CHAPTER - V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary:

Physical Education, now a day is considered as an important and integral part of general education which aims at the harmonious development of the man. But, in practice and from a functional point of view, it has not yet received due recognition or status as an academic subject. Many reasons could be attributed to this state of affair.

The purpose of the study is to determine the attitude towards the physical education and sports through secondary school boys (considered as subjects) of Delhi and to find-out their opinions (negative or positive) through a questionnaire.

It was hypothesized that the participants of secondary school boys of Delhi have a positive attitude towards Physical Education and Sports. The study was restricted to the participants of secondary school boys of Delhi.

The investigator prepared a questionnaire comprising of 30 statements based on a very small pattern viz, yes / no which covered 5 aspects i.e. Physical, Mental, Social, Emotional and General Recreational aspects of Physical Education. The process of finalization of questionnaire was completed with the help of experts of the field.

In total, 2520 questionnaires were filled from 28 zones, from 84 schools. Total 270 questionnaires were rejected because of cutting, overwriting and incomplete and at last, the scholar is left with 2,250 complete questionnaires without any ambiguity has been considered for the present study.
CONCLUSIONS:

Within the limitations of the present study, the following conclusions were drawn:

1. The study has indicated that a majority of the participants of secondary school boys of Delhi have a favourable attitude towards all the aspects of Physical Education.
2. They are of the opinion that the children who actively participated in Physical Education programme are obedient, disciplined and well behaved.
3. They have a highly favourable attitude towards Physical Education because it promoted Physical fitness, mental maturity, alertness, personality development and sociability.
4. To maintained a Physical Education programme for all.
5. The finding of the study revealed that 2127 which is 94.53% is of the opinion that Physical Education & Sports is mainly to do with physical development. On the contrary 123 out of total 2250 respondents which is 05.47% does not agree.
6. The finding of the study revealed that 1627 which is 72.22% is of the opinion that physical education programme contributes to development of wellness. On the contrary 623 out of total 2250 respondents which is 27.68% does not agree.
7. The finding of the study revealed that 900 which is 40% is of the opinion that physical education has nothing to do with education. On the contrary 1350 out of total 2250 respondents which is 60% does not agree.
8. The finding of the study revealed that 2200 which is 97.70% is of the opinion that physical education is mainly concerned with muscle building. On the contrary 050 out of total 2250 respondents which is 02.30% does not agree.
9. The finding of the study revealed that 742 which is 32.97% is of the opinion that organic and muscular development is possible without physical education. On the contrary 1508 out of total 2250 respondents which is 67.03% does not agree.
10. The finding of the study revealed that 1300 which is 62.23% is of the opinion that neuro muscular co-ordination can be developed through physical
education. On the contrary 950 out of total 2250 respondents which is 37.77% does not agree.

11. The finding of the study revealed that 1410 which is 62.67% is of the opinion that mental aspect of physical education makes important contributions to mental health. On the contrary 840 out of total 2250 respondents which is 37.33% does not agree.

12. The finding of the study revealed that 423 which are 18.80% are of the opinion that students who are good in sport activities may not be bright in academic. On the contrary, 1827 out of total 2250 respondents which is 81.20% does not agree.

13. The finding of the study revealed that 1750 which is 77.78% is of the opinion that physical education help in the intellectual development of the students. On the contrary 500 out of total 2250 respondents which are 22.22% do not agree.

14. The finding of the study revealed that 1805 which is 81.12% is of the opinion that it is better comparatively to participate in a programme of physical education rather than to watch television. On the contrary, 445 out of total 2250 respondents which are 18.88% do not agree.

15. The finding of the study revealed that 1969 which is 87.52% is of the opinion that those who participate in physical education activities are alert and receptive. On the contrary 281 out of total 2250 respondents which is 12.48% does not agree.

16. The finding of the study revealed that 1900 which is 84.44% is of the opinion that lack of motivation is one of the reasons for poor participation in physical education programme. On the contrary, 250 out of total 2250 respondents which are 15.56% do not agree.

17. The finding of the study revealed that 2050 which is 91.11% is of the opinion that social aspect of physical education and sports promotes better interpersonal relationship. On the contrary, 200 out of total 2250 respondents which are 8.89% do not agree.

