

Chapter - V

Summary, Findings,

Conclusions and

Recommendations

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SUMMARY, FINDINGS, CONCLUSIONS AND RECOMMENDATIONS

Summary

It is recently pointed out in the literature that one's attitude plays the most dominant factor in his/her achievement and performance. Thus, there is a great need for understanding the individual's attitude towards an activity in which they participate, so as to obtain a scientific knowledge of how attitude affect their achievement (performance). It is also realized that attitude play potent and very dominant role in shaping up the growth of health status, intelligence, level of achievement and many other personal characteristics through interaction with environmental situations and vice versa. Individual's personality, adjustment and many psychological and physical factors combined with environment collectively influence the development of their attitude. Attitude is developmental and perhaps, may be viewed as that aspect of human activity which essentially strengthens the harmonious development and integration of body, mind and energies for maximum achievement and performance. It is established that attitude, serve as the motivating force to condition one's orientation to learning skills, actions or reactions and ultimately to influence the use of skill and knowledge with vigour, which have been learnt for optimum achievement. Further it is added that the qualities which exist and develop in the individuals are expressed in terms of their attitude habits and behaviour. In the field of sports, the general and specific motives (attitude) for involvement in physical education activities including games have attracted extensive attention of investigators and their effect at performance. Even a number of studies can be found in the literature relating to attitude of college or school students towards sports and their relation to success. It cannot be denied that where attitude are important indicators of personal social adjustment, achievement motivation, personality traits and many other factors they are also a great factor in determining one's effectiveness and success.

The basic idea behind the theoretical presentation is to highlight the meaning, mechanism and utility of physical activity, generally accepted by researchers in the

field of physical activity and sports. In addition to that meaning of attitude and its likely expected bearing on the personality health status, attitude towards physical activity, intelligence and academic consistency has led to the identification of the present problem entitled,

“An Analytical Study of Health Status, Attitude towards Physical Activity, Intelligence and Academic Consistency among Graduate Students.”

The study was conducted with the following objectives:-

1. The study helped in finding out the present health status, attitude towards physical activity, intelligence and academic consistency of male sports persons and non-sports persons.
2. To determine the present health status, attitude towards physical activity, intelligence and academic consistency of female sports persons and non-sports persons.
3. The topic helped in comparing the health status, attitude towards physical activity, intelligence and academic consistency between male sports persons and non-sports persons.
4. To compare the health status, attitude towards physical activity, intelligence and academic consistency between female sports persons and non-sports persons.
5. To assess the level of correlation among health status, attitude towards physical activity, intelligence and academic consistency of male and female sports persons respectively.
6. To calculate the level of relationship among health status, attitude towards physical activity, intelligence and academic consistency of male and female non-sports persons respectively.

The study was pivoted around the framework of the following hypothesis:

1. The present health status, attitude towards physical activity, intelligence and academic consistency would be entirely different between the male sports persons and non-sports persons.

2. The present health status, attitude towards physical activity, intelligence and academic consistency would be entirely different between the female sports persons and non-sports persons.
3. There would be significant differences among the health status, attitude towards physical activity, intelligence and academic consistency between male sports persons and non-sports persons.
4. There would be significant differences among the health status, attitude towards physical activity, intelligence and academic consistency between female sports persons and non-sports persons.
5. The results would reveal a high level of relationship among health status, attitude towards physical activity, intelligence and academic consistency of male and female sports persons respectively.
6. The study would present a positive relationship among health status, attitude towards physical activity, intelligence and academic consistency of male and female non-sports persons respectively.

A sample was truly representative of population which was characterized without any bias, so that it may result in valid and reliable conclusion. The sample consisted of 600 male and female students of Lovely Professional University Jalandhar. The age of the subjects ranged between 19-25 years. The subjects were purposely selected and were further subdivided into sports persons and non-sports persons on the basis of their sports participation of at-least inter college/state level competitions in their respective games.

The following tools were used by investigator to collect the data.

1. Health status was assessed with the help of Health and Wellness Questionnaire developed by Barker Ray University of South California (2001).
2. Attitude towards physical activity was measured with the help of Physical Activity Attitude scale developed by Bhullar (1976).
3. General intelligence level was assessed with the help of Raven's Standard Progressive Matrices (1977).

4. Academic marks of the preceding university final examination, by means of interview and cross checking of documents were collected to assess the academic consistency of the students.

