

Scientific Benefits and Attitude towards Physical Activity and Physical Education

Shazia Tabussum, Muhammad Asif, Noman Ahmed

Abstract— Objective: To identify the scientific benefits and student's attitude towards physical activity and physical education.

Methods: A cross sectional study was conducted in which 350 students were selected from different colleges and universities of Karachi. Data was collected through questionnaire which is adopted from the study Conducted in 2008 by Dunley A. After taken informed consent questionnaire were distributed. Questions were evaluated through five point Likert scale. Data was analysis through statistical package of social sciences (SPSS) version 20 then data was transfer on Microsoft excel to compile final results. **Results:** Overall results of general attitude towards physical activity, physical education and scientific basis towards physical activity shows that among all three parameters scientific basis of physical activity has highest score; 86.30% participants had positive attitude scientific basis of physical activity, 85.10% had positive attitude towards physical activity while 73.10% had positive attitude towards physical education. **Conclusion:** Present study concludes that students have a positive attitude towards physical activity and physical education. Students are aware of the importance of physical activity and they have also positive attitude toward the importance of physical activity for quality of life and well being.

Key words: Physical Activity, Exercise, Physical Education, General Attitude, Benefits, Students, and Curriculum.

1 INTRODUCTION

Attitudes imitate from set of beliefs, feelings and behaviors related an objective or event that may be approving or disapproving. Attitude can be dynamic, constructive, taught, adapted, or even replace or changeable. (1) Attitudes refer as one's positive or negative judgment about a person, event or subject. (2) Attitudes are learned experience and results from social experiences. (3) Attitude is one of the motivating factors to improve learning and use of skill and information related to learning. (4).

Physical Education focuses on active lifestyle and instilling in students the skills and attitudes required for lifelong physical activity. (5) Attitudes toward Physical Education consist of five elements, physical fitness, self-actualization, social development, physical education curriculum, physical Education teachers. (6) Education is the best way to civilized and develop new generation because its helps to establish healthy society. (7) Sports and physical education both are not synonymous. Sports refers to a refers to a physical activity and physical education refers to an area of school curriculum concerned with physical activities and to develop competence related to physical activities, skills and sports. (8) Physical education person is one who has the knowledge, skills and confidence to enjoy life time healthy physical activities and develop the standards for physical education. (9) Active lifestyle is an im-

portant tool for psychological, social, intellectual and spiritual wellness. (10)

Educators recommended that physical education curricula should implement in a way that participation in physical education program becomes enjoyable and meaningful learning experience for students and help to develop knowledge and motor skill. (11) Level of participation in physical activities inside and outside the school shows the negative and positive attitude of students towards physical education. (12) On other hand knowledge and skill level also affect the attitude towards physical education. (13) Student attitude also impact on their behavior towards curriculum and instructional modification and student attitude is a significant way to understanding their attitudes and beliefs. (14)

Exercise is a planned, structured or designed and repetitive movement of the body to develop or retain level of physical fitness. (15) Use of automobiles, electronic devices for doing house hold activities and machine work, leading physical inactivity and leads several chronic diseases. (16) Now a day physical activity and sports activity become a social issue because physical activity and sports activity help in character building and purify body and soul in individuals. (17) World health organization reported that 60% of world's population does not meet the recommended level of physical activity. (18)

Regular physical Activity helps to prevalent musculoskeletal disorders and decreasing the risk of coronary heart disease, hypertension, diabetes, osteoporosis, obesity and colon cancer. (19) Level of knowledge about physical activities and exercises impact an important affect on individual habit and pattern towards physical activity. (20)

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2 METHODOLOGY

A cross sectional study was conducted in which 350 students were participated from different colleges and universities of Karachi. Convenient sampling technique was used. Data was collected through questionnaire which is adopted from the study Conducted in 2008 by Dunley A.(21) informed consent was taken before the taken data. Questionnaire consists of twenty questions; which is divided into three categories i.e first is attitude towards physical activity, second is attitude towards physical education curriculum and third is scientific benefits of physical activity and exercises. Questions were evaluate through five point Likert scale (strongly agree =5, agree=4, neutral=3, disagree=2 and strongly disagree=1). Data was analysis through statistical package of social sciences (SPSS) version 20 then data was transfer on Microsoft excel to compile final results.

