A STUDY OF ATTITUDE AND ASPIRATION TOWARDS GAMES AND SPORTS OF SENIOR SECONDARY SCHOOL BOYS

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ABSTRACT
The participants’ future level of aspiration is affected somewhat his previous performances and tends to vary his prior success or failure. Thus an individual may start session progresses. A failure is likely to lower his aspiration and attitude in subsequent contests. As a social self he is impelled by the standards of society to compare himself with other's in the realism of achievement and it is the nature of every health organism to reach out beyond the limits of his current attainment. India has not achieved the desired standards of games and sports. The question is raised everywhere, why is the standard of sports so down. There are so many reasons for the downfalls of Indian sports students, may be lack of self confidence in players, lack of incentive to players, specific criteria for selection of players, Interference of politics in sports or some psychological factor like level of aspiration and attitude towards games and sports of students especially at school age. The students who are players have more favorable attitude towards games & sports as compared with the non players. The aspiration levels of students who are players have lower level of aspiration as compared with non player boys. The level of aspiration and attitude towards games & sports have shown the inter relationship.

KEYWORDS: attitude, aspiration, performance, psychological factor, eagerness.

INTRODUCTION
Success in sports in generally attributed to the level of physical fitness, techniques and tactics. Motivation also plays a big role in success and is intimately related to the level of aspiration. It could also be deduced from the avoidable and recorded literature that sports activities have a significant effect doing away with a sports man's sublimating anti social tendencies attitude; personality adjustment and other personal characteristics. Sports men possess need for achievement and set goals prior to competitions when a participant attains or surpass his level of aspiration for a particular task, he could be considered to have succeeded. On the other hand his inability to reach his predicted level constitutes a failure. The participant’s future level of aspiration is affected somewhat by his previous performances and tends to vary with his prior success or failure. Thus an individual may start a session with aspiration for superior performance but as the session progresses a failure is likely to lower his aspiration and attitude in subsequent contests.

Aspiration
In every day we use 'ambition' or aspiration, they are synonymous and are used inter changeably. The definition of ambition is given by a standard dictionary as an 'eagerness' for honour, superiority, power or attainment. It suggests a personal uplifting. Aspiration means the
goal of individual that he sets for himself in a task. Aspiration has three important aspects. First, what performance or aspect of it the individual considers desirable or important. Second, how will he expect to perform especially in the important aspect? Third, how important the performance is to him, either as a whole or in its different aspects.

According to Webster dictionary which defines aspiration a "strong desire for realization of ambition", ideas or accomplishment Eynerch (1972) considered aspiration as level of possible goal (score) an individual sets for himself, Crites (1972) also expressed similar views and reports that in vocational selection the first stage is aspiration which is not in touch with apparent reality, though it may have visionary reality.

The use of term aspiration has made in a number of field such as sociology, psychology, religion, ethics vocational and educational guidance immediate aspiration are the goals that the individual sets for himself for immediate future such as goals for passing exams, the goals for future and called as remote aspirations

Level of aspiration

The term level of aspiration was used by Demoo in 1930 in connection with a study of the dynamics of anger. An individual's aspiration level represents him not as he is at that particular moment but also as he would like to be. It is a "measure of his intentional dispositions, an important element of his long range behaviour. It is an index of the person as an individual helps to determent by the amount of self esteem he needs to maintain." An individual aspire for things out of immediate reach for two reasons.

As a social self he is impelled by the standards of society to compare himself with other's in the realism of achievement and it is the nature of every healthy human organism to reach out beyond the limits of his current attainment.

Attitude

An attitude may be defined as a perceptual orientation and response richness in relation to a particular object or class of objects. According to Good (1956), attitude is a readiness to react towards or against some situation, person or thing in a particular manner, Wood Worth (1963) remarks an attitude is a set or disposition (readiness, inclination, tendency) to act towards an object according to its characteristics. The dictionary of psychology defines attitudes as an established set of disposition, as an abbreviated but comprehensive experience and the specific mental disposition towards an incoming experience whereby that experience is modified on a condition of readiness for certain type of activities. It is evidenced by either a positive or a negative value respectively from the subject view points. There are many persons who have defined attitude according to their own mental feeling, physical strength and social set up. They denote the attitude as a total means of inclination and feelings, prejudices or biases, pre conceived nations, ideas, fears, threats and convictions about particular physical education activity or situation in relation to one physiological, psychological, sociological and environmental set up.

