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College Students' Perception Towards Sports

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Abstract: The purpose of the study was to analyse the college students' perception towards sports. The participants of the study were between the age of 21 to 25 (N=115) from Mangattuparmba campus, Kannur University, Kerala. The direct personal interview method was used to collect data from the students. The response data were analysed by using frequencies and percentages. The result shows that sports interest 77.4%, sports awareness 79.1% and sports participation 73%. Out of total participation 51.35% in athletics, 6.1% in cricket, 4.3% in badminton, 1.7% in volleyball, chess, table tennis and football, .9% in hockey, judo, tae-kwondo, kho-kho and 27.8% showed no participation. The 31 non-participants (48.4%) showed no interest in taking part, 41.9% had an introverted personality, and 9.7% reported family interference. 33.9% student's favourite sport is cricket, 16.5% is football, 13.9% is badminton, 4.3% is athletics, 2.6% is volleyball, 8.7% is other type of sports, and 20% showed no favourite sport. 56.5% respond Indian sports performance is average, 29.6% respond Indian performance is poor and 13.9% no idea, 81% of the students predict India will highlight in future, 19.1% showed no change in Indian sports and 10.4% no idea. 28.7% showed reason for poor performance due to lack of training, 21.7% lack of Govt. support, 20.7% lack of facilities, 8.9% because of high cost, 5.2% lack of motivation, and 1.7% any other reason, and 13% no idea. According to this study, to improve basic awareness is a crucial and central goal for almost all higher education institutions. There is still a need to conduct more research related to this area in different universities and colleges in India, however, can bring out the basic awareness in different region wise and can take necessary programmes accordingly.

Key words: College students, Perception, Sports and Games.

1.INTRODUCTION

The United Nations Population Fund's (UNFPA) State of the World's Population reported that, with 356 million 10–24-year-olds, India has the world's largest youth population. This means the youth constitute 28 per cent (1.8 billion) of the country's population. Today's record 1.8 billion young people present an enormous opportunity to transform the future. With the right policies and investments in human capital, India can empower young people to drive economic and social development and boost sports and games in the country.

In the developing country, young generations' attitude towards sports and games has greatly influenced to create more favourable environment for its improvement. As a social member, college student will inevitably be influenced by the other students and the society as a whole (Liu, P. 2016). The socio-cultural factors, education system, and the truthful information about sports and games are positively correlated towards the development. A higher level of education offer more helpful opinions and display positive attitude (Fatab, A., & Rahman, A. 2005).

Young people are the innovators, creators, builders, and leaders of the future. But they can transform the future only if they have skill, health, decision-making, and real choice in life. Identifying the exact level of knowledge and awareness regarding sports and games will help to conduct sports wakefulness classes and sports encouraging programmes in young people. One important area of inquiry, therefore, is to evaluate the level of knowledge and awareness in young people and make necessary changes to outline a bright future in Indian sports.

2.METHODOLOGY

The purpose of the study was to analyse the perception of sports and games in college students with respect to sports interest, awareness and participation, previous participated sports events, explanations for non-participation, interested sports and games, present status and future prospection of sports in India and causes for destitute performance of Indian athletes. The sample included one hundred and fifteen students from Mangattuparamba campus, Kannur University, Kerala. The age of the students ranged from 21 to 25 years. The direct personal interview method was used to collect data from the students. The response data were analysed by using frequencies and percentages.

3. ANALYSIS OF DATA

The response information are presented in six different categories under (i) sports interest, awareness and participation, (ii) previously participated sports events, (iii) Explanations for non-participation, (iv) interested sports and games, (v) present status and future prospection of Indian sports, (vi) Causes for the destitute performance of Indian athletes.

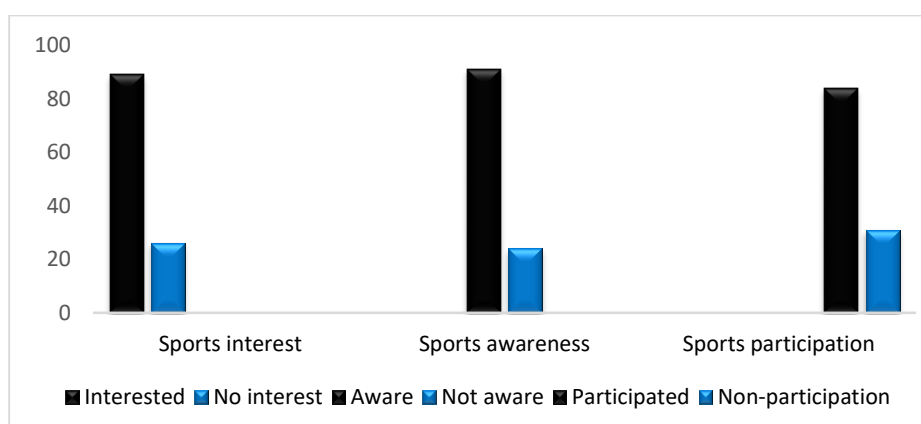
The details regarding the frequencies and percentages with respect to sports interest, general sports awareness, and sports participation is shown in table 1

