CHAPTER-V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

5.1 SUMMARY

This research has empirically explored the attitude of university teachers and students towards physical education and recreation. In addition to it, the significant differences of attitude among university teachers and students towards physical education and recreation were also analyzed. To investigate the above problem, this study has the following objectives and hypotheses:

5.1.1 OBJECTIVES

1. To find out the attitude of Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra teachers towards physical education and recreation.

2. To find out the attitude of Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra students towards physical education and recreation.

3. To find out the significant differences of attitude towards physical education and recreation among Guru Nanak Dev University, Amritsar teachers and students.

4. To find out the significant differences of attitude towards physical education and recreation among Kurukshetra University, Kurukshetra teachers and students.

5. To find out the significant differences of attitude towards physical education and recreation among Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra teachers.

6. To find out the significant differences of attitude towards physical education and recreation among Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra students.
7. To find out the significant differences of attitude towards physical education and recreation among Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra teachers and students.

5.1.2 HYPOTHESES

1. It was hypothesized that university teachers would have positive attitudes towards physical education and recreation.

2. It was hypothesized that university students would have positive attitudes towards physical education and recreation.

3. It was hypothesized that there would be no significant differences of attitude towards physical education and recreation among Guru Nanak Dev University, Amritsar teachers and students.

4. It was hypothesized that there would be no significant differences of attitude towards physical education and recreation among Kurukshetra University, Kurukshetra teachers and students.

5. It was hypothesized that there would be no significant differences of attitude towards physical education and recreation among Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra teachers.

6. It was hypothesized that there would be no significant differences of attitude towards physical education and recreation among Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra students.

7. It was hypothesized that there would be no significant differences of attitude towards physical education and recreation among Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra teachers and students.

5.1.3 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.
SAMPLE SIZE

<table>
<thead>
<tr>
<th>UNIVERSITY TEACHERS</th>
<th>UNIVERSITY STUDENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>N=180</td>
<td>N=180</td>
</tr>
<tr>
<td>Guru Nanak Dev</td>
<td>Guru Nanak Dev</td>
</tr>
<tr>
<td>University</td>
<td>University</td>
</tr>
<tr>
<td>N=90</td>
<td>N=90</td>
</tr>
<tr>
<td>Kurukshetra University</td>
<td>Kurukshetra University</td>
</tr>
<tr>
<td>N=90</td>
<td>N=90</td>
</tr>
</tbody>
</table>

5.1.4 SELECTION OF VARIABLES

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. The scale consists of 24 items and subjects rated each item on a 3 point Likert scale, ranging from 1 (Agree); 2 (Do not Agree) and 3 (Undecided).

<table>
<thead>
<tr>
<th>Tools</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>

5.1.5 COLLECTION OF DATA

The survey method through the technique of questionnaire had been adopted to collect the relevant data for this study. The purposive sampling technique was used to attain the objectives of the study.

5.1.6 STATISTICAL TECHNIQUES EMPLOYED

An independent samples t test was used to analyze. In all the analyses, the 5% critical level (p≤0.05) was considered to indicate statistical significance. The 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.
5.2 CONCLUSIONS

The results from the statistical analysis led to the following conclusions with respect to the Attitude of Teachers of Guru Nanak Dev University, Amritsar towards Physical Education and Recreation:

1. The data revealed that 45.55% of respondents agreed, 16.66% do not agreed while 37.77% of respondents were undecided in respect of statement no. 1; “The modern age of science and technology, sports have no place in school syllabus”.

2. The results indicates that 16.66% of respondents agreed, 26.66% do not agreed while 56.66% of respondents were undecided in respect of statement no. 2; “Only the participation in team games generates the feeling of oneness”.

3. It can be inferred that 8.88% of respondents agreed, 11.11% do not agreed while 80% of respondents were undecided in respect of statement no. 3; “Sports help the student to become good spectators”.

4. The data gives information that 47.77% of respondents agreed, 15.55% do not agreed while 36.66% of respondents were undecided in respect of statement no. 4; “Students taking part in sports neglect studies”.

5. It can be observed that 52.22% of respondents agreed, 22.22% do not agreed while 25.55% of respondents were undecided in respect of statement no. 5; “The participation in games by students is responsible for unrest among the students”.

6. The results indicates that 71.11% of respondents agreed, 10% do not agreed while 18.88% of respondents were undecided in respect of statement no. 6; “One should not participate in sports as it consumes his energy”.

