



COMPARATIVE STUDY OF ATTITUDE TOWARDS THE PHYSICAL FITNESS KNOWLEDGE OF TEACHERS

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Abstract

Objective of this study was to compare attitudes toward and Physical fitness knowledge of teachers. It was descriptive survey method used in which teacher's attitude towards physical activity and physical fitness questionnaire and physical fitness knowledge questionnaire used for the data collection. In this study 50 male samples from SSC board=25 and CBSC board = 25 schools teachers from taluka Dindori Dist. Nashik were selected by using simple random sampling technique. A result indicates that there was a significant difference between SSC & CBSC board school teacher's in physical fitness knowledge & attitudes towards physical fitness variables.

Key words: SSC & CBSC school teachers, Attitude toward and Physical fitness knowledge.

Introduction

Physical Education in schools play an important role in educating and developing teachers' attitudes and awareness towards sports, as the student learn and practice sports in school or in pastime will enable him to practice it in his daily life outside school (Al-shinawi, 2006). Physical education teachers hold the main responsibility in conducting different educational activities. Therefore, they must obtain the need knowledge as well as skills which are the main requirements in teaching. Therefore, taking care of education is the first step in reforming education and providing teachers with needed competencies is the most efficient method in improving learning especially in physical education (Al-tamimi, 2009). Further, they are predisposition or a tendency to respond positively or negatively towards a certain idea, object, person, or situation.

Attitude influences an individual's choice of action, and responses to challenges, incentives, and rewards (Sylibeh, 1999).

Material and Method

Subjects

In this study 50 male samples from SSC board = 25 and CBSC board = 25 schools teachers from taluka Dindori Dist. Nashik were selected by using simple random sampling technique. This was further used for collecting and analyzing data.

Selection of Variable

The study was taken to pinpoint focused to the teacher's attitude towards teaching physical activity and physical fitness (TATPAPF) and Physical fitness koweledge Qetionnaire used for psychology variables. Therefore, based on literary evidence and scholars own understanding the following variable was selected for the purpose of this study.

Procedure

The researcher was explain details about the conducted teachers attitude towards teaching physical activity and physical fitness (TATPAPF) and physical fitness koweledge questionnaire was used for selected SSC and CBSC board school teachers were data collected through scoring based on teachers perform questionnaire. For the collected score compute mean, standard deviation (SD) and t-test used for compared the mean value to find out the difference among physical education teachers attitude towards and physical fitness knowledge.

Result of the study

The purpose of the study to find out the difference of Teachers' attitude towards teaching physical activity and physical fitness of SSC and CBSC board school physical education teachers of Nashik district.

Table no. 1
Descriptive statistics

Group Statistics					
	Student s	N	Mean	Std. Deviation	Std. Error Mean
Knowledge	SSC	25	11.4320	0.50060	0.10012

	CBSC	25	11.7440	0.46195	0.09239
Attitude	SSC	25	52.8040	1.16493	0.23299
	CBSC	25	55.5160	1.20474	0.24095

Table no. 2

Independent 't' test analysis

Variable	Variances	Levene's Test for Equality of Variances		t-test for Equality of Means			
		F	Sig.	t	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Knowledge	Equal variances assumed	0.251	0.990	2.290	0.026	0.31200	0.13624
	Equal variances not assumed			2.290	0.026	0.31200	0.13624
Attitude	Equal variances assumed	0.533	0.469	8.091	0.010	2.71200	0.33517
	Equal variances not assumed			8.091	0.010	2.71200	0.33517

Discussion

The present study to find out the difference of Teachers' attitude towards teaching physical activity and physical fitness of SSC & CBSC board school physical education teachers of Nashik district which is similar to the study Participation in physical exercises and sports requires strong attitudes toward physical activities. Our research findings show that physical education teachers have strong attitudes towards physical activities. This is consistent with the following findings, Mea and Hoe (2005, p. 100) found that Malaysian sports science teachers had strong positive attitudes toward physical activities and Zeng, Hipscher, Raymond (2011, p. 532) also found that their study participants

had strong attitudes toward physical activities. However, their attitudes vary in different domains. Our study shows that the teachers' attitude is strong in the aesthetic experience domain and relatively weak on tension and risk. Mea and Hoe in 2005 differ from our findings as they found social experience as the strongest attitude and aesthetic experience as the weakest attitude toward participation in physical activities. It is probable that the strong attitude was because of prior sports exposure, moral support from parents and support from physical education teachers in their childhood. According to Trudeau and Shephard (2005, pp. 98-100), pupils who engage in physical exercises develop strong attitude toward physical activities. They go on to claim, pre-adolescent teachers who were compelled by their teachers to be involved in physical exercises are highly likely to experience negative attitude toward physical activities in their adult life. Martin-Matillas (2010) reveals that adolescents who received moral support from their relatives engaged in physical activities more than their counterparts who received little or no moral support. This shows the importance of social encouragement in influencing attitude toward physical activities.

Conclusion

On the basis of the result obtained in the study the researcher made the conclusion that difference of Teachers' attitude towards teaching physical activity and physical fitness of SSC & CBSC board school physical education teachers of Nashik district.

The obtained results shown it was very clear the participated CBSC board school teachers had better in physical fitness knowledge & attitudes towards physical fitness variables. Hence it was finally concluded that the teacher's physical fitness knowledge & attitudes towards physical fitness performance of CBSC board school teachers. The results indicates that there was a significant difference between SSC & CBSC board school teacher's in physical fitness knowledge & attitudes towards physical fitness variables.

- SSC & CBSC board school physical education teacher's physical fitness knowledge t-value score was 2.290 there was a significant difference at 0.05 significant level (p=0.026).
- SSC & CBSC board school physical education teacher's attitudes towards physical fitness t-value score was 8.091 there was a significant difference at 0.05 significant level (p=0.010).

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