CHAPTER 1

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We are celebrating this year as 55th year of independence. We have many credits under our belly in the field of science, technology, etc. In the field of economic growth, we are still a developing nation. But when it comes to sports and physical education, there is not much about which we can feel proud of. No doubt, there has been creditable landmark achievements in the field of science, technology, education, etc. We have been able to roar into space and have manufactured atom bombs.

But as far as achievements in sports are concerned every Indian feel disgusted. We can not boast of many achievements to our credit. There is very little that we have achieved in sports and which are cooled feel proud of.

Whether it is the sports arena or in the sphere of sports administration, Punjab’s domination has been unsurpassed by any other communities in the country. Most of sporting legends have their roots in this land of five rivers and they have brought triumph and glory to the state and the country. Punjab has the credit of winning more than 60% country’s medals in various international competitions, including the Olympics, Common Wealth and the Asian games. Punjab has always been at the forefront of the sports scenario.

Punjab’s contribution to international sports

It was in 1924, in erstwhile Punjab, Lahore to be precise, that the Indian Chapter of Olympic Movement was born. The founder was none other than G.D. Sondhi, the first secretary of the Punjab Olympic Association. The
same year, the country's first Olympic Games, now called National Games, were organized in Lahore, the then capital of undivided Punjab.

The Olympic movement in the country actually started in 1919 at the initiative of DORABJEE JAMSHED TATA, the well known philanthropist. In 1920, India got direct affiliation to the International Olympic Committee and it send six sportsmen to the Antwerp Olympic Games. This brought India on the horizon of International Sports.

Four years later, when Punjab joined the Olympic Movement, it started dominating it and that domination, with a few lapses, continues even today.

India won its maiden Junior World Cup Hockey at Hobart in October, 2000, it was not without the contribution of eight Punjab players.

After the partition, Patiala took over from where Lahore had left. The contribution of both Lahore and Patiala to Indian sports would be remembered for ever.

In fact, if one looks back, it was Punjab University that had set the ball rolling. It was in 1903, nine years after first Punjab University sports tournament was started, that the inter-college hockey tournament was introduced. Hockey brought Punjab to the forefront. In the 1928 Olympics, India won its first ever Olympic gold and that too in hockey. In the same year, both Maharaja of Patiala Bhupinder Singh and G.D. Sondhi were elected President and secretary of the Indian Olympics Association respectively, after both Dorabjee Tata and A.G. Nedhren resigned. Punjab not only dominated in participation of sports but also in administration of sports, including track and field, hockey, badminton, table tennis, volleyball, handball, wrestling, weight-lifting and cycling and also spear-
heading various associations.

The history of Indian Sports is rich with Punjab contribution. In 1952, Dharam Singh, Raghbir, Balbir Singh and Udham Singh were selected to represent India at the Helsinki Olympic games. In 1954, once again Punjab got the top most position by winning the national championship held at Hyderabad.

The period between 1956 and 1960 was quite eventful. The call of Olympic games in 1956 saw remarkable activity in the state and as many as five of Punjab players, Balbir Singh (Captain), Udham Singh, Rajbir Lal, Bakshish Singh and Gurdev Singh found a place in the Olympic team which defended the title at Melbourne.

Punjab has also a good share in athletic teams which represented the country in the Olympic, Asian and Commonwealth games.

1948 Olympic Games (London) - Som Nath (Hammer throw), Gurnam Singh (High Jump) and Chhota Singh (Marathon).

1951 Olympic Games (Helsinki) Gulzara Singh, Mehnga Singh.

1956 Olympic Games (Melbourne) Jagdev Singh (400 mtr. hurdles), Ajit Singh (High Jump).


1962 Asian Games Fourth Asian games (Jakarta) Milkha Singh 400 mtrs. (Won a gold medal), Jagdish Singh 4x400 mtrs. relay won by India.

Sound physiques, supple and flexible bodies, extremes of climate a
good and balanced diet and spirit of adventurism make Punjab superb athletes.
One of the reasons for the overwhelming success of Punjab both at the national and Asian levels has been the presence of a lower middle class and middle class in the pre-partition Punjab Society. It was this class that formed the backbone of the sportspersons in the state because it aspired for new levels of achievement. Whether it was Milkha or Ajmer, Praveen Kumar or Gurdip Singh (Athletics, throwers), Ajinder Kaur or Rajbir Kaur (Women’s hockey) - all came from lower middle class or middle class families.

There was a time when Punjabi throwers, middle and long distance runners and even sprinters, dominated the scenario of Asian athletics. This continual until the 1970 Asian games. It was during this spell that Punjabi also produced some good jumpers, including triple jumpers - Mohinder Gill and Labh Singh.

