CHAPTER – V
V.1 SUMMARY

The era we live in is the era of globalisation and liberalisation influenced by science and high technology. In every step we need to compete for our existence and development. Every moment we are facing challenges of the modern world and at the same time we are blessed with unbelievable opportunities of science and technology. It is due to lack of right attitude mostly we fail to achieve success in our different endeavours.

It has been experienced beyond doubt that success of an individual, an organisation, a society or a nation depends on the attitude of their people.

It is the attitude and not the aptitude that determines the altitude of a person. While we get involved in our day–to–day affairs, we need to keep our attitude as high as possible. There are various dimensions to the attitude. If we see in our professional and personal lives, we find people highly successful in managing their lives if they exhibit a right attitude. People, who tend to go towards negative situations, always get negative results in life. People who think positively always implement positive actions and do get positive results in hand.

Attitudes offer great possibilities for successful achievement as well as failure in life. They are an important motivator of behaviour and affect all human values. Efficiency results when a person is impelled by his attitude to start, continue and complete a project rather than to avoid an unpleasant task.
Those with positive attitudes are a lot more likely to succeed than those with bad attitudes. There are many ways one might go about developing a positive attitude and thus greatly enhance his or her life. Numerous books and motivational recordings are now available on the market to provide people with low self confidence and low self esteem with the tools they need to begin building positive attitudes.

We do not inherit attitude, we develop them as we grow and develop and gain experience.

The factors that play a very important role in developing attitude are

1. Environment
2. Experience
3. Education

Children are great imitators of attitudes, which are caught as they are taught. They learn many of their attitudes from their parents, their teachers, and other older associates.

Attitudes of adolescent are more personal, and directed by his/her own individual drives. Behaviour on the part of elders that interferes with his freedom may stimulate adolescent antagonisms. The teenager may come to feel that adults are intolerant and nonunderstanding. He/she considers himself to be “broadminded”.

Physical Education has vital role for total development of a child. Physical Education has become a subject study at Madhyamik Pariksha in West Bengal Board of Secondary Education. It has become also a subject of study at degree level under different universities of the state.

Attitude is an attractive concept in physical education because it reflects an individual’s previous experiences with particular attitude
objects associated with physical education. Thus physical education have been measuring attitudes formally and informally for sometimes. We often ask students, athletes, teachers or parents and their opinion is simply the verbal expression of an attitude, but an attitude can be expressed non-verbally as well.

On the basis of previous experiences, the research scholars has an idea that attitude is one of the most important factors which influence the development of productive Physical education programme in the schools and colleges. So it is a very vital job for the physical educators to judge or clarify the ideas and opinions of the society as a whole towards physical education programme.

After going through the related literature on different categories of attitude the scholar has been motivated to undertake this study.

The purpose of this study was to determine and compare the attitude of general public of rural and urban areas toward Physical education and sports at school level.

The attitudes of 5000 general public at 17 districts in West Bengal towards physical education and sports at school level were surveyed by the investigator through questionnaire. The questionnaire was prepared in consultation with the supervisor and finally the same was approved by the experts of the concerned field of study. The questionnaire consisted of Thirty (30) questions of which fifteen (15) questions were designed as “True” and “False” type and another fifteen questions were designed as “Agree” and “Disagree” types. Each question has a space (box) at right side of the questionnaire for recording the response of the subject. The subjects were asked to choose the right answer according to their belief and give a tick mark (✔️) in the box. The questions set in the questionnaire have been divided into four categories. Some questions are related to education,
some are related to health, and some questions are related to sociology and attitude. The investigator himself oriented the general public with the purpose of the study and gave instruction how to respond to the questionnaires.

V.2 CONCLUSION

On the basis of the analysis of data and results of the study, following conclusions can be drawn:

1. Responses related to health category as an indicator of the attitude of the rural and urban people of West Bengal towards physical education sports at school level is strongly and positively correlated.

2. The mean weighted favourable percentage of responses of urban people of West Bengal is higher than those of the rural people of West Bengal in respect of health category.

3. Responses related to sociological aspect as an indicator of the attitude of the rural and urban people of West Bengal towards Physical Education & Sports at school level is strongly and positively correlated.

4. The mean weighted favourable percentage of responses of urban people of West Bengal is higher than those of the rural people of West Bengal in respect to the category of Sociology.

5. Responses related to the education category as an indicator of the attitude of the urban and rural people of West Bengal towards physical education and sports at school level is strongly and positively correlated.
6. The mean weighted favourable percentage of responses of the urban people of West Bengal is higher than those of the rural people of West Bengal in respect to the education category.

7. Responses related to the category of attitude of the urban and rural people of West Bengal towards physical education and sports at school level is strongly and positively correlated.

8. The mean weighted favourable percentage of responses of the rural people of West Bengal is higher than those of the urban people of West Bengal in respect of the attitude category.

V.3 RECOMMENDATIONS

Based on the experiences gained by the research scholar while collecting data through administration of the questionnaire among the rural and urban people of West Bengal to evaluate their attitude towards Physical Education and Sports at school level, following recommendations may be made for taking appropriate steps as well as for further studies in this field.

1. The research scholar observed during interaction with the common people of both rural and urban areas of West Bengal that they have keen interest to have programme of Sports and games along with academic programmes at school level. So the school should provide opportunities and facilities of physical activities, sports and games so that the students can participate in a regular basis to make them physically fit, mentally alert, emotionally balanced and socially adjustable.

2. The West Bengal Board of Secondary Education may be approached to review and recast the existing syllabuses of the
Secondary Stage of Education and include physical education as a compulsory examination subject at the secondary level.

3. More weightage should be given on physical education and sports at primary level of education to ensure proper growth and development of children.

4. Physical Education and Sports and games should also be introduced at higher secondary level in some form otherwise there will remain a gap between secondary level and degree level of education.

5. Similar studies may be undertaken to evaluate the attitude of general public towards other school subjects.

6. Similar studies may be taken up to assess the attitude of general public towards women participation in physical education activities, sports and games.

7. Similar studies may be conducted to know the attitude of common people towards students’ participation in physical education activities and sports and games at college and university level.