



### Short Communication

## A Study on the Attitude of Principals of Dibrugarh University Affiliated Colleges towards Physical Education

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### Abstract

*The purpose of the study was to investigate the attitude of Principals of Dibrugarh University affiliated colleges towards Physical Education. For the purpose 50 Principals of Dibrugarh University affiliated Colleges were selected as subjects. The data pertaining to the present study were collected by using the Adams scale of measuring the attitude towards Physical Education. To analyze the data the percentage of responses all the statements was calculated and it was observed that, 75% positive responses, 18.75% negative responses and 6.25% doubtful responses towards physical education of Principals were found. On the basis of findings it was concluded that the Principals of Dibrugarh University affiliated Colleges has positive attitude towards Physical Education.*

**Keywords:** Physical Education, Principals, College.

### Introduction

Physical education is the education which is imparted through physical activity. It the part of total educational process which takes place from physical growth and development and advances towards perfect development of physical fitness and wellness of human being. It provides the ability to an individual to face and cope up with unforeseen and sudden situation effectively which can be said to be a “physically educated person”<sup>1</sup>.

The objective of physical education is to attempt for optimal development of an individual in every aspect of life and thus physical education play pivotal role in development of one’s personality. Physical activities meet the basic needs of human beings such as the sense of security, sense of belonging happiness, experience etc. physical activities also provide recreation which go a long way is providing perfectly happy satisfied and balanced individual, having pleasing and energetic personality having best of life experience<sup>2</sup>.

Children having positive attitudes toward physical activity might be expected to participate and demonstrate higher amount of physical activity than others<sup>3</sup>. Children during the age of studying in middle school, the growth and development of the body is not completed. Participation in the physical education helps to improve the physical and mental qualities more effectively. A fit person can exploit advantages in gathering knowledge and morality, and even helps to obtain all-embracing advantages<sup>4</sup>.

Participation in quality health and physical education programs can change the life of young people. Such kinds of programs offer students a pleasant opportunity to develop their body and mind to achieve skills that drive them to success in life<sup>5</sup>.

Physical education is rightly recognized as an integral part of education. The existence of man is primarily physical. The first lessons a child learns are lessons of physical activity. No education, however ideal and exalted in its objectives, is complete without emphasis on motor activity<sup>6</sup>.

A common phrase used by the general public is that “a healthy body leads to a healthy mind”<sup>7</sup>. For building a harmonious society the sports education is need to unify with the improvement of national physical culture quality. There is a positive practical significance for building a harmonious society<sup>8</sup>.

### Methodology

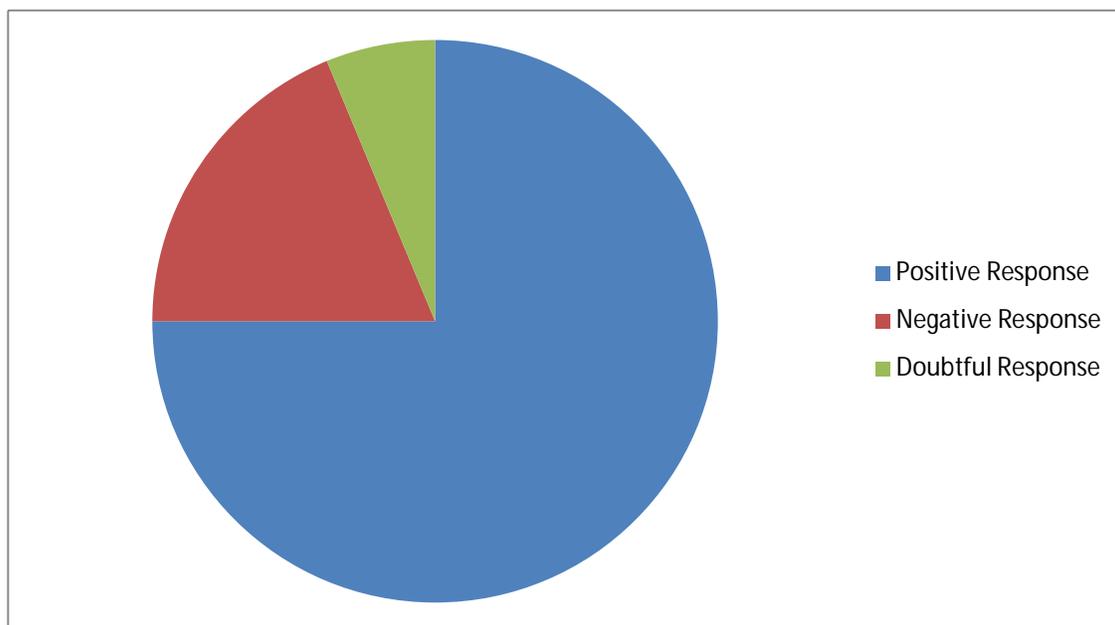
For the purpose 50 Principals of Dibrugarh University affiliated Colleges were selected as subjects randomly. The data pertaining to the present study were collected by using the Adams Attitude scale towards Physical Education. To analyze the data the percentage of responses all the statements was calculated.

### Results and Discussion

From the table it was evident that, out of 32 statements on physical education 75% statements were got positive response, 18.75% negative responses and 6.25% doubtful responses. Hence it is cleared that the Principal of Colleges has the positive attitude towards Physical Education.

**Table-1**  
**Percentage of Responses of Principals towards Physical Education**

Total Statements	Positive Response	Negative Response	Doubtful Response
32	75%	18.75%	6.25%



**Figure-1**  
**Showing the Percentage of Responses of the Principals to the Statements on Physical Education**

The positive attitude towards Physical Education of Principals may be because of the realization and awareness of the importance of holistic fitness and wellness of the people and society and physical education and sports is the good way to improve the same. The responses were graphically represented in Figure-1.

**Conclusion**

On the basis of findings it was concluded that the Principals of Dibrugarh University affiliated Colleges has Positive Attitude towards Physical Education. They agree with the implementation of Physical Education subjects in the college curriculum.

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