APPENDICES
APPENDIX A

PHYSICAL ACTIVITY PARTICIPATION - PSYCHOLOGICAL INVENTORY

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- Prasannakumaran. K

Name ........................................

Occupation................................. Age.................

Instructions

The following statements are designed to assess various psychological factors influencing the participation in physical activity/exercise. Please state how much each statement describes your participation or non participation in physical activities. Circle a number from 1 to 5 indicate your level of agreement with each of the statements - 1. Always, 2. Often, 3. Sometimes, 4. Seldom, 5. Never.

1. Participation in sports and physical activities is enjoyable.  1 2 3 4 5

2. Females should participate in physical activities  1 2 3 4 5

3. More in life can be achieved by involvement in sports and physical activities.  1 2 3 4 5

4. Family members presence encourage me to participate in physical activities whole heartedly.  1 2 3 4 5

5. Participation in physical activities are meant for fitness only.  1 2 3 4 5

6. Happy experiences of my earlier participation in sports and physical activities are an encouragement to still participate in physical activities.  1 2 3 4 5
APPENDIX A (Contd.)

7. Involvement in physical activities are of interest to me. 1 2 3 4 5
8. Sports and physical activities are good leisure time activities. 1 2 3 4 5
9. Outstanding sports women act as a role model for others. 1 2 3 4 5
10. Spectators help will improve my performance. 1 2 3 4 5
11. I feel shy when members of opposite sex are watching me while I am involved in physical activities. 1 2 3 4 5
12. Success in sporting activities is important to me. 1 2 3 4 5
13. My various responsibilities leave me enough time to get involved in physical activities. 1 2 3 4 5
14. Participation in physical activities is more enjoyable than other activities. 1 2 3 4 5
15. The task difficulty in sports and physical activities is more than other activities. 1 2 3 4 5
16. Sports and physical activities are only suitable for children. 1 2 3 4 5
17. Sporting situations are more stressful than involvement in other activities. 1 2 3 4 5
18. Sexual harassment is prevalent in the field of sports and physical activities. 1 2 3 4 5
19. I enjoy vigorous physical activities. 1 2 3 4 5
20. Aggressive behaviour is needed to succeed in sports. 1 2 3 4 5
21. Much in life can be attained through involvement in physical activities and sports. 1 2 3 4 5
22. Physical activities provides opportunity for learning to control the emotions. 1 2 3 4 5
23. Incentives given to encourage participation in physical activities do appeal to me. 1 2 3 4 5
APPENDIX A (Contd.)

24. Participation in physical activities helps to develop whole some personality. 1 2 3 4 5

25. Sports prizes and awards bring social recognition and also helps financially to some extend. 1 2 3 4 5

26. Our Socio-Cultural environment recognise females to participate in physical activities. 1 2 3 4 5

27. Participation in sports and physical activities help me to win prizes and awards. 1 2 3 4 5

28. Physical activities provide opportunities for better health and fitness. 1 2 3 4 5

29. Participation in any kind of physical activities with my family members is a lot of fun. 1 2 3 4 5

30. Involvement is recreational physical activities are more enjoyable rather than organized competitive sports and physical activities. 1 2 3 4 5

