CHAPTER – III
METHODOLOGY

In this chapter, the selection of subjects, construction of the test, validity and reliability of the test, administration of test, design of the study and the statistical techniques used to analyze the data have been described.

III.1 SELECTION OF SUBJECT

The subjects were near about 5000 (Five thousand) of 17 districts of West Bengal. In this study subjects were from different categories of people such as teachers (male and female), guardians (male and female), day labourers, business people and office goers, living in rural and urban areas in West Bengal.

III.2 CONSTRUCTION OF THE QUESTIONNAIRE

The main focus of this study was to measure the attitude of general public towards physical education and sports at school level. For that purpose questionnaire was prepared with expert’s guidance in this field. Questionnaire was approved by the supervisor after consulting the experts. The questionnaire consisted of thirty (30) questions of which expected responses of fifteen (15) questions were "True" and "False" type and another fifteen questions were "Agree" and "Disagree" type. Each question consisted of answers given in the box at the right side of the question. The subjects were asked to choose the
right answer according to their opinion and belief and mark their responses with tick mark (○) in the box.

The purpose of the study was to determine the attitude towards physical education and sports. A questionnaire on attitude was constructed to collect necessary data, keeping in mind the practical situations and the status of physical education and sports in urban and rural areas. Thirty (30) questions were prepared considering different aspects of physical education and sports and they were as far as practicable clear, relevant and free from ambiguity.

The questions, set in the Questionnaire have been divided into four categories. They are –

a) Questions related to Education

b) Questions related to Health

c) Questions related to Sociology

d) Questions related to Attitude

Questions related to Education

Today preparing individuals for a meaningful, self-directed existence is viewed as a primary focus of education. When properly taught, physical education with its emphasis on building physically, emotionally, mentally and socially fit individuals, plays an important role in the educational process.

Since physical education involves different kinds of exercises, asanas, games and sports, it makes one physically fit and strong as well as mentally sharp and receptive. This contributes to the academic
achievements of an individual. A sharp and receptive mind is conducive to the system of education to be imparted to studies within the school curriculum. In other words, physical education helps the young students to grasp the lessons or school better. We are all aware of the saying, "All work and no play makes Jack a dull boy."

Physical education also contributes to the knowledge of exercise, health and disease. Persons, receiving physical education, gain an understanding of the facts pertinent to exercise, health and disease. One's state of health and physical fitness will determine in large measure whether one succeeds in realizing self-potentialities. Physical education teaches an individual about the human body, its movements, the importance of nutrition, physical activity, rest, sleep and the preventive and controlling measures to guard against diseases. Thus, it is itself a stream of education. Hence educational dimensions of physical education have been included in the questions no. 4, 9, 15, 17, 21, 23, 24, 25, and 26 in the questionnaire.

**Questions on Health**

In simple words health is a condition of being 'safe and sound.' Health can be defined as the state of being sound in body, mind or soul especially free from physical disease or pain. The meaning of health also includes normal functioning of all parts of the human organism, resulting in physical strength and vigour, mental stability and satisfaction with life.

To a great degree, an individual's success depends on personal health. This is why the age-old proverb goes, "Health is Wealth".

Physical Education scientifically educates individuals to maintain a sound health. It provides the knowledge of proper practices related to
health and hygiene. A physically educated individual gets adequate amounts of exercise, rest and sleep, eats the right kinds of food in proper proportion, engages in activities conducive to mental as well as physical health and always tries to maintain and improve his health. Yogic Asanas and exercises of moderate types help to reduce emotional tensions and anxieties, and effectively take care of mental health as well.

Physical education contributes to an understanding of human body. It can provide knowledge relating to various organs i.e., systems of human body and how these systems functions and can be best maintained. Such knowledge and understanding can result in greater intellectual productivity and play an important part in the general education of each individual. Hence, question no. 1, 2, 6, 7, 8 and 10 related to different aspects of health are included in the questionnaire.

Questions related to Sociology

Sociology is the study of the development, structure and functioning of human society. Physical Education is connected to sociology in the sense that games and sports, an integral and important part of Physical Education, does some significant functions in society. Participation in physical activities, sports and games in a regular basis contributes in the following ways:

(i) Emotional release – sport is a way to express emotions and relieve tensions.
(ii) Affirmation of identity – sport offers opportunities to be recognized and to express one's individual qualities.
(iii) Unifying effect – Sport serves as a strong social force to unite and bring people together with a feeling of oneness.
(iv) Socialization – Sport creates a spirit of unity and contributes to develop certain social qualities in the individuals like punctuality, discipline, obedience, cooperation, leadership, integration etc. which make them become good citizen and active and creative force of the society.

