

To study the co-curricular activities among students of physical education in Kashmir (J&K)

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Abstract

The purpose of the research is to study the co-curricular activities among students of physical education in Kashmir division of J&K State. The total sample for the present study consists of 548 students who are studying in different colleges of Kashmir division. In order to find out the co-curricular activities among the students a self-constructed questionnaire were developed to collect the relevant data for the present study. The research depicts that majority of the respondents though that proper emphasis was not laid on co-curricular activities such as cultural and literary programs.

Keywords: co-curricular, students, curriculum, physical education, J&K

1. Introduction

The major aspire of physical education is to provide students with the knowledge, skills, capacities, and values along with the enthusiasm to maintain a healthy lifestyle into adulthood, regardless of their physical abilities. Activities included in the program are designed to promote physical fitness, to develop motor skills, to instill knowledge and understanding of rules, concepts, and strategies, and to teach students to work as part of a team, or as individuals, in a wide variety of play like and competitive activities. Physical education is as much education of the physical, as education through the physical.

According to the Bucher defines education in its broadest sense as preparation for life, It should help each individual to become all he is capable of being. Education must be concerned with developing optimum organic health, vitality, emotional stability, social consciousness, and knowledge wholesome attitude, spiritual and moral qualities.

Curriculum for a good education is prepared for a number of disciplines in humanities, sciences, arts, technical, vocational areas, health education, physical education, religious education. A basic education in reading, writing, arithmetic, hygiene and recreational skills is imparted at primary level of education. A mixture of arts and sciences, health and physical education and citizenship is imparted in the secondary level with either emphasis on vocational preparation or specialization in academic vocational streams at the end of the secondary school stage.

Physical education is integral part of education. It is education through physical activities for the development of total personality of the child to its fullness and perfection in body, mind and spirit.

2. Sample

The sample for the present study was consists of 548 students in different colleges of Kashmir division J&K State were selected as subjects for the study.

3. Method Employed

Questionnaire method was employed to collect the relevant data regarding the opinions of students of the colleges of physical education department of J&K State.

4. Description of the Questionnaire

Questionnaire was prepared under the supervision of the guide, keeping in view the various aspects of the curriculum. The questionnaire was arranged in a logical order and each question was worded clearly to enable the subjects to understand and answer those questions without much difficulty. Great care was taken to frame each question in such a manner that it was precise and without any ambiguity.

5. Analysis and Discussion

Table 1: Proper emphasis is laid on co-curricular activities in the institution.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
199	36.31	316	57.66	33	6.02

The above table revealed that 36.31% of the subjects agreed to the statement that proper emphasis is laid on co-curricular activities in their institution whereas 57.66% of the subjects disagreed to the statement and 6.02% of the subjects were neither in favour nor against the statement.

Table 2: More number of cultural programs should be organized in the institution.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
439	80.10	105	19.16	4	0.72

It is evident from the above table that 80.10% of the subjects agreed to the statement that more number of cultural programs should be organized in the institution whereas 19.16% of the subjects disagreed to the statement and 0.72% of the subjects were neither in favour nor against the statement.

Table 3: You are satisfied with the kind of job done by the literary society at present.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
161	20.37	343	62.59	44	8.02

The table demonstrated that 20.37% of the subjects are satisfied with the kind of job done by the literary society at present whereas 62.59% of the subjects disagreed to the statement and 8.02% of the subjects were neither in favour nor against the statement.

Table 4: Students show interest towards literary programs

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
106	19.34	401	73.17	41	7.48

The above table showed that 19.34% of the subjects agreed to the statement that students show interest towards literary programs whereas 73.17% of the subjects disagreed to the statement and 7.48 % of the subjects were neither in favour nor against the statement.

Table 5: Staff members show keen interest in co-curricular activities

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
167	30.4	353	64.41	28	5.10

The above table indicated that 30.47% of the subjects agreed to the statement that staff members show keen interest in co-curricular activities whereas 64.41% of the subjects disagreed to the statement and 5.10% of the subjects were neither in favour nor against the statement.

Table 6: Adventure activities play a significant role in preparation of physical education teachers.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
469	85.58	62	11.31	17	3.10

The above table revealed that 85.58% of the subjects agreed to the statement that adventure activities play a significant role in preparation of physical education teachers. Whereas 11.31% of the subjects disagreed to the statement and 3.10% of the subjects were neither in favour nor against the statement.

Table 7: Camping and Trekking should be organized every academic year for all the students of the institute.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
518	94.52	23	4.19	7	1.27

94.52% of the subjects agreed to the statement that camping and trekking should be organized every academic year for all the students of the institute whereas 4.19% of the subjects disagreed to the statement and 1.27% of the subjects were neither in favour nor against the statement.

Table 8: You are satisfied with the present camping program / organization for about a week.

Agree		Disagree		Undecided	
N	%age	N	%age	N	%age
248	45.25	282	51.45	18	3.28

The above table revealed that 45.25% of the subjects were satisfied with the present camping program / organization for about a week whereas 51.45% of the subjects were not satisfied with the statement and 3.28% of the subjects were neither in favour nor against the statement.

6. Conclusion

1. The majority of the respondents though that proper emphasis was not laid on co-curricular activities such as cultural and literary programs. But keeping in mind, the importance of these activities, more emphasis should be given so as to help individual development as whole. Lack of emphasis was because students and faculty members do not show any interest towards these activities.
2. Neither the student showed the interest towards literary program nor the staff member showed interest in co-curricular activities. The cause might be a variety of activities in the curriculum. Respondents were of the opinion that trekking and leadership training camps hold a vital place in physical education. So they felt that these activities should be organized every academic year, as these activities helps to develop qualities such as leadership, follower ship, social adjustment, creativity, humanity etc.

7. References

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