3 RESULTS

Figure 1 show the results of first parameter i.e general attitude towards physical activity which is consist of five questions. Results revealed that majority of the participants have positive attitude towards physical activity related questions. They agreed that physical activity is an important element of their life and help to keep them physically fit and healthy.

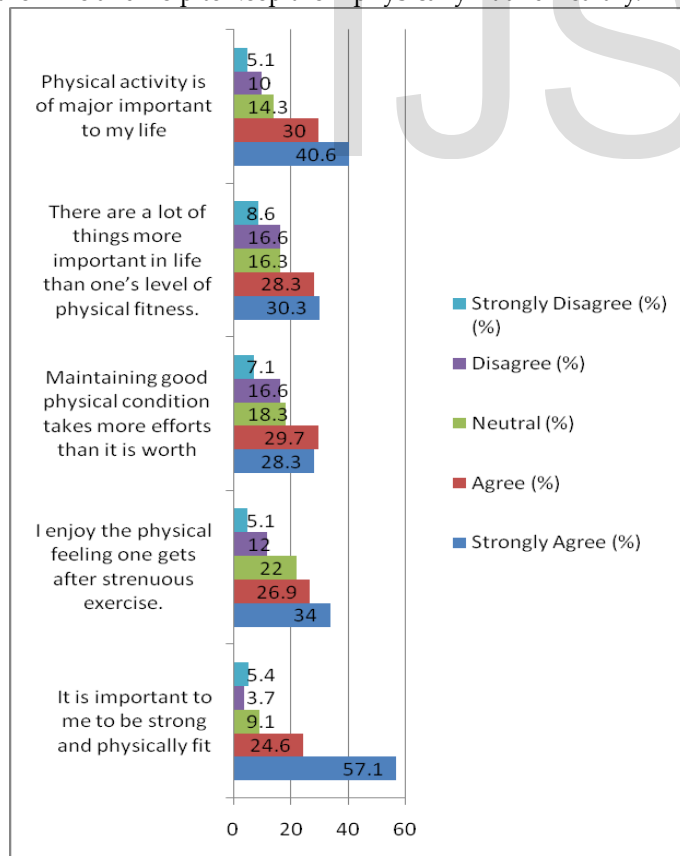


Fig. 1. Results of general attitude towards physical activity

Figure 2 show the results of second parameter i.e attitude towards physical education curriculum; which is consist of nine questions. Majority of the participants were strongly agreed that physical education classes are important part of school curriculum and there are so many physical and social benefits of physical education so it should be taught on every level throughout the college.