18. The finding of the study revealed that 2088 which is 92.80% is of the opinion that social acceptance within group at school level is significantly related to the
ability to perform physical education activities. On the contrary 162 out of total 2250 respondents which is 07.20% does not agree.

19. The finding of the study revealed that 1632 which is 72.53% is of the opinion that physical education programme develops follower ship ability in students. On the contrary 618 out of total 2250 respondents which is 27.47% does not agree.

20. The finding of the study revealed that 1801 which is 80.04% is of the opinion that students will emerge from college / university as better citizens after having undergone a good programme of physical education. On the contrary 0449 out of total 2250 respondents which is 19.96% does not agree.

21. The finding of the study revealed that 2019 which is 89.73% is of the opinion that physical education programme enables boys and girls to adjust better in society. On the contrary 231 out of total 2250 respondents which is 10.27% does not agree.

22. The finding of the study revealed that 2000 which is 88.88% is of the opinion that moral values can be developed through organized and systematic programme of physical education. On the contrary 250 out of total 2250 respondents which is 11.12% does not agree.

23. The finding of the study revealed that 1989 which is 88.40% is of the opinion that emotional aspect of physical education and sports helps to develop emotional stability. On the contrary, 261 out of total 2250 respondents which are 11.60% do not agree.

24. The finding of the study revealed that 2089 which is 92.84% is of the opinion that Physical Education & Sports is mainly to do with physical development. On the contrary 161 out of total 2250 respondents which are 07.16% do not agree.

25. The finding of the study revealed that 1775 which is 78.88% is of the opinion that play is not a healthy medium for emotional expression. On the contrary 475 out of total 2250 respondents which is 21.12% does not agree.

26. The finding of the study revealed that 1125 which is 50.00% is of the opinion that a person would be better off emotionally if he / she does not participate in
physical education programme. On the contrary 1125 out of total 2250 respondents which is 50.00% does not agree.

27. The finding of the study revealed that 2000 which is 88.88% is of the opinion that participation in a physical education programme is emotionally satisfying. On the contrary 0250 out of total 2250 respondents which is 11.12% does not agree.

28. The finding of the study revealed that 2100 which is 93.33% is of the opinion that physical education and sports activities provide an outlet to pent-up emotions. On the contrary 150 out of total 2250 respondents which is 06.67% does not agree.

29. The finding of the study revealed that 871 which is 38.71% is of the opinion that general and recreational aspect modern life provides us with enough experiences and recreation, so physical education is not necessary in college / university. On the contrary 1379 out of total 2250 respondents which is 61.29% does not agree.

30. The finding of the study revealed that 1937 which is 86.08% is of the opinion that the success of the physical education programme depends upon the encouragement and co-operation of the head of the institution. On the contrary 0313 out of total 2250 respondents which is 13.92% does not agree.

31. The finding of the study revealed that 2213 which is 98.35% is of the opinion that subject teacher is generally interested in the academic career of their students but not in higher achievement in physical education. On the contrary 037 out of total 2250 respondents which is 01.65% does not agree.

32. The finding of the study revealed that 1387 which is 61.64% is of the opinion that physical education programme develop skills, which have carry-over values. On the contrary 0863 out of total 2250 respondents which is 38.36% does not agree.

33. The finding of the study revealed that 1999 which is 88.84% is of the opinion that physical education is desirable as a means of providing relaxation after concentrated academic load. On the contrary 0251 out of total 2250 respondents which is 11.16% does not agree.
34. The finding of the study revealed that 1995 which is 86.67% is of the opinion that physical education and sports provide good opportunities for all round development of the personality. On the contrary 255 out of total 2250 respondents which is 13.33% does not agree.

**RECOMMENDATIONS:**

On the basis of results of the research study, the following recommendations were made.

1. A more extensive study on attitude of secondary school boys of Delhi may be made to get a better representative picture towards Physical Education and Sports.
2. Similar nature of studies may be conducted to estimate the attitudes of different subject teachers, educational authorities, members of legislators towards the objectives and role of physical education.
3. Studies may be conducted to find-out how satisfactory the programmes of physical education are to the students who are supposed to be benefitted from physical education.
4. Similar nature of studies may be conducted on various parts of India.
5. Similar nature of studies may be conducted on various natures of students to assess about attitude towards physical education and sports.