



“A Comparative Study Of Active & Non-Active Student In Physical Activity & Recreational Sports”

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Abstract:

This paper focused on “A Comparative study of Active & Non-Active student in Physical Activity & Recreational Sports”. The main objective of research paper is to compare the level of student’s participation in physical activity & recreational sports and to compare the level of active & Non-active Students in physical activity & recreational sports to their fitness & self-confidence. Our sample size is 150 college level students. The tool was used Fitness Test Scale & Self Confidence scale made by investigator. The main finding of the study is there is difference between Male & Female Students to participate in physical activity & recreational sports and there is significant difference between active & Non-active Students in physical activity & recreational sports to their fitness & self-confidence. After study we can say that physical activity & recreational sports is very impotent role in student growth, fitness & self-confidence. Sport has the capacity to transform the lives of individuals. It bolsters physical, psychological, emotional, and social well-being and development. At the same time sport plays a significant role in cultures and communities around the world. These factors alone justify investment in sports programming. But there is also a growing understanding that sports programs merit support because they are powerful vehicles for achieving broader goals, particularly in advancing development and peace agendas.

Keywords: Physical Activity & Recreational Sports, Students, fitness, Self Confidence.

Introduction:

Sports and games are very important for us. They keep us healthy and fit. They offer us a change from the monotony of daily life. It is a useful means of entertainment and physical activity. Sports and games help in character building. They give us energy and strength. Sports and games are means of mental and physical growth. During sports we come to learn many things. We learn how to maintain mental balance in the midst of hopes and despair. They make us learn how to tackle the difficult situation. Sports develop a sense of friendliness. They develop in us team spirit. They help in developing mental and physical toughness. They shape our body and make it strong and active. They give us energy and strength. They remove tiredness and lethargy. They improve blood circulation. This improves our physical well-being. Sports and games improve our capability. They improve our efficiency. Either study or work alone makes us exhaust. We remain no longer efficient to do any work. Sports remove our mental exhaustion. Sports are integral part of education. Education without sports is incomplete. Keeping their value in life, children are taught some sorts of games in the very early stage in school. These days’ sports are a part of academic curricula. Sports are particularly important for the youth. They help in their physical and mental growth. They contribute in the formation of character. They inculcate in them good values. It is therefore, sports competition is held at school and college levels. The students who perform well in this competition are promoted to play at the national and international level. Thus sports help in career growth also. Sports and games give us opportunity to grow in life. These days’ sports have been commercialized. They have become a good means of earning. The sports person who

does well in sports is showered with name, fame and wealth. He becomes a hero overnight. Sports have great potential to offer career opportunities. So we should take them very seriously from the very early age of our life. Sports are good means of earnings. Sports offer opportunity to prove talents. Thus, sports have great value in life. Sports facilities are being developed in rural and semi urban areas. There are playgrounds in villages. Sports infrastructure are being developed everywhere so as to promote them. Various sport organizations are also doing well in promotion of sports.

Statement of the Problem:

The problem of present study is stated as “**A Comparative study of Active & Non-Active student in Physical Activity & Recreational Sports**”

Review of Related Literature:

Nagalingappa, In the study on Sports Activities in Karnataka State Universities: Glimpses of a Cost Benefit Analysis by states that at present there are 18 University level institutions in Karnataka state, of which eight are traditional Universities. These Universities are basically of two types, unitary and affiliating. Most of the Universities are of affiliating type with large ones like Bangalore having more than four hundred colleges. This work focuses on the Cost benefit analysis of Bangalore and Mangalore Universities and assesses the performance. Its purpose is to help managers, maintain a precise focus on the most efficient use of funds and also to help program managers to minimize costs for a desired level of effectiveness and to maximize effectiveness for given level of costs. The primary objective is to decipher the trend and linear growth in case of benefit cost of the Karnataka Universities. In this study a simplistic method is followed to evaluate the nature of cost and benefits as applicable to institutions. A regular and systematic training is required to improve the level of performance, so the long duration investment is evaluated using the benefit cost ratio technique. Data has been collected from the directorate of physical education in all the Universities of Karnataka state. As a result, Bangalore University performance should be doubles that of Mangalore University because of the doubling of budget and infrastructure over the years. But Bangalore University performance is 196 to Mangalore University's 100, showing only a slight improvement in performance over Mangalore University.