7. It is clear that 5.55% of respondents agreed, 5.55% do not agreed while 88.88% of respondents were undecided in respect of statement no. 7; “Compulsory sports at the school level are the need of time”.
8. The results revealed that 17.77% of respondents agreed, 2.22% do not agreed while 80% of respondents were undecided in respect of statement no. 8; “Sports develop a sense of social service among students”.

9. The results shows that 5.55% of respondents agreed, 12.22% do not agreed while 82.22% of respondents were undecided in respect of statement no. 9; “Taking part in sports develop the quality of leadership”.

10. The data pointed out that 4.44% of respondents agreed, 4.44% do not agreed while 91.11% of respondents were undecided in respect of statement no. 10; “The skills acquired in sports are valuable in the life”.

11. It is observed that 55.55% of respondents agreed, 24.44% do not agreed while 20% of respondents were undecided in respect of statement no. 11; “Those who participate in sports develop a tendency to show off”.

12. The results highlighted that 5.55% of respondents agreed, 6.66% do not agreed while 87.77% of respondents were undecided in respect of statement no. 12; “Sports play an important role in the development of sportsmanship”.

13. The results indicated that 5.55% of respondents agreed, 16.66% do not agreed while 7.77% of respondents were undecided in respect of statement no. 13; “The student pent up energy can be better used by taking part in sports”.

14. The data highlights that the 6.66% of respondents agreed, 23.33% do not agreed while 70% of respondents were undecided in respect of statement no. 14; “Human instinct of aggressiveness, dominance and leadership can be developed by taking part in sports”.

15. The results reveals that 67.77% of respondents agreed, 14.44% do not agreed while 17.77% of respondents were undecided in respect of statement no. 15; “The main purpose of sports is muscle building”.

16. It is evident that 8.88% of respondents agreed, 12.22% do not agreed while 78.88% of respondents were undecided in respect of statement no. 16; “Participation in sports increases the life expectancy”.
17. The results show that 46.66% of respondents agreed, 23.33% do not agreed while 30% of respondents were undecided in respect of statement no. 17; “Occasionally taking part in sport is sufficient”.

18. It is found that 33.33% of respondents agreed, 22.22% do not agreed while 44.44% of respondents were undecided in respect of statement no. 18; “Dangerous sports should be excluded from the sport curriculum”.

19. The data indicated that 47.77% of respondents agreed, 28.88% do not agreed while 46.66% of respondents were undecided in respect of statement no. 19; “The participation in sports lead to injury which can cause physical disability”.

20. It is apparent that 70% of respondents agreed, 5.55% do not agreed while 24.44% of respondents were undecided in respect of statement no. 20; “Sports are useful only for males”.

21. The results shows that 6.66% of respondents agreed, 11.11% do not agreed while 82.22% of respondents were undecided in respect of statement no. 21; “Participation of females in sports develop the courage”.

22. The data revealed that 4.44% of respondents agreed, 10% do not agreed while 85.55% of respondents were undecided in respect of statement no. 22; “Competition of females in sports develops the courage”.

23. The results indicates that 12.22% of respondents agreed, 17.77% do not agreed while 70% of respondents were undecided in respect of statement no. 23; “Sports is the media of self expression”.

24. It is inferred that 24.44% of respondents agreed, 25.55% do not agreed while 50% of respondents were undecided in respect of statement no. 24; “Sports requiring less time and energy are more enjoyable”.

The following conclusions with respect to the Attitude of Students of Guru Nanak Dev University, Amritsar towards Physical Education and Recreation:

1. The data revealed that 48.88% of respondents agreed, 17.77% do not agreed while 33.33% of respondents were undecided in respect of statement no. 1;
“The modern age of science and technology, sports have no place in school syllabus”.

2. The results indicates that 26.66% of respondents agreed, 35.55% do not agreed while 37.77% of respondents were undecided in respect of statement no. 2; “Only the participation in team games generates the feeling of oneness”.

3. It can be inferred that 17.77% of respondents agreed, 10% do not agreed while 72.22% of respondents were undecided in respect of statement no. 3; “Sports help the student to become good spectators”.

4. The results gives information that 54.44% of respondents agreed, 20% do not agreed while 25.55% of respondents were undecided in respect of statement no. 4; “Students taking part in sports neglect studies”.

5. It can be observed that 53.33% of respondents agreed, 24.44% do not agreed while 22.22% of respondents were undecided in respect of statement no. 5; “The participation in games by students is responsible for unrest among the students”.

6. It is clear that 73.33% of respondents agreed, 5.55% do not agreed while 21.11% of respondents were undecided in respect of statement no. 6; “One should not participate in sports as it consumes his energy”.

7. It is clear that 14.44% of respondents agreed, 11.11% do not agreed while 74.44% of respondents were undecided in respect of statement no. 7; “Compulsory sports at the school level are the need of time”.