India has not achieved the desired standards of games and sports. The question is raised everywhere, why is the standard of sports so down. There are so many reason for the down fall of India sports standard, may be lack of self confidence in players, lack of incentive of players specific criteria for selection of players, inference of politics in sports and some psychological factors like level of aspiration of players and attitude towards games and sports of students specially at school age. In general it is observed that in schools large number of players are
selected not because they have genuine interest in games & sports, but because of free diet and because of getting chance to visit different places outside their states as a member of participating teams. When they attend coaching camp they have to undergo strenuous exercises and coaching programmes. The result is wastage of money & efforts. Keeping view of these factors there is dire need to study the level of aspiration and attitude towards games & sports of boy students of senior secondary schools. Hence the present research “Study of attitude and aspiration towards games & sports of senior secondary school boys” has been undertaken.

REVIEW OF LITERATURE

Stalnakar made a study of attitude towards inter collegiate athletics by the use of a list of scaled statement. College students were among the individual findings.

Bel et al. (1953) reported that when the statements dealing with physical education contribution to social growth and adjustment to mental health and to physical health are grouped together, it is found that the percentage reacting favourably to three groups and very high for two groups of freshman at the university of Michigan. They further added that student’s reaction to these statements indicates that from 76 to 84 percent feel that physical education does contribute to these three areas of development.

Isenberger (1969) in his study on self attitude and between semesters grades self attitude and physical education. Skill grades and self attitudes was significant for one of the student groups. A relationship between motor ability and self attitude was indicated. Women physical education major students scored significantly higher on the strong vocational interest blank then did the teacher of physical education.

Keogh (1983) from an original of 266 subjects selected 69 man and women whose scores on the wear physical education attitude inventory were extremely high or low. Additional data were obtained through a group of interview questionnaire. There were no male female differences with in the extreme groups. The low group offered some minimum support for the out comes of physical education but they vigorously questioned the relative value of physical education as a school programme. There was no evidence to indicate that negative attitudes related to non participation.

Kenyon (1988) in his study has suggested activity as a function of the instrumental value it is perceived to have for the individual. He described the purpose of physical activity. He completed this study on non athletes who rated the ascetic experience fourth of the six perceived values assessed by the inventory. However secondary school students and athletes surveyed by Kenyon ranked ascetic experience last among the athlete perceived values.

Goodrick (1992) in a study found attitude difference between woman and men towards exercise. He found women exercised to feel better and to reduce weight, sleep and relation problems. The man in his study emphasised the preventive effects of fitness of heart disease.

Khan et al. (1998) made an attempt to examine the scholastic achievement of Pre University as influenced by their educational and vocational aspiration religion and social economic status. They found that students with law. Education and vocational aspirations were poor achievers when compared with students with high educational and vocational aspiration.

Singh’s (2000) study on higher secondary school students of both sexes found that (a) male students had significantly favourable attitude towards sports as compared to female students higher secondary school students studying at rural. Schools had less favourable attitude towards sport this students from urban schools the attitude towards sports was measured through the self prepared scale for the purpose by the author.
Kaur (2001) in her study value dimensions of post graduate students in relation level of aspiration and intelligence concluded that high and low aspiration male groups very in their performances for different value dimensions. The value of high group are theoretical, political, economic, social religious and ascetic, which for the low group these are political theoretical, ascetic, economic, social & religious.

Babita (2004) studied the level of aspiration and attitudes towards games & sports of high and senior secondary school girls. She found that players have a good attitude towards games & sports then non players and also have higher aspiration level. The aspiration level also positively correlated with the favorable attitude than non players. After review of the literature the investigator felt the need to study the level of aspiration of the athlete in compression to that of non athletes, and also to compare their attitude towards game. In addition to this the study also expect to explore the inter actions effect of attitude towards games and sports and the aspiration level among athlete students. So the problem can be stated in the following wards.

**OBJECTIVES**

- To find out the level of attitude and aspiration towards games and sports among boy students.
- To find out the relationship between attitude and aspiration level.

**HYPOTHESES**

There exists a significant higher aspiration level and attitude towards sports activities in students who are known as player.

**METHODOLOGY**

**Sampling**

The present study was confirmed to the senior secondary students studying in various schools of Kurukshetra city. The sample of 200 boy students (100 players and 100 non players) were taken for the study just to compare the attitude and aspiration level.

**Tool used**

The following tools were used according to the purpose of study.