31. Involvement in sports provide excitement. 1 2 3 4 5

32. My parents always encourage my participation in physical activities. 1 2 3 4 5

33. Today wearing the sports kits/uniform is accepted in the society. 1 2 3 4 5

34. Fame and respect can be commanded by excelling in Sports and Physical activities. 1 2 3 4 5

35. Participation in physical activities provides challenging experiences. 1 2 3 4 5

36. Participation in physical activities helps to release tensions. 1 2 3 4 5

37. To become a well known sports person is my goal. 1 2 3 4 5

38. Participation in physical activities lead to better education. 1 2 3 4 5

39. Participation in physical activities helps me to develop social qualities. 1 2 3 4 5
<table>
<thead>
<tr>
<th>No.</th>
<th>Statement</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<tbody>
<tr>
<td>40</td>
<td>Physical activities promote sportspersonship.</td>
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<td>41</td>
<td>My classmates are very regular in sports participation which made me to involve myself in physical activities.</td>
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<td>42</td>
<td>Participation done in physical activities is enjoyable.</td>
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<tr>
<td>43</td>
<td>Moral values can be learned through the involvement in physical activities.</td>
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<td>44</td>
<td>Wearing the sports uniform during participation in physical activities makes one look smart.</td>
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<td>45</td>
<td>In the modern lifestyle, it is worth to get involved in physical activities.</td>
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<td>46</td>
<td>Sports and games inculcate healthy rivalry among participants.</td>
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<td>47</td>
<td>In competitive situation one should not give up easily.</td>
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<td>48</td>
<td>Vigorous exercise should be a part of the daily lives to keep physically fit.</td>
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<td>49</td>
<td>Master in sports and physical activities make participation more interesting.</td>
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<td>50</td>
<td>Sufficient time is at my disposal to participate in physical activities.</td>
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<td>51</td>
<td>Challenges provided in sports and physical activates are acceptable to me.</td>
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<td>52</td>
<td>The thrill provided in sports and physical activities during competitive situation is important.</td>
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<td>53</td>
<td>My brothers and sisters support me to involve in physical activities.</td>
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<td>54</td>
<td>Participation in physical activities provide fellowship quality.</td>
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<td>55</td>
<td>Participation in physical activities provides opportunity to an individual to stay with friends.</td>
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</table>
APPENDIX A (Contd.)

56. Risk of injuries is always a possibility while participating in physical activities. 1 2 3 4 5

57. Successful people are more respected in sports than in other fields. 1 2 3 4 5

58. Sports and physical activities have a lot of carryover values in life. 1 2 3 4 5

59. The women who perform well in sports and physical activities get recognition from their school mates/co-workers. 1 2 3 4 5

60. Confidence is developed by performing physical activities. 1 2 3 4 5

61. More concentrating to my studies/job is important than participation in physical activities. 1 2 3 4 5

62. Physical activities do not bring any harm to the body. 1 2 3 4 5

63. Participation in physical activities with the opposite sex is enjoyable. 1 2 3 4 5

64. The interaction among the people is more in physical activities. 1 2 3 4 5

65. In sports and physical activities there are plenty of opportunities to prove oneself. 1 2 3 4 5

66. Physical activities are mastered with great efforts. 1 2 3 4 5

67. Participation in physical activities at primary level in school is essential. 1 2 3 4 5

68. Participation in competition is enjoyable if one is in winning situation. 1 2 3 4 5

69. My friends are influencing my participation in physical activities. 1 2 3 4 5

70. Involvement in physical activities makes me feel shy. 1 2 3 4 5

71. My teachers encouraged me to be in sports and physical activities. 1 2 3 4 5
APPENDIX A (Contd.)

72. Participation in physical activities provide leadership opportunities. 1 2 3 4 5

73. One of my family member is a role model for me to participate in physical activities. 1 2 3 4 5

74. A lot of efforts one required to be able to participate in physical activities. 1 2 3 4 5

75. Participation in physical activities with others is enjoyable. 1 2 3 4 5

76. My Physical Education Teacher is my role model. 1 2 3 4 5

77. One should be on top always while participating in sports and physical activities. 1 2 3 4 5

78. Female participation in physical activities make them bold and outgoing. 1 2 3 4 5

79. What others think about my participation influences my participation in physical activities. 1 2 3 4 5

80. Good physical structure can be achieved by involving in physical activities. 1 2 3 4 5

81. Participation in physical activities can provide lot of social support. 1 2 3 4 5

82. My involvement in physical activities may come in my way of getting a life partner. 1 2 3 4 5

83. Participation in sports and physical activities helps to raise the status of women in society. 1 2 3 4 5

84. Participation in physical activities leads to loss of feminity in the females. 1 2 3 4 5

85. A lot of mental relief is provided by involvement in physical activities. 1 2 3 4 5

86. Physical activities require considerable time to be able to participate in them. 1 2 3 4 5