

A Study On The Physical Education Programme Of Private Secondary Schools In Darrang District Of Assam.

Prof. Jagat Swargiary

Department of Education

Gauhati University

Joyashree Nath

Research Scholar

Department of Education

Gauhati University

Abstract:

Physical education is defined as a process of education through physical activity and it aims to develop student's physical competence and knowledge of movement and safety. It helps to make the ability to use these to perform in a wide range of activities associated with the development of an active and healthy life. It is a systematic instruction in sports, exercises and hygiene given as a part of school education. The present study carry on the role of physical education programme of private secondary schools in Darang district of Assam. The study was applied on 100 students of Darrang district. Descriptive survey method was used for data collection of the study.

Key words: Physical education, secondary school students.

INTRODUCTION:

A healthy body keeps in a healthy mind and to make a healthy nation depends upon the health of its citizens and the future of health of citizens depends on what is done to promote, improve and preserve the health is a right. Physical Education is a course which taught in school that focuses on developing physical fitness and the ability to perform and enjoy the day to day physical activities with simplicity. Children also develop skills necessary to participate in a wide range of activities such as soccer, basketball, swimming etc. Regular physical education classes prepare the children to be physically fit, mentally active and healthy. Physical education helps students to develop physical skills and confidence.

Definition:

Charles Butcher the great American physical educationalist states, "Physical education is an integral part of the total education process in the field of endeavor which has as its aim the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities which has been selected with a view to realizing these outcomes".

Aims & Objectives of Physical Education:

The primary objectives of physical education programme is to help every individual to make physically fit, mentally balance, socially adjustable, emotionally stable, moral and spiritual understanding and cultural development. It also makes the organicefficiency of neuro muscular co-ordination, safety habits, the capability to handle in every situation of life, develop leadership quality, co-operate with others, self confidence, sense of belongingness, appreciate of others skills and performance.

Secondary education has to play a very important role in promoting the programme of education of the community. It is the stage which in all countries marks the completion of education for the vast majority. Even the majority of which goes for higher education cannot take full advantage of the opportunities offered by the universities unless they have received their grounding in a system of sound secondary education.

NEED AND SIGNIFICANCE OF THE STUDY:

Physical education programmes are needed to increase the physical competence, health related fitness, self responsibility and enjoyment of physical activity for all students so that they can be physically active for lifetime. It encourages students to make flexible use of time, space, resources and facilities available to enrich their school based curriculum.

The private secondary schools of Darrang district are lagging behind in the field of sports and physical education programme. To make a comprehensive study of the sports facilities and programmes of physical education available in the secondary schools of Darrang district and to find out the ways and means for its effective implementation for the benefits of students and for the interest of the nation.

The present study is significant because it will help the school authorities, parents and the students to realize the necessity of sports and physical education programme for all round development of personality.

STATEMENT OF THE PROBLEM:

The main aim of the present investigation is to study the programme of physical education in private secondary schools of Darrang district of Assam. The present investigator has been entitled as---A STUDY ON THE PHYSICAL EDUCATION PROGRAMME IN PRIVATE SECONDARY SCHOOLS IN DARRANG DISTRICT OF ASSAM.

OBJECTIVES OF THE STUDY:

According to the need and significance of the topic, the following objectives have been framed for the study:

1. To study the present status of physical education programme in private secondary schools of Darrang district.
2. To study the achievement level of students in physical education programme of private secondary schools of Darrang district.
3. To study the number of physical education teachers in the private secondary schools of Darrang district.

OPERATIONAL DEFINITION OF THE TERMS

The definitions of the term used in the present study are given below-

PHYSICAL EDUCATION:

Physical education influences through its popularity and recognition throughout the world in view of the contribution and it makes to achieve the goals of education. Physical education makes children physically fit later when they take their place of men and women in society.

SECONDARY SCHOOLS:

Secondary school is an educational institution where the final stage of compulsory schooling, known as a secondary education takes place. It provides the vital link between the primary education and higher education.

SPORTS FACILITIES AND PROGRAMMES:

Facility means the necessary requirements for running of an ideal programme and in the field of physical education it means the availability of play fields and necessary equipments. Programme means some kind of sport events taken by school; it may be monthly, quarterly, half-yearly, annually.

DELIMITATION OF THE STUDY

1. The study is delimited to the private secondary schools of Darrang district.
2. The study is delimited to class X students studying in private secondary schools.
3. The study is delimited to only the students, teacher in charge and headmaster of the private secondary schools of Darrang district.

REVIEW OF RELATED LITERATURE:

Review of Related Literature is an important aspect of research work. Review of related literature is the base for deciding the research problem, selecting objectives and formulating hypothesis.

KAKATI, HIMADRI (2012-2016) studied about “An Evaluative study of sports Facilities and programme of physical Education in secondary schools of Darrang District in Assam”. The objective of the study is to ascertain the present status of sports facilities and programmes of secondary schools, their infrastructure facilities for implementation of Physical Education. The study shows that the overall participation of the students is not so much encouraging. Therefore the administrators, teachers and guardians should try to motivate the students to participate in the games and sports. Besides, the Government and Non-Govt. organisations (NGO) will try their best to arrange awareness programs in the society in order to make games and sports popular among the students.

CHANDRA RAM GURJAR (2017) has studied on the topic “Assessment of psychological profile of National and International level Judo players of India”. The objectives of the study examined the Assessment of psychological profile of senior, junior and sub junior National and International Judo player in India and to study a compare psychological profiles of senior, junior and sub junior and sub junior National level Judo players in India. The study was constituted with an objective of the study to assess the psychological profiles of level of judo players of India. The finding of the study reveals that out of two judo group is considered better in improving the Guilt proneness.

METHODOLOGY:

The descriptive survey method is applied in the present study.

POPULATION OF THE STUDY

In the present study all the students of class X of private secondary schools of Darrang district constitute the population. The total number of private secondary school is 59 and the total number of students is 2410.

SAMPLE OF THE STUDY

The stratified random sampling technique is used by the investigator. In the present study 4 private secondary schools, 4 headmasters, 4 teacher in charges and 100 secondary school students of Darrang district were selected as sample.

TOOLS FOR STUDY:

1. Interview schedule for the students.
2. Interview schedule for the teacher in-charge.
3. Interview schedule for the headmaster.
4. Institutional data schedule.

