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A SURVEY ON PHYSICAL EDUCATION ENVIRONMENT AND SPORTS FACILITIES OF COLLEGES

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ABSTRACT

Physical Education programmes are meant to develop a student by giving them knowledge, skills, and capabilities to maintain a healthy lifestyle. After studying for long hours, students' brain undergoes lot of stress, which in turn will show on the body. In Kerala, the college education system is functioning mainly on three sectors like Government, Government Aided and Unaided Self Financing Colleges. A comprehensive study will establish the attitude of decision makers of various bodies with respect to create sports culture in the youth. The purpose of the study was to assess the present Physical Education Environment and Sports Facilities and to find out the difference in physical education environment and sports facilities in Government, Government Aided Management and Self Financing Colleges. 150 Colleges of Kerala were randomly selected for the present study. Physical Education Climate Questionnaire (PECQ) was used to assess the physical education environment of the colleges. General Information Bank on Resources for Physical Education (GIBRPE) questionnaire was used to gather the information on sports facilities. The statistical techniques like descriptive statistics, f-ratio and t-test were used for the analysis of data. The results of the study; Physical Education Environment and Sports Facilities in Government Aided Management Colleges were better than Government and Self Financing Colleges in Kerala. There was no significant difference between Government colleges and Government Aided Management Colleges in Kerala in case of Physical Education Environment. There was significant difference among Government, Government Aided Management and Self Financing Colleges in case of sports facilities.

Keywords: *Physical Education Environment, Sports Facilities, Physical Education Programmes, Government Colleges, Government Aided Colleges, Unaided Self Financing Colleges.*

Introduction

Sports involve competition or challenge and a definite outcome primarily determined by physical skill. The basis of sports education starts at the school and college level in the form of physical education, which develops the health of the students and encourages them to be a part of sports. But, physical education is often neglected in India; many educational institutions do not seem to realize the value of physical education in the curriculum. Being active in sports is primarily the responsibility of the youth, but the government should provide

them with all possible facilities for their development.

College Physical Education and Sports Programme should promote physical activity, should teach skills as well as form or change behaviour, and should be able to influence health and well being across the life span. A quality program of Physical Education must be a core requirement in all Government, Government Aided Management and Self Financing Colleges. Through Physical Education, psychosocial development

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may be nurtured and opportunities will be created to develop interpersonal relationships, personal growth and self-esteem. Objectives such as good sportsmanship, cooperation, team work, giving and receiving support, appreciation for regular exercise, emotional control, leadership and fellowship skills and the development of a positive self concept can be developed. Sports and games not only help students in rejuvenating physically but also mentally. But unfortunately, most college managements tend to overlook these aspects. Parents should also be blamed equally for this negligence. Right from high school level, parents force students to attend competitive examination coaching classes but they hardly force them to attend any sports camp even during summer holidays. While, majority of colleges and schools lacked playgrounds, those provided with sufficient grounds require physical education teachers. The worse is that despite having facilities and teachers, some colleges lack sports materials. As per the rules, it is mandatory for colleges in urban areas and rural areas should have one and two acres for sports grounds respectively.

In Kerala, the college education system is functioning mainly on three sectors like Government, Government Aided and Unaided Self Financing Colleges. The sports facilities should be readily available to the students so that they can participate in various activities. Proper coordination, joint effort and congruence of objectives are required to get maximum output. To know about these matters, a detailed survey on the existing sports facilities is required. The Physical Education programmes in colleges contribute to a safe and healthy environment by observing safe conditions for games, recreation and outdoor activities. Developing skills of cooperation and collaboration, as well as fairness, sportsmanship and respect for others are behavioural science which has linkage with disciplines like Sociology, Psychology and Health Sciences. Thus the study has got interdisciplinary relevance.

Statement of the problem

The purpose of the study was to assess the present Physical Education Environment and Sports Facilities in the Colleges of Kerala. The purpose of the study was to assess the difference in physical education environment and sports facilities in Government, Government Aided Management and Self Financing Colleges in Kerala.

Delimitation

The study was delimited to Government Government Aided Management and Self Financing Colleges of Kerala.

Limitations

The differences that exist among the colleges due to varied social, cultural, economic and geographical factors on which the scholar had no control was considered as the limitation of the study.

Hypothesis

It was hypothesized that there will be difference in Physical Education Environment and Sports Facilities among Government, Government Aided Management and Self Financing Colleges in Kerala.

Purpose of the study

1. To bring out the strength and weakness of sports facilities in colleges.
2. To reveal the resources in Physical Education available in colleges.
3. To point out the Physical Education environment aspect prevailed in colleges.
4. To get the present state of Physical Education and sports programmes in various colleges.