After defeating the great Napoleon Bonaparte in the Battle of Waterloo the Duke of Wellington commented, "The battle of Waterloo was won in the playground of Eton." He meant that his soldiers had learnt the qualities of discipline and cooperation while participating in the games in the college of Eton, which ultimately helped them to win the battle.

(v) Success – Sport provides a feeling of success both for the participants and the spectators when a player or a team with whom one identifies achieves and reaches the goal. To win in sport is also to win in life. Thus games and sports have a significant impact on our society. Hence, the questions no. 11, 14, 16, 22 related to sociology, have been set in the questionnaire.

Questions related to Attitude

Attitude is the way of thinking. It can also mean the feeling about someone or something. According to a school of psychologists, 'Attitude' is the most important word in the English language. It applies to every sphere of life, including one's personal and professional life. Attitude actually is the foundation of success, regardless of one's chosen field.

The author of the study has sought to know the attitude of general people, both of rural and urban areas, towards physical education. Unless the general people are well aware of the benefits of physical education in school level, they will not attach much importance
to this. Unfortunately, in India highest emphasis has been laid on the academic education and physical education is mostly neglected. No wonder, India have little success in the international arena of games and sports with exceptions in chess, cricket, hockey and shooting. Before selecting the sports event for competition, the athlete while preparing himself or herself physically, mentally and emotionally to achieve success, needs to develop right type of attitude towards that sport event as well. Hence, the questions bearing no. 3,5,12,13,18,19,20,27,28,29 and 30 have been included in the questionnaire.

III.3 ADMINISTRATION OF THE QUESTIONNAIRE

The research scholar went personally to about 5000 (Five thousand) general public of 17 districts of West Bengal. Out of 5000 public 3175 general public responded to the questionnaire. Scholar discussed with general public about all questions and how to give the answer of each questions. After that scholar distributed the questionnaire to the general public and then asked to respond to questions according to his/her belief and choice by giving a tick mark against the right answer given in the right hand side of each question.

III.4 RELIABILITY AND VALIDITY OF THE TEST

For reliability of the test, a pilot study was conducted by the scholar on two hundred subjects of rural and urban areas, which has
been described below. For validity of the questionnaire, the scholar after surveying some literature framed the questions and got them examined by three experts in this field along with the supervisor. Listening to the advices of the experts the questions were reframed and finally the same was approved by the experts before administering for the pilot study.

### III.5 PILOT STUDY

Before the actual conduct of the study by way of collecting data for analysis, the scholar conducted a pilot study. Two hundred eighty five subjects were selected randomly from rural and urban areas to test the reliability in terms of subjects’ responses as well administering the questionnaire by the scholar. After statistical analysis of the data collected on these two hundred eighty five subjects it appeared that the subjects’ responses were very much reflected to address the proposes of the study as well as framing of the questionnaire with the objective to elicit free and spontaneous responses in respect to some important aspects which may contribute to assess the attitude of general public towards physical education and sports at secondary stage of education. So far administration of the questionnaire on the subjects of both rural and urban areas in the pilot of study is concerned it also appeared that there was no confusion among the respondents while making responses to the questions. This was possible as no motivational technique was used and the instruction given by the scholar before administering the questionnaire was uniform. The results of the pilot study are shown in the following table.
III.5.1 ANALYSIS OF DATA AND RESULTS OF THE PILOT STUDY

The statistical analysis of data collected on two hundred eighty five common people (one hundred ten from rural area and one hundred seventy five from urban area) of the district of 24 Parganas (S) of West Bengal has been presented in the pilot study. Total no. of questions in the questionnaire: 30

30 questions are categorized into 4 different types:

- EDUCATION
- HEALTH
- SOCIOLOGY
- ATTITUDE

Each question has two options (True / False or Agree / Disagree). A response for a particular question is True / False or Agree / Disagree. Each response is given a weightage in a scale between 1 and 5.

III.5.2 COMPUTATION PROCEDURE

- Data for every category is tabulated with the appropriate headings.
- Each column is labeled appropriately.
- Under % favourable column (No.8 or No. 9) we looked for higher weightage (comparing column no. 2 & 3) was considered and that particular percentage of response i.e. either column no. 4 or column no. 5 was calculated.
- WT % is calculated by dividing the product of %Fav and appropriate weight (col. No. 2 or col. No.3) by 5.
### III.5.3 FINDINGS

The findings are provided in a tabular format. The statistical results are provided along with a statistical pie chart.

