ABSTRACT

The Britishers advocated the significance of physical education for the healthy development of students and YMCA was established in Madras to prepare trained teachers for educational institutions. New educational policy give more impetus to physical education by adding scientific dimension to it. General awareness towards physical education has created interest among people towards the subject. On the basis of review of literature the present problem “A STUDY OF ATTITUDE OF SCHOOL STUDENTS TOWARDS PHYSICAL EDUCATION IN RELATION TO MOTOR FITNESS, ACADEMIC ANXIETY AND ACADEMIC ACHIEVEMENT.” Was evolved. Key terms and selected variables, along with significance of the study have been highlighted in chapter ‘Introduction’.

The second chapter deals with method and procedure of the investigation. Research design, sampling procedure, selection of tools used, their administration and scoring have been explained. Product moment coefficient of correlation between attitude towards physical education and motor fitness, academic anxiety, academic achievement of boys and girls, opted and not opted physical education were computed. Significant differences between the mean scores of attitude towards physical education of boys and girls of Government and Private school students, opted and not opted physical education were calculated to draw inferences.

Results obtained have been discussed in the third chapter. The major findings are as follows:

1. Boys showed significant positive relationship of attitude towards physical education with scores of 600-yd run/walk, shuttle run, and
standing broad jump, of motor fitness variables and also with academic anxiety and academic achievement.

2. The attitude of girls towards physical education was found having significant positive relationship with 600-yd run/walk, 50-yd dash, shuttle run and standing broad jump of motor fitness variables and also with academic anxiety and academic achievement.

3. The boys who opted physical education as an elective subject did not show any significant relationship of their attitude towards physical education with any of the motor fitness variables, academic anxiety or academic achievement.

4. The boys who had not opted physical education as an elective subject did not show significant relationship between their attitudes towards physical education with any of the other variables except academic achievement.

5. The attitude towards physical education of girls who opted physical education as an elective subject was found significantly correlated with 600-yd run/walk, 50-yd dash and academic achievement.

6. The attitude towards physical education of girls who did not opt physical education as an elective subject found significantly correlated with 600-yd run/walk, shuttle run, overall motor fitness and academic achievement.

7. The mean difference of attitude scores towards physical education between boys and girls was found to be insignificant.
8. The attitude towards physical education of boys who opted for physical education was found significantly better than the boys who did not opt physical education as a subject.

9. The attitude towards physical education of girls who opted for physical education was found significantly better than their counterparts who did not opt physical education as a subject.

10. No significant difference was observed in the attitude of boys towards physical education between the students studying in government and private schools.

11. The attitude towards physical education of girls studying in government schools was found significantly better than the girls studying in private schools.

Suggestions for further research were made which are as follows:

1. In the interest of sports private managed schools should do some efforts to develop attitude of girls' students towards physical education.

2. The private schools who did not introduce physical education as an elective subject should also introduce physical education in their school so that attitude of students is developed towards physical education.

3. Such studies should be conducted for the university and college students. The present investigation has certain limitations. Since it is not possible by a single researcher to take into account all the variables in one/single study therefore it is suggested that the study
considering the same variables should be conducted on college and university students.

4. It is also suggested that similar study may be conducted in other state of the country.

5. We have confined our study to motor fitness variables, academic anxiety and academic achievement. It is suggested that socio-economic factors should also be incorporated in future studies. Parental attitude towards participation in games and sports and social support may also be included in such studies.