Chapter - V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

Summary

Physical education, now-a-days, is considered as an important and integral part of general education which aims at the harmonious development of the whole man. But in practice and from functional points of view it has not yet received due recognition or status as an academic subject in Bundelkhand.

The purpose of this study was to determine the attitude of parents towards physical education programme in Bundelkhand, their opinions (negative or positive), if any.

It was hypothesized that the attitude of the parents was favourable towards physical education.

Questionnaire comprising of 30 statements based on a very simple pattern viz yes/ no which covered 6 aspects of physical education, namely, physical, mental, personality,
emotional, social and educational. The questionnaire were distributed to 1000 parents and 800 of them duly filled the questionnaires and returned. The percentage of the respondents thus was 80% inspite of a reminder. Due to lack of time the research scholar could not contact the respondents personally.
Conclusions

Within the limitations, the following conclusions may be drawn:

1. The study has indicated that a majority of the parents had a positive attitude towards physical education programme.

2. They had positive attitude towards physical education because it gives help to mental maturity and alertness, personality development & sociability.

3. They had also expressed that physical education helped in developing the whole individual.
Recommendations

On the basis of this research study the following recommendations are made:

1. Similar study may be made to estimate the attitudes of heads of institutions, educational authorities, members of legislative towards objective and role of physical education.

2. It is recommended that similar study may be undertaken with the subjects belonging to different regions of India.

3. Studies may be conducted to find out how effective the programmes of physical education for the students, who are supposed to benefited from the physical education.

4. A similar comparative study in rural and urban areas can be conducted.

5. Studies may be conducted to find out the satisfactory physical education programme which would help the students for the development of their personality.