



AN INVESTIGATION OF THE FACTORS AFFECTING STUDENT PARTICIPATION IN SPORTS AT COLLEGE LEVEL

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Abstract

College students' awareness of physical exercise and attraction towards sports participation has become frail in recent years. The exercising habit is hard to form and physique conditions decline year by year. Thus author carries out an investigation to find out the various factors that are affecting the student sports participation at college level. Total Five Hundred (N=500; Male-250 & Female-250) college level students from the city of Bhopal (M.P.) willingly responded to a self designed questionnaire. The results revealed that students have been influenced with peers and sometimes their own interest and wrong perception cause them to avoid participating in sports such as fear of attendance loss, risk of injuries, academic loss etc. Findings of the study suggest that students are need to b motivated for participation in students by organizing planned sports events with proper facilities, they must be educated about the advantages of sports and their myths regarding academics loss shall be resolved. A balance between supporting involvements without putting too much

pressure is needed by the college management as well as from peer group and parents.

Keywords: Sports, Awareness, Supportive behavior, Motivation.

Introduction

Sport pertains to any form of competitive physical activity or game that aims to use, maintain or improve physical ability and skills while providing enjoyment to participants and, in some cases, entertainment to spectators. Sports attitude is defined as a person's enduring favorable or unfavorable evolutions and emotional feelings towards sports. Sports have an immense impact on a person's daily life and health. They do not just give an interesting routine but also a healthy body. But due to recent advances in digital technology the addiction of cell phones have reached to the extent where youth does not want to stay away from their cell phones even for a minute, and thus becomes one of the biggest reasons for declined interest of youth in sports participation. The rising of mobile phone users and social media has changed the



way we look at variety things in today's society, including our engagement in sports. Students must be counseled and educated time to time about the advantages of sports and benefits of a healthy body. The career perspectives in the field of sports are also needed to be shared among youth. To encourage students for sports participation, well planned events with all necessary facilities must be organized in colleges. Parents must also motivate students towards physical activities rather than sticking to cell phones and becoming dull day by day.

Methodology

Total Five Hundred (N=500) students were selected randomly as subjects. Out of 500 subjects, 250 students were male and 250 students were female. The age of all the subjects was ranging from 18-22 years. The selected subjects were associated to private and government colleges of Bhopal City, Madhya Pradesh. After many brain storming discussions and literature search, the investigator had selected Attitude as the variable for the present study. Self designed questionnaire was administered to collect the response and Percentage analysis was applied using Statistical Package for the Social Sciences (SPSS) Version 24.0. The level of significance for present study was set at 0.05.

Results

TABLE NO. 1
ATTENDANCE LOSS OCCURS DUE TO REGULAR SPORTS PARTICIPATION

Responses	Frequency	Percentage
Strongly Agree	63	12.6
Agree	166	33.2
Undecided	78	15.6
Disagree	116	23.2
Strongly Disagree	77	15.4

*Significant at 0.05 level of Significance

Table no.1 reveals that 12.6 percent of respondents strongly agree with the opinion that attendance loss occurs due to regular sports participation. Whereas 33.20 percentages of people are agree with same opinion.15.6 percentage of respondents have not decide anything whereas 23.2 percentages of people disagree with the opinion and 15.4 percentages of people opted strongly disagree.

TABLE NO. 2
SPORTS GIVE PHYSICAL DEVELOPMENT ONLY

Responses	Frequency	Percentage
Strongly Agree	42	8.4
Agree	95	19
Undecided	36	7.2
Disagree	177	35.4
Strongly Disagree	150	30

*Significant at 0.05 level of Significance

Table no. 2 reveals that 8.4 percent of respondents strongly agree with opinion that Sports give physical development only. Whereas 19 percentages of people are agreed with same opinion.7.2 percentage of respondents undecided whereas 35.4 percentages of people disagree with the opinion and 30 percentages of people opted strongly disagree.



TABLE NO. 3
UNAVAILABILITY OF MODERN EQUIPMENTS AND PLAYFIELDS CREATES DISCOURAGEMENT FOR PARTICIPATION

Responses	Frequency	Percentage
Strongly Agree	121	24.5
Agree	207	41.4
Undecided	63	12.6
Disagree	62	12.4
Strongly Disagree	47	9.4

*Significant at 0.05 level of Significance

Tableno.3 reveals that 24.5 percent of respondents strongly agree with opinion that unavailability of modern equipments and playfields creates discouragement for participation. Whereas 41.4 percentages of people are agreed with same opinion.12.6 percentage of respondents undecided whereas 12.4 percentages of people disagree with the opinion and 47 percentages of people opted strongly disagree.

TABLE NO. 4
RISK OF INJURIES CAUSES PEOPLE TO AVOID PARTICIPATION IN SPORTS

Responses	Frequency	Percentage
Strongly Agree	52	10.4
Agree	174	34.8
Undecided	78	15.6
Disagree	118	23.6
Strongly Disagree	78	15.6

*Significant at 0.05 level of Significance

Tableno.4 reveals that 10.4 percent of respondents strongly agree with opinion that there is risk of injuries cause people to avoid participation in Sports. Whereas 34.8 percentages of people are agreed with same opinion.15.6 percentage of respondents undecided whereas 23.6 percentages of people disagree with the opinion and 15.6 percentages of people opted strongly disagree.

TABLE NO. 5
WELL PLANNED SPORTS ACTIVITIES ARE GOOD FOR ONE'S HEALTH

Responses	Frequency	Percentage
Strongly Agree	113	22.6
Agree	187	37.4
Undecided	87	17.4
Disagree	48	9.6
Strongly Disagree	65	13

*Significant at 0.05 level of Significance

Tableno.5 reveals that 22.6 percent of respondents strongly agree with opinion that there Well planned sports activities are good for one's health. Whereas 37.4 percentages of people are agreed with same opinion.17.4 percentage of respondents undecided whereas 9.6 percentages of people disagree with the opinion and 13 percentages of people opted strongly disagree. The graphical representation of above table is made in figure no. 5.

TABLE NO. 6
FATIGUE CAUSED BY PARTICIPATION IN SPORTS CREATES HINDRANCE IN STUDIES

Responses	Frequency	Percentage
Strongly Agree	107	21.4
Agree	143	28.6
Undecided	111	22.2
Disagree	85	17
Strongly Disagree	54	10.8

*Significant at 0.05 level of Significance

Tableno.6 reveals that 21.4 percent of respondents strongly agree with opinion that there Fatigue caused by participation in sports creates hindrance in studies whereas 28.6 percentages of people are agreed with same opinion.22.2 percentage of respondents undecided whereas 17 percentages of people disagree with the opinion and 10.8 percentages of people opted strongly disagree. The graphical representation of above table is made in figure no. 6.



Discussion of Findings

After going through the analysis it was found that students now days are getting detached from sports and their participation in sports is declining due to several reasons such as pressure of classes, lack of proper equipments and playfields, unplanned sports events, inclination towards social media and cell phones addiction.

Conclusion

The present study contributes to the understanding of student's attitude towards involvement in sports, their reasons and fears are also understood with the help of this study. The author suggests that excessive academic pressure, lack of proper playing facilities may be perceived as a cause of young athletes avoiding sports participation at college level. Students are needed to be counseled and educated time to time about the advantages of sports and benefits of a healthy body. The career perspectives in the field of sports are also needed to be shared among youth. To encourage students for sports participation, well planned events with all necessary facilities must be organized in colleges. Parents must also motivate students towards physical activities rather than sticking to cell phones and becoming dull day by day.

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