

## AN ATTITUDE OF COLLEGE STUDENTS TOWARDS THE SPORTS AND PHYSICAL ACTIVITIES: A CASE STUDY IN SARGODHA CITY

Faiz-ul-Hassan Shah<sup>1</sup>, Dr. Muhammad Rafique Qambrani<sup>2</sup> and  
Dr. Muhammad Akram Ansari<sup>3</sup>

### ABSTRACT:

**Objectives:** The study surveys the attitude of college students towards sports and physical activities from Sargodha city. Instructive associations should prerequisite to inspire students to participate in sports and physical activities. Physical education is an important part of education. These days man is full of tension and nervousness at any stage of life expectancy. Every individual needs to take part in regular physical events along with daily repetitive work.

**Method:** A simple questionnaire survey method had functional and used a random sampling technique to collect the study data of 300 subjects from selected six Government degree colleges of Sargodha city. The variables of the study were physical activities such as social experiences, health & fitness, and aesthetic experiences had given a pure vision into the study of attitudes of college students.

**Results:** This research study outcome helps to concentrate on their work and maintain a healthy mind and body. The reliability of the collected data was checked through SPSS 22 version. Cronbach's alpha significance for 134 male students is 0.904 and for 166 female students is 0.876. The outcomes of reliability were obtained for social experience 0.797, health & fitness 0.858, and Aesthetic experience 0.712. The total overall 300 subjects Cronbach's alpha significance was 0.880 for both genders.

**Conclusion:** The overall attitude towards selected variables was significant. Maximum college students were aware of the benefits of sports and physical activities, health, and fitness for their aesthetic experience to remain well-being in life.

**Keywords:** Attitude, physical activity, social, aesthetics, health, fitness, education, physical education, physical education teacher and physical literateness.

### Introduction:

Education is a gadget for cultural, economic, social, and emotional control (Kaylor, 2015). Sports and Physical activities are

---

<sup>1</sup> M.Phil. & Physical Training Instructor, Karachi. E-mail: [faizulhassan104@gmail.com](mailto:faizulhassan104@gmail.com)

<sup>2</sup> Associate Professor, Centre for Physical Education, Health & Sports Science, University of Sindh, Jamshoro. E-mail: [rafiq.qambrani@usindh.edu.pk](mailto:rafiq.qambrani@usindh.edu.pk)

<sup>3</sup> Professor, Centre for Physical Education, Health & Sports Science, University of Sindh, Jamshoro. E-mail: [akram.ansari@usindh.edu.pk](mailto:akram.ansari@usindh.edu.pk)

an essential part of education. One of the foremost goals of the curriculum is to develop a positive attitude of college students towards sports and physical activities. Health and physical education & sports science discipline provide the knowledge, incentives for enjoying life, self-confidence, participation in various types of physical activities to remain mentally and physically fit (SHAPE America 2014). Internal feelings, behaviors, and set of firm beliefs about any object that may be recommended not recommended called attitude. Attitude is a changeable, replaceable, and dynamic role. It can be constructive or destructive type in life. Attitude is a positive or negative judgment about anything, person, and object (Araújo AT, Dosil J, 2015). Individual's predisposed state of mind regarding value through expression towards the place, event, things, and persons (Richard, 2016). Physical literateness consists of the basic talents of college students should attain to be physically active and join in sports and physical activities (Lloyd, 2010) (UNESCO, 2015). Physical literateness is "the confidence, physical capability, motivation, understanding and knowledge to maintain physical activity during the life" (Whitehead, 2010). Physical literateness is consisting the four main areas: (a) fundamental motor skills (e.g. throwing and catching a ball); (b) physical fitness (flexibility, cardiovascular fitness, muscular strength endurance, and coordination); (c) physical activity behaviors and (d) cognitive aspects (knowledge, attitudes, and feelings) (Lloyd, 2010). Regular physical exertive activities will help to burn the extra calories. Physical exercises increase metabolism action in a fatty body; it increases the consumption of calories in the shape of energy and extra burn off. Fatty bodies automatically become a lean and smart body posture (Mirsafian, Doczi, & Mohamadinejad, 2015). The sports and physical activities make physical and physiological strong of an individual in social context. Sports and physical activities are benefited for individual during leisure time and best for community relationship. Positive attitude towards sports and physical activities introduce with different environment (Mehmet Yanik, 2018). Physical activities help to

enhance insulin sensitivity that will control to cells of body to use available sugar in blood stream. Exercise will help muscles and skeleton to control sugar in blood for energy to body (Weil, 2015). During exercise the body release chemical endorphin interact with receptor in brain that decreases perception of pain in body (Lueneberger, 2006), (Williams and Tappen, 2007).