8. The results revealed that 13.33% of respondents agreed, 14.44% do not agreed while 72.22% of respondents were undecided in respect of statement no. 8; “Sports develop a sense of social service among students”.

9. The results indicate that 5.55% of respondents agreed, 11.11% do not agreed while 83.33% of respondents were undecided in respect of statement no. 9; “Taking part in sports develop the quality of leadership”.
10. The results shows that 4.44% of respondents agreed, 7.77% do not agreed while 87.77% of respondents were undecided in respect of statement no. 10; “The skills acquired in sports are valuable in the life”.

11. The data pointed out that 56.66% of respondents agreed, 26.66% do not agreed while 16.66% of respondents were undecided in respect of statement no. 11; “Those who participate in sports develop a tendency to show off”.

12. It is observed that 7.77% of respondents agreed, 7.77% do not agreed while 84.44% of respondents were undecided in respect of statement no. 12; “Sports play an important role in the development of sportsmanship”.

13. The results highlights that 12.12% of respondents agreed, 33.33% do not agreed while 54.44% of respondents were undecided in respect of statement no. 13; “The student pent up energy can be better used by taking part in sports”.

14. The data indicated that 7.77% of respondents agreed, 27.77% do not agreed while 64.44% of respondents were undecided in respect of statement no. 14; “Human instinct of aggressiveness, dominance and leadership can be developed by taking part in sports”.

15. The data highlights that 64.666% of respondents agreed, 16.66% do not agreed while 18.88% of respondents were undecided in respect of statement no. 15; “The main purpose of sports is muscle building”.

16. The data reveals that 15.55% of respondents agreed, 18.88% do not agreed while 65.55% of respondents were undecided in respect of statement no. 16; “Participation in sports increases the life expectancy”.

17. It is evident that 35.55% of respondents agreed, 26.66% do not agreed while 37.77% of respondents were undecided in respect of statement no. 17; “Occasionally taking part in sport is sufficient”.

18. The results show that 28.88% of respondents agreed, 25.55% do not agreed while 45.55% of respondents were undecided in respect of statement no. 18; “Dangerous sports should be excluded from the sport curriculum”.

250
19. It is found that 47.77% of respondents agreed, 21.11% do not agreed while 31.11% of respondents were undecided in respect of statement no. 19; “The participation in sports lead to injury which can cause physical disability”.

20. The data indicated that 73.33% of respondents agreed, 5.55% do not agreed while 21.11% of respondents were undecided in respect of statement no. 20; “Sports are useful only for males”.

21. It is apparent that 11.11% of respondents agreed, 7.77% do not agreed while 81.11% of respondents were undecided in respect of statement no. 21; “Participation of females in sports develop the courage”.

22. The results indicates that 10% of respondents agreed, 16.66% do not agreed while 73.33% of respondents were undecided in respect of statement no. 22; “Competition of females in sports develops the courage”.

23. The data revealed that 14.44% of respondents agreed, 12.22% do not agreed while 73.33% of respondents were undecided in respect of statement no. 23; “Sports is the media of self expression”.

24. The results indicates that 32.22% of respondents agreed, 25.55% do not agreed while 42.22% of respondents were undecided in respect of statement no. 24; “Sports requiring less time and energy are more enjoyable”.

The following conclusions with respect to the Attitude of Teachers of Kurukshetra University, Kurukshetra towards Physical Education and Recreation:

1. The data revealed that 37.77% of respondents agreed, 33.33% do not agreed while 28.88% of respondents were undecided in respect of statement no. 1; “The modern age of science and technology, sports have no place in school syllabus”.

2. The results indicates that 20% of respondents agreed, 42.22% do not agreed while 37.77% of respondents were undecided in respect of statement no. 2; “Only the participation in team games generates the feeling of oneness”.
3. It can be inferred that 15.55% of respondents agreed, 12.22% do not agreed while 72.22% of respondents were undecided in respect of statement no. 3; “Sports help the student to become good spectators”.

4. A glance of information revealed that 32.22% of respondents agreed, 32.22% do not agreed while 35.55% of respondents were undecided in respect of statement no. 4; “Students taking part in sports neglect studies”.

5. It can be observed that 53.33% of respondents agreed, 15.55% do not agreed while 31.11% of respondents were undecided in respect of statement no. 5; “The participation in games by students is responsible for unrest among the students”.

6. It is clear that 64.44% of respondents agreed, 21.11% do not agreed while 14.44% of respondents were undecided in respect of statement no. 6; “One should not participate in sports as it consumes his energy”.

