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COMPARATIVE STUDY OF PHYSICAL EDUCATION SPORTS AND CULTURAL PROGRAMS IN SENIOR SECONDARY SCHOOLS OF HIMACHAL PRADESH AND PUNJAB STATES

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ABSTRACT

The purpose of the study was to compare, Physical Education, Sports and Cultural Programme in Senior Secondary Schools of Himachal and Punjab State. 140 schools were selected for the study; 70 from Punjab and 70 from Himachal state. 1400 students from both the state studying in 11th and 12th classes were selected at random as samples. Data was analyzed with the help of Chi-square at 0.05 level of confidence. The study revealed significant difference between the students of both the states.

Key Words: Physical education and sports, cultural Program,

Introduction

Physical Education is that phase of education concerned with the teaching of skills, acquisition of knowledge, and development of attitudes through human movement. Most public schools, colleges and universities recognize the importance of physical education by making it a part of curriculum. The schools Physical Education, Sports and Cultural programme provide each person with several opportunities from assessment of fitness levels and consequent activities that will strengthen the personal weakness to the development of life time skills and understanding enabling the students to lead a full and productive life.

In this study Sports refers to games and athletic activities conducted in school as per the program approved by the State Governments of Himachal and Punjab culture mean's a characteristics ways of life, inspired by fundamental values according to which people live. In this study Cultural programming means dance, music, folk dance etc. approved and implemented by the Himachal and Punjab States Education department in their Senior Secondary Schools.

Objective of the study:

1. The objective of the study was to compare the effectiveness of Physical Education, Sports and Cultural programmes of Himachal and Punjab States
2. To investigate the infrastructure for Physical Education, Sports and Cultural programmes existing in the Senior Secondary Schools of Himachal and Punjab state.
3. To investigate the interest of the students in Physical Education, Sports and Cultural programmes were also evaluated.

Hypothesis:

It was hypothesized that there will be no significant difference in physical education sports and cultural programs in senior secondary schools of Himachal Pradesh and Punjab states

Scope of Study:**Delimitation :**

1. Study was delimited to Himachal and Punjab State only.
2. Study was delimited to Senior Secondary School Students only.
3. Study was Delimited to male students only
4. No psychological motivation was used during collection of data.

Limitations:

1. Socio- economic status of students was not considered.
2. Personal interest of students towards sports or cultural program was not under the control of researcher.
3. Authenticity of data was depend upon honesty of students

Methodology

The subjects were selected from 149 Senior Secondary Schools in Himachal and 226 Senior Secondary Schools in Punjab State with the help of random base sampling. 70 schools from each state were selected for the study i.e. nine schools from 8 districts of both Himachal and Punjab respectively.(8 districts out of 9 districts of Himachal and 8 districts out of 14 districts of lower Punjab in all.) 10 students from each school i.e. 5 from 11th and 5 from 12th class were selected with the help of random sampling. Study was delimited to male students only.

Data was collected with the help of questionnaire and analyzed with the help of Chi-square.

Analysis of that data and result of the study

Table-1

Table showing students opinion regarding the effectiveness of Physical Education, sports and cultural programmes between Himachal and Punjab States.

Statement No.	Himachal (N= 720)			Punjab(N=720)			Total N	Chi Square
	Y	N	Neutral	Y	N	Neutral		
1	489(68.47)	136(18.89)	95(13.19)	463(67.31)	143(15.83)	114(15.83)	1400	0.019185
2	493(68.47)	140(20.69)	78(10.83)	138(19.17)	113(15.69)	113(15.69)	1400	0.070701
3	264(36.87)	321(44.58)	135(18.75)	347(48.19)	102(14.19)	102(14.19)	1400	0.041864

Statement No. 1

“Are you satisfied with the programme of Physical Education and Sports in your school”?

Statement No. 2

“Do you have daily assembly and attendance before and after the Physical Education classes”?

Statement No. 3

“Are you satisfied with your teacher who is in charge of cultural activities in your school”?

For all the three statements the obtained Chi-Square values are less than the table value of 5.991 (2 df. at 0.05 level of confidence) hence there is no significant difference.

Table-II

Table showing student’s opinion regarding the infrastructure of Physical Education, Sports and cultural programme, existing in Senior Secondary Schools of Himachal and Punjab States.