STATISTICAL TECHNIQUES

.Tabulation of data

.Percentage

.Graphical representation

ANALYSIS & INTERPRETATION OF DATA IN PILOT STUDY:**Objective 1**

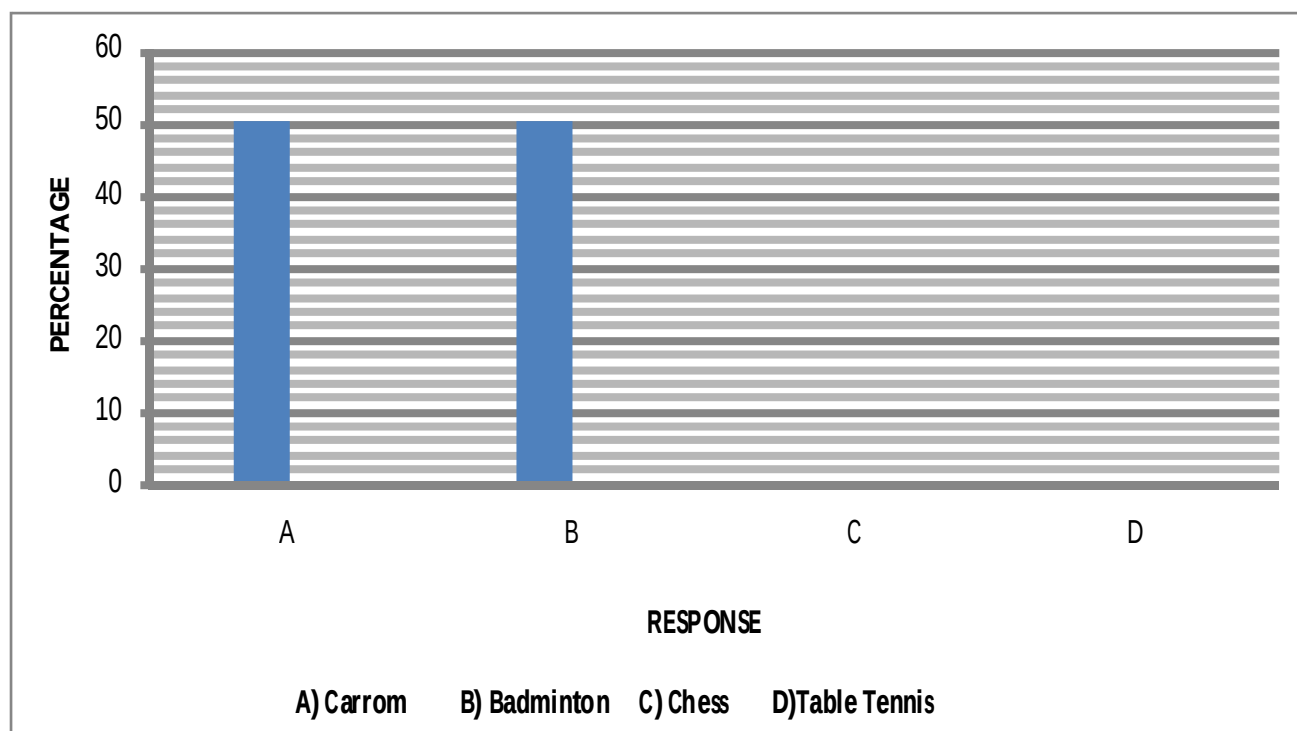
To study the present scenario of Physical Education Programme in Private Secondary Schools of Darrang District.

The present scenario of Physical Education Programme in Private Secondary Schools of Darrang District in terms of the percentage is tabulated in the following tables-

Table No.1: Data showing the opinion of Head Masters of different Private Secondary Schools regarding the Indoor games organised frequently.

Sl No	Question item	School	Total no of respondent	No of respondent Head Masters & percentage having different type of opinion regarding the Indoor games organised frequently								Total
				A		B		C		D		
				No	%	No	%	No	%	No	%	
1	Indoor games	Private Secondary School	4	2	50	2	50	0	0	0	0	100

The percentage is illustrated through bar diagram.



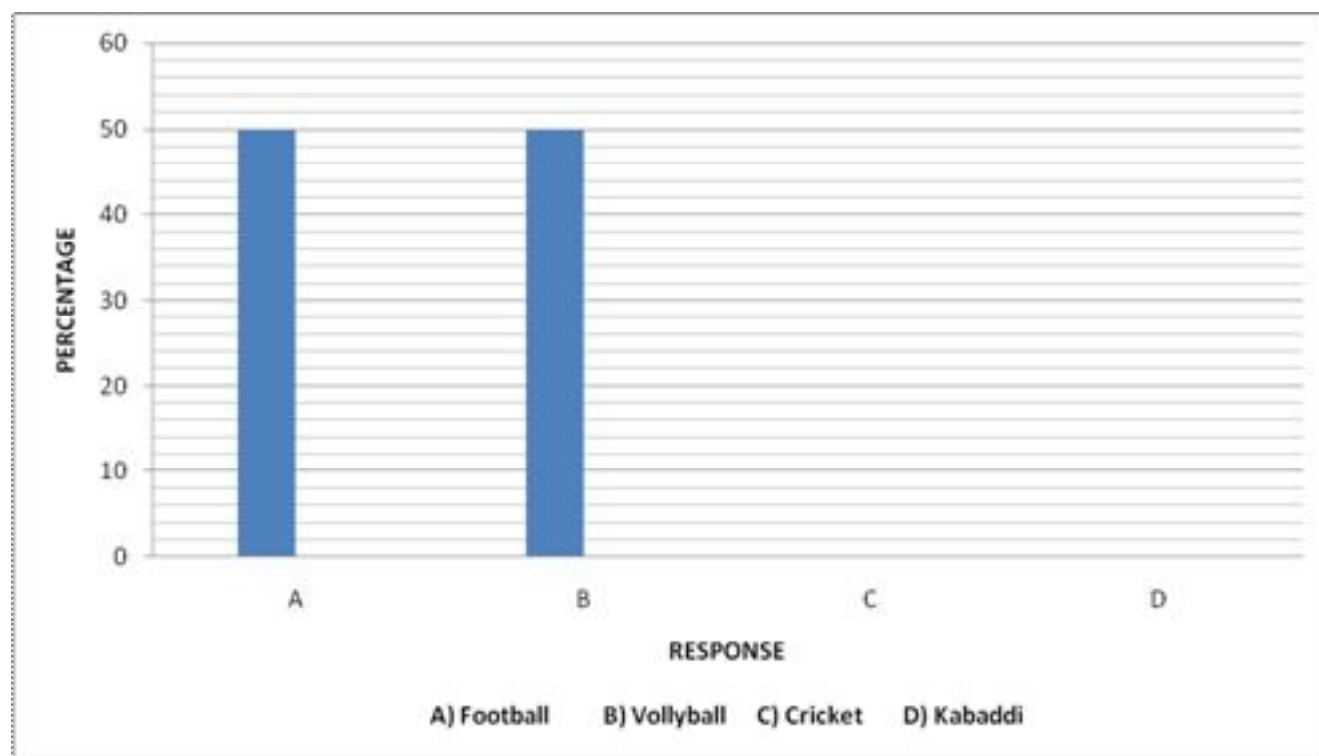
Interpretation: Table no1 shows, 50% Head Masters say Carrom competition is organised and the rest 50% Head Masters say Badminton competition is organised frequently in their schools as a part of Indoor games.

Table No. 2

Data showing the opinion of Head Masters of different Private Secondary Schools regarding the outdoor games organised frequently.

Sl No	Question item	School	Total no of respondent	No of respondent of Head Masters & percentage having different type of opinion regarding outdoor games organised frequently								Total	
				A		B		C		D			%
				No	%	No	%	No	%	No	%		
2	Outdoor games	Private secondary school	4	2	50	2	50	0	0	0	0	100	

The percentage is illustrated through bar diagram.