1. Attitude towards games & sports by Prof. Darshan Singh.
2. Level of aspiration measured by Dr. Shah and Mahesh Bhargawa.

**Collection of Data**

After getting sufficient photocopies of the tools, the investigators in person went to the head of the institutions of concerned senior secondary schools and took permission for administering tools. The orientation lecture was given to the students by the investigators and informal and tension free atmosphere was created in the schools. The students were told that test would be treated and will be kept confidential. They were asked to adopt liberty to give answers the way they weighed. After collecting the relevant questionnaire the scoring was done according to the manual of the questionnaire.
SCORING

For scoring numerical values were assigned to the five categories of responses as followed:

Positive, favorably (SA): 5
A: 4
Un: 3
D: Agree: 2
S.D: 1

Negative, Unfavorably (SA): 1
A: 2
Un: 3
D: Agree: 4
S.D: 5

The score for each subject were computed summing the weightage of the individual item response. The range of scale was 30-150.

STATISTICAL TECHNICAL

The data with the help of means & SDs the & t ratio was confirm between the two graphs to find out the significant differences in attitude and level of aspiration. To find out the relationship between attitude and aspiration correlation were calculated.

RESULTS

TABLE-I

Compression of Attitude towards Games & Sports of Boys (Players and Non Players)

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Groups</th>
<th>N.</th>
<th>Mean</th>
<th>SD</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Players</td>
<td>100</td>
<td>110.84</td>
<td>11.97</td>
<td>3.72**</td>
</tr>
<tr>
<td>2</td>
<td>Non players</td>
<td>100</td>
<td>104.81</td>
<td>11.04</td>
<td></td>
</tr>
</tbody>
</table>

Significant at 0.01 level 2/198

The table 1 shows the mean scores of players as 110.84 and non players 104.81 with a SD as 11.97 and 11.04 respectively. The t ratio comes as 3.72 with a degree of difficulty 2.198. The t ratios were found significant at 0.01. Level as tabulated value is 2.97. This shows very clearly that students who are participating in games & sports are having favourable attitude to words games & sports than the non players students.

LEVEL OF ASPIRATION

In level aspiration three following measurements were taken they are:
1. GDS (Goal Discrepancy Score)
2. ADS (Attainment Discrepancy Score)
3. NTR (Number of Times & Goal Reach Score)

TABLE-II

Compression of Aspiration of Players and Non Players on Goal Discrepancy Scores

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Groups</th>
<th>N.</th>
<th>Mean</th>
<th>SD</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Boys Players</td>
<td>100</td>
<td>1.43</td>
<td>2.80</td>
<td>2.129*</td>
</tr>
<tr>
<td>2</td>
<td>Non players</td>
<td>100</td>
<td>2.19</td>
<td>2.20</td>
<td></td>
</tr>
</tbody>
</table>

Significant at 0.05 level 2/1.98 degree of difficulty tabulated score p. 0.05 level 1.97

The table 2 indicates that goal discrepancy cores of aspiration level. The t ratio comics to 2.129 which is higher than the tabulated value of 1.97 the non players have higher level of
aspiration than the boys players. The finding little strong, so its authentically has to be ascertained by replication of the study on a large sample.

### TABLE-III
Compression of Aspiration of Players and Non Players boys on Attainment Discrepancy Score

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Groups</th>
<th>Mean</th>
<th>SD</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Boys Players</td>
<td>693</td>
<td>2.86</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Non players</td>
<td>1.64</td>
<td>2.66</td>
<td></td>
</tr>
</tbody>
</table>

*Significant at 0.05 level Tabulated value 1.97 at 0.05 level*

The table 3 indicate the mean scores of two groups on level of aspiration sub variables attainment of discrepancy score are .693 and 1.64 respectively. Significant difference was found at 0.5 level of significant. The attainment discrepancy score of non players boys players is lower as compared with the boys of playing groups. This indicates that non players have more negative level of aspiration.

### TABLE-IV
Compression of Aspiration of Players & Non Players boys on N.T.R

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Groups</th>
<th>Mean</th>
<th>SD</th>
<th>t</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Boys Players</td>
<td>4.97</td>
<td>2.84</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Non players Boys</td>
<td>4.32</td>
<td>2.93</td>
<td>1.59</td>
<td>Non Significant</td>
</tr>
</tbody>
</table>

*Not Significant at any level. The tabulated value 1.97 and 2.94 at 0.01 respectively with degree of difficulty 2/198.*

The table 4 reveals that the NTR t value do not differ significantly. This indicates that players and non players are equal in matter of eating risk. The selection player is moderation and not based on any rational consideration.