Table 1: Sports Interest, General Sports Awareness and Sports Participation in College Students

Sports Interest	Frequencies	Percentages
Interested	89	77.4
Not interested	26	22.6
Total	115	100
General Sports Awareness	Frequencies	Percentages
Aware	91	79.1
Not aware	24	20.9
Total	115	100
Sports Participation	Frequencies	Percentages
Participated	84	73.0
Not Participated	31	27.0
Total	115	100

Table 1 indicate that, out of 115 college students 77.4% showed interest in sports and 22.6% showed no interest in sports, 79.1% basic awareness about sports and 20.9% showed no awareness in sports. 73% showed sports participation but 27% of the students not participated in any sports.

Figure 1: Graphical representation of Sports Interest, General Sports Awareness and Sports Participation in College Students

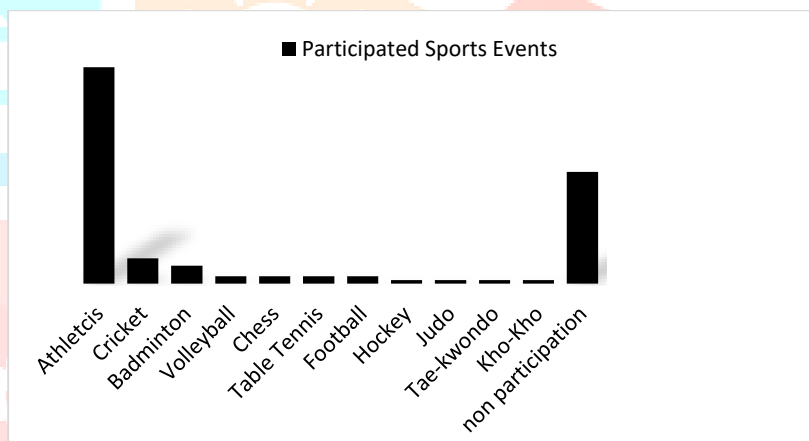


The details regarding the frequencies and percentages with respect to the participated sports events are shown in table 2

Table 2: Previously Participated in Sports Events of College Students

Name of the Sport or Game	Frequencies	Percentages
Athletics	60	51.3
Cricket	7	6.1
Badminton	5	4.3
Volleyball	2	1.7
Chess	2	1.7
Table Tennis	2	1.7
Football	2	1.7
Hockey	1	.9
Judo	1	.9
Tae-Kwando	1	.9
Kho-Kho	1	.9
Non-participation	31	27.8
Total	115	100

Table 2 indicates that, out of total sample 51.3% participated in athletics, 6.1% in cricket, 4.3% in badminton, and 1.7% in volleyball, chess, table tennis, and football. .9% in hockey, judo, tae-kwando, kho-kho and 27.8% not participated in any sports.

Figure 2: Graphical representation of previously participated sports events of college students

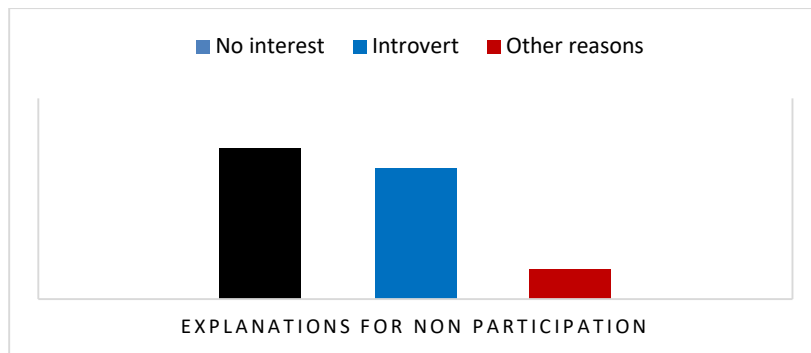
The details regarding the frequencies and percentages with respect to explanations for non-participation are shown in table 3.

Table 3: College Students' Explanations for Non-participation

Explanations	Frequencies	Percentages
No interest to take part	15	48.4
Introvert	13	41.9
Family interference	3	9.7
Total	31	100

Table 3 indicate that out of 31 non participated students 48.4% showed no interest to take part in any sports, 41.9% introvert students, and 9.7% due to family interference.