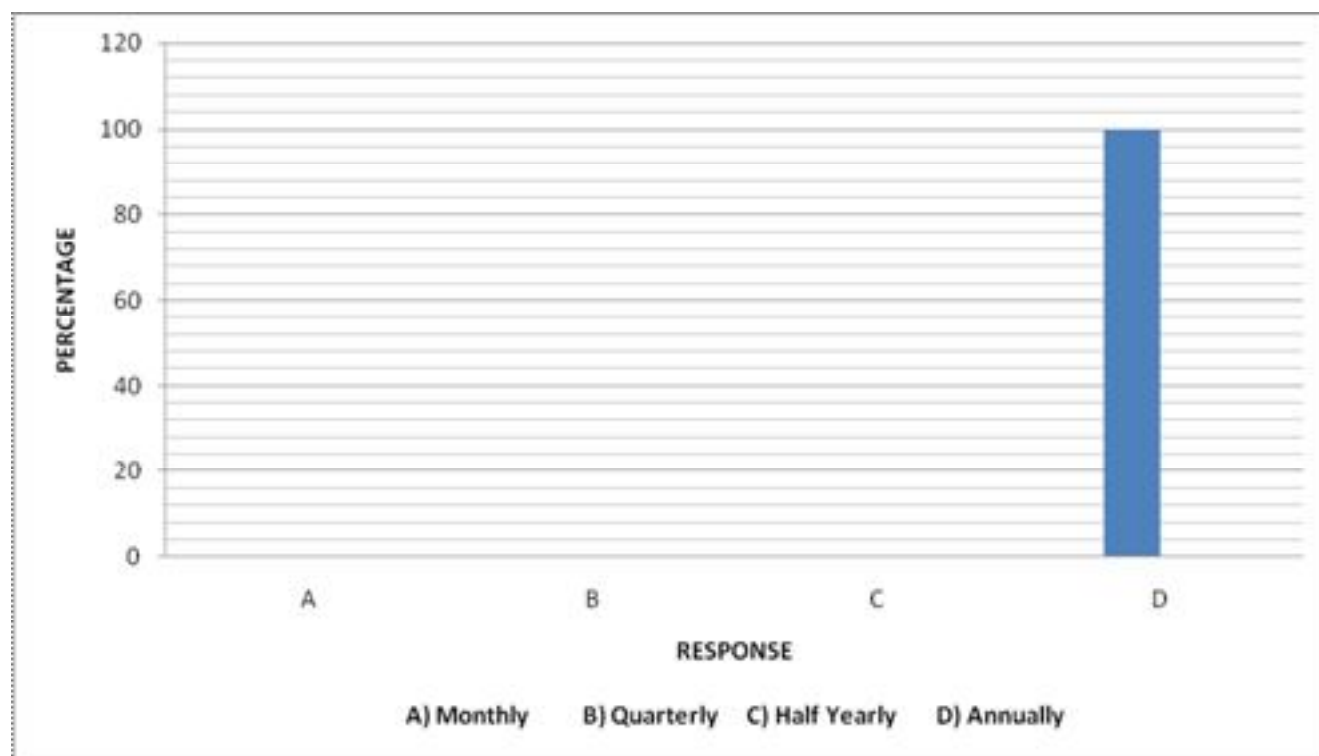
Interpretation: Table no 2 shows 50% Head Masters reported Football game is played frequently and the rest 50% Head Masters say Volleyball game is played as a part of outdoor game in their schools.

Table No. 3

Data showing the opinion of Head Masters of different Private Secondary Schools regarding the track event organised frequently.

Sl No	Question item	School	Total no of respondent	No of respondent of Head Masters & percentage having different type of opinion regarding the track event organised frequently								Total
				A		B		C		D		%
				No	%	No	%	No	%	No	%	
3	Track event	Private secondary School	4	0	0	0	0	0	0	4	100	100

The percentage is illustrated through bar diagram.



Interpretation:

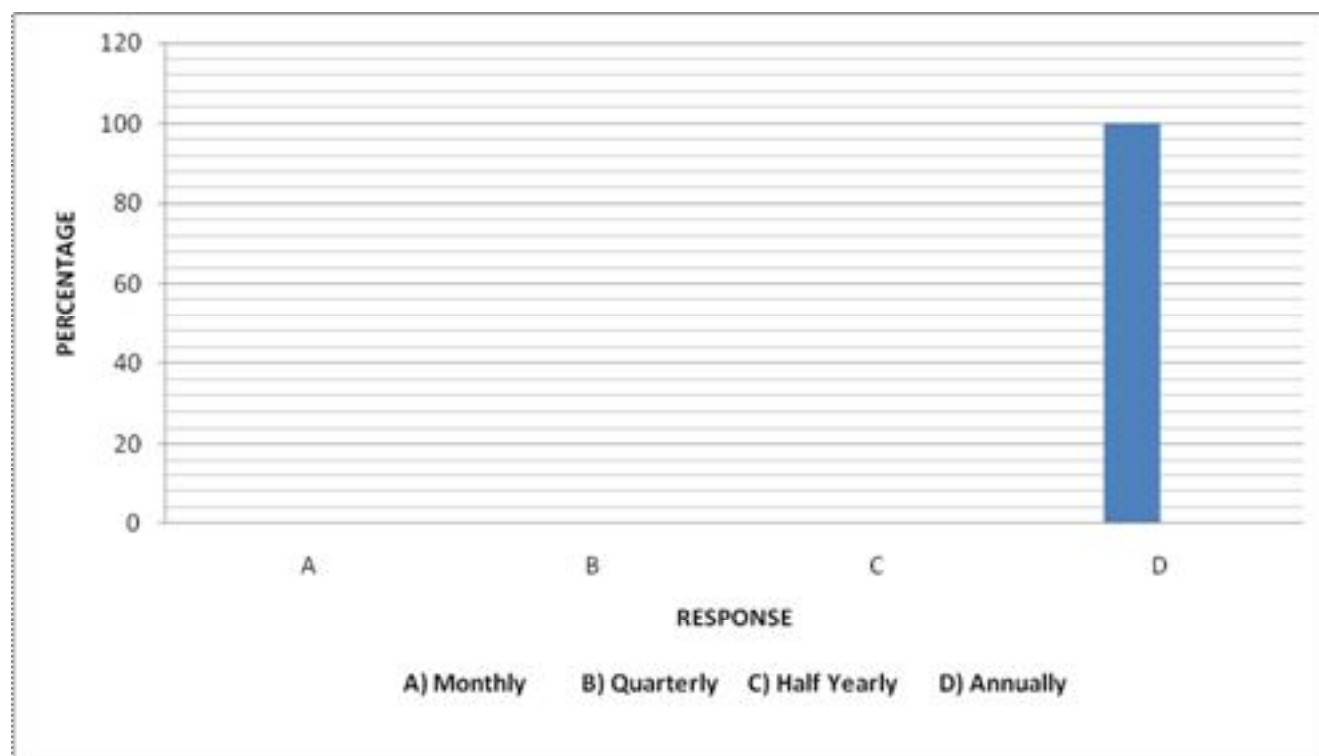
Table no3 shows 100% Head Masters organised the track event annually.

Table No. 4:

Data showing the opinion of Head Masters of different Private Secondary Schools regarding the Gymnastic events organised frequently.

Sl No	Question item	School	Total no of respondent	No of respondent Head Masters & percentage having different type of opinion regarding organisation of Gymnastic events frequently								Total
				A		B		C		D		
				No	%	No	%	No	%	No	%	
4	Gymnastic events organised frequently	Private Secondary School	4	0	0	0	0	0	0	4	100	100

The percentage is illustrated through bar diagram.