#### TABLE–III.1 : WEIGHTED FAVOURABLE PERCENTAGE OF EDUCATION CATEGORY (RURAL AND URBAN)

<table>
<thead>
<tr>
<th>Question Number</th>
<th>WT. True/Agree</th>
<th>WT. False/Disagree</th>
<th>RURAL True/Agree</th>
<th>RURAL False/Disagree</th>
<th>URBAN True/Agree</th>
<th>URBAN False/Disagree</th>
<th>% FAV (RURAL)</th>
<th>% FAV (URBAN)</th>
<th>WT. % FAV. (RURAL)</th>
<th>WT. % FAV. (URBAN)</th>
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**Coefficient of Correlation between Urban And Rural (Education):**

0.989*

N = 285

* Significant at .05 level of confidence

\[ r_{0.05}(283) = .133 \]
The above pie chart represents the Weightage of True/Agree in Rural areas.
The above pie chart represents the Weightage of True/Agree in Urban areas.

Concerning the education category there are 9 questions out of 30 questions. These 9 questions are mentioned with question number in column 1 of table III.1. Concerning each question the weightage (which has been selected with relevant discussion with guide) is mentioned in column 2 and 3 of the table III.1. The scale of this weightage is also from 1 to 5, the main focus is on higher weightage for particular question. In column 4 (true/agree) and column 5 (false/disagree) of table III.1, the actual data is represented for rural areas of South 24 Parganas. Similarly in column 6 (true/agree) and column 7 (false/disagree) of table III.1, the actual data is represented for urban areas of South 24 Parganas. In column 8 and 9 of table III.1 percentage favourable (question with higher weightage) for rural and urban areas of South 24 Parganas has been calculated. In column 10 and 11 of table III.1 weighted percentage favourable for rural and urban areas of South 24 Parganas has been calculated.

The pie chart related to education category (rural) represents the circular area along with relevant question number from table III.1, column 10. The pie chart related to education category (urban) represents the circular area along with relevant question number from table III.1, column 11.

Response related to education category in case of rural and urban areas of South 24 Parganas is strongly correlated (0.989).
### TABLE–III.2: WEIGHTED FAVOURABLE PERCENTAGE OF HEALTH CATEGORY (RURAL AND URBAN)

<table>
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<th>Question Number</th>
<th>WT. True/Agree</th>
<th>WT. False/Disagree</th>
<th>RURAL True/Agree</th>
<th>RURAL False/Disagree</th>
<th>URBAN True/Agree</th>
<th>URBAN False/Disagree</th>
<th>% FAV (RURAL)</th>
<th>% FAV (URBAN)</th>
<th>WT. % FAV. (RURAL)</th>
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<td>98.85</td>
<td>99.09</td>
<td>98.85</td>
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Coefficient of Correlation between Urban and Rural (Health): 0.999*
N = 285
* Significant at .05 level of confidence
r_{0.05}(283) = .133
Figure – III.3

The above pie chart represents the Weightage of True/Agree in Rural areas.

Figure – III.4

The above pie chart represents the Weightage of True/Agree in Urban areas.
Concerning the health category there are 6 questions out of 30 questions. These 6 questions are mentioned with question number in column 1 of table–III.2. Concerning each question the weightage (which has been selected with relevant discussion with the guide) is mentioned in column 2 & 3 of table–III.2. The scale of this weightage is from 1 to 5. The main focus is on higher weightage for particular question. In column 4 (true/agree) and column 5 (false/disagree) of table–III.2 the actual data is represented for rural areas of South 24 Parganas. Similarly in column 6 (true/agree) and column 7 (false/disagree) of table–III.2, the actual data is represented for urban areas of South 24 Parganas. In column 8 and 9 of table–III.2 percentage favourable (question with higher weightage) for rural and urban areas has been calculated. In column 10 and 11 of table–III.2 weighted percentages favourable for rural and urban areas of South 24 Parganas has been calculated.

The pie chart related to health category (rural) represents the circular area along with relevant question number from table–III.2, column 10. The pie chart related to health category (urban) represents the circular area along with relevant question number from table–III.2, column 11.

