

ATTITUDE AND PERCEPTION OF MUSIC GROUP & S.S. GROUP (SOCIAL SCIENCE) STUDENTS TOWARDS PHYSICAL EDUCATION & SPORTS: A MIXED APPROACH

DR. JAYA BHARTI¹ & DR. SANDEEP KUMAR VERMA²

¹Assistant Professor, Department of Psychology, A.N.D.N.N.M.M.(Csjmu) Harshnagar Kanpur

²Assistant Professor, Department of Psychology, K.S. Saket P.G. College, Ayodhya.

ABSTRACT

An investigation has been conducted for assessing the attitudes and perception of S.S. (Social Science) and Music Group students towards Physical Education and Sports. The sample consisted of 100 students, of which 50 were studying S.S. (Social Sciences) and 50 were studying Music Group. They were between 12 and 18 years of age. For this research, Two Section was made, First Section for Quantitative research in which The Wear's Inventory of Attitude towards Physical Education and Sports and Second Section for Qualitative research was conducted through a mini self-developed interview schedule with the four themes of exploring in depth attitudes and responses of students. The influence of the level of education, age, and variety of disciplines, over their attitudes towards Physical Education and Sports was tested. It was observed in Section I, whether these personal variables were having any influence in the attitudes of these two groups. The results obtained thereof revealed that S.S. (Social Sciences) students were having more favorable attitudes towards Physical Education and Sports than the Music Group students. The level of education, age, discipline, and background did not tilt the attitudes of the Music Group students in favor of Physical Education and Sports. Section II clearly reported that students of Music are a primarily investigative individual, which means they are quite curious people who often enjoy spending time alone with their rhythmic thoughts and on the other side People who choose social sciences focus more on understanding human interactions and the social world.

KEYWORDS: Social Science, Music Group, Physical Education, Personality Development.

INTRODUCTION

Attitude plays a vital role in our day-to-day social intercourse. They sometimes set in motion a chain of actions which, in turn, evoke a series of reactions in societies. Many Psychologists and Sociologists have defined "Attitude" and the common element that runs through most definitions is "the readiness to respond" to a situation. Attitude theorists like Harry C. Triandis share the definition that "An attitude is an idea charged with emotion which predisposes a class of action to a particular case of social situation". "Attitude" is defined by Thurstone as a word used, "to denote the sum total of a man's inclination of feelings, prejudice or bias, preconceived notions, ideas fear, threats and convictions about any specific topic" Likert modifies this definition slightly by adding that an attitude is not an inflexible and rigid element in personality but rather a certain range within which responses move".

A measurement of attitude involving S.S. (Social Sciences) and Music Group students was undertaken. The subject of investigation was the adolescent students of both categories. An attitude inventory was prepared with various items incorporated in it to test the attitude of individual student's samples and a comparative evaluation was undertaken to draw a

conclusion from the sampling experiment. The adolescent phase of life of the subject was deliberately chosen as it happens to be a crucial stage in the life of a person

The investigation studied the question, what would happen to such adolescents if properly trained with an orientation to sports and also if not properly persuaded to pursue excellence in sports. There are S.S. (Social Sciences) students catering to the sports needs of students outside the class hours. The S.S. (Social Sciences) students trained in gradations in the morning and evenings by experts of respective sports events. They are to work more in comparison with other students since they have to go to school, in addition to their sports training, to study in a regular school along with students of their age group. They mix up with students who are not oriented to sports. Music Group students also do participate in sports and games at school. They too have a coach or a Physical Director or a P.ET to train them. How far they are inclined towards the field of sports is an interesting area of investigation. How they differ in attitude from the S.S. (Social Sciences) students is a question that comes uppermost in the mind. The aim of this investigation was directed towards the object of analyzing these questions in depth by adopting the inventory method and evaluative procedure for formulating a hypothesis.

METHOD

OPERATIONAL DEFINITIONS

MUSIC- Physical, mental and cultural development is necessary for personality development. Students should assimilate cultural styles. Music is the coordination of singing, playing and dancing. Human life is incomplete without music. Indian music has been very popular in India since ancient times, it has been heard and liked for a long time. The origin of this music is even before the Vedic period. Vedas are considered to be the original source of this music. There is a belief in Hindu tradition that Brahma had gifted music to Narada Muni. Indian music is quite famous all over the world. It is very peaceful and relaxing, Indian music history describes such great artists who mesmerize even the trees, plants and nature with their music.

SOCIAL SCIENCES- Social science is a new subject, whose scope is very wide. Under this, all human relationships are studied. These human relationships are changeable. To clarify these human relationships, the teacher of this subject should study subjects like history, geography, economics, civics etc. in the social context. Thus, it is important for him to have knowledge of these subjects. He must have knowledge of those facts which are related to human relations. Along with this, he should also have knowledge of the importance, limitations and usefulness of the subject.