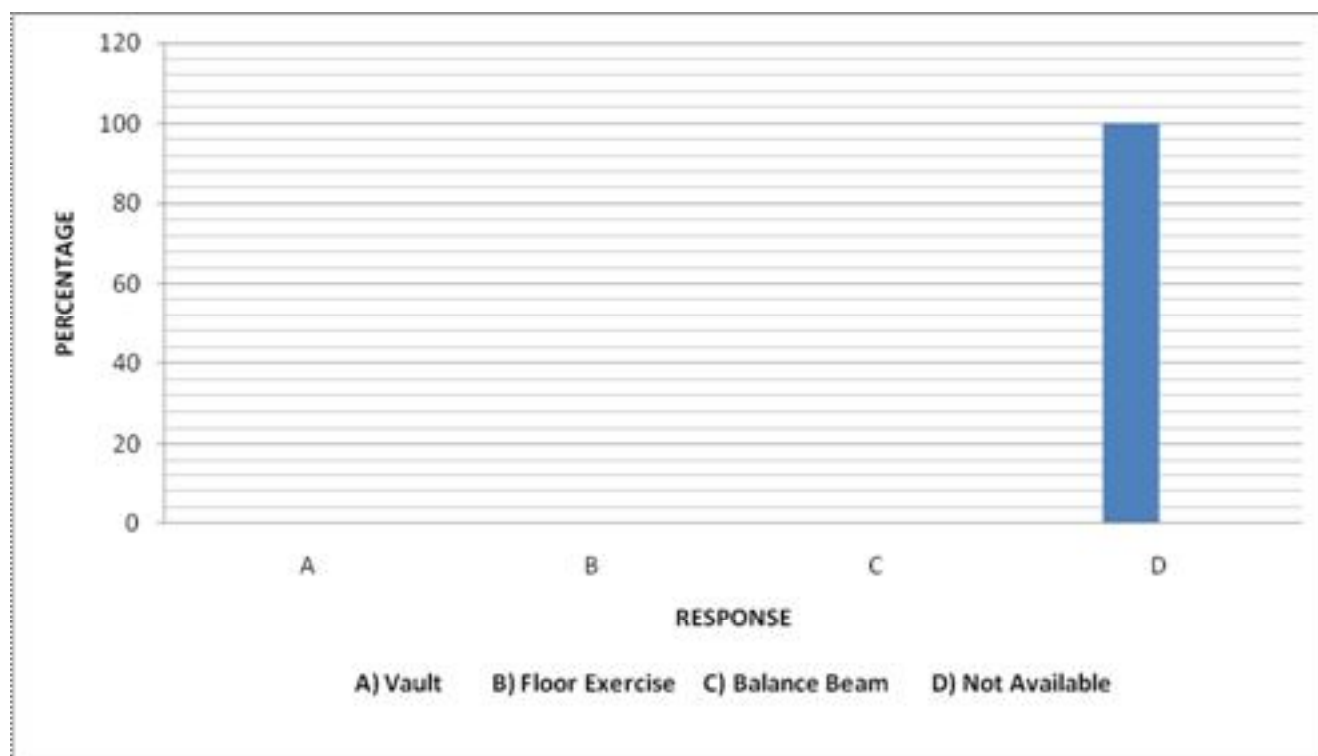
Interpretation:

Table no.4 shows, all the Head Masters are of the opinions that their schools have organised the gymnastic events annually.

Table No.5: Data showing the opinion of students of different Private Secondary Schools regarding the Gymnasium facilities.

Sl No	Question item	School	Total no of respondent	No of respondent student & percentage having different types of opinion regarding the gymnasium facilities								Total
				A		B		C		D		
				No	%	No	%	No	%	No	%	
5	Gymnasium facilities	Private Secondary School	100	0	0	0	0	0	0	100	100	100

The percentage is illustrated through bar diagram.



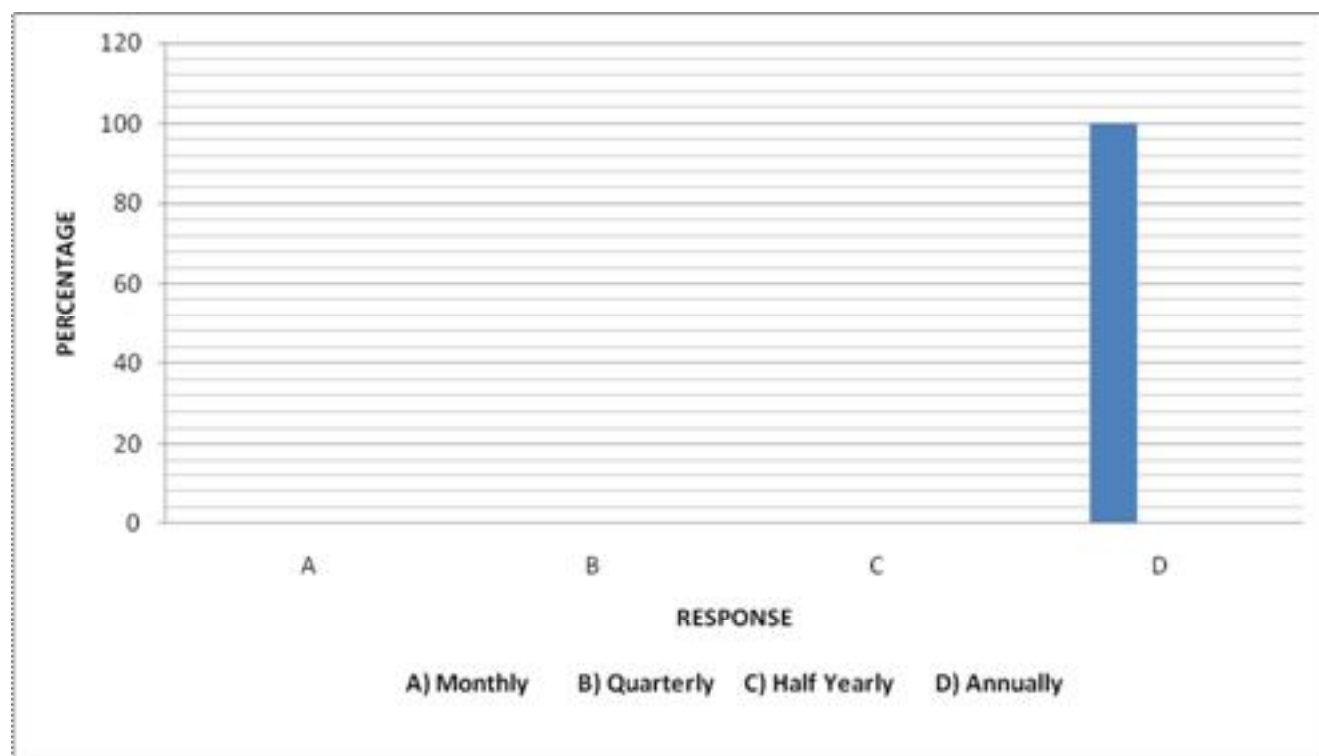
Interpretation:

Table no 5 shows 100% students express that there is no gymnasium facility in their school.

Table No.6 Data showing the opinion of students of different Private Secondary Schools regarding organisation of tracking events.

Sl No	Question item	School	Total no of respondent	No of respondent student & percentage having different types of opinion regarding organisation of tracking event								Total
				A		B		C		D		
				No	%	No	%	No	%	No	%	
6	Tracking event	Private Secondary School	100	0	0	0	0	0	0	100	100	100

The percentage is illustrated through bar diagram.