Nakornkhet, Compared the attitude toward the six sub domains of physical activity as proposed by Kenyon, among adults from China, Japan, Korea, Malaysia, Thailand and U.S.A. A comparison was also made of the attitude towards the six sub-domains of physical activity are : (1) physical activity as social experience, (2) physical activity for health and fitness (3) physical activity as pursuit of vertigo, (4) physical activity as an aesthetic experience, (5) physical activity as catharsis and (6) physical activity as ascetic experience. The subjects of the study were 606 adults from six different countries who had enrolled in classes at selected university in the state of Indiana. The data were subjected to discriminate analysis technique. The results of the study indicated that the attitude towards physical activity i.e. a function of socio-cultural difference, but it is not a function of gender. The American subjects have a more positive attitude to physical activity than those subjects from East Asia and South-East Asia.

Rogers, Examined the factors associated with reported participation in physical exercise in young adult college students. His subjects were 122 female students, 80 enrolled in nursing and 42 from non-nursing majors. The data showed that: (1) most subjects participated in regular physical exercise. (2) One third of the students had a regular pattern of exercise established for four year or more. (3) A desire to improve appearance was the most frequently cited motive of great importance in beginning exercise. (4) The benefits identified as most important reasons for continuing exercise were “Helps you feel better about yourself” and “Improves your physical appearance.” (5) Those who are not satisfied with their amount of participation in exercise implicated “other demands came first” as the most limiting barrier.

Objectives of the Study:

- To compare the level of student's participation in physical activity & recreational sports.
- To compare the level of active & Non-active Students in physical activity & recreational sports to their fitness.
- To compare the level of active & Non-active Students in physical activity & recreational sports to

their self-confidence.

Hypothesis of the Study:-

- There is no significant difference between Male & Female Students to participate in physical activity & recreational sports.
- There is no significant difference between active & Non-active Students in physical activity & recreational sports to their fitness.
- There is no significant difference between active & Non-active Students in physical activity & recreational sports to their self-confidence.

Limitations of the Study:

- This study focused only on the student participation in physical activity & recreational sports.
- This study focused only on the college level students.
- This study focused only on the selected college of Bhopal city.

Methodology:

- In the light of objectives and to test hypothesis of the present study, the researcher adopted survey method for data collection.

Sample Design:

- **Sample size:** 150
- **Sample frame:** College level student in Bhopal City.

Research Tools:

For the purpose of data collection, the following tool was used.

- **Fitness Test Scale:** Self-made
- **Self -Confidence:** Self-made

Statistical Tools:

- After collection of data Percentage, Mean, standard deviations & 't' value was applied for statistical analysis.