Man is walking, jogging and running in plain or hilly area. Five senses are working in human body for feeling and enjoyment the sports environment. Sports and physical activities are caring for healthy body for remain wellbeing. It makes the body with upright, flexible muscles & strong bones, well functional heart, effective lungs and augmentation of mental & physical growth. Discussing about the sports events just for amusement, spectators are not ready to participate as for as people are well known about the benefits of exertive physical activities for healthy body remaining long life wellbeing. Physical activities provide wide range of health benefits that protect from chronic diseases and psychological health. Aesthetic activity gives good opportunity to natural environment such as playing fields, wood lands and parks (Matti Tainio, 2019).

The college students concern with teamwork in games, amusement in the social environment of society, and fun for both genders. Society is a learning institute for men, getting the norms, beliefs, and skills that support to make an attitude towards sports and physical activities (Drum, Bellovary, Jensen, Moore, & Donath, 2016). It is mandatory to provide qualified coaches, trainers, staff, and financial resources. The provision of sports facilities to college students will produce a good attitude towards sports and physical activities (Zia Ul Islam, 2014).

### **The Objective of the Study**

To investigate the attitude of college students towards sports and physical activities.

### **Method and Material**

A questionnaire survey method had applied and used a convenient sampling technique to collect the study information.

### **Sample Size**

The 300 samples were selected from six Government degree colleges of Sargodha city during spring session 2017. The 134 males and 166 female's students selected and attain the questionnaire variables of the study. The focuses of variables were physical activities as social experiences, health & fitness, and aesthetic experiences had given a clear insight into the research of attitude of college students. The samples of the study had taken from 3 males and 3 females Government degree colleges of Sargodha City.

### **Data Collection Tool**

19 items Likert's scale measuring the attitude towards Sports and Physical activities. The data was analyzed after collection of information. Data was coded according to selected variables with statistical elaborated in the study.

### **Variables: -**

- a) Attitude of Government college students towards the Sports and Physical activities as a Social Experience in Sargodha city;
- b) Attitude of Government college students towards the Sports and Physical activities for Health & Fitness in Sargodha city;
- c) Attitude of Government college students towards the Sports and Physical Activities as an Aesthetic Experience in Sargodha city;

### **Questionnaire**

Out of 63 items, only 32 items Likert scale measuring attitude towards the sports and physical activities were developed for use with degree colleges students in the province of Khyber Pakhtunkhwa (Khan, 2012), (Koca et al., 2005). Out of 32 items, only

19 items were selected to form a final scale. There are seven items worded negatively to identify lie detection, while all other statements are worded positively. The scale is scored by summing responses to each item answered on 1 to 5 Likert scale. The minimum scale score is 19 and the maximum is 95. The Cronbach alpha for the scale was obtained as 0.880. Validation and reliability studies were done on a 19-item scale. Validation evidence was gathered through pilot studies. In estimating the internal consistency of the scales, the Cronbach's coefficient alpha formula was used and results were calculated. In the present study, the Likert scale was used to be responded on a five (5)-point scale ranging from strongly disagree to strongly agree. Factor wise reliability of the variables was assessed and was found to be 0.797 for a social experience, 0.858 for health and fitness, and 0.712 for aesthetic experience for sports and physical activity. Cronbach's alpha of 134 male students is 0.904. Cronbach's alpha of 166 female students is 0.876. The total Cronbach's alpha is 0.880 for a total of 300 male and female students. All elements are positively correlated.

**SPSS:**

Government Degree College student's attitude regarding sports and physical activities was measure 19 items by the Likert scales. Data had collected through questionnaires. Statistical Package Social Sciences (SPSS-22) version for analyzing the data. Data had coded with variables to elaborate on the research. The collected data is present mean and standard deviation.

**Results:**

The Questionnaire was distributed among 300 students (134 Male & 166 Female) of colleges of Sargodha City. The collected data were analyzed by the mean and standard deviation.

