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**Monika Patel**

Associate Professor, School of  
Physical Education D.A.V.V.,  
Indore, Madhya Pradesh, India

**Dr. Vijay Francis Peter**

Associate Professor, School of  
Physical Education D.A.V.V.,  
Indore, Madhya Pradesh, India

**Dr. Vivek B Sathe**

Director of Sports, Hari Singh  
Gour University, Sagar, Madhya  
Pradesh, India

## A survey study of attitude towards games and sports among students of Kasturbagram Rural Institute, Indore

**Monika Patel, Dr. Vijay Francis Peter and Dr. Vivek B Sathe**

### Abstract

The main purpose of this study was to analyze the attitude of students (rural girls) of Kasturba gram Rural Institute, Indore towards games and sports played at their residential and college. The attitude towards games and sports, their process and procedures, wishes and wills and their impact on sports participation, activities and events were studied and analyzed in order to reach the conclusions. The Qualitative research design and method was used to collect data from one hundred randomly selected students (N=100) of Kasturba gram Rural Institute, Indore from Under graduation and Post-Graduation degree through questionnaire and fieldwork observations.

**Keywords:** Attitude, games and sports, rural girls

### Introduction

Games and sports play an important role in student's growth and development. Participating in games and sports activity improves and develop mental health and physical fitness of the body. Playing games and sports a student gains various skills experience and confidence which are very much helpful for developing their personality, the role of sports in today world and the contribution that students involved in games and sports activity can make a society a better place to live. Games and sports are an integral part of education as well as the society, they affect girl student's life physically, mentally, emotionally and culturally, it also gives an opportunity to women athletes to become financially independent. Through participating in games and sports girls become more confident, fearless, focused and it improves their decision-making ability which helps them to lead their lives by their own decisions and thoughts. They help them to improve leadership qualities. Playing sports at higher level or representing their country at international platforms gave women athletes recognition and respect. Women sports participation especially in rural areas does not only require having well infra- structure, stadiums, sports scholarships and rewards but it also requires support from family, society and friends. Some orthodox families and people are of the opinion that women should be restricted to house only and not allowing them to participate in games and sports activities they think that women participation in sports vanish their beauty and softness, women will acquire more qualities like male rough voice, muscular body etc. Early marriage in rural areas is the biggest problem for female participation in sports activities. Attitude is an individual's inclined state of mind and responsive expression towards a value, person, place, thing, event, etc. that can be formed from a person's past and present. It is a tendency to respond positively or negatively towards a certain idea, object, person and situation that influences on one's choice of actions, responses to challenges, incentives, and rewards. Kasturbagram Rural Institute Indore is a Rural Institute established on 25 July 1963, as an initiative of National Council of Rural higher education under the kasturba Gandhi memorial trust that serving the needs and work for empowerment of poor, rural women and girls in India. This institution is working and educating only girls belong to rural background. Attitude towards games and sports among girl students will help to realize the influencing factors (independent variable) which affect the reasons why students hold particular attitudes (depend variables) towards sports.

**Corresponding Author:**

**Monika Patel**

Associate Professor, School of  
Physical Education D.A.V.V.,  
Indore, Madhya Pradesh, India

## Methodology

This study is conducted to observe the inclination and opinion of college girl students of Kasturba gram Rural Institute Indore [M.P.] towards games and sports. For this investigation a self- prepared questionnaire was used in Hindi language which was constructed by the research scholar herself in kind consideration of faculties of school of physical education department who suggested the scholar through trail run of the questionnaire and also approved by 5 experts of different universities. Descriptive statistics is used in this study. All the responses were calculated and presented in percentage with respect to each and every question based on the percentage analysis. The attitude questionnaire prepared for this study had 20 statements (question). Questionnaire seeks responses of students studying in Kasturbagram Rural Institute Indore and assesses statement arranged in questionnaire related to attitudes. For each statement there was three alternatives, Yes, No and Not Sure and that were then classified into positive and negative results. 100 girl students from the institute had randomly selected (N=100) from UG and PG degree. A subject was asked to indicate view (attitude) by choosing in the appropriate option.

