

**Attitude Towards Sports Among High Altitude, Coastal And Tribal Residing
Female College Students: A Comparative Study**

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Abstract

The purpose of this study is to analyze the attitude towards sports among female students residing in the coastal, tribal and high altitudes and how a geographical area can influence one's attitude towards sports. One fifty (n=150 college female students) subjects were selected by random sampling from three region (high altitude=50, coastal=50, tribal=50) of Kerala state in India. The age range between 18-25 years. In the study, Self-made questionnaire (student's sports attitude questionnaire) was used as an instrument of data collection. One-way analysis of variance (ANOVA) was used to compare the differences between the three groups. The research findings revealed that the attitude among female students residing in the tribal areas was high compared to the other two groups. The result of the study gives some valuable information regarding sports so this result helps us to promote more sports activities in this region along with women empowerment.

Keywords: Attitude, Sports, High altitude, Coastal, Tribal region

Introduction

How much we like or dislike a thing has much to do with it determining our behaviour towards that. We tend to approach, seek out, be associated with things we like; we avoid, shunt, or reject things we do not like. Attitudes are simply expressions of how much we like or dislike various things. They represent our evaluations, preferences, towards a wide variety of "objects". Our attitudes are based on our information.

All group of people right from a kid to an old man like sports because involvement in it will influence the physical and mental health in so many ways. Sports have its place in everyone's mind both as a profession as well as a recreation. In order to have a good standard of living

everyone should make sports a part and parcel of their life. The attitude in a way measures the perception. High altitude, coastal and tribal areas are covered in this study to actually learn about the attitude of the people in these areas because this part of the world has contributed too much to the field of sports. The aim of this study is to learn more about the perspectives of the younger generation towards sports.

The word sports have so many implications in today's world. The lack of physical activity has taken its toll on the human lives irreparably. There was a time in the human existence when our ancestors used to walk miles to fetch their food, to carry out their work and to carry out their day-to-day activities. Men ploughing in the field have been replaced by machines in today's world. Women have been replaced by robots and kitchens have turned into factories. Even though minor these activities actually pulled our ancestors from their boredom and helped they lead a healthy long life. Today longevity has become a life index. Lack of activity the parameter to measure one's living standards. Situations have become so pathetic to such an extent that scholars nowadays take a lack of physical activity a subject of their study.

Women are considered as the backbones of a family. Without them, a family would be incomplete because they keep the household alive and energetic. So it is equally important that their health also is maintained well. Physical activity among women has also reduced these days because technology has made everyone couch potatoes. This study was conducted with the aim of understanding better how the female population in the most overlooked provinces of the country view sports and what their attitude is.

Kjonnixsen et al., (2011) conducted a study on 630 individuals which included both adolescents and teenagers. He concluded that adolescents had more interest in organized sports than teenagers. Moreover, boys had more interest in sports than girls. Lubans et al., (2011) conducted a study to analyze the belief of students towards school sports, the social support they receive and their self-esteem. 249 adolescent boys and girls were taken for the study and it revealed that both the group had a positive attitude towards sports. Arar & Rigbi (2009) conducted a study in the Middle East to assess the attitude of girls towards sports. It was concluded that the attitude towards sports among girls largely depended on the support they get from their family and the influence of physical education teachers.

The females getting involved in sports had been a discussion for a very long time. The pubertal changes and the early marriages ending up in early family responsibilities have been proved as a culprit for the incongruity in their attitudes. These three areas are first in the field of research study as far as physical education is concerned. This study focuses on not only their attitude but also how to throw light among the concerned authorities for better facilities.

