was positive. According to the current survey, Wellness students score satisfactory and average (Carlson. 1994) the findings revealed that children have favourable opinions regarding physical education. Factors influencing these attitudes included cultural and societal developments, as well as school and teacher pressure. Similarly, students in Wellness score satisfactory and mediocre.

In the instance of students' attitudes toward physical education and wellbeing, a moderate positive linear association was discovered between the two variables, showing that students' attitudes toward physical education impact their wellness at school. (Brushett, R. J. 2014) studied the possibility of a Physical Education course named Wellness changing students' attitudes about physical education and behaviors of high school students who completed it as part of their curriculum in his study. The findings suggested an increase in physical activity, a greater understanding of the impact on overall wellbeing, and a better capacity to deal with stress. In this study, there was a rise in total wellbeing and attitude toward physical education, and a moderate association was discovered between these two. There was an increase in total wellness and attitude towards physical education similar in this study moderate relationship was found between these two

variable = .424 which is significant at 0.01 level was observed. Based on this evidence and above results one can say students attitude and wellness have strong relation with each other.

## **Conclusion**

All the students mean score of Attitude towards physical education was positive and in Wellness students have satisfactory Wellness level. A moderate positive relationship between attitude towards physical education and suggesting that attitude towards physical education affects the wellness of the school students. Student's attitude towards physical education affects the wellness of students so by doing positive attitude towards physical education increases the wellness of the students.

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