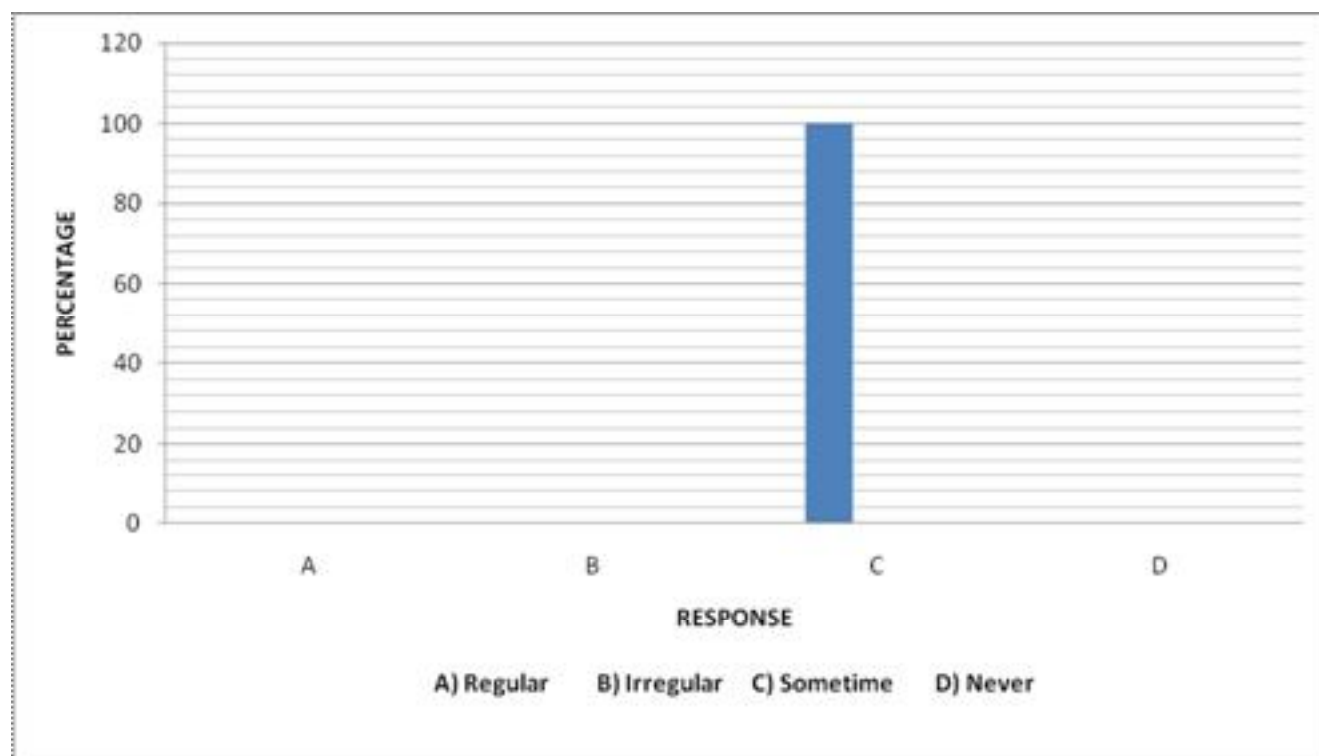
Interpretation:

Table no.6 shows 100% students express that the Tracking event is organised annually in their school.

Table No. 7 Data showing the opinions of the Teachers-in charge of different Private Secondary Schools regarding organisation of physical education programme by the school.

Sl No	Question item	School	Total no of respondent	No of respondent of teacher in charge & percentage having different types of opinion regarding the organisation of physical education programme by the school								Total
				A		B		C		D		
				No	%	No	%	No	%	No	%	
7	Organisation of physical education programme	Private Secondary School	4	0	0	0	0	4	100	0	0	100

The percentage is illustrated through bar diagram.



Interpretation:

Table no 7 shows 100% Teacher in-charge express that the physical education programmes are held sometimes in their schools.

Table No. 8 Data showing the opinions of the Teachers-in charge of different Private Secondary Schools regarding the training programme for teacher in charge.

Sl No	Question item	School	Total no of respondent	No of respondent of teacher in charge & percentage having different types of opinion regarding the training programme for teacher in charge								Total
				A		B		C		D		
				No	%	No	%	No	%	No	%	
8	Training programme for teacher in charge	Private Secondary School	4	0	0	0	0	2	50	2	50	100

The percentage is illustrated through bar diagram.

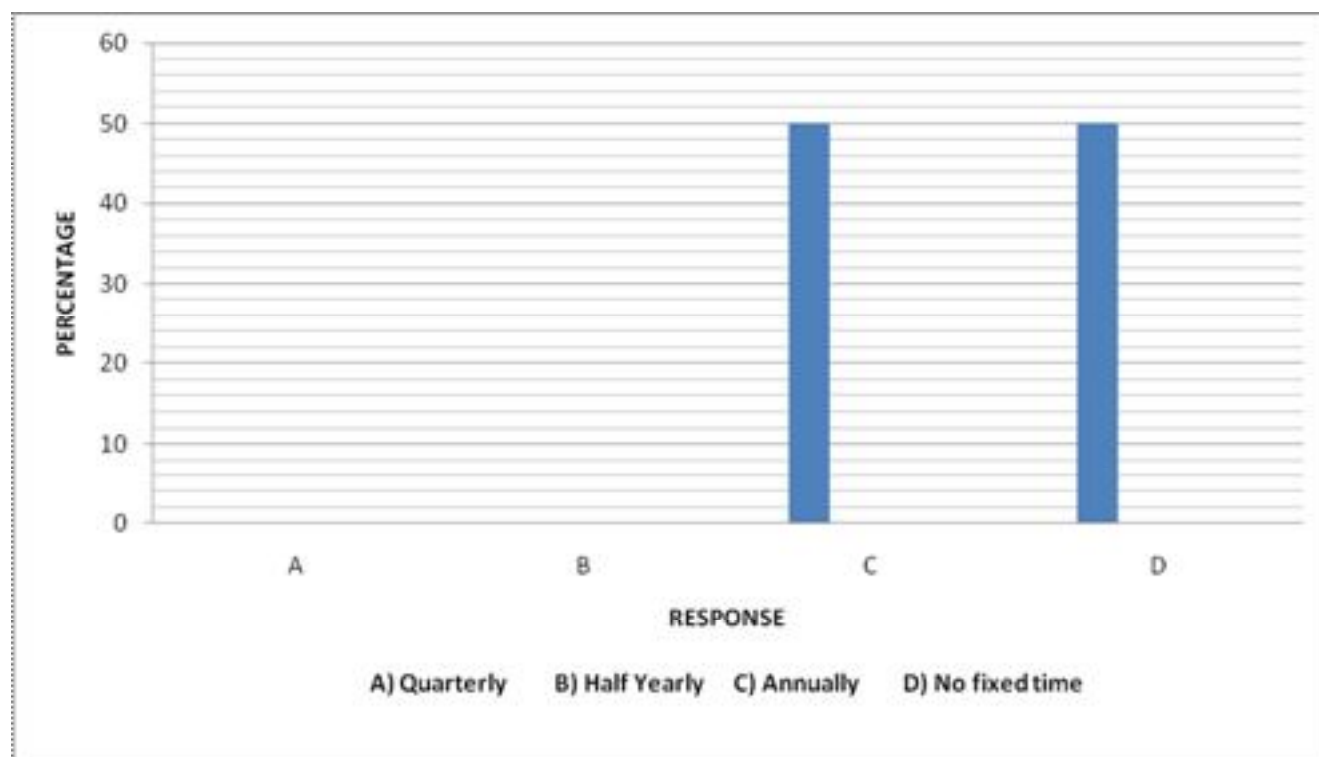
**Interpretation:**

Table no 8 shows 50% Teacher in-charge express that the physical training programmes are held annually and the remaining 50% Teacher in-charge express that the physical training programmes are held but not in a fixed time.

