

**A Presentation By**  
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**RELATIONSHIP BETWEEN  
ATTITUDE TOWARDS PHYSICAL ACTIVITY &  
PHYSICAL ACTIVITY LEVEL AT SCHOOL**



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# BACKGROUND

- Research in PE- In its infancy
  - Extreme conditions- Too affluent & too poor
  - Place of Physical Education ???
  - No uniformity at any level – every state - different cur
  - Benchmarks of PE ??? But it's "COMPULSORY"
  - Sports scenario- Not very depressing....
  - For development - need to be more organized & researched...
- Spotlight- Being "PE for ALL" at school & overall Physical activity levels.....



# INTRODUCTION

- Inactivity in adolescence continues in adulthood
- Goal of PE- Develop PEP who adopts active lifestyle
- Physical Education (PE) – KSA for active lifestyle enduring lifespan
- PE- Primary Goal – Positive attitude
- Attitude & behavior connection.....
- PA - behavior influenced by multi-factorial variables
- Focusing on attitude toward PA during PE seems a determining step
- Providing for opportunity to be physically active and meet the minimum standards during PE

## AIMS OF THE STUDY

- To determine students' attitude towards PA
- To analyze students' PA level at school
- To determine relationship between attitude towards PA & actual PA level
- To compare students' PA level at school with minimum recommended PA guidelines
- To determine the role of school in the daily PA level of the children

## SCOPE OF THE STUDY



- Students (girls & boys) studying in grade VI and IX in several English medium schools in Pune city

## ASSUMPTIONS

- ↳ The students provided true information in survey
- ↳ The pedometers accurately measured the number of steps of the students
- ↳ The measurements took place in normal working conditions of school
- ↳ The students actively participated in PE classes

# METHODS

- ↳ Design: Descriptive survey
- ↳ Sample



Schools	12 years old		15 years old	
	Grade VI	Grade IX	Grade VI	Grade IX
N=480	Girls	Boys	Girls	Boys
S1	30	30	30	30
S2	30	30	30	30
S3	30	30	30	30
S4	30	30	30	30
Total	120	120	120	120

# METHODS

## ↳ Questionnaire

- SAPAPF (Pethkar, 2012)
- Score range- 48 to 240 (Likert scale)

## ↳ Pedometers

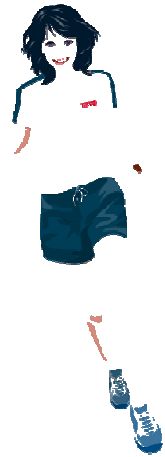
- Steps during school hours
- Measured for a week
- Mean daily steps number

