CHAPTER-III

METHODS & MATERIALS

3.1 INTRODUCTION

This chapter details the methodology adopted for this study. The chapter is organized in sections covering: (i) selection of subjects (ii) selection of variables (iii) selection of tool (iv) description of the test (v) administration of questionnaire (vi) collection of data (vii) statistical techniques employed.

3.2 SELECTION OF SUBJECTS

For the purpose of present study, three hundred sixty (N=360) male university teachers and students from Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra were selected. The purposive sampling technique was used to attain the objectives of the study.
3.3 SELECTION OF VARIABLES

A feasibility analysis as to which of the variables could be taken up for the investigation, keeping in view the availability of tools, adequacy to the subjects and the legitimate time that could be devoted for tests and to keep the entire study unitary and integrated was made in consultation with experts. With the above criteria’s in mind, the Attitude scale of sports was taken up for the present study:

3.4 SELECTION OF TOOL

<table>
<thead>
<tr>
<th>Tool</th>
<th>Author</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attitude scale of sports</td>
<td>G.S. Kang</td>
<td>1990</td>
</tr>
</tbody>
</table>

3.5 DESCRIPTION OF THE TEST

ATTITUDE SCALE OF SPORTS

Attitude scale of sports is a standardized tool which has already been used in many research/psychological investigations. Attitude scale of sports which was developed by G.S. Kang was used for the present study. The scale consists of 24 items and subjects rated each item on a 3 point Likert scale, ranging from (Agree); (Do not Agree) and (Undecided).

24 items corresponding to Attitude scale of sports reported as follows:

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Items</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>The modern age of science and technology, sports have no place in school syllabus.</td>
</tr>
<tr>
<td>2.</td>
<td>Only the participation in team games generates the feeling of oneness.</td>
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<tr>
<td>3.</td>
<td>Sports help the student to become good spectators.</td>
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<tr>
<td>4.</td>
<td>Students taking part in sports neglect studies.</td>
</tr>
<tr>
<td>5.</td>
<td>The participation in games by students is responsible for unrest among the students.</td>
</tr>
<tr>
<td>6.</td>
<td>One should not participate in sports as it consumes his energy.</td>
</tr>
<tr>
<td>7.</td>
<td>Compulsory sports at the school level are the need of time.</td>
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</tbody>
</table>
8. Sports develop a sense of social service among students.

9. Taking part in sports develop the quality of leadership.

10. The skills acquired in sports are valuable in the life.

11. Those who participate in sports develop a tendency to show off.

12. Sports play an important role in the development of sportsmanship.

13. The student pent up energy can be better used by taking part in sports.

14. Human instinct of aggressiveness, dominance and leadership can be developed by taking part in sports.

15. The main purpose of sports is muscle building.

16. Participation in sports increases the life expectancy.

17. Occasionally taking part in sport is sufficient.

18. Dangerous sports should be excluded from the sport curriculum.

19. The participation in sports lead to injury which can cause physical disability.

20. Sports are useful only for males.

21. Participation of females in sports develop the courage.

22. Competition of females in sports develops the courage.

23. Sports is the media of self expression.

24. Sports requiring less time and energy are more enjoyable.

3.6 ADMINISTRATION OF QUESTIONNAIRE

While questionnaire was administered on the subjects, they were briefed about the aims and objectives of the study. Further, they were assured about the confidentiality of their information. The subjects were then given the questionnaire and urged to fill them up independently and without taking assistance from any one.

The administered questionnaire included the following:

1. Contents of Covering letter:
   a. Name of research scholar
   b. Purpose of the study
2. An appeal letter asking for cooperation from the subjects.
3. The directions for filling-up the questionnaire.
4. Instructions for returning the questionnaire

The incomplete responses were rejected and only completely answered questionnaire were taken up for analysis.

3.7 COLLECTION OF DATA

The survey method through the technique of questionnaire had been adopted to collect the relevant data for this study. Three hundred sixty (N=360) male university teachers and students from Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra were selected for the purpose of the study.

3.8 STATISTICAL TECHNIQUES EMPLOYED

The researcher used Statistical Package for the Social Sciences (SPSS) to compute the data of this study.

- An independent samples $t$ test was used to analyze.
- Various responses received in terms of attitude of university teachers and students towards physical education and recreation were further analyzed using the descriptive technique of percentage.
- To find out the divergence of observed results, Chi-Square test was employed using the formula given below:

**Chi-Square Formula**

\[
X^2 = \frac{(f_o - f_e)^2}{f_e}
\]

where

$f_o = \text{frequency of occurrence of observed or experimentally determined facts.}$

$f_e = \text{Expected frequency of occurrence on some hypothesis.}$

*Degrees of freedom (df) = n-1 where n is the number of classes*