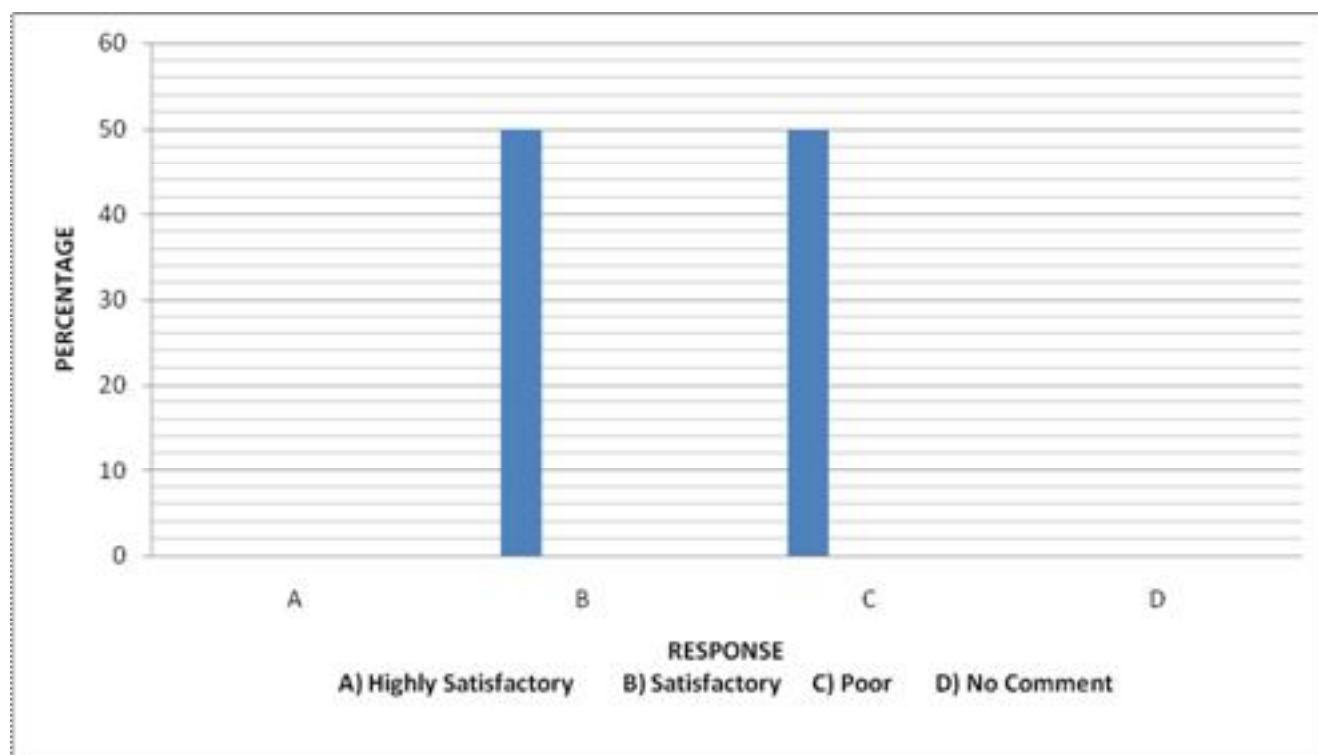
Objectives no 2

To study the achievement of students in physical education programme in private secondary schools of Darrang district.

Table No 9: Data showing the opinion of the Head Masters of different Private Secondary Schools regarding the student's achievement at different levels in sports and physical education programme.

Sl No	Question item	School	Total no of respondent	No of respondent head masters & percentage having different types of opinion regarding the student's achievement at different levels in sports and physical education programme								Total	
				A		B		C		D			
				No	%	No	%	No	%	No	%		%
9	Student's achievement at different levels in sports and physical education programme	Private Secondary School	4	0	0	2	50	2	50	0	0	100	

The percentage is illustrated through bar diagram.

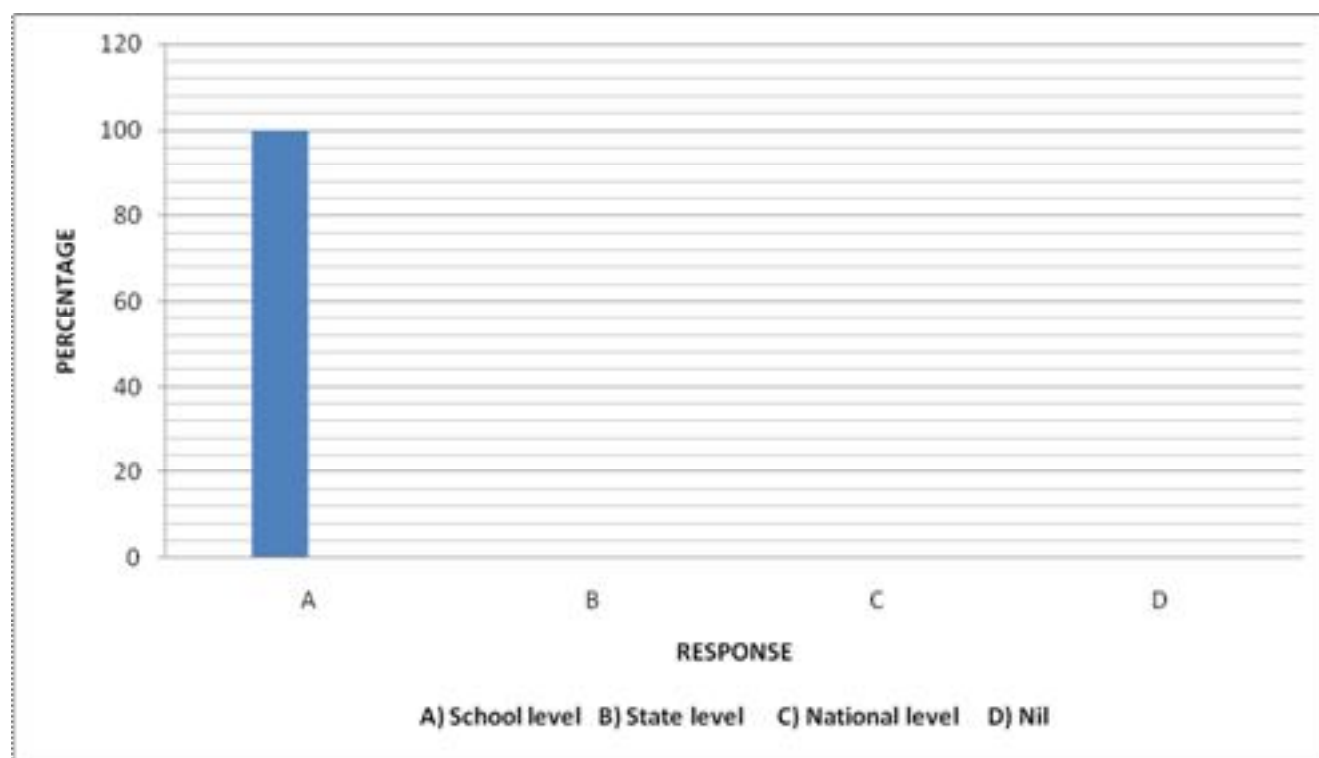


Interpretation: In Table no 9, it is seen that the opinion of 50% headmasters in achievement level of students in games and sports is satisfactory while the opinion of rest 50% headmasters is very poor.