Statement No.	Himachal (N= 720)			Punjab(N=720)			Total N	Chi Square
	Y	N	Neutral	Y	N	Neutral		
1	06(0.83)	548(76.11)	166(23.05)	0(00)	608(84.44)	112(15.56)	1400	2.08285
2	419(56.19)	205(28.47)	96(13.34)	296(41.11)	257(35.69)	167(23.20)	1400	0.225048
3	244(33.89)	333(46.25)	143(19.86)	252(39.17)	300(41.67)	138(19.16)	1400	0.016576
4	258(35.83)	334(46.39)	128(17.78)	252(39.17)	291(40.42)	147(20.41)	1400	0.022896

Statement No. 1

“Do you have separate Physical Education teacher”?

Statement No. 2

“Does your school have facilities of NCC and NSS”?

Statement No. 3

“Are you satisfied with the facility of playground of your school”?

Statement No. 4

“Are you satisfied with the availability of sports equipments in your school”?

For the all four statements the obtained Chi-Square values are less than the table value of 5.991 (2 dt. at 0.05 level of confidence) hence not significant.

Table-III

Table showing student’s opinion regarding the interest in Physical Education, Sports and Cultural programmes.

Statement No.	Himachal (N= 720)			Punjab(N=720)			Total N	Chi Square
	Y	N	Neutral	Y	N	Neutral		
1	472(55.56)	161(22.36)	87(12.08)	487(57.54)	144(20.00)	89(12.36)	1400	0.0099
2	239(33.19)	328(45.56)	153(21.25)	218(30.28)	343(47.64)	159(22.09)	1400	0.00690
3	345(47.97)	249(34.58)	126(17.50)	336(45.67)	269(37.36)	115(15.97)	1400	0.0075
4	361(50.14)	249(34.58)	110(15.28)	304(42.22)	285(39.58)	131(18.20)	1400	0.0388
5	416(57.78)	198(27.50)	106(14.72)	374(37.78)	272(1.94)	74(10.28)	1400	0.118442
6	298(41.39)	291(27.50)	131(18.19)	244(33.89)	412(57.22)	64(8.89)	1400	0.3127
7	198(27.50)	382(53.06)	140(19.44)	187(25.97)	448(62.22)	85(11.81)	1400	00.13277
8	344(47.78)	261(36.25)	115(15.97)	335(46.53)	270(37.50)	115(15.97)	1400	0.00093
9	250(34.72)	335(46.53)	135(18.75)	212(29.44)	400(55.56)	108(15.00)	1400	0.053
10	193(26.81)	383(53.19)	144(20.00)	173(24.03)	406(56.39)	141(19.58)	1400	0.068
11	139(19.31)	425(59.03)	156(21.60)	149(20.69)	424(58.89)	147(20.42)	1400	0.004186

Statement No. 1

“Do you respect your Physical Education teacher in the same way as you respect other teachers in your school”?

Statement No. 2

“Do you participate in the health activities of your school”?

Statement No. 3

“Are you acquainted with the books of Physical Education and sports in your library”?

Statement No. 4

“Do you use the school library before and after the class”?

Statement No. 5

“Are you interested to get involved in sports in the future”?

Statement No. 6

“Can you engage time for exam during sports competitions of your school”?

Statement No. 7

“Were you a regular were you a regular player of any club before representing school games”?

Statement No. 8

“Have you taken part in any cultural programme during the important National memorial day function in your school”?

Statement No. 9

“Do you practice elsewhere with separate Cultural activities teacher”?

Statement No. 10

“Do you attend cultural coaching camp in your school”?

Statement No. 11

“Are you a member in your school cultural programme committee”?

For the all eleven statements the obtained Chi-Square values are less than the table value of 5.991 (2 df. at 0.05 level of confidence) hence not significant.

Conclusions

1. It can be summed up that the effectiveness of Sports and Physical Education and cultural programs in Senior Secondary school in the state of Punjab and Himachal are the same.
2. The infrastructure in Physical Education, Sports and Cultural programme in Senior Secondary schools of both the states, showed similar nature because the percentage responses did not show considerable difference.
3. It can be concluded from the result that the interest in Physical Education, Sports and Cultural programme, in Senior Secondary schools of Himachal and Punjab states the percentage of responses were similar in nature and there was no significant difference between both the states.

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