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

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Prof. Marc CLOES
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Research in PE - In its infancy

Extreme conditions - Too affluent & too poor

Place of Physical Education ???

No uniformity at any level – every state - different curriculum

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 ....
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

<table>
<thead>
<tr>
<th>Schools</th>
<th>Grade VI</th>
<th>Grade IX</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Girls</td>
<td>Boys</td>
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<tr>
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<tr>
<td>S1</td>
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<td>S4</td>
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<td>30</td>
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<tr>
<td>Total</td>
<td>120</td>
<td>120</td>
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</tbody>
</table>
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
**Attitude Toward Physical Activity (score/240)**

- 6 Girls: 175
- 6 Boys: 174
- 9 Girls: 174
- 9 Boys: 181

- **Stronger attitude in older students**: 7.29, 7.25, 7.54

**Positive attitude in all groups**
DESCRIPTIVE ANALYSIS

School PA (number of steps/day)

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

COMPARISON OF ACTUAL PA AND RECOMMENDED PA

<table>
<thead>
<tr>
<th></th>
<th>Grade VI</th>
<th>Grade IX</th>
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</thead>
<tbody>
<tr>
<td>Girls</td>
<td>PA</td>
<td>Recommended Steps</td>
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<td></td>
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<td>4900</td>
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<td>4900</td>
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<td>PA</td>
<td>Recommended Steps</td>
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<td></td>
<td>4056</td>
<td>6700</td>
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<td></td>
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<td>6700</td>
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</table>

EXPECT BEHITER
A significant positive correlation has been found

<table>
<thead>
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<th>Groups</th>
<th>rho</th>
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</thead>
<tbody>
<tr>
<td>6 Girls</td>
<td>.497**</td>
</tr>
<tr>
<td>6 Boys</td>
<td>.623**</td>
</tr>
<tr>
<td>9 Girls</td>
<td>.578**</td>
</tr>
<tr>
<td>9 Boys</td>
<td>.705**</td>
</tr>
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</table>

** Significant at 0.01 level
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 progr..

- Future is PROMISING..................
THANK YOU!

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Tudor-Locke C, Lee SM, Morgan CF, Beighle A, Pangrazi RP. Children’s pedometer determined physical activity during the segmented school day. Medicine, Science, Sports & Exercise. 38, 10,1732–1738