After the successful collection of the data, the analysis of the variables was done by using various prescribed statistical techniques. Mean, standard deviations, and standard errors of all the variables taken in the present study were calculated for sports and non-sports persons, male and female students. “t” test was applied in order to find out the differences between two groups of all the variables. By the application of Pearson product moment correlation (r) researcher was able to assess the amount of relationship between health status, attitude towards physical activity, intelligence and academic consistency of male and female sports and non-sports persons. Statistical package for social sciences (SPSS) was employed to obtain the exact statistical conclusions.

FINDINGS OF THE STUDY

Findings Regarding Comparison of Health Status

It has been observed that the mean value of health status of female sports persons was much higher than the mean value of female non-sports persons. Their average health status value was 151.566 as against 145.526 respectively. The obtained ‘t’ value 5.698 was found significantly higher than the table value of 1.97, hence, it is found that the results are significant at 0.05 level of significance..

It is evident that the mean value of health status of male sports persons was much higher than the mean value of male non-sports persons. Their average health status value was 150.740 as against 143.106 respectively. The obtained ‘t’ value 7.791 was found significantly higher than the table value of 1.97, hence, it is found that the results are significant at 0.05 level of significance.

It is noticed that the mean value of health status of female sports persons was much higher than the mean value of male sports persons. Their average academic consistency value was 151.566 as against 150.740 respectively. The obtained ‘t’ value 0.856 was found lower than the table value of 1.97, hence, it is found that the results are insignificant at 0.05 level of significance.

It is clear that the mean value of health status of female non-sports persons was much higher than the mean value of male non-sports persons. Their average health status value was 145.526 as against 143.106 respectively. The obtained 't' value 2.256 was found significantly higher than the table value of 1.97, hence, it is found that the results are significant at 0.05 level of significance.

Findings Regarding Comparison of Attitude towards Physical Activity

It has been observed that the mean value of attitude towards physical activity of female sports persons was much higher than the mean value of female non-sports persons. Their average attitude towards physical activity value was 100.046 as against 76.193 respectively. The obtained 't' value 8.582 was found significantly higher than the table value of 1.97, hence, it is found that the results are significant at 0.05 level of significance.

It is evident that the mean value of attitude towards physical activity of male sports persons was much higher than the mean value of male non-sports persons. Their average attitude towards physical activity value was 100.253 as against 84.213 respectively. The obtained 't' value 6.130 was found significantly higher than the table value of 1.97, hence, it is found that the results are significant at 0.05 level of significance.

It is noticed that the mean value of attitude towards physical activity of male sports persons was higher than the mean value of female sports persons. Their average attitude towards physical activity value was 100.253 as against 100.046 respectively. The obtained 't' value 0.080 was found lower than the table value of 1.97, hence, it is found that the results are insignificant at 0.05 level of significance.

It is clear that the mean value of attitude towards physical activity of male non-sports persons was much higher than the mean value of female non-sports persons. Their average attitude towards physical activity value was 84.213 as against 76.193 respectively. The obtained 't' value 2.868 was found significantly higher than the table value of 1.97, hence, it is found that the results are significant at 0.05 level of significance.

Findings Regarding Comparison of Intelligence

It is noticed that the mean value of intelligence of female sports persons was much higher than the mean value of female non-sports persons. Their average intelligence value was 34.540 as against 33.173 respectively. The obtained 't' value 1.321 was found less than the table value of 1.97, hence, it is found that the results are insignificant at 0.05 level of significance.

It is clear that the mean value of intelligence of male sports persons was much higher than the mean value of male non-sports persons. Their average intelligence value was 33.833 as against 32.480 respectively. The obtained 't' value 1.282 was found lower than the table value of 1.97, hence, it is found that the results are insignificant at 0.05 level of significance.

It is evident that the mean value of intelligence of female sports persons was much higher than the mean value of male sports persons. Their average intelligence value was 34.540 as against 33.833 respectively. The obtained 't' value 0.619 was found lower than the table value of 1.97, hence, it is found that the results are insignificant at 0.05 level of significance.

It has been observed that the mean value of intelligence of female non-sports persons was much higher than the mean value of male non-sports persons. Their average intelligence value was 33.173 as against 32.430 respectively. The obtained 't' value 0.739 was found lower than the table value of 1.97, hence, it is found that the results are insignificant at 0.05 level of significance.