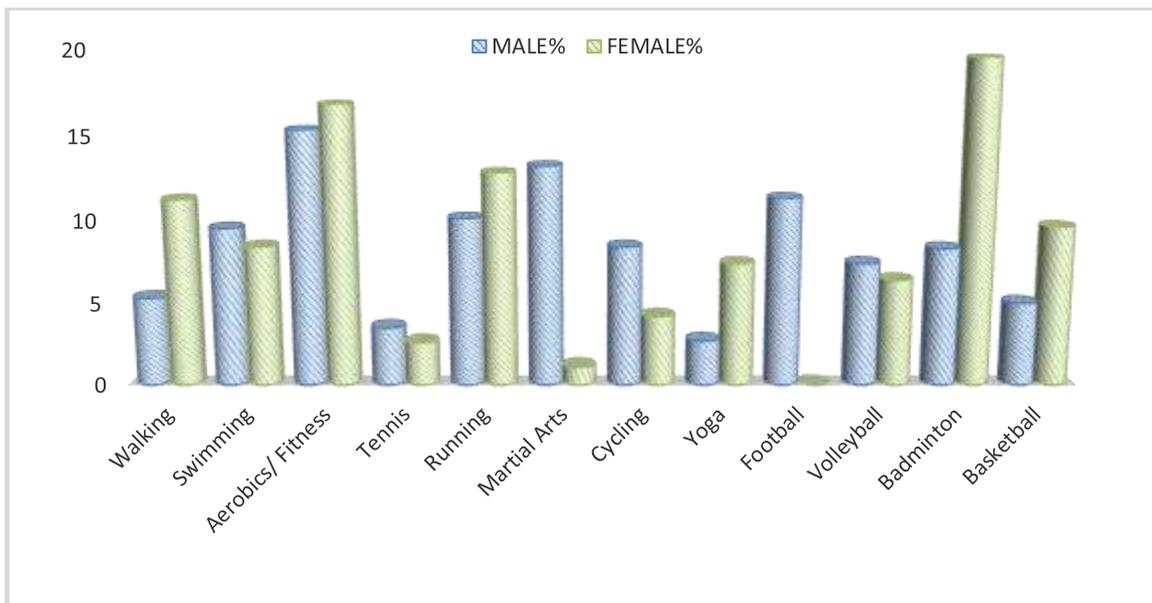
Analysis and Interpretation:

Hypothesis: 1 there is no difference between Male & Female Students to participate in physical activity & recreational sports.

Table: - 1

S. No.	Sports	Male%	Female%
1	Walking	5.3	11.2
2	Swimming	9.5	8.4
3	Aerobics/ Fitness	15.3	16.8
4	Tennis	3.5	2.6
5	Running	10.1	12.8
6	Martial Arts	13.2	1.1
7	Cycling	8.4	4.2
8	Yoga	2.7	7.4
9	Football	11.3	0.0
10	Volleyball	7.4	6.4
11	Badminton	8.3	19.5
12	Basketball	5.0	9.6

Graph: - 1 Showing comparison of Male & Female Students to participate in physical activity & recreational sports.



Hypothesis: - 2 there is no significant difference between Active & Non-active Students in physical activity & recreational sports to their fitness.

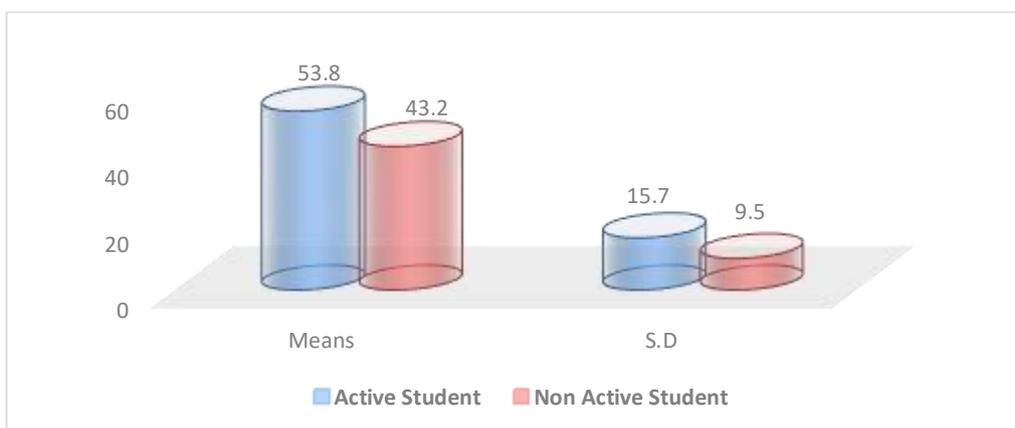
Table: - 2

Variables	N	Means	S.D	't'
Active Student	75	53.8	15.7	3.15
Non- Active Student	75	43.2	9.5	