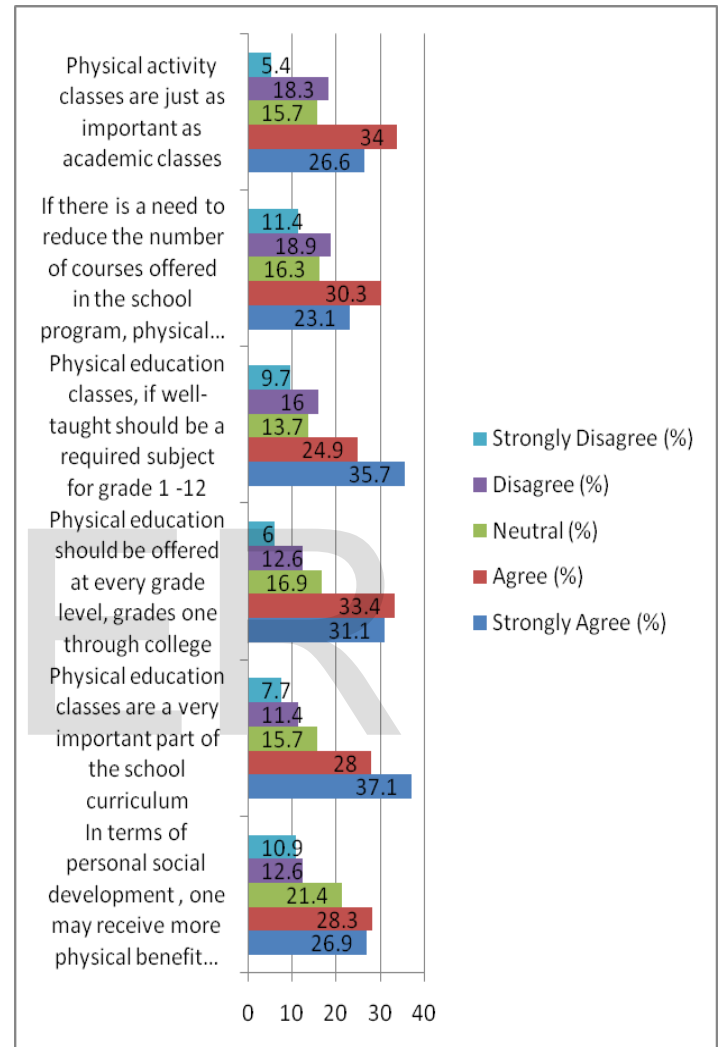


Fig. 2. Attitude towards physical education curriculum

Figure 3 shows the results of third parameter; scientific benefits of physical activity and results show a positive attitude towards scientific benefits regarding physical activity. Participants agreed that physical activity helps to reduce stress and improves physical and mental functioning. Participants also agreed that exercises are the best way to improves posture. Figure 4 shows the overall results of general attitude towards physical activity, physical education and scientific basis towards physical activity. Results show that among all three parameters scientific basis of physical activity has highest score; 86.30% participants had positive attitude scientific basis of

physical activity, 85.10% had positive attitude towards physical activity while 73.10% had positive attitude towards physical education.