Figure 3: Graphical representation of college students' Explanations for non-participation



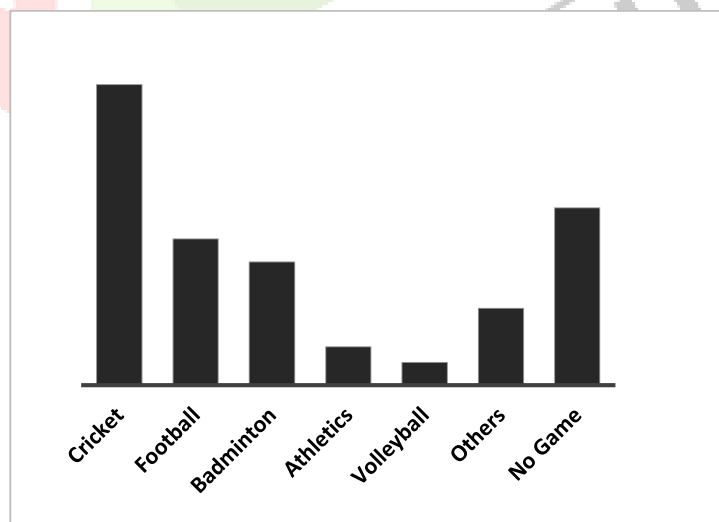
The details regarding the frequencies and percentages with respect to interested sports and games of college students are shown in table 4.

Table 4: College students' interested sports and games

Name of the Sport and Game	Frequencies	Percentages
Cricket	39	33.9
Football	19	16.5
Badminton	16	13.9
Athletics	5	4.3
Volleyball	3	2.6
Others	10	8.7
No Game	23	20.0
Total	115	100

Table 4 indicate that, 33.9% of students interested in cricket, 16.5% in football, 13.9% in badminton, 4.3% in athletics, 2.6% in volleyball, 8.7% in various other type of sports, and 20% showing no interest in any sports.

Figure 4: Graphical representation of college students' interested Sports and Games

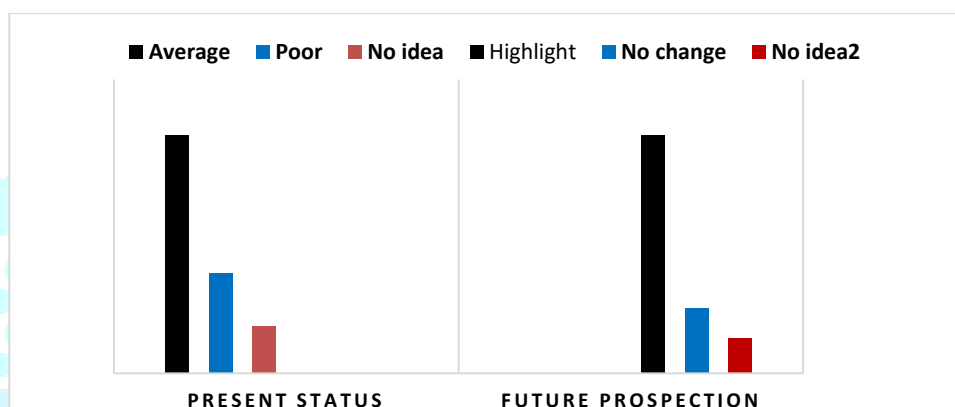


The details regarding the frequencies and percentages with respect to college students' perception concerning India's present sports status and future prospection are shown in table 5

Table 5: College students' perception concerning India's Present Sports Status and Future Prospection

Present Status	Frequencies	Percentages	Future Prospection	Frequencies	Percentages
Average	65	56.5	Highlight	81	70.4
Poor	34	29.6	No change	22	19.1
No idea	16	13.9	No idea	12	10.4
Total	115	100	Total	115	100

Table 5 indicate that, 56.5% showed sports performance of India in average level, 29.6%, response showed poor level, and 13.9% no idea. India's future sports prospection, 70.4% response India will highlight, 19.1% response India wouldn't change, 10.4% no idea.

Figure 5: Graphical representation of College students' perception concerning India's Present Sports Status and Future Prospection

