

Attitude towards & Physical Fitness Knowledge of Physical education Teachers of Primary School

By

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Abstract:

The objective of this study was to determine whether a relationship exists between attitudes towards and Physical fitness knowledge of health-related fitness among primary physical education teachers. Teaching fitness at primary levels is an important step toward the prevention of lifestyle-related diseases, which are more difficult to prevent as we age. It is very important to teach physical fitness at primary levels, and positive attitudes in our younger students (Sander & Burton, 1989). It was descriptive survey method in which Teachers attitude towards physical activity and physical fitness questionnaire and physical fitness knowledge questionnaire used for the data collection. In this study 30 (15 male & 15 female) samples from Primary school physical education teachers of Ratanagiri District were selected by using purposive sampling technique. Results shows according to gender wise there no significant correlation among attitude towards and physical fitness knowledge in Primary school physical education male teachers ($p=0.49$) & there no significant correlation in women ($p=0.85$). according to Primary school physical education teachers teaching experience wise 0 to 5 years teaching experience attitude towards & physical fitness knowledge there no significant correlation ($p=0.195$), 6 to 10 years teaching experience there no significant correlation ($p=0.852$) and above 11 years there no significant correlation ($p=0.716$). Conclusion of this study was there is no significant correlation among attitude towards & physical fitness knowledge of Primary school physical education teachers in Gender wise & Experience wise of Ratanagiri district.

Keywords: Primary School Physical education Teachers, Attitude toward and Physical fitness knowledge.

Introduction:

Physical Education in school plays an important role in educating and developing students' 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: 2).

Material and Method

In the present study total number of 30 Primary school teachers they equally 15 males and 15 female physical education teachers from Primary school of Ratanagiri district. They were selected as sample of the study, using simple random sampling technique. This was further used for collecting and analyzing data. The study was taken to pinpoint the Teachers' attitude towards teaching physical activity and physical fitness (TATPAPF) and Physical fitness knowledge Questionnaire used for Psychology variables. Therefore, based on literary evidence and scholars own understanding the following variable was selected for the purpose of this study. Researcher was explaining details about the conducted Teachers' attitude towards teaching physical activity and physical fitness (TATPAPF) and physical fitness knowledge questionnaire was used for selected Primary physical education teachers and then was

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data collected and was do scoring based on teachers perform questionnaire. For the collected score compute mean, standard deviation and correlate using correlation of coefficient test to find out the relationship amongst physical education teachers' attitude towards and physical fitness knowledge.

Results of the study:

The purpose of this study was to find out the correlation of Teachers' attitude towards teaching physical activity and physical fitness of Primary school physical education teachers of Ratanagiri district.

Table no. 1
Descriptive statistics

Variable	Gender	No	Mean	SD
Knowledge	Male	15	11.07	1.77
	Female	15	11.60	2.42
	Total	30	11.20	1.96
Attitude	Male	15	55.92	5.59
	Female	15	55.70	4.55
	Total	30	55.87	5.33

Table no. 2
Descriptive correlation statistics

Variable	Gender	Statistics	Correlation Coefficient
PE Knowledge & TATPAPF	Male	Pearson Corr.	0.073
		Sig (2-tailed)	0.49
		No.	15
	Female	Pearson Corr.	0.036
		Sig (2-tailed)	0.85
		No.	15
	Total	Pearson Corr.	-0.045
		Sig (2-tailed)	0.63
		No.	30

Table no. 3
Descriptive statistics

Variable	Experience	No	Mean	SD
Knowledge	0 - 5	07	11.07	1.99
	5- 10	04	10.75	2.24
	≥ 11	04	55.84	5.16
Attitude	0 - 5	07	56.62	5.79
	5- 10	03	53.81	4.26
	≥ 11	05	55.84	5.16

Table no. 4

Descriptive correlation statistics

Variable	Gender	Statistics	Correlation Coefficient
PE Knowledge & TATPAPF	0 - 5	Pearson Corr.	-0.197
		Sig (2-tailed)	0.195
		No.	14
	5- 10	Pearson Corr.	0.051
		Sig (2-tailed)	0.852
		No.	07
	≥ 11	Pearson Corr.	0.048
		Sig (2-tailed)	0.716
		No.	09

Discussion

The present study to find out the correlation of Teachers' attitude towards teaching physical activity and physical fitness of Primary school physical education teachers of Ratanagiri 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 students have strong attitudes towards physical activities. This is consistent with the following findings, Mea and Hoe (2005, p. 100) found that Malaysian sports science students 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 students' 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.

Conclusion

On the basis of the result obtained in the study the researcher made the conclusion that correlation of Teachers' attitude towards teaching physical activity and physical fitness of Primary school physical education teachers of Ratanagiri district.

- Primary school 15 male physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.073. there was no significant correlation at 0.05 significant level ($p=0.49$),
- Primary school 15 female physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.036. There was no significant correlation at 0.05 significant level ($p=0.85$).
- Primary school male & female physical education teacher's physical fitness knowledge & attitudes towards physical fitness between correlations of coefficient score was -0.045. There was no significant correlation at 0.05 significant level ($p=0.63$).
- Primary school 0-5 years experience total 14 physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was -0.0197. there was no significant correlation at 0.05 significant level ($p=0.195$),
- Primary school 5-10 years experience total 07 physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.051. there was no significant correlation at 0.05 significant level ($p=0.852$),

- Primary school ≥ 11 years experience total 09 physical education teacher's physical fitness knowledge & attitudes towards physical fitness correlation of coefficient score was 0.048. There was no significant correlation at 0.05 significant level ($p=0.716$).

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