Methods

One fifty (n=150 college female students) subjects were selected by random sampling method from three regions (high altitude=50, coastal=50, tribal=50) of Kerala state in India. The age range was between 18-25 years. The tool used was the self-made student's sports attitude questionnaire (SSAQ). The researcher collected data used by the survey method from these three regions by providing the questionnaire directly in person to the students. In the present research tool for students, 51 items were positive and 7 items were negative. After having constructed the attitude scale they were administered on 150 college female students of high altitude, coastal and tribal residing area. The reliability coefficient of the questionnaire shown ($r=0.83$; $p<0.002$) and validity was between $r=0.45$ and $r=0.75$ ($p<0.001$). The data were analyzed using descriptive statistical methods, the one-way analysis of variance (ANOVA) is used to determine whether there are any statistically significant differences between the means of three or more independent (unrelated) groups, Scheffe's post-hoc test was applied to find out the multiple comparisons among groups and the reliability coefficient of the questionnaire Cronbach's alpha was used. SPSS.23 statistical software package was used to analyze the data obtained from the study and the level of significance was set at 0.05.

Results

In this section, the results obtained from the study and the comments related to the topic i.e. attitude among the female students towards sports has been held in detail. The results are published in the form of tables and charts.

Table 1

Descriptive statistics of attitude towards sports among high altitude, coastal and tribal residing college students.

Groups	n	Mean	SD	Std. Error
High Altitude	50	200.78	25.13	3.55
Coastal Area	50	201.06	16.27	2.30
Tribal Area	50	210.68	24.24	3.42
Total	150	204.17	22.56	1.84

Note: n = number, SD = standard deviation, Std. Error = standard error.

The descriptive statistics, table 1 gives some very useful statistical details, including the mean, standard deviation, standard error for each dependent variable in each group (high altitude, coastal area and tribal area), as well as the total of all groups. It shows the mean value of female students' attitude towards sports in high altitude (Mean= 200.78, SD = 25.13, Std Error = 3.55), coastal area (Mean= 201.06, SD = 16.27, Std Error = 2.30), and tribal area (Mean = 210.68, SD = 24.24, Std Error = 3.42) respectively.

Table 2

Analysis of variance attitude towards sports among high altitude, coastal and tribal residing female college students.

Groups	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	3177.21	2	1588.60	3.21*	.043
Within Groups	72720.28	147	494.69		
Total	75897.49	149			

Note: *significant ($P < 0.05$), NS= not significant, df = degree of freedom, F = F-value

Table 2 shows the output of ANOVA analysis and whether there is a statistically significant difference between the group means. There was a statistically significant difference between groups was determined by one-way ANOVA ($F(2, 147) = 3.21, p = 0.043$), which is below 0.05. And therefore, there is a statistically significant difference between each group. Since a

significant difference exists, the Scheffe's post-hoc test was applied to find out the multiple comparisons among groups, the tribal group had more mean difference among high-altitude and coastal groups.

