

A COMPARATIVE STUDY OF INTEREST TOWARDS PHYSICAL EDUCATION PROGRAM AMONG HIGHER SECONDARY PRIVATE AND GOVERNMENT SCHOOL GIRL STUDENTS OF WEST TRIPURA

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Abstract:

The study was conducted to compare the interest towards physical education program among higher secondary private and Government girl students of West Tripura. For the study 80 Private and 80 Government higher secondary girl students ages between 16-19 were selected. For selection of the subject simple random sampling procedure was employed. For the collection of data researcher develop a Opinionnaire on interest towards physical education program after taking experts opinion. The Opinionnaire consisted of 40 Opinion with three objectives where 37 Opinion are positive & 3 are negative and the responses were employed by Likert scale. For analysing the data mean, SD and 't' test were used. The study found that the mean score of Higher secondary girls students of Private and Government school of west Tripura towards physical education program are 161.90 and 140.83 and SD is 8.681 and 18.456 respectively. It is also shows that calculated 't' value is 9.242 and tabulated 't' value is 1.984 at 0.05 level of significance for 158 df. It can be said that Private school girls have much more interest comparison to Government girls students of West Tripura.

Keywords: Physical Education program, Interest, Private and Government

Introduction :

Lumpkin has explained physical education as a process through which an individual obtains optimal physical, mental and social skills and fitness through physical activity. The concept of Physical Education is not limited to PT class or gym, in this present era it has include the knowlege about games and sports (rules & regulation, measurement techinque, tactics etc), competitive sports, recreational sports, aerobics, physical fitness, Yoga, training based on fitness components, curriculum design, sports psychology which helps the athlete for stress management, to overcome anxiety and fear, to control anger, to improve concentration. It also gave knowledge about nutrition and balance diet which is very much essential for sports person to maintain healthy body and weight, anatomy and physiology, bio-menchanics which gives knowledge structure and movement, about sociology, adapted physical education which is now developed for the specially abled athlete so, that they can improve their performance in various fields.

With a variety of physical exercises, physical education not only promotes physical fitness but also aids in a person's mental and emotional growth. By a variety of exercises, physical education enhances an individual's health and fitness. It also imparts extensive knowledge about a wide range of diseases that pose a health risk and offers effective preventative measures. Mental alertness increases with physical education.

It also fosters a sense of loyalty, sportsmanship, cooperation, empathy, civility, and fraternity among participants, among many other things. A lot of individuals also think that physical education can help people develop their bodies in healthy ways.

Programmes for physical education cover physical activity, fitness, games, sports, and more. In addition, by learning about physical education, one can gain knowledge about their own health, nutrition, body organs, bones, and muscles, as well as wellness, lifestyle, sports psychology, biomechanics, and other topics. In short, physical education is a comprehensive approach to a person's overall development. Playing games, sports, and physical activities helps with physical education, which is the scientific method of moving the body methodically.

Here, if we talk about education, education cannot bound only in general subjects, students should have the knowledge regarding the whole education process which is not only depend on the books, it can gain from the field also, so students should have positive attitude towards games and sports , and physical education program which only possible when they have more & more interest towards physical education.

Either past satisfaction or the expectation of future satisfaction fuels interest. Realising that hope, even in the face of failure, sustains interest is crucial. Even one's loves and dislikes are frequently evident in the interests they take up. Sometimes interest is in born, but it is typically learned.

Programmes for physical education are essential for students' healthy growth and development, as stated in the National Education Policy (NEP 2020). Hence, physical education needs to be a part of the curriculum and a requirement in all educational settings. To encourage and assist the students, every educational institution should have enough space, tools, coaches, and teachers on staff. Theoretical knowledge of physical education, games and sports, and yoga should all support students' proper mental, social, emotional, and physical growth in a physical education programme.

As described in National Education policy NEP 2020 that in every school there should be compulsory physical education class for every students, and school should have the proper infrastructure and equipments for the students so that they can play and learn new skill and technique.