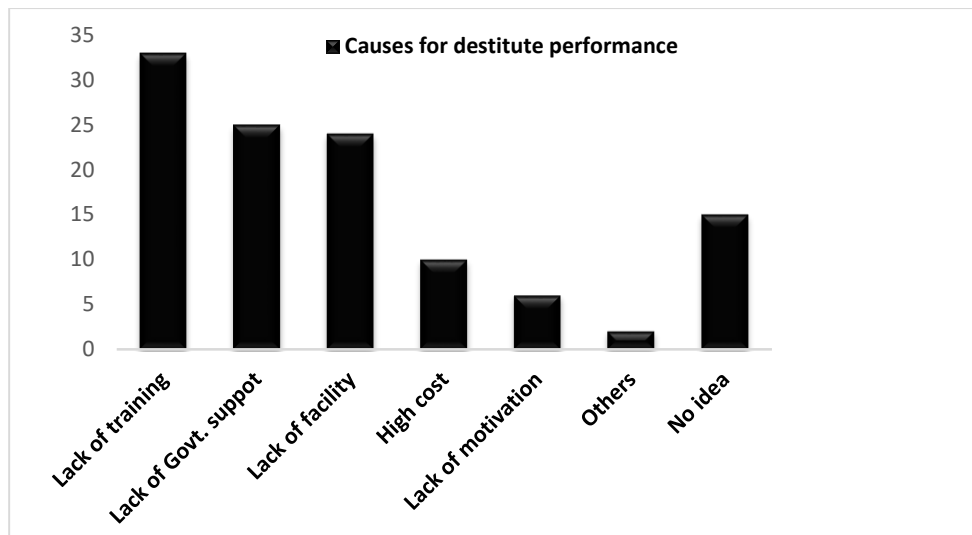
The details regarding the frequencies and percentages with respect to college students' perception regarding destitute performance of Indian sports are shown in table 6

Table 6: College student's perception regarding the destitute performance of Indian sports

Causes	Frequencies	Percentages
Lack of training	33	28.7
Lack of Govt. support	25	21.7
Lack of facilities	24	20.7
High cost	10	8.9
Lack of motivation	6	5.2
Others	2	1.7
No idea	15	13
Total	115	100

Table 6 indicate that, 28.7% respond because of lack of training, 21.7% because of lack of Govt. support, 20.7% showed due to lack of facilities, 8.9% response due to high cost, 5.2% response due to lack of motivation, 1.7% because of any other reason and 13% no idea.

Figure 6: Graphical representation of college student's perception regarding destitute performance of Indian sports



4. Discussion

The present study analysed the perception of college student's sports interest, awareness and participation, previously participated sports events, explanations for non-participation, interested sports and games, present status and future prospection of Indian sports, Causes for destitute performance of Indian athletes. The students showing higher percentage of sports interest than non sports interest students, the non- interest may be because of lack of awareness. General awareness towards sports showing higher percentage than unaware students, the unawareness may be because of the culture and education system of the country. Most of the students are previously participated in sports than non-participated students. In that athletics participation showed more percentage, the reason may be because; most of the schools are conducting annual athletic meets in their schools, rest of the games they mayn't able to conduct due to lack of facilities.

Largely, the students showing interest in cricket, it may be because; India is giving more emphasis and publicity to cricket. High percentage of the students response about India's sports performance is average compared to world level, where as poor performance also showed more percentage, rest of the wouldn't show any idea. India can't shine in world level because of Indian political system, less advanced facilities, training system, social-cultural factors etc., Most of the students respond India will highlight in future, few of them respond Indian will be same as now, no change at all, rest of them wouldn't show any idea about Indian sports future. This is because of lack of truthful awareness related to sports and games among students.

5. Conclusion

Based on the results of the study the following conclusions were drawn.

- 1) Out of total sample, 77.4% showed interest towards sports and 22.6% no interest in sports, 79.1% showed general sports awareness and 20.9% showed no awareness, 73% of students participated in sports, and 27% no participation.
- 2) Out of total sample 51.35% participated in athletics, 6.1% in cricket, 4.3% in badminton, 1.7% in volleyball, chess, table tennis and football, .9% in hockey, judo, tae-kwado, kho-kho and 27.8% showing no participation.
- 3) Out of 31 non-participants, 48.4% showing no interest to take part, 41.9% showing introvert personality, and 9.7% showing family interference.
- 4) 33.9% of students interested in cricket, 16.5% in football, 13.9% in badminton, 4.3% in athletics, 2.6 %in volleyball, 8.7% in different type of sports, and 20% no interest in any sports.
- 5) 56.5% showed Indian sports performance is average, 29.6% showed Indian sports is poor, 13.9% no idea. 70.4% of the students predict India will highlight in future, 19.1% no change at all in Indian sports, 10.4% no idea.

- 6) 28.7% of the student's response Indian athletes poor performance is because of lack of training, 21.7% lack of Govt. support, 20.7% lack of facilities, 8.9% because of high cost, 5.2% lack of motivation, and 1.7% may be because of any other reason, and 13% no idea.

6. RECOMMENDATIONS

Improve basic awareness is a crucial and central goal for almost all higher education institutions. Therefore, it is important for universities and colleges to provide diverse activities and events to keep students and prospective students interested and engaged in sports. Researchers suggest that intramural and club sports programmes are activities that could help increase sports awareness. There is still a need to conduct more research related to this area in different universities and colleges in India, however, can bring out the basic awareness in different region wise and can take necessary programmes accordingly.

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