7. It is clear that 11.11% of respondents agreed, 11.11% do not agreed while 77.77% of respondents were undecided in respect of statement no. 7; “Compulsory sports at the school level are the need of time”.

8. The results revealed that 7.77% of respondents agreed, 18.88% do not agreed while 73.33% of respondents were undecided in respect of statement no. 8; “Sports develop a sense of social service among students”.

9. The results revealed that 3.33% of respondents agreed, 20% do not agreed while 76.66% of respondents were undecided in respect of statement no. 9; “Taking part in sports develop the quality of leadership”.

10. The results show that 7.77% of respondents agreed, 7.77% do not agreed while 84.44% of respondents were undecided in respect of statement no. 10; “The skills acquired in sports are valuable in the life”.

11. The data pointed out that 43.33% of respondents agreed, 27.77% do not agreed while 28.88% of respondents were undecided in respect of statement no. 11; “Those who participate in sports develop a tendency to show off”.


12. It is observed that 5.55% of respondents agreed, 22.22% do not agreed while 72.22% of respondents were undecided in respect of statement no. 12; “Sports play an important role in the development of sportsmanship”.

13. The results highlights that 11.11% of respondents agreed, 14.44% do not agreed while 74.44% of respondents were undecided in respect of statement no. 13; “The student pent up energy can be better used by taking part in sports”.

14. The results indicated that 11.11% of respondents agreed, 26.66% do not agreed while 62.22% of respondents were undecided in respect of statement no. 14; “Human instinct of aggressiveness, dominance and leadership can be developed by taking part in sports”.

15. The data highlights that the 52.22% of respondents agreed, 24.44% do not agreed while 23.33% of respondents were undecided in respect of statement no. 15; “The main purpose of sports is muscle building”.

16. The results reveals that 4.44% of respondents agreed, 17.77% do not agreed while 77.77% of respondents were undecided in respect of statement no. 16; “Participation in sports increases the life expectancy”.

17. It is evident that 30% of respondents agreed, 27.77% do not agreed while 42.22% of respondents were undecided in respect of statement no. 17; “Occasionally taking part in sport is sufficient”.

18. The results show that 22.22% of respondents agreed, 26.66% do not agreed while 51.11% of respondents were undecided in respect of statement no. 18; “Dangerous sports should be excluded from the sport curriculum”.

19. It is found that 48.88% of respondents agreed, 23.33% do not agreed while 27.77% of respondents were undecided in respect of statement no. 19; “The participation in sports lead to injury which can cause physical disability”.

20. The data indicated that 55.55% of respondents agreed, 17.77% do not agreed while 26.66% of respondents were undecided in respect of statement no. 20; “Sports are useful only for males”.
21. The results show that 14.44% of respondents agreed, 12.22% do not agreed while 73.33% of respondents were undecided in respect of statement no. 21; “Participation of females in sports develop the courage”.

22. The data revealed that 10% of respondents agreed, 21.11% do not agreed while 91.111% of respondents were undecided in respect of statement no. 22; “Competition of females in sports develops the courage”.

23. The data revealed that 10% of respondents agreed, 25.55% do not agreed while 64.44% of respondents were undecided in respect of statement no. 23; “Sports is the media of self expression”.

24. The results indicate that 23.33% of respondents agreed, 30% do not agreed while 46.66% of respondents were undecided in respect of statement no. 24; “Sports requiring less time and energy are more enjoyable”.

The following conclusions with respect to the Attitude of Students of Kurukshetra University, Kurukshetra towards Physical Education and Recreation:

1. Data revealed that 21.11% of respondents agreed, 15.55% do not agreed while 63.33% of respondents were undecided in respect of statement no 1; “The modern age of science and technology, sports have no place in school syllabus”.

2. The results indicates that 16.66% of respondents agreed, 40% do not agreed while 43.33% of respondents were undecided in respect of statement no. 2; “Only the participation in team games generates the feeling of oneness”.

3. It can be inferred from the data that, 4.44% of respondents agreed, 8.88% do not agreed while 86.66% of respondents were undecided in respect of statement no 3; “Sports help the student to become good spectators”.

4. Data shows that 34.44% of respondents agreed, 50% do not agreed while 15.55% of respondents were undecided in respect of statement no. 4; “Students taking part in sports neglect studies”.

5. A glance of data gives information that 25.55% of respondents agreed, 34.44% do not agreed while 40% of respondents were undecided in respect of
statement no. 5; “The participation in games by students is responsible for unrest among the students”.

6. It can be observed that 33.33% of respondents agreed, 43.33% do not agreed while 23.33% of respondents were undecided in respect of statement no. 6; “One should not participate in sports as it consumes his energy”.