The results of this when compared with Singh and Mehra (1982) we fined that the value of NTR is less than Norma NTR of score is 1.60 relations between attitude and aspiration.

### TABLE-V
Correlation (Combined)

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Factors</th>
<th>Groups I</th>
<th>Groups II</th>
<th>Groups III</th>
<th>Groups IV</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Attitudes</td>
<td>X</td>
<td>0.104</td>
<td>0.184</td>
<td>0.098</td>
</tr>
<tr>
<td>2</td>
<td>GDS</td>
<td>-0.104</td>
<td>X</td>
<td>0.767</td>
<td>.0758</td>
</tr>
<tr>
<td>3</td>
<td>ADS</td>
<td>0.184</td>
<td>0.767</td>
<td>X</td>
<td>0.758</td>
</tr>
<tr>
<td>4</td>
<td>NTR</td>
<td>0.098</td>
<td>0.758</td>
<td>0.758</td>
<td>X</td>
</tr>
</tbody>
</table>

### TABLE-VI
Aspiration level of High & Low Attitude Groups (Players)

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Score of Aspiration</th>
<th>High attitude groups</th>
<th>Low attitude group</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
<td>SD</td>
</tr>
<tr>
<td>1</td>
<td>GDS</td>
<td>0.99</td>
<td>2.40</td>
<td>1.57</td>
</tr>
<tr>
<td>2</td>
<td>ADS</td>
<td>0.34</td>
<td>2.32</td>
<td>0.71</td>
</tr>
<tr>
<td>3</td>
<td>NTR</td>
<td>5.33</td>
<td>2.54</td>
<td>5.04</td>
</tr>
</tbody>
</table>
TABLE-VII
Aspiration level of High & Low Attitude Non Players

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Score of Aspiration</th>
<th>High attitude groups</th>
<th>Low attitude group</th>
<th>t</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Mean</td>
<td>SD</td>
<td>Mean</td>
</tr>
<tr>
<td>1</td>
<td>GDS</td>
<td>1.79</td>
<td>2.05</td>
<td>2.16</td>
</tr>
<tr>
<td>2</td>
<td>ADS</td>
<td>1.008</td>
<td>2.10%</td>
<td>2.39</td>
</tr>
<tr>
<td>3</td>
<td>NTR</td>
<td>5.12</td>
<td>2.81</td>
<td>3.72</td>
</tr>
</tbody>
</table>

Discussion: Table 5, 6 and & shows that correlation between attitudes one hand and three.

Variables of aspiration GDS, ADG and NTR are either negative or very low positively. In short attitude towards games and sports of both groups have noting to do with their level of aspiration. However, inter correlations between GDS, ADS and NTR are very high and significant in their values almost identical to the one given in the aspiration manual.

Table 5, 6 and 7 gives comparative figures on GDS, ADS and NTR of the high attitude and low attitude groups of boy’s players and non players. Strongly no significant difference between the level of aspiration and high attitude and low attitude among the both groups has been found verification of hypothesis.

The first hypothesis that boys players have higher aspiration level than non players is rejected because results of the study shows that GDS of the players is 1.43 and GDS of the non players is 1.54.

The second hypothesis that boys players have more favourable attitude towards games and sports than the non players is retained because the mean attitude of the players is 110.84 than that of non players is 104.81.

The third hypothesis that aspiration level correlates positively with the favourable attitude is rejected because it has been found that correlation between the attitude in GDS of the boys players is 0.07 and correlation the attitude and the GDS of non players is 104.

CONCLUSION

The study shows that students who are players have more favourable attitude towards games & sports as compared with the non players. The significant differences were found at 0.05 level of significant.

The study shows that aspiration level of student who are players its having lower level of aspiration as compared with non players boys. This indicates that player are playing or participating in the games & sports at their own and at random, no special efforts motivation made by the physical education personal to select the players on certain basis of aspiration, confident and self esteems. Non players have been found to have higher level of aspiration that the players even that they were no giving any opportunities to play and if this was provided to then they would have shown better performance. The level of aspiration and attitude towards games & sports have shown the inter relationship. This again a extra ordinary finding to have proper replication of the study on larger data should be done to authenticise the truth of the study.
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