## Results

This study was conducted on 100(N=100) random students of Kasturbagram Rural Institution, Indore to know whether the attitude towards games and sports are in favor or in against i.e., student's responses were positive or negative towards games and sports. A Questionnaire was prepared by the scholar herself through goggle form. The Attitude scale consisted of 20 items. After analysis and interpretation of data results are presented in tabular and in graphical form. In this study 3-point scale is used that is "Yes", "No" and "Not Sure", according to questions the positive and negative responses were recorded and converted into percentage. The table containing interpreted data is shown below;

**Table 1:** Calculated raw data in percentage form.

Q. No.	Positive Response	Negative Response	Neutral
1	100%	0%	0%
2	97%	1%	2%
3	95%	4%	1%
4	89.9%	8.1%	2%
5	91%	3%	6%
6	97%	1%	2%
7	99%	0%	1%
8	89%	5%	6%
9	94%	4%	2%
10	60%	29%	11%
11	16%	71%	13%
12	75%	19%	6%
13	92%	5%	2%
14	35.4%	57.6%	7.1%
15	68.4%	20.4%	11.2%
16	62.9%	23.7%	13.4%
17	94.8%	4.1%	1.1%
18	49.5%	38.1%	12.4%
19	25.5%	60.2%	14.3%
20	16.2%	71.7%	12.1%

## Discussion of findings

After the analysis of data of whole sample, it is observed that the sample (N=100) has shown favorable attitude towards games and sports. It clearly shows that the students (rural girls) of Kasturbagram Rural Institute, Indore have positive and favorable attitude towards games and sports. The findings

of the study revealed that in most of the questions the attitude of students is positive towards games and sports but in few questions their thinking and mentality differs from the rest. As the overall attitude is found positive. In various responses students showed very much acceptance of the questions related to mental state, attitude and behavior etc. through games and sports. One of the strong beliefs among the students is that sports and games are very essential to maintain good health. It is found that students know the importance of sports as a physical activity which will keep them fit and active throughout their life. Students also believe that participating in sports teaches them co-operation, adjustment, confidence, discipline, self-control in the society. According to the analysis it is revealed that the students like to participate in activities of games and sports, wanted to develop interest towards the games and sports.

## Conclusions

To know the attitude of students of Kasturbagram Rural Institution towards games and sports through 20 questions which were selected for questionnaire response, from which 16 questions were found positive attitude of students towards games and sports.

## Some positive responses are as follows

- Students of Kasturbagram started feeling more self-confident after participating in sports and games.
- Students believe that due to games and sports, their mental and intellectual development is at good level.
- Students think that friendly nature among students improves because of games and sports.
- Their sports officers were also used to motivate them to participate in games and sports.
- Students believe that participating in games and sports helps them in taking right decisions.
- Students of Kasturbagram Rural Institution like their participation in competitive sports.
- They actually think that rural girls must participate in games and sports.
- Students of Kasturbagram used to pay attention to management of sports equipments on a daily basis so that the life of equipments could be increase.
- Students believe that sports and games are a good way of entertainment and relaxation, they also enjoy playing them.
- Students of Kasturbagram Rural Institution prefer to give their suggestions to sports officer for improvement of sports facilities in the institution.
- Parents of Kasturbagram students encourage their children to participate in sports.
- The girl students believe that participating in sports does not cause any problem in future married life.
- Students of Kasturbagram do not pay much attention to beauty and prefer their participation in games and sports, they are afraid of spoiling their beauty.
- They were satisfied with the clothes (t-shirt and shorts) worn during the activity.
- They thought that in their institution special attention or importance is given to sports and games.

## Some responses showed negative attitude

- Students feel that rural students are afraid of getting injured during sports activity.
- They thought that students pay more attention to their studies as compare to games and sports.

- Students of Kasturbagram think that students from rural area quit sports because of marriage or engagement.
- They believe that due to less awareness of sports among parents, players have to leave sports.

Students think that parents and people around them believe that participating in sports increases aggressiveness in behavior.

### **Recommendations**

1. Study can be repeated on various levels of teaching personnel.
2. Study may be repeated to know the attitude of students of Kasturbagram Rural Institute, Indore in other aspects.
3. A comparative study can be done between the educational institutions of tribal and urban areas.
4. On the basis of the result of this study, it is very strongly recommended that Physical education teachers, coaches and administrators must apply scientific and systematic physical education programmed.

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