



## STUDY ON PARTICIPATION OF STUDENTS IN SPORTS ACTIVITIES OF THE HIGHER EDUCATION INSTITUTES OF DELHI NCR

(Received on: 24 Dec 2016, Reviewed on: 22 Jan 2017 and Accepted on: 21 Feb 2017)

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### Abstract

Purpose of this study was to find out attitude of students in participation of sports activities who were under higher education in Delhi NCR. After the collection of data through the attitude inventory cum questionnaire from the selected from educational institutes of Noida, which include Law, Management and Education respectively. The data was studied and processed in order to carry out certain results and facts. After analysing the attitude inventory (data) filled by 427 students from eight different educational institutes of Noida. On the basis of the study it was observed that the attitude of students towards games and sports was favourable (Mean of students was 140).

On the basis of the findings in the study, it was observed that 92.7% of parents encouraged their children to participate in sports. On the basis of the findings in the study, it observed that 58.07% supported their children morally, 26.63% parents supported their children financially and 14.28% parents support their children in any other way. Majority of the students i.e. 62.7% agreed to having been participating in sports regularly, while 18.2% students were undecided on this statement and the remaining 18.7 students did not agree to the statement. The findings shows that majority of the students are of the opinion that the educational institutes lacks proper sports facilities, while there are also some students who oppose this view.

**Keywords:** Interest, Encouragement, Liking and Facilities.

### Introduction

Games and amusements have been a fundamental piece of human culture for more than a great many years. The estimation of these things ought not be undermined at any cost. A major some portion of youthful youngsters' taking in originates from taking an interest in various brandishing occasions, and this same support as grown-ups can prompt a substantially more joyful more beneficial and more profitable lives. Games are all generally types of aggressive physical action or diversions which, through easygoing or sorted out cooperation, intend to utilize, keep up or enhance physical capacity and abilities while giving satisfaction to members, and now and again, excitement for onlookers. Normally the challenge or diversion is between two sides, each endeavoring to surpass the other. A few games permit a tie diversion; others give tie-breaking strategies, to guarantee one victor and one failure. Various such two-sided challenges might be masterminded in a competition creating a champion. Many games groups make a yearly champion by orchestrating amusements in a consistent games season, followed sometimes by playoffs. Many games exist, from those between single competitors, through to those



with several concurrent members, either in groups or contending as an individual.

### Procedure

The descriptive studies are not only limited to one method of collecting data, they may use various other methods like questionnaires, observation, interviews and scaling techniques that are implemented by social scientist. In such type of studies the collection of data is done by the help of opinion surveys.

This method of survey collects data from relatively large number of population at a particular time, this type of study is of immense importance. This method of study involves a clearly defined problem with a definite objective, expert and imaginative planning, carefully analysed data and its interpretation and also the logical reporting of the findings are required in this method of study. The researcher after consulting with the faculty guide decided to conduct the present study on the institutes of three different domains from the university which were Law, Management and Education respectively. The sampling technique used in the study is random sampling. The researcher took all the students of even enrolment numbers in order to provide equal opportunity to each student to be selected. The researcher further decided to undergo the study of total 500 students combined from Law, Management and Education institutes. With 200 students from Law, 200 students from Management and 100 students from Education respectively. A total of 500 questions was distributed out of which only 427 were correctly filled. Finally 427 questionnaires were undertaken for the study. Selection of questionnaire: For the collection of the data standardized questionnaire was used

which was constructed by Dr. D.B. Mane in the year 2008.

Attitude Inventory: The main purpose of this investigation was to know and study the attitude of non- participating students towards sports by the construction of this attitude inventory.

Attitude inventory cum short questionnaire was administered on 500 students out of which 427 questionnaires were duly completed while the remaining 73 were incomplete. Out of 427 I have received from the boys and girls.

The first part of attitude inventory carried 12 questions in which most of them were YES/NO type.

The second part of the questionnaire was the 'attitude inventory', the attitude inventory contained 37 statements related to sports. Out of those 37 statements 24 statements were positive statements and remaining 13 statements were negative.

All the statements in the questionnaire were more or less related to sports and games and the social values, recreational value physical health value of the same.

The participants were directed to give their responses by marking the suitable answers from the following:

Strongly Agree : (SA), Agree : (A), Undecided: (UD), Disagree : (D), Strongly Disagree : (SD)

Likert found that score based upon simple assignments of interval weights, correlated 99 with the more complicated normal system of weights, he therefore used the simple system of giving scores as:

Strongly Agree : 5, Agree : 4, Undecided : 3, Disagree: 2, Strongly Disagree : 1

To positive responses and reverse order i.e.

Strongly Agree: 1, Agree: 2, Undecided: 3, Disagree: 4, Strongly Disagree: 5

To negative responses.



In this way the respondents who have scored maximum number of points are supposed to have a positive frame of mind or attitude towards sports and games and the ones who have scored the lowest number of points would be having an unfavourable attitude towards sports.

If all the statements in the questionnaire would have been rated in strongly agree category with the highest score value of 5 the highest possible score would be 185 points.

If all the statements would have been rated negatively with the score value of 1, the total score would be 37 points.

The total score of a respondent would be the sum of all the values received in every statement.

Statistical Procedure: Keeping in view the objectives of the study, the data was collected by question for the purpose of the study. The information was tabulated item wise in the form of frequencies (responses) and there after converting into percentage, subsequently data was analyzed by descriptive statistical technique in respect of statements relating to alternate response in the questionnaire.

## Results and Findings

TABLE NO. 3  
DESCRIPTIVE STATISTICS OF NON- PARTICIPATING  
STUDENT'S ATTITUDE SCORES.

	N	Mean	Std. Deviation
Attitude score	427	140	13

Above table shows the descriptive statistics of 427 non-participating student's attitude towards games and sports. Mean of students attitude score is 139.8 with a standard deviation 13.

## Discussion on Findings

Findings of each category carried out from respondents are given below:

Economic Status of Respondents: On the basis of the findings it was seen that all the 427 respondents belonged to annual income group of 1 lakh and above.

Encouragement from Parents: On the basis of the findings in the study it, appeared that 92.7% of parents encouraged their children to participate in sports.

Type of Encouragement from Parents: on the basis of the findings in the study, it appeared that 58.07 parents supported their children morally, 26.63% parents supported their children financially and 14.28% parents supported their children in any other way.

Student's attitude towards games and sports: On the basis of the study it was observed that the attitude of students towards games and sports is favourable (mean of boys students is 140).

Sports participation: The findings have shown in detail in table 4.38 and table 4.39 shows that, most of the students participate in the games and sports, while there are still some students who don't participate in any of them.

Sports facilities in university: The findings shown in detail in table 4.42 shows that, majority of the students are of the opinion that the university lacks proper sports facilities, while there are also some students who oppose this view.

Impact of games on studies: The findings shown in detail in table 4.14 shows that, majority of the students think that sports diverts attention from study, while there are many students who are undecided on this statement and also some who have shown favourable attitude towards sports.



Previous level of participation: The findings shown in table 4.4 reveals that there are 68.61% students who have participated in sports previously in their life, while there are 31.38% students who have not participated in sports at all previously.

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