# CHAPTER 1
## INTRODUCTION

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CHAPTER 1
INTRODUCTION

1.1 PREFACE

A major part of human life concerns with the attitudes toward life. Fulfillment in attitudes can contribute to lead a satisfying and successful life. Factors involved in having satisfying attitudes are to enjoy life, be accountable for the physical, mental, and social well-being. Attitude towards life makes a great difference in almost every one’s life. It offers great possibilities for successful achievement as well as failure in life. Attitudes aroused and developed for the better performance of a person. Thus, attitudes are considered as an important motivator of behaviour and affect all human values. People must develop the right attitudes and must be encouraged to have feeling of favourableness of the positive attitude towards life. One who have positive attitude towards life will make deliberate choices of behaviour in harmony with their own and social betterment. Positive attitude towards life is important for the social status, health, work, and the challenge obstacles. In a world that revolves around, a winning attitude towards life can make a star in social network and the opportunity of a lifetime. A positive attitude towards life will help body to heal faster from illness. Working in an environment with a positive attitude towards life will increase productivity and job satisfaction and foster creativity. The importance of keeping a positive attitude at work can make the difference of having a successful career in a successful organization. The person with positive attitude will become a role model for encouragement to others. Developing positive attitude towards life helps in overcoming stress, increases self esteem, confidence, and makes a person more productive or dynamic. There are many advantages of positive attitude at workplace. (Anurag Aggarwal: 2010)\(^1\)

There is a popular word saying that “a sound mind in a sound body”. Students are considered the most valuable young generation in the society since they have been grown up to be man power of country. Their positive attitude towards life would be increased as they are getting good health so what they have done for their physical, mental and social health. It can be said that the physical, mental and social health can be grown up effectively since they have good attitude towards life. (Pate, R. R., Pratt, M., et al.:1995)\(^2\)
Physical activity is recognized as an important factor for enhancing the attitude towards life. Regular physical activity is linked to enhanced physical, mental, and social health and to reduced risk for all-cause mortality and the development of many chronic diseases. Physical activity significantly increased the rate of health wellness, experiences, and challenges. One of the sources of the problem of elderly people in Thailand was that they did not have a good attitude towards life which related to the participation in physical education activities when they were at a younger age. Therefore, physical inactivity has become a serious problem in Thailand. More than half of Thai people do not meet recommended levels of moderate physical activity. (Pangrazi, R. P., Corbin, C. B., & Welk, G. J.: 1996)\(^3\).

In addition to being physically active, children need to learn fundamental motor skills and develop health-related physical activity. Physical education, provided at school, is an ideal way to encourage activity and develop fitness among students and will prepare the students for an active lifestyle. Physical education activity offers many benefits: development of motor skills needed for enjoyable participation in physical activities; promotion of physical fitness; increased energy expenditure; and promotion of positive attitudes towards an active lifestyle. Evidence also exists that physical education activity may enhance academic performance, self-esteem, and physical & mental health. (Allensworth, D., Lawson, E., Nicholson, L., & Wyche, J.: 1997)\(^4\)

The main goal of physical education for young children is to give them the skills and knowledge necessary to keep their bodies healthy as they age. Movement is an essential part of how children learn. In order to keep children engaged and motivated, the physical education activities must give fun and highly interactive. However, to create an enriched environment can be challenging for schools and teachers. Physical education activity can increase student participation in moderate to vigorous physical activity and help high school students to gain the knowledge, attitudes, and skills they need to engage in lifelong physical activity. The students should be encouraged to have a good attitude towards standard of living by participating in physical exercise activities from the young generation continuously to the old generation. Student’s physical activity has a positive impact on their physical development and also on their cognitive (intellectual) development and social/emotional development. Physical education activity provided by school can establish lifelong and healthy physically active patterns. (Burgeson, C.R.; Wechsler, H.; Brener, N.D.; Young, J.C.;
and Spain, C.G.: 2001)5

As mentioned earlier, the present researcher is interested in studying the attitude towards life of secondary school students in relation to their participation in physical education activities since these attitudes and activities were provided in the subject of physical education, in the instructional process, and in extracurricular activity. The statement of the problem is as under.

