

A Survey of Physical Education Classes and Sports Activity in Schools of Rohtak District (Haryana)

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ABSTRACT

The purpose of the present study was to explore the physical education classes & sports activity in schools of Rohtak District (Haryana). The study was descriptive in nature and the data was collected through survey method. The sample of the study was 20 schools (government, government aided & public school) selected through random sampling technique. Percentage method was used to analyse the data.

INTRODUCTION

It is no exaggeration to say that the physical education is the integral part of general education and the unified force that emerge out of the judicious of the celebrated twin department of knowledge, is capable of producing desirable results among the students. The education should not merely be a vast sea of mental acrobatics. The present day thinkers in education emphatically stress that the best individual is one who is physically fit, mentally sound and sharp, emotionally balanced, socially well-adjusted. The scientifically planned curriculum of physical education deserves should not put into proper perspective and thoroughly studied for the welfare of humanity at large.¹

Physical education does aim at providing “physical fitness” for all the individuals in schools, colleges and universities too. Moreover, it makes the students become strong mentally, morally, socially and psychologically. It is understand that there should be facilities of all kinds, which are necessary for the successful and satisfactory conduct of various physical activities in schools, colleges and universities. The sufficient number of qualified staff also should be appointed to render adequate teaching, coaching and supervision. The allocation of evening hours exclusively for the physical activities is to develop the physical and mental health and to provide positive reaction to all the students. Plan the entire school program in such a way that every pupil in the school shall participate daily in a purposeful, meaningful, well-organized and well-supervised physical education program. This may require drastic revision of general time-tables to permit adequate number of physical education classes per day and per week. But, if education is really meant for the all round development of a child, a suitable and successful solution can be found.

The importance of physical education is a process and measures of general education cannot be undermined especially in the modern times which are marked by ecological imbalance, artificial life style, social turmoil’s hurrying and scurrying. The brain cannot be developed without the development of this bone. No other aspect of education is so nearer to the child’s heart than physical education and sports. It will known fact that for living lungs are as important as heart because both constitute integral parts of the body system similarly with regard to the mind or the body one is an important as the other and one cannot be developed by neglecting the other.²

Such an analog is true of education and physical education, because they co-exist, co-operate and co-ordinate in their structure and functioning.

Physical education committee constituted by the government of Bombay (1945-46) recommends physical education should have the major subject status and will be allotted 45 minutes time.

Dr. Radha krishan as chairman states that physical education is an art where human being are developed through psycho-physical in nature also provision for adequate dynamism, planning fields and other facilities are to be created. The secondary education commission has made physical education in all the state of school curriculum. However, instructions and participation in this area continued to be restricted to a few students in schools. The central advisory board of physical

education and recreation has reported there are very few schools that provide physical education for all the pupils every day.

Time along with the increasing in demand of wide variety of physical education program, the ideas as to what an efficient physical education program should consist in the report of various board, commission and committee were established for the promotion of today physical education is considered as an international discipline and its important as fundamental human right has already been recognized by the united nations, the world body. The international charter of physical education adopted on 21 nov. 1978 by the United Nations education scientific and culture organization (unesco) clearly reflects the great importance attached by the international body of physical education and sports as an integral part of general education.

OBJECTIVES OF PHYSICAL EDUCATION

To develop physical power with a capacity for sustained efforts through exercise of the large muscles and vigorous play.
To develop body poise and grace, correct postural habits, variety of skills and ability to relax.

To develop emotional stability through frequent and vigorous participation in enjoyable activities within the capacity of the individual.

To channelize the vast energy of students towards constructive, purposeful and socially useful work.

To develop good health practice and attitudes.
To learn and practice skills of major sports.

For compulsory introduction of curriculum of physical education in the following provision of period in the time table is required:

1 to V	6 periods in a week.
VI to VIII	4 periods in a week.
IX to XII	4 periods in a week

The workload of a physical education teachers either in school or a college should be at per with that of other academic and pay scales at per with their counterparts. The pupil teacher ratio as per the recommendation is 1:250 which means one physical education teachers for every two hundred and fifty students in a secondary school. But this is not followed in many schools.

The national education and sports policies clearly indicate and motivate for the participation in sports but achievement in sports may effect due to the status of facilities available to the respective organization. The national sports policy facilities and infrastructure should be done so that the achievement level in sports may effect the performance of player.

SIGNIFICANCE OF THE STUDY

The study may be use full or guidelines for the Physical Education Teachers and Sports administration. On the basis of the finding of this study the education department of Haryana government may be able to make a suitable change in their plan for better result and facilities for students.

It may highlight the exact position of the related physical education classes and sports activity, which may helps to improve the level of physical education classes and sports activity.

SELECTION OF SUBJECTS

All the physical education teachers or principals of Haryana government's senior secondary schools of the Rohtak district were the subjects for this study.

CONSTRUCTION OF THE QUESTIONNAIRE

The questionnaire was prepared in consultation with the guide and other experts in the field. Guidelines for developing the questionnaire were obtained from selected books and already completed research study available in the library of M.D.U.

with utmost care and seriousness of the purpose taking into consideration the maximum coverage of the field concerned with relevant aspects needed for the study, so as to get maximum worthwhile and meaningful responses from the subjects, the questionnaire was designed.