Table No. 10 Data showing the opinion of students of different private schools regarding the medal won at different levels.

Sl No	Question item	School	Total no of respondent	No of respondent student & percentage having different types of opinion regarding the medal won at different levels								Total
				A		B		C		D		%
				No	%	No	%	No	%	No	%	
10	Medal won at different levels.	Private Secondary School	100	100	100	0	0	0	0	0	0	100

The percentage is illustrated through bar diagram.



INTERPRETATION

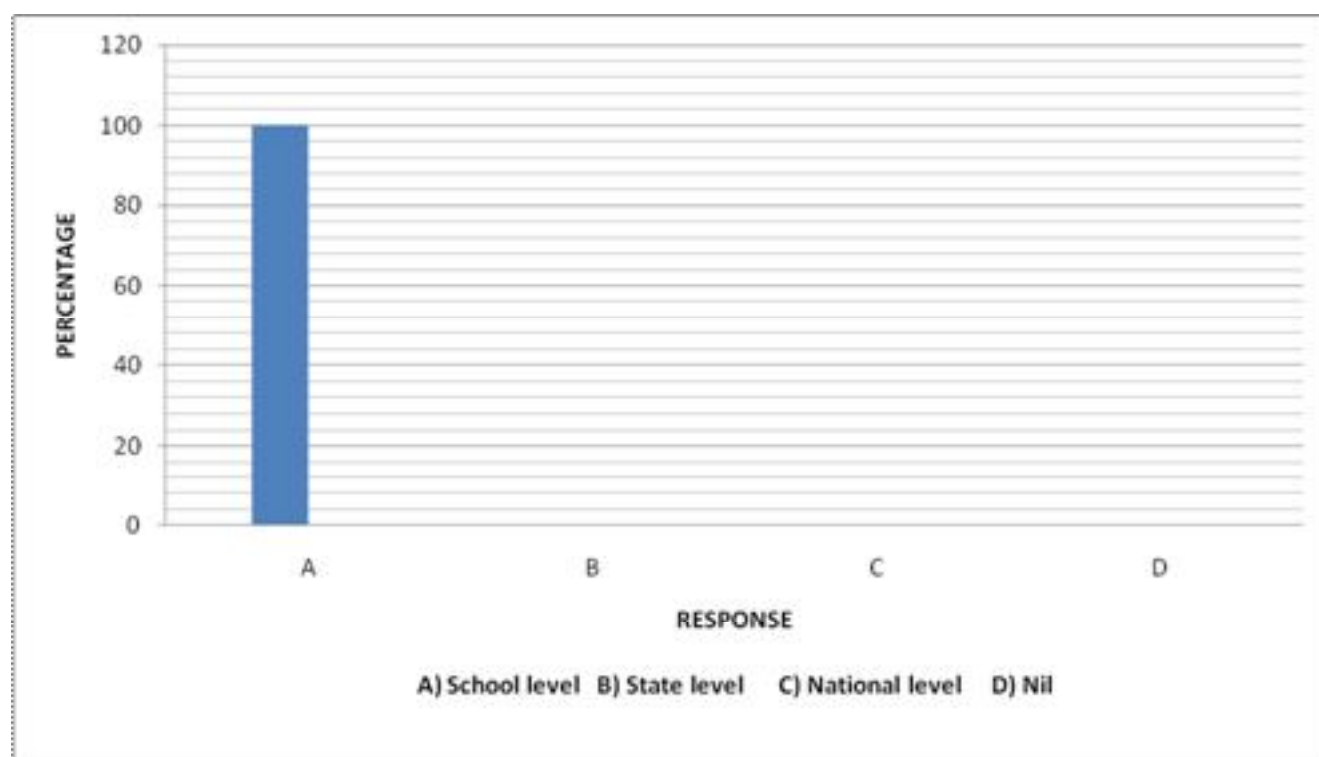
they have won medal at school level only.

Table no 10 shows 100% students say that

Table No. 11:Data showing the opinion of the Physical Education Teacher in-charge regarding the achievement of medal by students in different level of sports competition.

Sl No	Question item	School	Total no of respondent	No of respondent Teacher in-charge & percentage having different types of opinion regarding the achievement of medal by students in different level of sports								Total
				A		B		C		D		
				No	%	No	%	No	%	No	%	
11	Achievement of medal by students in different level of sports competition	Private Secondary School	4	4	100	0	0	0	0	0	0	100

The percentage is illustrated through bar diagram.



Interpretation:

Table no 11 shows 100% teacher in-charge report that the students have own medals at school level only.

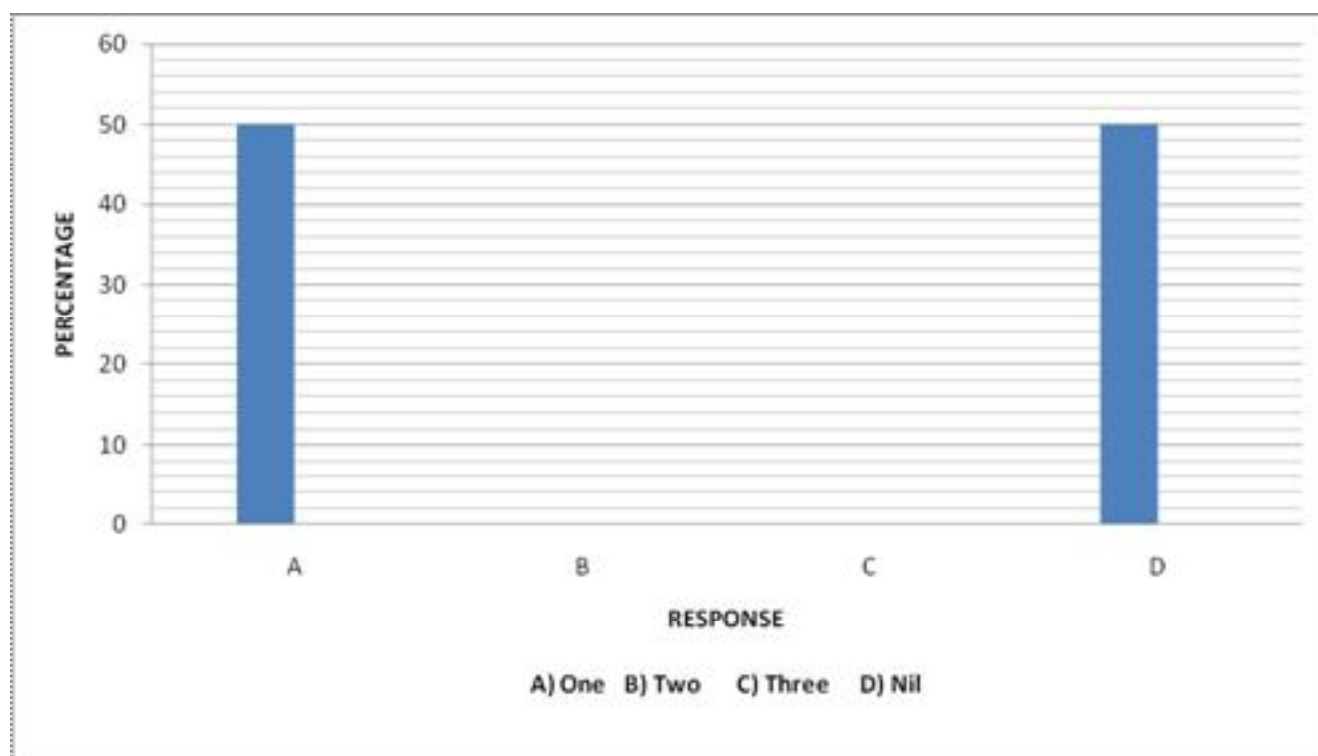
Objective3:

To study the enrollment of physical education teachers in the Private Secondary Schools of Darrang district.