PHYSICAL EDUCATION & SPORTS- The origins of sports are as old as the history of mankind. Man's intense struggle for livelihood was balanced in the form of games and sports. At the initial level these were done only for pastime, relaxation and entertainment but now

they have become a way for name, fame and monetary gains and lucrative profession. Modern sports are full of competitive spirit, and are played to win. Sports have become the order of the day across the world. Countries with sporting excellence are given special attention and respect by fellow countries. As a result, all nations are seriously involved in achieving excellence in the field of sports, so that they can add more feathers to their crown. Nowadays, sports are not just a display of muscle power, but a game of the brain. Along with a healthy body, a rich mind is also essential.

PERSONALITY DEVELOPMENT- Generally, personality refers to a person's appearance, complexion, height, height, width i.e. physical structure, behavior and soft-spokenness. All these qualities are a mirror of the entire behavior of the person. In reality, personality is not just a combination of different aspects of life. The sequence of its development or formation is very extensive and complex. Personality is a composite form or combination of many factors or behaviors. In fact, the physical, mental, emotional and social importance of sports proves that a child's personality develops well through sports. From the moral point of view, sports programs develop qualities like self-control, honesty, truthfulness, fairness, cooperation and tolerance etc. in the child. Physical, mental and cultural development is necessary for personality development. Students should assimilate cultural styles. Music is the coordination of singing, playing and dancing. Human life is incomplete without music.

The subjects of this study were 100 students of a school, studying from IXth to XIIth standard. All the 100 students range in age from 12 to 18 years. They were all studying at Public Higher Secondary School, Lucknow. They were selected through Random Sampling Procedure, 50 of them were the boarders of the S.S. (Social Sciences) Group, Lucknow, which provides them free board and lodging. They get training in their respective specialties outside their study hours at Public School, Lucknow. The other 50 belong the Public Higher Secondary Day school which is a **Music Group**, they are day scholar and to them, and Physical education is only part of their curriculum and that too, not a compulsory. The interviews were recorded after taking participant's prior consent. The language of the schedule was Hindi and English both. There were 4question under 4 themes to understand the perception, attitude and viewpoint of Music Group and S.S. (Social Science) students towards Physical Education & Sports. The responses were recorded in-verbatim.

The questions that were included in the mini-interview schedule were designed very thoughtfully, so that it could extract the meaning from the depth and make more statements in fewer words without losing its meaning. The questions used in the schedule were open ended, so that it could meet the target of the current study. With reference to results, each question is being discussed in detail about the various responses given by the interviewee. The researcher tried to explore Relationship of Science subject & Social science Subject with Physical Education & Sports with Four Sub theme.

Material: The research work was divided into two parts:

First Section-The Physical Education Attitude Scale formulated by C.L. Wear was used. The Scale which is in English was translated in Hindi for the purpose of administering. The questionnaire comprises 30 statements which are to be responded with a stipulated time of 30-40 minutes. The questionnaire is concerned with the value of Physical Education for improvement of physical health, social skill, character, and understanding of others.

Second Section- Self Developed mini-interview schedule were designed very thoughtfully, so that it could extract the meaning from the depth and make more statements in fewer words without losing its meaning. The mini-interview comprises 04 statements which are to be responded with a stipulated time of 15-20 minutes.

Procedure: The subjects were asked to assemble in batches class wise and they were briefed about the investigation in the actual classroom situation. There were 30 statements in the questionnaire and below each statement were given five responses (strongly agree, agree, undecided, disagree, and strongly disagree). The subjects were asked to read each statement carefully and respond to it by making a tick mark on any one of the five responses given the positive items were scored from five to one for the responses (strongly agree, agree, undecided, disagree, strongly disagree) and the negative items were scored from one to five for the same responses Total scores of all the 30 items were found out by adding all the scores secured from both positive and negative items.

RESULTS AND DISCUSSION

There are two sections in the research, the first section is quantitative and the second part is qualitative.

SECTION I : QUANTITATIVE SECTION

This Section deals with quantitative data in the form of Numbers, Mean, SD, SEM, T-ration and Level of Significance. As we all know that quantitative research is related to numbers, logic and objective stance. Quantitative research focuses on numerical and invariant data and detailed, convergent reasoning rather than divergent reasoning.

The Attitude Inventory scores of 50 S.S. (Social Sciences) and 50 **Music Group** students were treated statistically and summarized in Table 1.

Table-1: Showing the scores and Level of Significance of S.S. (Social Sciences) and Music Group students on Attitude scale.

Groups	N	Mean	S.D.	S.E.M.	't'	Level of Significance
Music Group	50	102.18	16.48	2.35	5.78	.01
S.S.(Social Sciences)	50	120.18	15.86	2.27		

The high score in the attitude Inventory indicates more favorable attitude towards Physical education & Sports. The marked difference between the mean scores of both group reveals that the S.S.(Social Sciences) students on the whole exhibit more favorable attitude. Considering the significant t-value (5.78, P .01) in Table-1, it is evident that the two groups differ significantly in their attitude towards the Physical Education & Sports.

Table-2: Showing the scores of S.S. (Social Sciences) and Music Group students' groups on the level of the standards of study on the attitude scale.

