

## A STUDY ON THE WANT OF BODILY TRAINING AND MINDSET TOWARDS BODILY TRAINING

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### ABSTRACT

*The purpose of the study was to analyze the need of physical education and attitude toward physical education. For the purpose of the study 360 students were randomly selected from the govt. colleges of Kurukshetra University. A self-made questionnaire was administered to collect the data. Frequency analysis, Percentage and pie-diagram were used to analyze the data. The results indicated that the need and attitude toward physical education was positive and favourable.*

**Key Words:** Attitude, Physical Education, Positive and Favorable.

### INTRODUCTION:

Attitude permeates the whole thing we do. it's far an vital component in all elements of human enterprise. attitude impacts whether or not we begin or keep with sure sports-and whether or not we acquire in certain areas. mindset improvement begins at an early age, and we may additionally have exclusive attitudes toward distinct elements of life. instructors, coaches, employers, and others remember mindset regular as they compare and decide the capacity of others

### OBJECTIVES OF THE STUDY:

The purpose of the study was to analyze the need of physical education and attitude toward physical education.

### PROCEDURE AND METHODOLOGY:

For the present study a random sample of 30 (10 students from first year, 10 students from second year and 10 students from third year) students from 12 govt. colleges were selected as the subjects of the study.

**Criterion measure:** Self- made questionnaire.

**Data collection:** The research scholar made a personal visit and explained the very purpose of the study. The scholar requested the subjects to provide authentic information, in case of any ambiguity arising out of any question from the parts of the respondent the research scholar

provided immediate assistance to the subjects for clarification of doubts. The respondents were asked to read the instructions carefully before giving the final response to the questions. They were assured that information provided by them would be kept confidential. Data was collected by administering the questionnaire.

### ANALYSIS AND DISCUSSION ON FINDINGS:

**Table 1:** Analysis of need of physical education according to government college students

S NO.	DO YOU THINK THAT PHYSICAL EDUCATION IS NECESSARY FOR	TOTAL STUDENTS (IN NO)	TOTAL STUDENTS (IN PERCENTAGE)
1	FUN	2	1
2	BETTER HEALTH	14	4
3	GAMES AND SPORTS	9	2
4	ALL OF THE ABOVE	335	93

Table no. 1 represents the analysis of need of physical education according to Government college students to observe the background of physical education of students. The related data was tabulated with the help of responses received from the students of govt. colleges of Kurukshetra University.

**Table 2:** Analysis of attitude of students towards health and physical education

S NO	Attitude of students towards Health and Physical Education	Total Students (in numbers)	Total Students (in Percentage)
1	As a scoring subject	20	5.5
2	As a professional sport	0	0
3	Beneficial purpose in personal life.	20	5.5
4	All of the above	320	89

Table no. 2 represents the analysis of attitude of students towards health and physical education among Government college students to observe the attitude of students towards physical education.

On the basis of responses indicated in Table no.2 regarding the attitude of students towards physical education 4 categories were formed. The first category (as a scoring subject) recorded 20 students i.e. according to them physical education is a scoring subject. The second category

(as a professional sport) recorded 0 students i.e. no student considers physical education as a professional sport. The third category (beneficial purpose in personal life) recorded 20 students i.e. according to them physical education serves a beneficial purpose in life. The fourth category (all of the above) recorded 320 students i.e. according to them physical education serves all the above purposes i.e. helps in scoring high, as a professional sport and beneficial purpose in personal life.

As a matter of analysis the result indicates that 5.5 % students responded that physical education is a scoring subject and 5.5 % students responded that physical education serves a beneficial purpose in life and 89% students responded that physical education serves all the above purposes i.e. helps in scoring high, as a professional sport and beneficial purpose in personal life.

## CONCLUSIONS:

1. According to majority of students, physical education is required for all the above purposes i.e. fun, better health, games & sports.
2. According to majority of students, physical education serves all the above purposes i.e. helps in scoring high, as a professional sport and beneficial purpose in personal life implying a positive and favourable attitude toward physical education.

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