Response related to health category in case of rural and urban areas of South 24 Parganas is strongly correlated (0.999)
TABLE–III.3 : WEIGHTED FAVOURABLE PERCENTAGE OF SOCIOLOGY CATEGORY (RURAL AND URBAN)

<table>
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<tr>
<th>Question Number</th>
<th>WT. True/Agree</th>
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<th>RURAL True/Agree</th>
<th>RURAL False/Disagree</th>
<th>URBAN True/Agree</th>
<th>URBAN False/Disagree</th>
<th>% FAV (RURAL)</th>
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</table>

Coefficient of Correlation between Urban and Rural (Sociology): 0.973*
N = 285
* Significant at .05 level of confidence
r_{.05(283)} = .133

The above pie chart represents the Weightage of True/Agree in Rural areas.
The above pie chart represents the Weightage of True/Agree in Urban areas.

Concerning the sociology category there are 4 questions out of 30 questions. These 4 questions are mentioned with questions number in column 1 of table–III.3. Concerning each question the weightage (which has been selected with relevant discussion with the guide) is mentioned in column 2 & 3 of the table–III.3. The scale of this weightage is also from 1 to 5. The main focus is on higher weightage for particular question. In column 4 (true/agree) and column 5 (false/disagree) of table–III.3 the actual data is represented for rural area of South 24 Parganas. Similarly in column 6 (true/agree) and column 7 (false/disagree) of table–III.3 the actual data is represented for urban areas of South 24 Parganas. In column 8 and 9 of table–III.3 percentage favourable (question with higher weightage) for rural and urban areas of South 24 Parganas has been calculated. In column 10 & 11 of table–III.3 weighted percentages favourable for rural and urban areas of South 24 Parganas has been calculated.
The pie chart related to sociology category (rural) represents the circular area along with relevant question number from table–III.3, column 10.

The pie chart related to sociology category (urban) represents the circular area along with relevant question number from table–III.3, column 11.

Response related to sociology category in case of rural and urban areas of South 24 Parganas is strongly correlated (0.973).

**TABLE–III.4 : WEIGHTED FAVOURABLE PERCENTAGE OF ATTITUDE CATEGORY (RURAL AND URBAN)**

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<th>URBAN False/Disagree</th>
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<th>% FAV (URBAN)</th>
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Coefficient of Correlation between Urban and Rural (Attitude): 0.981*  
* Significant at .05 level of confidence  
\[ r_{0.05}(283) = 0.133 \]
The above pie chart represents the Weightage of True/Agree in Rural areas.
The above pie chart represents the Weightage of True/Agree in Urban areas.

Concerning the attitude category there are 11 questions out of 30 questions. These 11 questions are mentioned with question number in column 1 of table−III.4. Concerning each question the weightage (which has been selected with relevant discussion with the guide) is mentioned in column 2 & 3 of the table−III.4. The scale of this weightage is from 1 to 5. The main focus is on higher weightage for particular question. In column 4 (true/agree) and column 5 (false/disagree) of table−III.4 the actual data is represented for rural areas of South 24 Parganas. Similarly in column 6 (true/agree) and column 7 (false/disagree) of table−III.4 the actual data is represented for urban areas of South 24 Parganas. In column 8 & 9 of table–III.4, percentage favourable (question with higher weightage) for rural and urban areas of South 24 Parganas has been calculated. In column 10 & 11 of table –III.4 we are calculating weighted percentage favourable for rural and urban areas of South 24 Parganas has been calculated.

The pie chart related to attitude category (rural) represents the circular area along with relevant question number from table–III.4, column 10. The pie chart related to attitude category (urban) represents the circular area along with relevant question number from table–III.4, column 11.

Response related to attitude category in case of rural and urban areas of South 24 Parganas is strongly correlated (0.981).
**RURAL**

The regression equation is

\[ RURAL(H) = 30 + 0.380 \, RURAL(E) - 0.445 \, RURAL(A) + 0.685 \, RURAL(SO) \]

**URBAN**

The regression equation is

\[ URBAN(H) = 17.2 - 0.298 \, URBAN(A) + 0.343 \, URBAN(E) + 0.696 \, URBAN(SO) \]

*E*(*EDUCATION*)

*H*(*HEALTH*)

*SO*(*SOCIOLOGY*)

*A*(*ATTITUDE*)

Among the 4 factors health is the prime factor of the whole study. In the regression equation health factor is to be predicted using the other three factors while the other 3 factors are to be obtained separately through the data (rural and urban) obtained separately using weighted percentage favourable concept (discussed above).