Unfortunately, Punjab has lagged behind in the organizational aspect. The Punjab state games e.g. have not been held for almost two decades now. That could be the major reason for the states failure to win the overall trophy in any of the five edition of the National Games held under the revised format. Moulding the sixth edition has afforded the state on opportunity to re-establish its supremacy.

The state can no longer boast of sports persons like Milkha Singh, Balbir, Ajmer, Praveen, Jarnail, Davinder Ahuja and Dinesh Khanna.

After that Punjab dominance in sports kept declining continuously. The reasons for the decline are:
(a) The advent of terrorism in the late 70's cast its shadows on sports in Punjab play fields and sports stadia, which used to overflow with both budding and experienced athletes, were seen deserted. The upkeep and maintenance of the infrastructure touched its nadir. Organization of sports even took a sever beating. The result was obvious. Punjab's decline in the sports sphere started. No effort was made to stem this root. All exercises of reviving sports remained merely on paper.

(b) Another factor that gave a set back to the promotion of sports was when the employment of outstanding sportsmen and women was discontinued. Punjab which boasted of the country's top soccer team like leaders club, JCT mills, Punjab Police, PSEB and a few others can now only boast of the JCT mills, Phagwara.

(c) However, the biggest setback for Punjab was disbanding of the sports base of the BSF, Jalandhar. Until the early 80's, the BSF had some of the best hockey players and outstanding soccer players. The BSF also used to take pride in its volleyball and basketball team. It also has some good athletes.

(d) After BSF, the decline of Punjab Police also started. Punjab police also does not enjoy the supremacy in the state and national sports as it did until the early 80's.

(e) Due to terrorism recruitment as well as training of sportsmen and women suffered. Outstanding basketball and volleyball players from Punjab, especially girls, started looking for job avenues elsewhere. So far no attempt has been made to check this sports drain. The beneficiaries of this drain have been various institution, including oil board, Revenue board and also the banks who have recruited the outstanding players from Punjab as well as other places.
(f) Use of drugs such as alcohol, smoking and other drugs has increased rampantly in Punjab. This has also adversely affect the performance and participation of Punjabi Youth in sports programmes.

(g) As the sports activity was declining, the authorities increasingly used the ill-maintained sports infrastructure for purposes other than sports. This was another set-back or further discouragement to the sagging Punjab sports. In Guru Nanak Stadium, the venue of the opening and closing ceremony of National games, a film star nite was organized, where the synthetic track, put up at the massive financial cost, was substantially damaged.

(h) The five years allocation for sports was Rs. 48 crore (The Tribune) and what ultimately was given to the fund-strapped sports department was perhaps even less than one-fourth of this promised budget.

The most promising aspect was that as the government back-up and support for sports took a back-seat, the private sector and other organization stepped in. Today most of sports academies are supported by private organization e.g. hockey academies in Bhaini Sahib and Mehta Academy, Mehta and academy at Sansarpur is financially supported by JCT mills, Phagwara.

Now Punjab has started looking up again, it is more because of the support from these private institution and non-government organization rather than the government.

(i) Politics, nepotism, favouritism and not merit have been the bane of Indian sports. Punjab, too, has not remained unaffected by the malaise. Sports administrators are mostly ignorant persons, occupying their chairs because of
extraneous consideration instead according to their whims. If competent men are selected on the basis of merit alone, infrastructure is created, modern equipment is provided and the corporate sector comes forward to sponsor the games, then undoubtedly sports can provide a place of pride to Punjab. Personal prejudices should not come in the part of merit. Merit of the sportsmen should be valued and only then can we expect some betterment in the field of sports.

The sports programme of our country revolves around schools, colleges and institutes. The physical education teacher posted in these colleges have a great role to play for the upliftment of sports. But despite the increase in the facilities and infrastructure as well as modern sports training methods. These schools and colleges are not able to give us the desired results. It looks like that the main purpose of school and colleges has become to participate rather then to inculcate positive attitude and to encourage competitiveness amongst the athletes as well as in the society.

The present researcher has firm belief that there is a need to find out the attitude of physical education teacher posted in various colleges towards the sports and physical education. As it is a fact that these individual are the pillar of physical education and it is advisable to check what they think about sport and physical education and about their contribution towards sports and physical education programmes.

The present researcher has made an attempt to construct an attitude assessment scale for male physical education teachers of Punjab so that remedial measures can be suggested.

Till date no serious effort has been made to ascertain root cause to
the chronic problems. No doubt, more facilities in the form of infrastructure, scholarships and grants are being provided. Additional training centres have been established, but still the results are not satisfactory.

In the opinion of the researcher, the government as well as various sports organizations are knocking at the wrong door. There is a dire need to lay a strong foundation to revive the sporting activities in the state and that foundation is to be laid in the colleges and through the physical education teacher working in those institutions, “Catch them young” slogan will hold good in this regard. Physical Education teacher working in the colleges can play a very important and major role in motivating the young boys and girls to take part in various sports activity and to sustain their interest in that activity.