1.2 STATEMENT OF THE PROBLEM

The present research studied under the problem “A study of attitude towards life of secondary school students in relation to their participation in physical education activities”

1.3 DEFINITION OF THE IMPORTANT TERMS

1.3.1 Attitude towards life

Attitude towards life means feeling of favorableness or unfavorableness which is the sum total of the individual response to the life. It is an enduring system of positive or negative evaluations, emotional feelings, and action tendencies with respect to human life. Attitudes have great influence on human life. The point of attitude towards human life is to stay as happy as possible in any given circumstance and to create a better tomorrow. The meaning of life is to grow physically, mentally and spiritually. Everyone has their own meaning and their own perception of life. The meaning of life is to live life and to make life meaningful.

In the present study, attitude towards life refers to attitude towards life of secondary school students measured by attitude scale develop and standardized by the investigator.

1.3.2 Participation in physical education activities

Participation in physical education activities refer to any planned programme of motor activities provide for students to participate with knowledge and skills necessary to develop and maintain physical fitness, and healthy lifestyle. Participation in physical education activities includes the participation in curriculum, classroom instruction, and extracurricular.
In the present study, the participation in physical education activities refers to the activities organized by the secondary school for better health and well-being. It has three aspects i.e. physical education activity in curriculum setting, physical education activity integrated in classroom instruction, and physical extracurricular activity.

1.3.3 Secondary school students

Secondary school students refer to the students who study in the schools which are given the instruction in formal system of secondary level of education. The present study delimited the sample of secondary school students who are studying in secondary schools located in the Southern part of Thailand.

1.4 OBJECTIVES OF THE STUDY

The present research studied under the following objectives:

1.4.1 To construct the scale to measure attitude towards life of secondary school students in Thailand.

1.4.2 To construct the scale to measure the participation in physical education activities of secondary school students in Thailand.

1.4.3 To study the level of attitude towards life of secondary school students.

1.4.4 To study the level of participation in physical education activities of secondary school students.

1.4.5 To compare the mean scores of the attitude towards life of secondary school students belonging to different groups of the students’ participation in physical education activities.

1.5 VARIABLES OF THE STUDY

1.5.1 Independent variable

The participation in physical education activities of secondary school students were the independent variable of the present study. It was divided into three levels i.e.

(i) High level

(ii) Moderate level

(iii) Low level

The participation in physical education activities of secondary school students in the present study were divided into three aspects i.e. physical education activity in curriculum
setting, physical education activity integrated in classroom instruction, and physical extracurricular activity.

1.5.2 Dependent variable

The attitude towards life of secondary school students was the dependent variable of the present study. It was divided into six aspects i.e. achieving goals and attaining success, health and wellness (physical health, mental health, social health), enjoy life, accountability, work on the whole person, and self-esteem.

1.6 RESEARCH QUESTIONS

There were three questions to be answered in the present study.

1.6.1 What is the level of the participation in physical education activities of secondary school students in total score and in different aspects?

1.6.2 What is the level of the attitude towards life of secondary school students in total score and in different aspects calculated in total sample and classified by the level of the students’ participation in physical education activities?

1.6.3 Is there the significant difference between mean scores of attitude towards life of secondary school students belonging to different groups of the students’ participation in physical education activities (i.e. high, moderate and low)?

1.7 HYPOTHESES OF THE STUDY

1.7.1 There will be no significant difference between mean scores of attitude towards life of secondary school students (total score) belonging to different groups of the students’ participation in physical education activities.

1.7.2 There will be no significant difference between mean scores of attitude towards life of secondary school students (achieving goals and attaining success) belonging to different groups of the students’ participation in physical education activities.

1.7.3 There will be no significant difference between mean scores of attitude towards life of secondary school students (health and wellness) belonging to different groups of the students’ participation in physical education activities.