Findings Regarding Comparison of Academic Consistency

It is evident that the mean value of academic consistency of female sports persons was much higher than the mean value of female non-sports persons. Their average academic consistency value was 65.626 as against 61.973 respectively. The obtained 't' value 3.653 was found significantly higher than the table value of 1.97, hence, it is found that the results are significant at 0.05 level of significance.

It has been observed that the mean value of academic consistency of male sports persons was much higher than the mean value of male non-sports persons. Their average academic consistency value was 63.340 as against 59.933 respectively. The

obtained 't' value 3.505 was found significant higher than the table value of 1.97, hence, it is found that the results are significant at 0.05 level of significance.

It is clear that the mean value of academic consistency of female sports persons was much higher than the mean value of male sports persons. Their average academic consistency value was 65.626 as against 63.340 respectively. The obtained 't' value 1.963 was found lower than the table value of 1.97, hence, it is found that the results are insignificant at 0.05 level of significance.

It is noticed that the mean value of academic consistency of female non-sports persons was much higher than the mean value of male non-sports persons. Their average academic consistency value was 61.973 as against 59.933 respectively.. The obtained 't' value 2.638 was found significantly higher than the table value of 1.97, hence, it is found that the results are significant at 0.05 level of significance.

Findings Regarding Inter-relationships

Inter-relationship of Health Status and Attitude Towards Physical Activity: The results of health status and attitude towards physical activity have shown insignificant relationship in all the subjects.

Inter-relationship of Attitude Towards Physical Activity and Intelligence: The findings of attitude towards physical activity and intelligence have shown insignificant relationship in all the subjects.

Inter-relationship of Intelligence and Academic Consistency: After getting conclusion of the intelligence and academic consistency, it can be ascertained that negative but significant relationship was found in sports persons and non-sports person's male students and rest of the subjects have shown insignificant relationships.

Inter-relationship of Academic Consistency and Health Status: The results of academic consistency and health status have shown insignificant relationship in all the subjects.

Inter-relationship of Health Status and Intelligence: The findings of health status and intelligence have shown insignificant relationship in all the subjects

Inter-relationship of Attitude Towards Physical Activity and Academic Consistency: The results of female sports persons only indicated that the subjects who

are academically better are having more favorable attitude towards physical activity, rest of the subjects have shown insignificant relationship amongst themselves.

CONCLUSIONS

Within the limitations of the study following conclusions can be drawn:

1. Sports persons and non-sports male students have shown difference in the present health status, attitude towards physical activity, intelligence and academic consistency.
2. Similarly sports persons and non-sports female students have shown variations in the present health status, attitude towards physical activity, intelligence and academic consistency.
3. All the components of health status, attitude towards physical activity, and academic consistency except intelligence have shown significant differences among sports and non-sports male students.
4. The health status, attitude towards physical activity, and academic consistency except intelligence was significantly different among sports and non-sports female students.
5. Significant relationship was only found among the attitude towards physical activity and academic consistency, attitude towards physical activity and intelligence, intelligence and academic consistency and health status and attitude towards physical activity of female and male sports persons respectively.
6. Results have shown significant correlation between Health status and attitude towards physical activity and intelligence and academic consistency of female and male non-sports persons respectively.

RECOMMENDATIONS

1. The findings of the present investigation are significant, so in respect to their implications, it must be kept in mind to improve the physical fitness of the masses while formulating the strategies. Participation in sports is the key factor

which is to be understood so that realistic approach could be evolved to work out policy and plans to improve the level of sports performance in the country.

2. Similar studies can be researched with sociological implications of caste, vocation, socio economic status and life style for attainment of higher levels of physical fitness and adjustments in the modern world.
3. As non-sports persons have shown lack of attitude towards physical activity and low level of health status so appropriate steps may be taken so that remedy to this situation may be provided for up lifting our society in sports achievements.
4. Similar studies may be undertaken by including more physical, social, nutritional, psychological and economic factors as they have a crucial role to play in the development of physical fitness of children.
5. Educational institutions may continue to offer or increase opportunities to improve the health status through physical activity and sports as it helps in improving attitude towards physical activity, health status and academic performance.
6. Keeping in view the today's trend of fast food which appears to be the key cause for poor health status, health nutrition and physically active awareness campaign may be launched for every one through educational institutions and media.