**Table No. 1**  
**Showing the Attitudes of Government College Students towards the Sports and Physical Activities as a Social Experience**

Sr. No.	STATEMENT	Mean / Male	SD/ Male	Mean/ Female	SD/ Female
1	Physical Activities are the source of interaction with people	3.850	1.411	3.807	1.339
2	National and annual sports day of the college and other celebrations promote socialization	4.231	1.331	3.849	1.416
3	Physical Educationalist should avoid close intimacy with the people because it lowers his honor	2.111	1.396	1.981	1.276
4	The parents must allow their children for physical activities because it enhances their relationship with other segments of society.	3.977	1.373	3.560	1.458
5	Physical activities are not promoting a positive attitude towards people.	2.582	1.769	2.042	1.363
6	Participating in physical activities gives public identity to participants.	3.903	1.569	3.831	1.416
7	The physical activities have a negative impact on moral behavior	2.223	1.374	1.662	1.070
8	Educational abilities of the students are affected while participating in physical activities	2.291	1.480	2.150	1.272
<b>OVERALL MEAN AND STANDARD DEVIATION OF MALE AND FEMALE</b>		<b>3.146</b>	<b>1.462</b>	<b>2.860</b>	<b>1.326</b>

In the above table, the overall mean and standard deviation of male and female government degree college students showing the attitudes of college students towards sports and physical activities as a social experience. The overall mean attitude is 3.146 and the standard deviation is 1.462 for male college students. And overall mean attitude is 2.860 and the standard deviation is 1.326 for female college students.

**Table No. 2**  
**Showing the Attitudes of Government College Students towards**  
**the Sports and Physical Activities for Health and Fitness**

Sr. No.	STATEMENT	Mean/ Male	SD/ Male	Mean/ Female	SD/ Female
9	To promote better health conditions, the students may take part in sporting activities.	3.604	1.631	3.656	1.459
10	Physical activities are one of the sources for fitness	3.806	1.586	3.891	1.379
11	Posture deformities cannot be improved by taking part in physical activities.	2.425	1.581	2.006	1.218
12	Participation in physical activities reduces the risk of heart diseases.	3.888	1.479	4.024	1.343
13	To get rid of all the worries, tension, and illness one should take part in physical activities	3.850	1.494	3.873	1.436
14	Growth and development factors affected by movement can be enhanced through participation in physical activities.	3.932	1.487	3.741	1.525
<b>OVERALL MEAN AND STANDARD DEVIATION OF MALE AND FEMALE</b>		<b>3.584</b>	<b>1.543</b>	<b>3.531</b>	<b>1.393</b>

In the above table, the Overall mean and standard deviation of male and female government degree college students showing the attitudes of college students towards sports and physical activities for health and fitness. The overall mean attitude is 3.584 and the standard deviation is 1.543 for male college students. And overall mean attitude is 3.531 and the standard deviation is 1.393 for female college students.

**Table No. 3**  
**Showing the Attitudes of Government College Students towards the Sports and Physical Activities as an Aesthetic Experience**

Sr. No.	STATEMENT	Mean/ Male	SD/ Male	Mean/ Female	SD/ Female
15	Good body shape cannot be developed through participation in physical activities.	2.231	1.584	1.825	1.210
16	Participation in physical activities enhances the sense of appreciation of others.	4.074	1.529	3.500	1.528
17	Physical activities are not one of the sources of developing a good personality.	2.209	1.531	1.753	1.052
18	Physical activities are adding artistic movement in an individual.	4.059	1.428	4.000	1.302
19	Creative movements and skills are developed while participating in physical activities.	4.119	1.321	3.921	1.334
<b>OVERALL MEAN AND STANDARD DEVIATION OF MALE AND FEMALE</b>		<b>3.338</b>	<b>1.478</b>	<b>2.999</b>	<b>1.285</b>

In the above table, the overall mean and standard deviation of male and female government degree college students showing the attitudes of college students towards sports and physical activities as an aesthetic experience. The overall mean attitude is 3.338 and the standard deviation is 1.478 for male college students. And overall mean attitude is 2.999 and the standard deviation is 1.285 for female college students.

## Testing of Hypotheses

### 1<sup>st</sup> Variable

**H<sub>0</sub>:** There exists an insignificant positive relationship between social experience and physical activity.

**H<sub>A</sub>:** There exists a significant positive relationship between social experience and physical activity.

STATEMENT	MALE			FEMALE		
	Chi square value	df	P-Value	Chi square value	df	P-Value
Physical Activities are the source of interaction with people	14.746	2	0.000	93.217	4	0.000
National and annual sports day of the college and other celebrations promote socialization	180.030	4	0.000	93.518	4	0.000
Physical Educationalist should avoid close intimacy with the people because it lowers his honor	103.537	4	0.000	120.084	4	0.000
The parents must allow their children for physical activities because it enhances his relationship with other segments of the society.	108.612	4	0.000	41.711	4	0.000
Physical activities are not promoting the positive attitude towards people.	64.090	3	0.000	119.904	4	0.000
Participating in physical activities gives public identity to participants.	132.194	4	0.000	86.590	4	0.000
The physical activities have negative impact on moral behavior	92.716	4	0.000	224.602	4	0.000
Educational abilities of the students are affected while participating in physical activities	65.701	4	0.000	79.241	4	0.000

The test statistic chi square table value at degree of freedom 4 is 9.56 and calculated values are much greater than the table value and probability values 0.000 indicate significant relation.