1.7.4 There will be no significant difference between mean scores of attitude towards life of secondary school students (enjoy life) belonging to different groups of the students’ participation in physical education activities.
1.7.5 There will be no significant difference between mean scores of attitude towards life of secondary school students (accountability) belonging to different groups of the students' participation in physical education activities.

1.7.6 There will be no significant difference between mean scores of attitude towards life of secondary school students (work on the whole person) belonging to different groups of the students' participation in physical education activities.

1.7.7 There will be no significant difference between mean scores of attitude towards life of secondary school students (self-esteem) belonging to different groups of the students' participation in physical education activities.

1.8 IMPORTANCE OF THE STUDY

In addition to study attitude towards life of secondary school students in relation to their participation in physical education activities, the finding will give the guideline to improve the students’ awareness in participation in physical activities which will benefits to develop good attitude towards healthy life, to encourage the parents to pay more attention in raising attitude towards life by participation in physical education activities, and to suggest the Ministry of education to provide more arrangement on physical education activities for secondary school students.

The results of the study will show the effect of physical education activity on the attitude towards life of secondary school students. Physical education activity is a healthy activity that gives participants a chance to experience enjoyment and acquire positive outcomes such as enhancing physical and mental health, social interactions, and self-esteem. Student’s physical activity has a positive impact on their physical development, social development and emotional development. In the longer term, regular participation of child in physical activity can assist with: (i) weight management, (ii) maintenance of healthy bones, muscles and joints, (iii) increased efficiency of the heart and lungs, (iv) preventing and controlling anxiety and depression, and (v) combating chronic diseases including heart disease, type 2 diabetes, high blood pressure and cholesterol and some cancers. Physical education activity plays a vital role in health and wellness and is an essential factor in the promotion of a positive approach to achievement, enjoyment, accountable, ability to work on
the whole person, and self-esteem which related to the attitude towards life of secondary school students.

1.9 LIMITATIONS OF THE STUDY

1.9.1 The present study was confined to study the attitude towards life of secondary school students in the Southern part of Thailand in relation to their participation in physical education activities.

1.9.2 The study was delimited to the data which was collected in the year 2009-2010.

1.9.3 The measurement of attitude towards life of secondary school students and the participation in physical education activities of secondary school students depend upon the basic assumption which summarized from the various researches and literature.

1.10 CHAPTERIZATION

The researcher has planned to divide the present study into seven chapters.

Chapter 1: First chapter on introduction was dealt with introductory aspect of the study, statement of the problem, definition of the important terms, objectives of the study, variables of the study, questions to be answered, hypotheses of the study, limitation of the study, importance of the study, and chapterization.

Chapter 2: Second chapter was concerned to theoretical orientation i.e. the attitude towards life of secondary school students and the participation in physical education activities of secondary school students.

Chapter 3: Third chapter described the review of the past studies which were already done in Thailand and in foreign countries concerning to attitude towards life and participation in physical education activities.

Chapter 4: Fourth chapter discussed about plan and procedure i.e. the research method and research design, population and sample, sampling technique, tools, techniques of data collection and method of data analysis.

Chapter 5: Fifth chapter described about the construction of the tools, judges’ agreement, selection of the sample for the pilot study, administration of the tools, scoring of the pilot study, item analysis and the final selection of the tools.
Chapter 6: Sixth chapter concerned to the analysis of data and interpretation i.e. the results in tabulated form with inferences related to the attitude towards life of secondary school students belonging to different groups of the participation in physical education activities. This chapter was divided into three parts. The analysis of the level of participation in physical education activities of secondary school students was the part one. Part two concerned to the level of attitude towards life of secondary school students in total score and in different aspects of attitude towards life. Part three described the relationship between the mean scores of the attitude towards life of secondary school students belonging to different groups of the participation in physical education activities i.e. high, moderate, and low.

Chapter 7: Seventh chapter discussed about the summary, major findings, conclusions, suggestions and recommendation for further study.
References