According to psychological theories, interest arises from a person's relationship with their environment (Krapp et al., 1992). Views of correlations between the activity and characteristics such as curiosity, focus, exploratory intent, and exploration hunger, which are all ingrained in assessments of the activity's importance and values, generated interest. (Reeve 1989)

If a player is interested in a certain games or sport, they will strive to study it or improve their talent in it. If they continue to learn about it every day or continue to perform, it indicates that they are becoming more interested in it. Sports psychology investigates emotional states and feelings that correlate with a competitor's level of interest in the games.

In Tripura Private school are which is controlled by Central Board of Secondary Education, an independent school supported wholly by the payment of fees. Government school are controlled by Tripura Board of Secondary Education, As the name implies, government schools are those that are managed by the government. The government either totally or partially funds them, and the government also appoints people to jobs at government schools.

Statement of the problem :

The problem of the study is to compare the interest towards Physical Education program among Higher Secondary Private and Government school Girls students of West Tripura

Objectives of the study :

To compare the interest towards physical education program among higher secondary Private and Government girls students of West Tripura

Significance of the study :

- i) The study will help both Private and Government higher secondary schools to develop and introduce new curriculum for the betterment of sports.
- ii) It will help the physical education teachers to motivate their students and to develop more interest in games and sports.
- iii) It will improve the standard of teaching & training to the students which will definitely increase the interest of students towards physical education.

Purpose of the study : The purpose of the study is to know and compare the interest of higher Secondary private and Government girls students towards physical education program.

Hypothesis : It was hypothesised that the private higher secondary school girls students have much more interest comparison to Government higher secondary girls students towards physical education program.

Sources of data :

For the present study 160 (80 from private and 80 from Government) of Higher Secondary school girls students of west Tripura were selected as subjects.

Sampling procedure :

To collect the data simple random sampling procedure were used.

Selection of the test and scoring procedure :

To collect the data researcher developed an opinionnaire on interest with three objectives after taking experts opinion & the responses were employed by Likert scale. The Opinionnaire consisted of 40 opinions with 37 positive 3 negative opinion.

Positive and Negative items were recorded separately for each dimension. Items measuring particular dimension positively and as “strongly disagree” “disagree”, “neutral”, “agree”, “Strongly agree”, were given the scores for positive statement 1,2,3,4,5 and for negative statement 5,4,3,2,1 respectively.

Statistical tools- To analyse and draw the conclusion mean, standard deviation and ‘t’ test were used.

TABLE- 1

Group	N	Mean	SD	t	df
Private	80	161.90	± 8.681	9.242	158
Government	80	140.83	± 18.456		

Tabulated ‘t’ value at 0.05% level of significance for 158 df is 1.984

To compare between the two groups i.e., Private and Government school girls students of West Tripura, independent t- test was employed. After analysis the data it is found that mean value of Private school girls is 161.90 and Government school girls is 140.83. The SD of private school is ±8.681 and Government school is ±18.456. It is also observed that calculated ‘t’ value is 9.242 and tabulated value is 1.984 at 0.05% level of significance for 158 df. Where calculated value is greater than tabulated value. Therefore, it shows that there is significant difference between the said groups.

It is found that there is a comparison between Private school girls and Government school girls of west Tripura, which is described as Private school girls have much more interest towards Physical Education program than Government school girls.

The responses characterised the fact that :

- i) The private school girls are more aware about the benefits of physical education comparison to the Government school girls.
- ii) The private school have better infrastructure and equipment facilities than the Government school.
- iii) May the Government schools have lack of physical education teacher who may give proper training and motivation to the students regarding physical education program.

Suggestion:

- i) The same study can be done on different subjects, different districts, and different state.
- ii) Government should look after the lacking which may result less interest of the students towards physical education program.

- iii) Government should take initiative for more awareness camp on the benefits of games and sports in school.
- iv) Parents and teacher should motivate their children to involve in physical education class.
- v) Government should recruit more physical education teacher for every school.
- vi) Private school should involve more and more students in games and sports as well as physical education class.
- vii) Evaluation process should be there, as well as award and reward should be declared for the beginners.

Conclusion :

On the basis of the discussion it is concluded that there is a significant difference on the interest towards Physical Education program of higher secondary Private school girls and Government school girls students of West Tripura. It also suggests that some important points to look after and if it follows the scenario of private and Government school will definitely change, and students will increase more interest in physical education and games and sports.

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