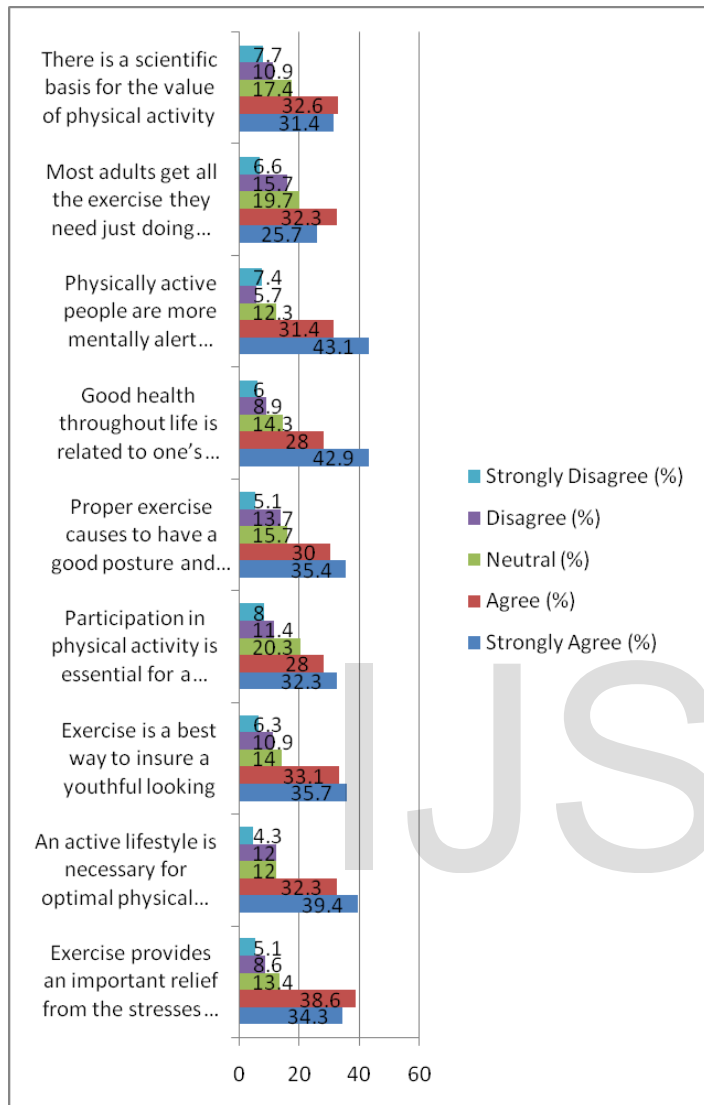


Fig. 3. Results of scientific benefits of physical activity and exercises

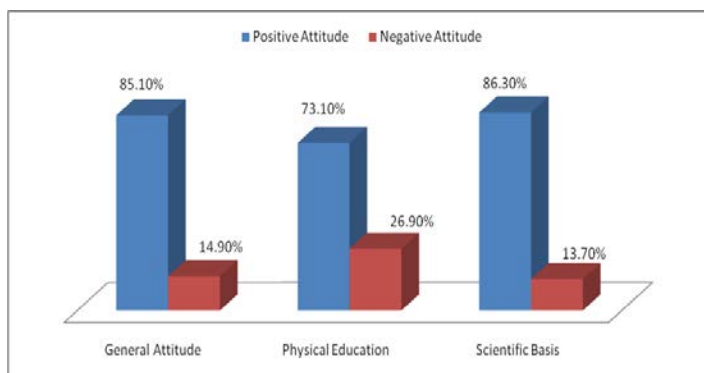


Fig. 4. Results of attitude towards general attitude, physical education and scientific benefits

DISCUSSION

Present study is conduct to investigate the attitude of young adults towards physical activity, physical education and scientific benefits of physical activity. Results show positive attitude in all three parameters.

Results show positive attitude of students towards physical education. (7,11,12,22,23,24,25,26,27) Presents study results are slightly similar from above studies in present study results show a positive attitude towards physical education

Rikard GL. 2006 reported that majority of the students had positive attitude towards physical education class and they want to add more interesting activities and active participation for having fun. (14) Singh KK., in 2013 reported a positive attitude towards physical education half of the students said they enjoy the games and sports including in their physical education curriculum. (28) Present study results are similar with above study more than a half population reported that physical education class is interesting and useful for them and they also agreed about the personal social and physical benefits of physical education.

Fengjuan Li et al, in 2014 reported a positive attitude towards physical education and lifelong participation in physical activity, have a positive association between physical education achievements and teaching attitude.(6)

In 2016, Mohammed M.H.H. studied that students had the positive attitude towards physical activity. (29) Another study by Al-Rawahi in 2013, reported a positive relationship between attitude towards physical activity and participation in physical activity.(30) Present study results are similar with these studies.

In 2013, Milanovic Z. studied that university students are well informed about the importance of physical activity but 57% students do not participated in physical and recreational activities.(31)

In 2008, Dunlavy A., also studied that majority of the students were agreed that they felt physical education is an important part of school curriculum.(21)

In 2012, Khan S, et al, studied that majority of the students had a positive attitude towards physical activity and they agreed that physical activity can improved the level of physical fitness and health status. (32)

In 2014, Kopczynski S, et al, reported that participation in physical activity has higher value of training and social experiences and students had positive attitude towards physical activity. (33) Erturan Ilker G, studied that attitude towards physical activity was neutral among school students and students agreed that participation in physical education classes improves mental and social outcomes. (34)

In present study results were similar from above studies, majority of the students had a positive attitude towards physical activity and they involved in physical activity to improve their health, physical fitness and to attain good posture. Present study also agreed that physical activity helps in social devel-

opment and to attain mental health and help to release tension. Study also supports that participation in physical education classes is important and improves mental and social outcomes.

In 2008, Bebetos E, studied that students enjoy in computer use rather than physical activity and they spend their free time on computer usage. (2)

In present study students agreed that they do exercises for enjoyment and physical activity place an important position in their life. Present study results were different from Bebetos E, study's results

CONCLUSION

Present study concludes that students have a positive attitude towards physical activity and physical education. Students are aware of the importance of physical activity and they have also positive attitude toward the importance of physical activity for quality of life and well being. Students knew that participation in physical activity may help to look better, improve good posture and also relief from different stressors of life. It is recommended that interventional program help to promote positive attitude towards participation in sports, recreational or leisure time physical activities among students.

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