7. It is clear that 6.66% of respondents agreed, 24.44% do not agreed while 68.88% of respondents were undecided in respect of statement no. 7; “Compulsory sports at the school level are the need of time”.

8. The results revealed that 4.44% of respondents agreed, 13.33% do not agreed while 82.22% of respondents were undecided in respect of statement no. 8; “Sports develop a sense of social service among students”.

9. The results shows that 12.22% of respondents agreed, 12.22% do not agreed while 75.55% of respondents were undecided in respect of statement no. 9; “Taking part in sports develop the quality of leadership”.

10. The data pointed out that 10% of respondents agreed, 11.11% do not agreed while 78.88% of respondents were undecided in respect of statement no. 10; “The skills acquired in sports are valuable in the life”.

11. It is observed that 27.77% of respondents agreed, 41.11% do not agreed while 31.11% of respondents were undecided in respect of statement no. 11; “Those who participate in sports develop a tendency to show off”.

12. The results highlighted that 11.11% of respondents agreed, 12.22% do not agreed while 76.66% of respondents were undecided in respect of statement no. 12; “Sports play an important role in the development of sportsmanship”.

13. The results indicated that 11.11% of respondents agreed, 27.77% do not agreed while 61.11% of respondents were undecided in respect of statement no. 13; “The student pent up energy can be better used by taking part in sports”.

14. The data highlighted that 14.44% of respondents agreed, 32.22% do not agreed while 53.33% of respondents were undecided in respect of statement
no. 14; “Human instinct of aggressiveness, dominance and leadership can be developed by taking part in sports”.

15. The data reveals that 32.22% of respondents agreed, 44.44% do not agreed while 23.33% of respondents were undecided in respect of statement no. 15; “The main purpose of sports is muscle building”.

16. Data reveals that 8.88% of respondents agreed, 18.88% do not agreed while 72.22% of respondents were undecided in respect of statement no. 16; “Participation in sports increases the life expectancy”.

17. It is evident that 25.55% of respondents agreed, 34.44% do not agreed while 40% of respondents were undecided in respect of statement no. 17; “Occasionally taking part in sport is sufficient”.

18. It is evident that 23.33% of respondents agreed, 35.55% do not agreed while 41.11% of respondents were undecided in respect of statement no. 18; “Dangerous sports should be excluded from the sport curriculum”.

19. The results show that 26.66% of respondents agreed, 38.88% do not agreed while 34.44% of respondents were undecided in respect of statement no. 19; “The participation in sports lead to injury which can cause physical disability”.

20. It is found that 40% of respondents agreed, 42.22% do not agreed while 17.77% of respondents were undecided in respect of statement no. 20; “Sports are useful only for males”.

21. The data indicated that 8.88% of respondents agreed, 17.77% do not agreed while 73.33% of respondents were undecided in respect of statement no. 21; “Participation of females in sports develop the courage”.

22. It was apparent from the data that 8.88% of respondents agreed, 15.55% do not agreed while 75.55% of respondents were undecided in respect of statement no. 22; “Competition of females in sports develops the courage”.

23. The data reveals that 18.88% of respondents agreed, 25.55% do not agreed while 55.55% of respondents were undecided in respect of statement no. 23; “Sports is the media of self expression”.

256
24. The results indicate that 18.88% of respondents agreed, 21.11% do not agreed while 60% of respondents were undecided in respect of statement no. 24; “Sports requiring less time and energy are more enjoyable”.

5.3 RECOMMENDATIONS

Based on the findings of this research and in view of certain limitations that constrained it such as time and resource as earlier highlighted, a number of recommendations have been put forward below to provide some direction for future research endeavour in this domain:

- This research focused on the analysis of attitude of university teachers and students towards physical education and recreation. To fully understand the issues and controversies in context to the field of physical education and sports. Future research in this genre must endeavour to collect data from a bigger sample to increase the precision of the analysis and to enable firmer conclusions to be drawn.

- As a result of time and other limitation, this study was limited to the teachers and students of Guru Nanak Dev University, Amritsar and Kurukshetra University, Kurukshetra. To further increase the applicability of the results and findings, it is recommended that a second study be carried out with diverse parameters to cover the large population.

- A similar study may be undertaken by taking female respondents as subjects in order to identify their awareness and attitude towards physical education and recreation.

- A study on metropolitan cities, North Eastern states, areas influenced by tourism etc., may be conducted in a similar manner.

- A study on the elite level of sports persons and coaches may be conducted to assess their knowledge and attitude towards physical education and recreation.