**2<sup>nd</sup> Variable**

**H<sub>0</sub>:** There exist an insignificant positive relationship between health & fitness and physical activity.

**H<sub>A</sub>:** There exist a significant positive relationship between health & fitness and physical activity.

STATEMENT	MALE			FEMALE		
	Chi square value	df	P-Value	Chi square value	df	P-Value
To promote better health conditions, the students may take part in the sporting activities.	93.388	4	0.000	60.205	4	0.000
Physical activities are one of the sources for fitness	107.418	4	0.000	55.735	3	0.000
Posture deformities cannot be improved by taking part in physical activities.	54.284	4	0.000	99.663	4	0.000
Participation in physical activities reduces the risk of heart diseases.	106.522	4	0.000	75.880	3	0.000
To get rid of all the worries, tension, and illness one should take part in physical activities	95.403	4	0.000	106.229	4	0.000
Growth and development factors affected by movement can be enhanced through participation in physical activities.	116.522	4	0.000	90.928	4	0.000

The test statistic chi square table value at degree of freedom 4 is 9.56 and calculated values are much greater than the table value and probability values 0.000 indicate significant relation.

**3<sup>rd</sup> Variable**

**H<sub>0</sub>:** There exist an insignificant positive relationship between aesthetic experience and physical activity.

**H<sub>A</sub>:** There exist a significant positive relationship between aesthetic experience and physical activity.

STATEMENT	MALE			FEMALE		
	Chi square value	df	P-Value	Chi square value	df	P-Value
Good body shape cannot be developed through participation in physical activities.	122.642	4	0.000	156.831	4	0.000
Participation in physical activities enhances the sense of Appreciation of others.	195.328	4	0.000	50.687	4	0.000
Physical activities are not one of the sources of developing good personality.	101.299	4	0.000	162.614	4	0.000
Physical activities are adding artistic movement in an individual.	143.313	4	0.000	112.916	4	0.000
Creative movements and skills are developed while Participating in physical activities.	83.970	3	0.000	105.386	4	0.000

The test statistic chi square table value at degree of freedom 4 is 9.56 and calculated values are much greater than the table value and probability values 0.000 indicate significant relation.

**Discussions**

According to the "rule of thumb" on sample size was 199 further 101 sample size was increased for the reliability of this research study (Dr. Rick Yount, L. R. Gay, 2006). The sample was

collected from all 03 male Government degree colleges and 03 female Government degree colleges out of four female Government degree colleges. The total participants were 300 students, 134 male students, and 166 female students. A convenient sampling technique was used to select students from Government degree colleges. The main goal of the research was to check the attitude of degree colleges male and female students towards sports and physical activities as social experiences, health & fitness, and as an aesthetic experience in Sargodha city. Male and female government degree college students showing the attitudes (overall mean attitude is 3.146 for male students and the overall mean attitude is 2.860 for female students) of college students towards sports and physical activities as a social experience. Male and female government degree college students showing the attitudes (Overall mean attitude is 3.584 for male students and the overall mean attitude is 3.531 for female students) of college students towards sports and physical activities for health and fitness. Male and female government degree college students showing the attitudes (overall mean attitude is 3.338 for male students and overall mean attitude is 2.999 for female students) of college students towards sports and physical activities as an aesthetic experience.

The exhausting of the students in sports and physical activities at their initial stage in social environment isn't only developing their physique but also produce positive attitude towards sports and physical activities. The health & fitness level enhance the physical performance, efficiency and display the aesthetic practices in their daily tasks. It plays an important role in the promotion of regular involvement in sports that also helps in promoting healthy lifestyle in the coming years of their life. This positive attitude ultimately encourages participating in the sports and physical activities in the life time. The students will have positive attitude without academic burden (Koca, 2005). College students feel physically fatigue and time consumption for physical activities, and indicate negative attitude towards sports and physical activities (Timothy, 2010).