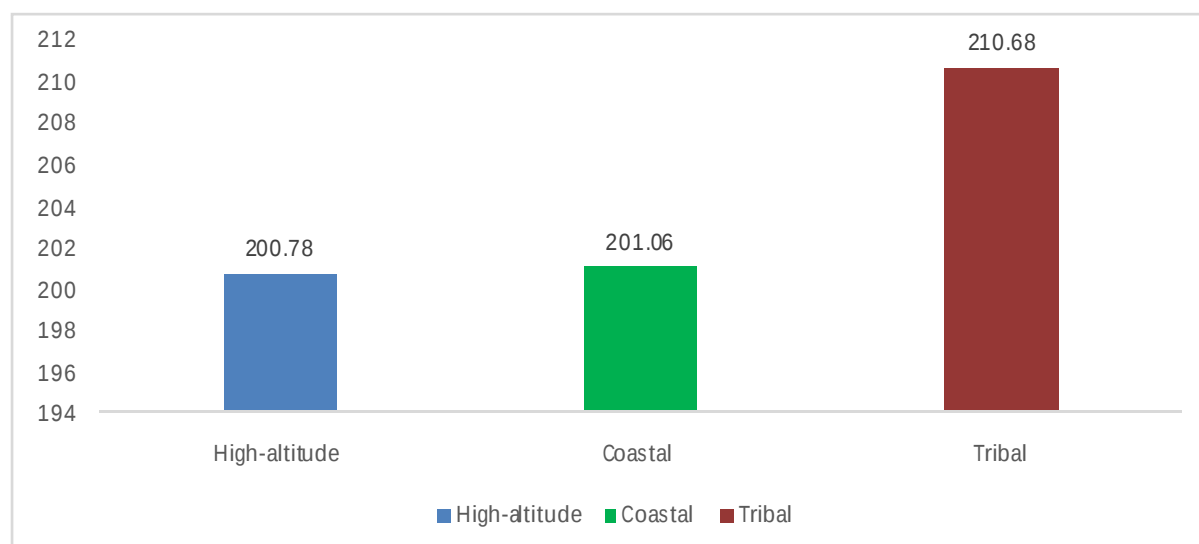


Figure 1: Graphical representation of mean score of attitude towards sports among high altitude, coastal and tribal residing female college students.

Discussion

The present study showed that the attitude among the female students in the tribal region was high (mean = 210.68) compared to the other two groups (high-altitude and coastal). Ramya et al.,(2017) defined as “Tribal people are children of nature and their lifestyle is conditioned by the ecosystem. They have followed ways of life for many generations that are largely self-sufficient and are clearly different from the mainstream and dominant society”. The above-mentioned definition proves their identity from others. From the time of independence, authorities tried to elevate tribal's forward, to a large extent much of the problems were solved but still they are backwards in many areas. Actually, tribals were not ready to mingle with others because of their traditional and cultural differences from common people.

In the field of sports, tribe's are well-developed physic and fitness and basically, sports need the pre-mentioned two qualities. But they were not aware of their abilities and the importance of sports in day today life that was the reason why they use their fitness for agriculture, hunting,

farming and other activities. However, some people arise as stars from this region by overcoming all barriers in the field of sports and bring laurels to the nation as well as themselves. Mary Kom, a five-time world amateur boxing champion, and Olympic Medal winner hails from the Kom tribe in Manipur, and Dutee Chand, the 100-metre national champion sprinter hails from a remote tribal village of Odisha. Chand, who shattered the national 100m mark, narrowly missed the Rio Olympic qualifying score by 0.01 seconds.

Ishwar(2015) conducted a study “a comparative study of mental health, aggression and self-concept among tribal players and non-tribal players” supports the result of this study. The result of the study indicates that the tribal's are suitable for sports because mental health, aggression and self-concept are the inevitable part of success in sports. A good sports person is fit both mentally and physically; He stated that how to behave in sports as well as in common life to achieve success. A good sportsman will always be aggressive in the field for his success. But he will be in good control of his aggression and that is the quality of a champion. Success and failure are the two pillars of a sportsman. Everybody likes to succeed but failure is not accepted by everyone. To be calm and to control their aggression in times of failure is the quality of the best sportsman. From the light of this study, we can summarize that female student from the tribal area is suitable for sports.

The tribal's are a group of the population who still carry the genetic makeup of our ancestors the 'homo sapiens' and the hunter-gatherers. They had lived a life of physical exploitation where they had strived day and night with their body to create cultivation which we enjoy today. They used to run and walk for miles for hunting and in search of shelter. They used to work in the fields for days regardless of the climate to achieve their motto. Similarly, the tribal's also exerted their bodily strengths to achieve their daily living. So with the help of strong pieces of evidence, we can say that this group of people is much more physically fit than the urban dwellers. As a result these areas need to be focused in-depth on the betterment of physical education because people from these areas can bring laurels to the country. The authorities need to make effective arrangements for the proper training and availability of resources to these people. Lack of good educational system, deficiency of physical education teachers and lack of proper training along with poor social standards and support make things worse in these geographical areas. This study

has been conducted with a vision to make the authorities foresee the advantages and to let them know the fallacies and lack of facilities that these areas face in comparison to the urban areas.

Conclusions

From the study, it can be concluded that students residing in the tribal area have a high attitude towards sports. The result of the study gives some valuable information regarding sports. So, this result helps us to promote more sports activities in this region along with women empowerment. Consequently, the study also revealed that for the proper promotion of sports in these regions it is essential that the government take appropriate steps to up bring their attitude. Also these students belonging to these regions should be given proper education and training so that they become confident and sociable like their counterparts in other areas.

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