## ↳ Statistical analysis

- SPSS 17

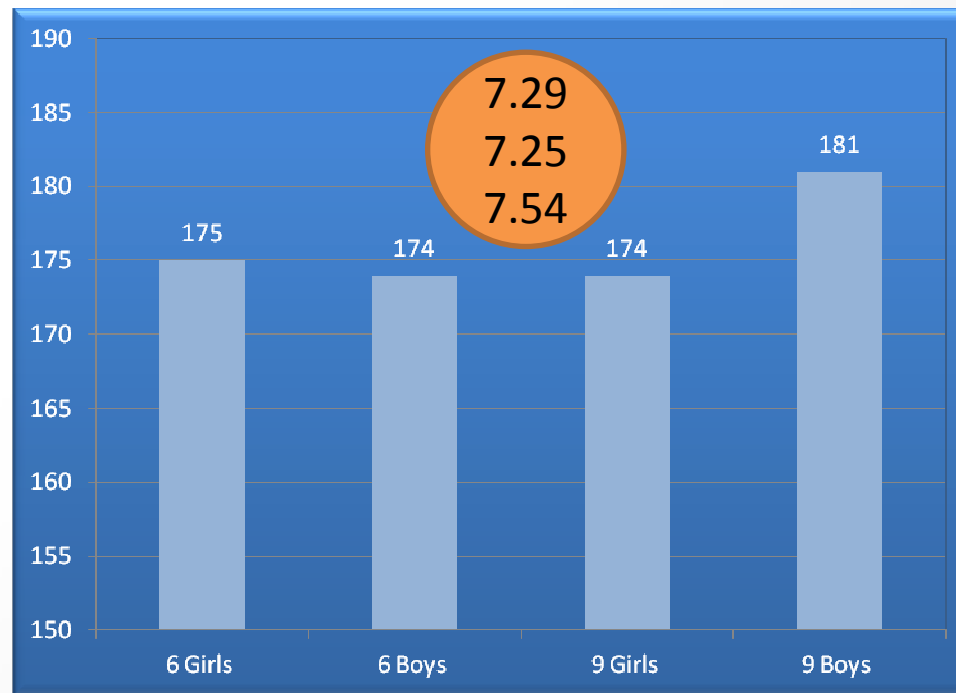


# DESCRIPTIVE ANALYSIS

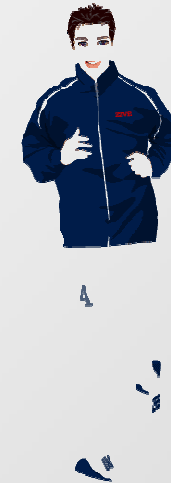


Positive attitude in all groups

### Attitude Toward Physical Activity (score/240)



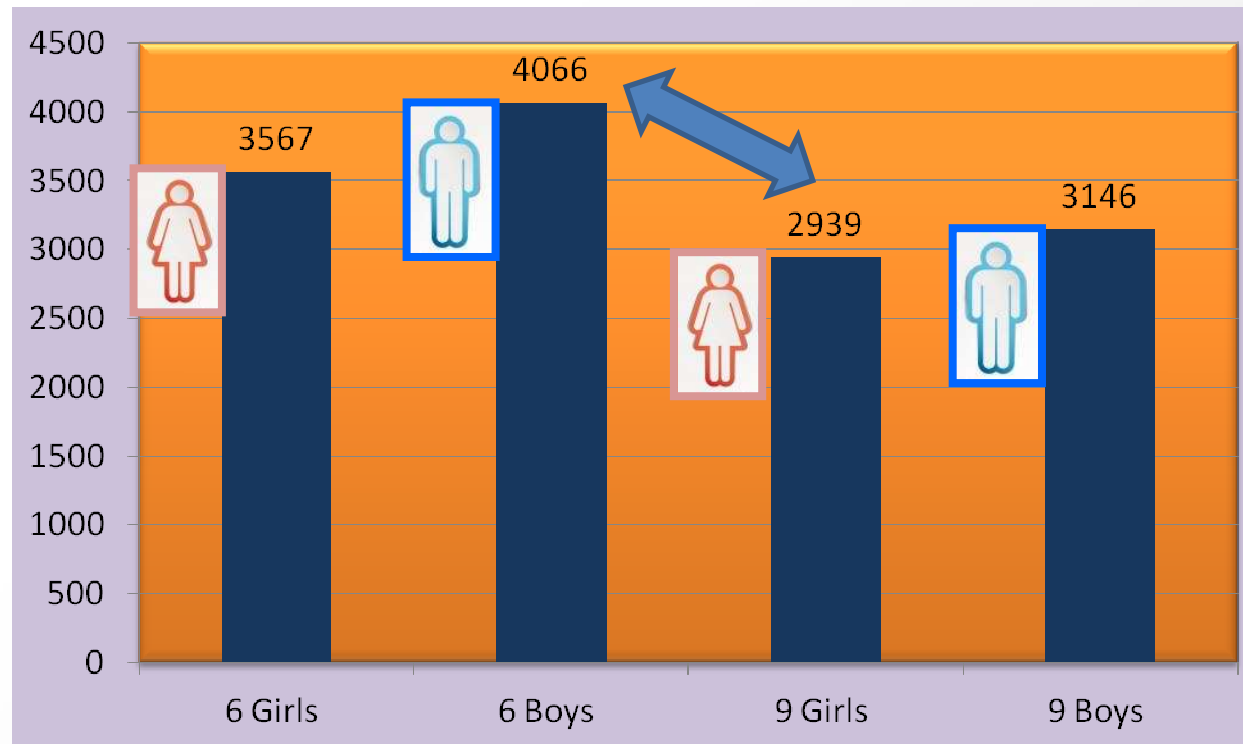
Stronger attitude in older students



# DESCRIPTIVE ANALYSIS



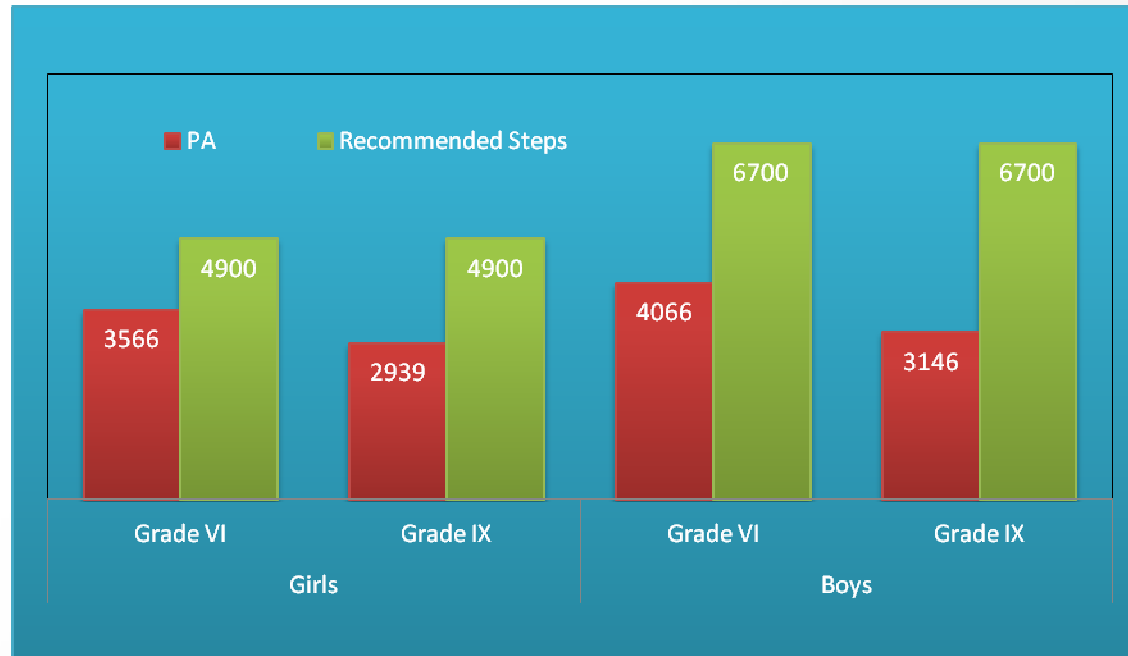
## School PA (number of steps/day)



The number of steps during the school hours are far from the recommendations!

# INFERENCE ANALYSIS

## COMPARISON OF ACTUAL PA AND RECOMMENDED PA





## CONCLUSIONS

- ↳ Students' attitude toward PA are positive, BUT PA levels at school do not reach the recommendations
- ↳ Our findings underline that specific actions should be implemented in order to provide students more opportunities to be active & strategies to be devised to so the students are more physically active (volitionally)
- ↳ Students with higher attitude are able to reach highest levels of PA
- ↳ According to this study, it seems necessary to propose more activities that might motivate students (need of innovation)  
Activities designed to attract girls are particularly needed  
We may also need to look into all social factors and teacher education prog..
- ↳ Future is PROMISING.....

**THANK YOU!**

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