Interpretation:

Studying table 4.2 it came to know that average fitness score of Active students was 53.8 and that of Non-Active Students was 43.2, so the difference was 10.6 and its 't' value was 3.15. It was significant at .05 levels on 148 df. So null hypothesis "there is no significant difference between Active & Non-active Students in physical activity & recreational sports to their fitness." was rejected. It means there was significant difference between Active & Non-active Students in physical activity & recreational sports to their fitness. The mean score of Active Students is better fitness than Non-active Students. From this we can say that Fitness of Active & Non-active Students was different.

Graph: 2 showing significant difference between Active & Non-active Students in physical activity & recreational sports to their fitness.



Hypothesis: 3 there is no significant difference between active & Non-active Students in physical activity & recreational sports to their self confidence.

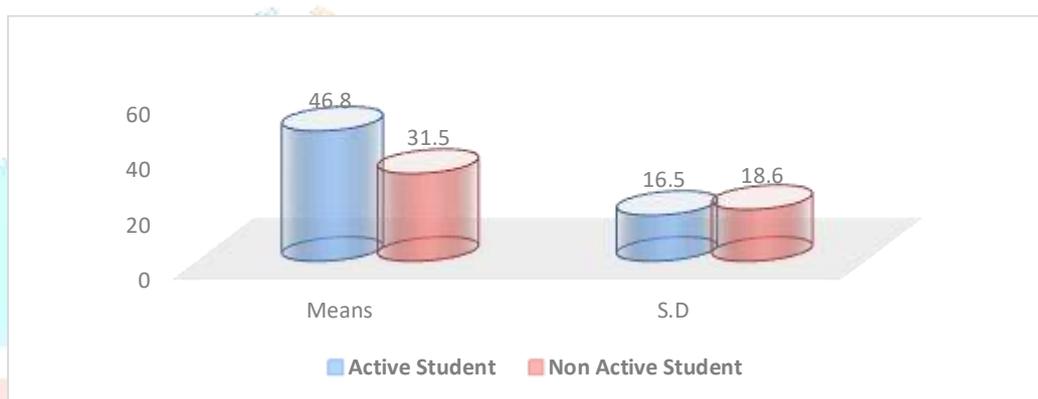
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Variables	N	Means	S.D	't'
Active Student	75	46.8	16.5	3.37
Non- Active Student	75	31.5	18.6	

Interpretation:

Studying table 4.3 it came to know that average self-confidence score of Active students was 46.8 and that of Non-Active Students was 31.5, so the difference was 15.3 and its 't' value was 3.15. It was significant at .05 levels on 148 df. So null hypothesis "there is no significant difference between Active & Non-active Students in physical activity & recreational sports to their self-confidence." was rejected. It means there was significant difference between Active & Non-active Students in physical activity & recreational sports to their self-confidence. The mean score of Active Students is better self-confidence than Non-active Students. From this we can say that self-confidence of Active & Non-active Students was different.

Graph: 3 showing significant difference between Active & Non-active Students in physical activity & recreational sports to their self-confidence.

**Findings of the study:**

- There is difference between Male & Female Students to participate in physical activity & recreational sports.
- There is significant difference between active & Non-active Students in physical activity & recreational sports to their fitness.
- There is significant difference between active & Non-active Students in physical activity & recreational sports to their self-confidence.

Suggestion:

- Aerobic or cardiovascular exercise is any form of activity that increases your respiratory and heart rate
- Sport has the capacity to transform the lives of individuals. It bolsters physical, psychological, emotional, and social well-being and development.
- The teacher should provide conducive environment in the school and outside the school so that may develop higher level of fitness and self-confidence.
- Well qualified physical teacher should be appointed by the management of school.
- School curriculum must be developing for fitness based.
- Physical activity should be such that they fulfill physical requirements of the student.
- Physical activity & sports is must be important to all age group.

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