Table No. 12:Data showing the opinion of the head masters regarding the availability of Physical Education teacher in their school.

Sl No	Question item	School	Total no of respondent	No of respondent head masters & percentage having different types of opinion regarding the availability of physical education teacher								Total	
				A		B		C		D			%
				No	%	No	%	No	%	No	%		
12	Availability of Physical Education teacher	Private Secondary School	4	2	50	0	0	0	0	2	50	100	

The percentage is illustrated through bar diagram.



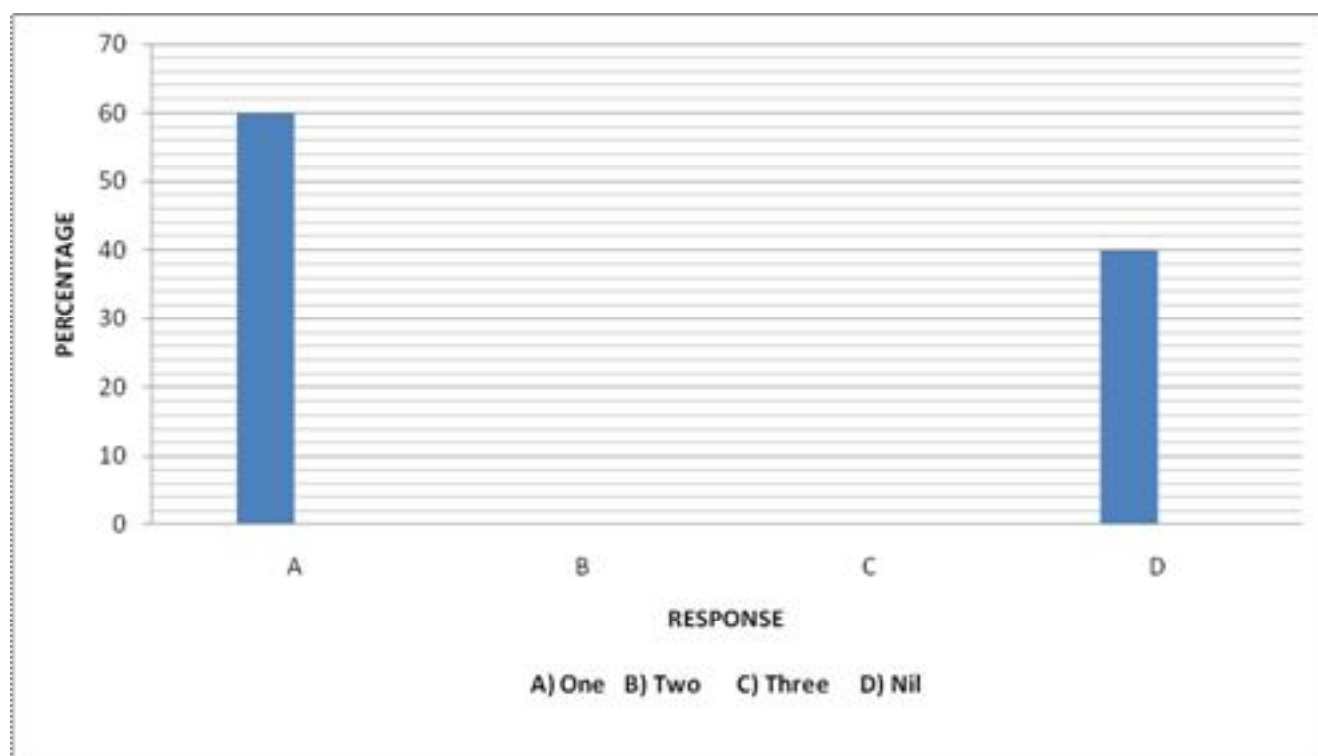
Interpretation:

Table no 12 shows 50% head masters reported that there is one physical education teacher in-charge in their school while the rest 50% head masters reported that there is no physical education teacher in their school.

Table No. 13 :Data showing the opinion of students regarding the availability of Physical Education teacher in their school.

Sl No	Question item	School	Total no of respondent	No of respondent student & percentage having different types of opinion regarding the availability of physical education teacher								Total
				A		B		C		D		
				No	%	No	%	No	%	No	%	
13	Availability of Physical Education teacher	Private Secondary School	100	60	60	0	0	0	0	40	40	100

The percentage is illustrated through bar diagram.



Interpretation:

Table no 13 shows 60% students report that there is one physical education teacher in-charge in their school while 40% students report that there is no physical education teacher in their school.

FINDINGS OF THE STUDY:

The findings of the study reveals that, the private secondary schools of Darrang district do not have adequate physical education infrastructure like play fields, sports materials and availability of trained physical instructor. The physical education programme initiated by the secondary schools of Darrang district area is not adequate and the level of performance of the students in sports is not also satisfactory.

SUGGESTION:

The study shows that the overall participation of the students is not encouraging. Therefore the administrators, teachers and guardians should try to motivate the students to participate in games and sports as a part of physical education in addition to the regular classes. Besides, the Government will have to try their best to arrange awareness programs, to grant financial assistance for the infrastructure development of physical education so as to make games and sports popular and familiar among the students.

CONCLUSION:

Physical education is mandatory for the motor and intellectual development of the children. The advanced countries have realized the importance of it and therefore they have included games and sports in their curriculum. In India also it will be worthwhile to introduce games and sports as a compulsory subject in the system of education.

REFERENCES

- 1) Baba H.P.S and Randhawa S.S : "Personality Traits of Elite Sportsmen of Individual, Combative and Team Sports 26(3), 34-41 (2003).
- 2) Das, Swarasti, 2005-06: "Physical education facilities and its role on sports achievement of the students in the secondary schools of greater Guwahati area", Dissertation, G.U.
- 3) Ahmed, Shamsad, 2007: "Education and Physical Education", ISHA Books, New Delhi-110033, P-31.

- 4) Baruah Lachit 2008-09: Physical education in the secondary schools of Sipajhar in Darrang district, Dissertation, G.U.
- 5) Kakati Himadri, 2012-16: "An Evaluative study of sports facilities and programme of physical education in Secondary schools of Darrang district in Assam".Ph.D. Thesis,G.U.
- 6) Kochar,S.K,(1981): "Pivotal Issues in Indian Education" Sterling Publication.
- 7) Bucher Charls 9th Edition, (1983) St. Luis: "A Foundation of Physical Education and Sports", The C.V. Mosby Company.
- 8) Mathur,S.S : "Teacher and Secondary Education".
- 9) Secondary Education Commission (1952-53) : "The Report of Secondary Education Commission" Ministry of Education, Govt. of India.
- 10) Indian Education Commission (1964-66) : "The Report of Indin Education Commission" Ministry of Education, Govt. of India.
- 11) National Policy on Education (1986): "The Report of National Policy on Education" Human Resource Development, Deptt of Education, New Delhi.

-----X-----