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[Home](#)

[Guidelines](#)

[Archives](#)

[About Us](#)

[Editorial Board](#)

Vol: 4

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CONTENTS

Editorial

Evaluating principals' performance as human resource managers: a six standpoint indicators in eastern Kenya

Attitude of higher secondary students towards physical education

Problem identification on equitable education in science for standard ix students

Communicative behaviour and achievement among the high school students

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ATTITUDE OF HIGHER SECONDARY STUDENTS TOWARDS PHYSICAL EDUCATION

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ABSTRACT

This study reveals about the attitude of higher secondary students towards Physical Education. Two hundred and fifty higher secondary students were randomly selected as samples for the study. The tool used in this study is an inventory on Attitude towards Physical Education constructed by Rajendra Prasad J., and Ramakrishnan, G. (2002). The results indicate that attitude towards Physical Education is found to be highly favourable among the Higher Secondary Students.

Keywords: Attitude, Physical Education, Higher Secondary Students.

INTRODUCTION

Attitudes are born from beliefs that we have about people and things. They shape our behaviors in countless ways and determine our involvement in activities, the goals that we set and those we decide to abandon. Ajzen & Fishbein's (1980); Fishbein & Ajzen, (1975) theory of reasoned action further explains that attitudes flow from beliefs and yield intentions and actions. Intentions are a function of two basic determinants: one's personal attitude toward a behavior, and the attitude of others, including peers and parents, toward that behavior.

The first determinant is the individual's positive or negative evaluations for performing the behavior. Generally, people with positive beliefs will have a favorable attitude toward the object of the beliefs and conversely will have an unfavorable attitude if their beliefs are negative (Silverman & Subramaniam, 1999). The second determinant is the person's perception of social pressure to perform or not perform the behavior based on the evaluation of others. Thus, an attitudinal consideration and a normative Physical education is important to teach kids and adults for that matter! We need to educate people on the importance of being active, exercising, eating right to maintain a healthy body, especially for children as their bones and muscles continue to grow and develop. Exercise is important for strong bodies and core strength and helps develop motor skills. It's an overall confidence booster.