Further, the construction and the arrangements of the questions was made in such a logical way that sequence and coherence in the response statement would be readily available in an orderly manner, which in turn may serve as yardstick for determining the problem. Attempts were also made to make questions simple, clear and relevant leaving no room for ambiguity or vagueness.

ADMINISTRATION OF THE QUESTIONNAIRE

Research scholar had personally visited all the senior secondary school of District Rohtak (Haryana). The questionnaire was distributed to the physical education teachers or principal.

COLLECTION OF DATA

The data for the present study was collected from all the physical education teachers or principal of above mentioned schools.

STATISTICAL TECHNIQUE

The data collected through questionnaire was computed by applying the simple percentage of each question.

RESULTS OF THE STUDY

The Research scholar conducted the survey in the senior secondary schools of district Rohtak (Haryana) and obtained data from the principals and physical education teachers of various schools. In this Paper the scholar has presented the result obtained in its analysis using appropriate statistical procedure.

The scholar himself with the questionnaire was approved personally to 20 senior secondary schools of District Rohtak (Haryana) and result has been presented on following table.

TABLE NO. – 1

Question No-1 status of the school				
	Govt.	Govt. Aided	Public	Total
Response	6	4	10	20
Percentage	30%	20%	50%	100%

Table no. 1 shows that out of 20 responses 30% school are govt., 20% schools are government aided and rest of 50% schools are public schools.

TABLE NO.- 2

Question no.-2	Responses		% age	
	Yes	No	Yes	No
Do you have any criteria allotting physical education as a syllabi to the Students of xi and xii standard?	14	6	70	30

Table no.- 2 shows that out of 20 responses 70% schools have criteria allotting physical education as a syllabi to the students of xi and xii standard and 30% schools have no any criteria allotting physical education as a syllabi to the students of xi and xii standard.

TABLE NO.- 3

Question no.- 3	Responses		% age	
	Yes	No	Yes	No
Is the physical education teaching going on regularly in your school?	17	3	85	15

Table no.-3 shows that out of 20 responses in the 85% schools the physical education teaching classes are going on a regular basis but in the 15% schools the physical education teaching classes are not going on a regular basis.

TABLE NO.- 4

Question no.-4	Responses		% age	
	Yes	No	Yes	No
Do you have adequate quantity of physical education books in your School library.	15	5	75	25

Table no.-4 shows that out of 20 responses 75% schools have adequate quantity of physical education books in their schools library and 25% schools do not have adequate quantity of physical education books in their schools library.

TABLE NO.- 5

Question no.- 5	Responses		% age	
	Yes	No	Yes	No
Are you aware of n.c.e.r.t. Recommendation with regard to allotment of physical education classes?	14	6	70	30

Table no.-5 shows that out of 20 responses 70% schools are aware of N.C.E.R.T recommendation with regard to allotment of physical education classes but rest of 30% schools are not aware of N.C.E.R.T recommendation with regard to allotment of physical education classes.

TABLE NO.- 6

Question no.-6	Responses		% age	
	Yes	No	Yes	No
Is physical education / sports compulsory for boys and girls?	13	7	65	35

Table no.-6 shows that out of 20 responses in 65% schools the physical education/sports is compulsory for boys and girls but in the rest of 35% schools the physical education / sports is not compulsory for boys and girls.

TABLE NO.- 7

Question no.-7	Responses		% age	
	Yes	No	Yes	No
Does school organize intramural and Extramural competitions?	14	6	70	30

Table no.-7 shows that out of 20 responses 70% schools have facilities to organize intramural and extramural competitions but 30% schools were not organize intramural and extramural competitions.

TABLE NO.- 8

Question no.-8	Responses		% age	
	Yes	No	Yes	No
Have you conducted any special coaching program During summer vacation?	10	10	50	50

Table no.-8 shows that out of 20 responses 50% schools conducted special coaching program during summer vacation and rest of 50% schools do not conduct special coaching program during summer vacation.

TABLE NO.- 9

Question no.-9 In how many sports on the average, do your school participated annually in inter-school competition.				
No. of game	No Game	1 to 4	5 to 7	8 or more
Response	1	9	7	3
Percentage	5%	45%	35%	15%

Table no.-9 shows that out of 20 responses 5% schools did not participate in any game, 45% schools participated in 1 to 4 game, 35% schools participated in 5 to 7 game and rest of 15% schools participated in 8 or more game.

TABLE NO.- 10

Question no.-10	Responses		% age	
	Yes	No	Yes	No
Do you have any provision for imparting extra coaching to outstanding Sports person of your school?	6	14	30	70

Table no.- 10 shows that out of 20 responses 30% schools have some provision for imparting extra coaching to outstanding sports person in their schools but rest of 70% schools do not have some provision for imparting extra coaching to outstanding sports person in their schools.

CONCLUSION

Schools of the Rohtak district are ahead in physical education classes as well as in providing of sports activity to the sports person/students for the promotion of games and sports. The present papers recommend that government should take foundational steps for the promotion of games and sports in Rohtak district. A survey of physical education classes and sports activity in schools of Rohtak district some school should be developed because our result suggests that some schools had not physical education classes criteria and sports activity for students. physical education classes criteria and sports activity should be developed in government, government aided and public schools at good level in order to encourage to the new youth for choosing their carrier in physical education and sports arenas.

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