Selection of samples

150 Colleges of Kerala were randomly selected for the present study. The categories of colleges surveyed were Government, Government Aided Management and Self financing Colleges. Modified versions of two questionnaires were used to assess the variables selected for the study. General Information Bank on Resources for

Physical Education (GIBRPE) questionnaire was used to gather the information of play ground facilities, availability of special play ground facilities, availability of sports materials, involvement of staff in the conduct of sports and games, schemes to motivate students for participation, organization of sports and games and

general maintenance of play fields and articles. Physical Education Climate Questionnaire (PECQ) was used to assess the physical education environment of the colleges. The statistical techniques like descriptive statistics, f-ratio and t-test were used for the analysis of data.

Analysis of Physical Education Environment of Colleges in Kerala

TABLE 1 Mean, Standard Deviation and Percentage of Physical Education Environment in colleges of Kerala

Colleges	Mean	SD	Maximum Score	% of Score
Self Financing	51.62	7.25	80	64.53
Government Aided Management	58.58	8.19	80	73.23
Government	57.46	8.12	80	71.83

Table 1 indicates that self financing colleges possessed 64.53%, Government Aided Management colleges possessed 73.23% and Government Colleges possessed 71.83% favourable environment for physical education.

TABLE 2 Mean difference of Physical Education environment of self financing, Government Aided management and Government colleges of Kerala

Variable	Source of variable	DF	Sum of Squares	F ratio
Physical Education Environment	Between Group	2	362.15	4.10
	Within group	147	8512.23	

Significant at 0.05 level of confidence

'F' value required for significance at 0.05 level = 3.06

Table 2 indicates that the obtained 'F' value 4.10 was greater than the table value 3.06. As the 'F' ratio was found significant, post hoc test was applied to find the significant difference between paired means.

TABLE 3 Significant difference between the paired means of Physical Education Environment in Self financing, Government Aided Management and Government Colleges of Kerala

Self financing Colleges	Government Aided Management College	Government Colleges	Mean Difference
51.62	58.58		6.96*
51.62		57.46	5.84*

	58.58	57.46	1.12
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Significant at 0.05 level of confidence.

The limit of confidence interval at 0.05 = 5.70

Table 3 reveals that there was significant difference in means between Self Financing colleges and Government Aided management colleges as well as Self Financing colleges and Government colleges in Physical Education

Environment. There was no significant difference in Physical Education Environment between Government Aided Management Colleges and Government Colleges in Kerala.

Mean of Physical Education Environment for Self Financing Colleges

Analysis of Sports Facilities of Colleges in Kerala.

TABLE 4 Mean, Standard Deviation and Percentage of Sports Facilities in Colleges of Kerala

Colleges	Mean	SD	Maximum Score	% of Score
Self Financing	52.62	7.34	80	65.78
Government Aided Management	59.64	8.12	80	74.55
Government	43.93	7.23	80	54.91

Table 4 indicates that self financing colleges possessed 65.78%, Government Aided management colleges possessed 74.55% and Government colleges possessed 54.91% favourable sports facilities.

TABLE 5 Mean difference of Sport Facilities of Self Financing, Government Aided Management and Government Colleges of Kerala

Variable	Source of variable	DF	Sum of Squares	F-ratio
Sports Facility	Between Group	2	454.61	8.63*
	Within group	147	9824.10	

*Significant at 0.05 level of confidence

'F' value required for significance at 0.05 level = 3.06

Table 5 shows that the obtained 'F' value 8.63 was greater than the table value 3.06. As the 'F' ration was found significant, post-hoc test was

applied to find the significant difference between paired means.

TABLE 6 Significant difference between the paired means of Sports Facilities in Self Financing, Government Aided Management and Government Colleges of Kerala

Self financing colleges	Government Aided Management College	Government Colleges	Mean Difference
52.62	59.64		7.02*
52.62		43.93	8.69*
	59.64	43.93	15.71*

* Significant at 0.05 level of confidence.

The limit of confidence interval at 0.05 = 5.70

Table 6 reveals that there was significant difference in means among self – financing, Government aided and Government colleges in sports facilities. It also reveals that Government aided colleges have better facility than self financing colleges and Government colleges as well as self financing colleges have better sports facility than government colleges.

CONCLUSION

1. Physical Education Environment and Sports Facilities in Government Aided Management Colleges were better than Government and Self Financing Colleges in Kerala.
2. There was no significant difference between Government colleges and Government Aided Management Colleges in Kerala in case of Physical Education Environment.
3. There was significant difference among Government, Government Aided Management and Self Financing Colleges in case of sports facilities.

RECOMMENDATIONS

1. The results of study may be discussed in bodies where sports policies are structured.
2. This sort of study may be conducted in Schools of Kerala.
3. Physical Education should be included in the curriculum for schools and colleges as a teaching subject, so that a better environment in terms of health can be achieved.

4. The authorities should adhere to the norms in terms of sports facilities required at the time of granting affiliation for educational institutions.

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