Regular participating in sports and physical activities at initial stage of life will make strong physique and also produce good attitude for sports and physical activities. Continuing the sports & physical activities during school and college stage will inculcate the sports culture in coming era. Doing the regular physical activity will enhance the spontaneously mental and physical coordination. It is reported that college students having positive attitude towards sports and physical activities, definitely the students will link enthusiastically with sports activity. Students of colleges must know the benefits of regular doing the physical exercises; building of muscles, endurance, strong body and maintaining good posture during whole life time (Milli, 2007).

**References:**

- Araújo AT, Dosil J (2015) The influence of attitudes toward physical activity and sports; *Moritz, Rio Claro*, 21(4), 344-351.
- Dr. Rick Yount, L. R, 2006 *Gay, the Rationale of Sampling Steps in Sampling Types of Sampling Inferential Statistics: A Look Ahead the Case Study Approach Research Design and Statistical Analysis for Christian Ministry.*
- Drum, S. N., Bellovary, B., Jensen, R., Moore, M., & Donath, L. (2016). Perceived demands and post-exercise physical dysfunction in Cross Fit® compared to an ACSM based training session. *Journal of Sports Medicine and Physical Fitness*. Kaylor, C (2015). Seven Principal of catholic Social Teaching. Catholic culture. Org. [[http: www.catholicculture.org/culture/library/view.cfm?id=7538](http://www.catholicculture.org/culture/library/view.cfm?id=7538)].
- Khan, S. & Khan, M. (2012). Impact of sports on academic achievement with special reference to Gomal University Dera Ismail Kahn. *Gomal University Journal of Research*, Vol: 20.
- Luene berger A. Endorphins, Exercise, and Addictions: A Review of Exercise Dependence. *Impulse: The Premier Journal for Undergraduate Publications in the Neurosciences*, 2006; 1-9.
- Lloyd, M.; Colley, R.C.; Tremblay, M.S. Advancing the debate on ‘fitness testing’ for children: Perhaps we’re riding the wrong animal. *Pediatr. Exerc. Sci.* 2010, 22, 176-182.

- Matti Tainio (2019) Contemporary physical activities: the aesthetic justification, *Sport in Society*, 22:5, 846-860, DOI: 10.1080/17430437.2018.1430483.
- Mirsafian, H, Doczi, T, & Mohamadinejad, A. (2014). Attitude of Iranian Female University Students to Sport and Exercise. *Iranian Studies*, 47(6), 951-966. <https://doi.org/http://dx.doi.org/10.1080/00210862.2013.823790>.
- Milli Eğitim Bakanlığıİlköğretim (2007) Genel Müdürlüğü. İlköğretim Beden Eğitimi Dersi (1-8. Sınıf) Öğretim Programıve Kılavuzu. Ankara: Devlet Kitapları Müdürlüğü.
- Mehmet Yanik, 2018 School of Physical Education and Sport, Balikesir University, Turkey.URL: <https://doi.org/10.11114/jets.v6i5.3047>.
- Richard M. Perloff, *the Dynamics of Persuasion: Communication and Attitudes in the Twenty-first Century*, Routledge, 2016.
- SHAPE America and Human Kinetics. National Standards and Grade-Level Outcomes for K-12. National Standards Flyer 2014. [Shapeamerica.org](http://www.shapeamerica.org). Web. 27 May 2016. <<http://www.shapeamerica.org/standards/upload/nationalstandards-flyer-rev>>.
- Timothy D. Nelson, Eric R. Benson, and Chad D. Jensen, (2010) Negative Attitudes toward Physical Activity: Measurement and Role in Predicting Physical Activity Levels among Preadolescents *Journal of Pediatric Psychology* Volume 35, Issue 1. Pp. 89-98.
- United Nations Educational Scientific and Cultural Organization (UNESCO) *Quality Physical Education*; United Nations Educational Scientific and Cultural Organization (UNESCO): Paris, France, 2015.
- Whitehead, M. The concept of physical literacy. In *Physical Literacy: Throughout the Life course*; Whitehead, M., Ed.; Routledge: London, UK, 2010; pp. 10-20.
- Weil R. *Managing Your Blood Glucose during Exercise*. 2015. Available from: URL: <http://www.bd.com/us/diabetes/page.aspx?cat=7001&id=7516>.
- Williams CL, Tappen RM. Effect of Exercise on Mood in Nursing Home Residents with Alzheimer's disease. *Am J Alzheimers Dis Other Demen*, 2007; 22(5): 389-397.
- Zia ul Islam, S. (2014) Study of governmental barriers/hurdles affecting sports in Secondary schools of Khyber Pakhtunkhwa, Pakistan. *Industrial Engineering Letter: Vol.4, No.4, ISSN 2224-6096 ISSN 2225-0581*.