It appears that these physical education teachers either have lost interest in their profession or they don’t feel motivated to take initiative in introducing the young boys and girls in competitive sports.

There might be some other reasons, as the circumstances prevailing in the education institutions have forced them to remain behind the scene.

The whole situation which can be termed as a dismal requires thorough investigation. It is possible that individual student spends more time in physical education programs than in any other single program during his college career and he is in direct contact with the physical education teacher.

There is probably none other than the physical education teachers working in the colleges who can contribute as much in raising the nation’s sports standards. In view of this prevailing situation, the present researcher feels that
there is a need to assess the attitudes of male physical education teachers working in colleges of Punjab state. So that remedial measures can be taken to overcome the deep rooted problems, so that they can be motivated to contribute positively in raising the standard of sports as well as in introducing the college going boys and girls in various sporting activities to channelize their energies effectively in this direction.

Statement of the problem

The present investigation aims to assess attitudes of male physical education teacher towards physical education and sports working in the colleges of Punjab state. For this purpose a reliable and valid scale to measure attitude of college male physical education teachers towards physical education was to be developed. The study has been entitled as :

"Construction of attitude scale for male physical education college teachers of Punjab".

Objectives of the study

As this investigation has to develop a new scale assessing attitude towards physical education, no hypothesis are being framed.

1. Construction of a scale for assessing the attitude towards different aspects of physical education.

2. To determine the nature and number of factors underlying the items framed for the attitude scale.
3. To determine the internal consistency (Cronbach’s alpha) and test-retest reliability of the obtained dimensions.

4. To compare the teachers of physical education from (i) the three universities from the region and the physical education teachers from the rural and urban areas on the different dimensions of attitude towards physical education.

**Delimitation of study**

The study will be delimited to the male physical education teachers of colleges of Punjab state.

**Definition of terms**

**Attitude**

There is much argument concerning the nature of attitudes. To understand the nature of attitude, some definitions are given below:

Allport (1968) define an attitude as “a mental and neural state of readiness, organized through experience, exerting a directive or dynamic influence on the individual’s response to all objects and situations with which is related”.

Thurstone (1928) defined as “the intensity of positive or negative effect for or against a psychology object”.

According to Martens (1975) the common element in each of these definitions and in most other definitions of attitude is the “readiness to respond”, “predispositions toward a situation”.
An attitude according to New Comb (1948), is not a response but a more or less persistent set to respond in a given way to an object or situation. It is an organized out consistent manner of thinking, feeling and reacting with regard to any event in one's environment.

Lazarous R.S. (1969) An attitude is a stable combination of thoughts, feeling and disposition to act with respect to some aspect of the environment.

Lay Cock and Munro (1966) are of the view point that there emotional, intellectual and motivational components of attitudes. Ideas of acceptance or rejection and the preparation of the individual to be motivated in specific way are implied in observation. An attitude is essentially a construct which is not open to direct observation and is established through the inferences made by an observer of an individual's behaviours.

Thus from the above definitions, we can conclude that attitude is a

- Psychological state of readiness with element of cognition and emotions.

- Relatively permanent organization of concepts, beliefs, habits and motives.

- It is not a response but a mental set to respond in a positive or negative way.
Operational definition of attitude used for the study

Attitude is a neuropsychic state of readiness containing a cognitive and emotional element, organized through experience in the social world for mental and psychological activity. It is a relatively stable organization of the concepts, beliefs, habits and motives to act in a positive or negative way towards persons, objects, ideas and events.

Physical Education

William (1964) "Physical education is the sum of man’s physical activities selected as to kind and conducted as to outcomes”.

Lumpkin (1986) believes that “Physical education is a process through which an individual obtains optimal physical, mental and social skills and fitness through physical activity”.

Bucher and Wuest (1987) “Includes the acquisition and refinement of motor skill, the development and maintenance of fitness for optimal health and well-being, the attainment of knowledge and the growth of positive attitudes towards physical activity”.

Reliability

Barrow and McGee (1979), “The extent to which a test is consistent in measuring what ever it does measure”.

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Significance of the study

1. The study will be significant for the Punjab government sports department/officials in framing future sports policies and programs for the development of the sports activities in the state by taking remedial measures and to ensure, the full involvement of motivated physical education teachers in the future physical education programs.

2. The study will also be significant for the heads of the educational institutions so that they can also take remedial measure to involve the physical education teachers in college physical education program.

3. The study will be significant for various sports organizations and sports officials also because physical education teacher working in colleges are directly associated with such sports organizations as their trainees participate in various state and national competitions.