Std.	Groups	N	Mean	S.D.	S.E.M.	't'	Level of Significance
IX	S.S.(Social Sciences)	12	120.18	15.86	2.27	5.78	.01
	Music Group	12	102.18	16.48	2.35		
X	S.S.(Social Sciences)		112.14	6.48	3.35	2.49	.01
	Music Group		101.81	6.20	2.27		
XI	S.S.(Social Sciences)		118.18	8.48	3.35	3.79	.01
	Music Group		102.45	7.86	2.28		
XII	S.S.(Social Sciences)		121.67	10.48	4.35	2.89	.01
	Music Group		105.16	9.86	4.27		

The mean scores of S.S. (Social Sciences) and **Music Group students** at different standards, say from IX to XII standard, in their attitude to physical Education & Sports were statistically compared in Table-2 to know the degree of attitude of the two groups. The results substantiate the view that the S.S. (Social Sciences) students register more favorable attitudes than the **Music Group** students at each different level. The t-values in Table-2 reveal that for the S.S. (Social Sciences) students, the level of significance in IX (5.78); XI (3.79), XII (2.89) students, show a still higher attitude towards Physical Education & Sports.

The mean scores of S.S. (Social Sciences) and **Music Group** students in their attitude of Physical Education & Sports on the basis of their age groups were statistically compared in Table-3. The results obtained thereof show the age matters in promoting the attitude of both groups towards Physical Education & Sports.

Table-3: Showing the scores and the Level of Significance for S.S. (SOCIAL SCIENCES) & MUSIC GROUP students on the basis of Age.

Age	Groups	N	Mean	S.D.	S.E.M.	't'	Level of Significance
12-14 Years	S.S.(Social Sciences)	50	115.18	11.48	2.35	7.78	.01
	Music Group	50	101.18	8.86	2.03		
15-18 Years	S.S.(Social Sciences)	50	120.18	8.48	1.75	8.78	.01
	Music Group	50	102.18	7.86	1.42		

However, the both age groups 12-14 and 15-18 of the S.S. (Social Sciences) students have scored considerably higher than the **Music Group** students on the sports attitude scale. The differences between the S.S. (Social Sciences) students and **Music Group** students in both groups are significant at one percent level (Table-3).

SECTION II: QUALITATIVE SECTION

In this Section researcher was used Content Analysis for in-depth understanding of the attitude and perception of Music & SS group Students. Content analysis is a research tool used to determine the presence of certain words, themes, or concepts within some given qualitative data (i.e., text). Using content analysis, researchers can measure and analyze the presence, meaning, and relationships of certain words, topics, or concepts.

Theme I- Semantics of physical education and sports (What do you understand by physical education and sports?)

Categories	SS (50)	MUSIC GROUP (50)
Healthy Life(mental & Physical) with Sports	40(80%)	6(12%)
Education of physique/health	10(20%)	40(80%)
Physical Exercise and yoga	-	4 (8%)

80% of the SS group Students reported that the semantic of Physical Education was " Healthy Life with Sports ". In comparison, 80% of the MUSIC GROUP students reported " Education of physique/health " as the semantic of Physical education.

NARRATIVE OF SS- Sports is an important part of our life. Along with keeping us healthy, it is also a medium for mental, physical and social development. Playing increases the strength of our body and keeps us healthy. Along with this, sports and physical education also provide us with important lessons of science, psychology, organization, discipline and morality.

NARRATIVE OF MUSIC GROUP- Physical Education Physical Education is that education under which students are taught ways to stay healthy and their importance is shown. Under this education, students collect information about the needs of the body and various arts or postures to stay healthy.

Theme II-Importance of physical education or sports for your Personality Development (What role has physical education or sports played in your Personality Development?)

Categories	SS (50)	MUSIC GROUP (50)
More confident, Courageous, Strong (Positive Traits)	90(45%)	5(10%)
Not necessary for Personality Development	5(10%)	35(70%)
Cannot say	-	15(30%)

90% of the SS group Students reported the importance of physical education for us is such that it has made us “More confident, Courageous, Strong (Positive Traits)” and their counterpart (70%) stated as “Not necessary for Personality Development”.

NARRATIVE OF SS- Physical education plays a huge role in personality development. When I was in eighth grade, I felt very hesitant in talking to others and my physical appearance was very poor. My classmates used to tease me but ever since I started taking part in sports, I have gained confidence. The scope of physical education is the overall development of personality. Our Sir says that physical education provides efficient leadership to a person in those circumstances through which a person can be physically healthy, mentally alert and can work as per the circumstances in social life.

NARRATIVE OF MUSIC GROUP- Physical education and sports are important for us to some extent, but its importance is not so much that it starts affecting our personality development. Our personality development starts from childhood itself. Whatever we are taught in childhood, we do the same when we grow up. In today's time, we do not have enough time to concentrate on sports and physical education along with essential practice of Music and their instrument. If today we take up sports and participate in it, then our tomorrow i.e. our future can be ruined.

**Theme III- Devoted time to physical education or sports
 (How much time do you devote to physical education or sports out of 24 hours?)**

Categories	SS (50)	MUSIC GROUP (50)
7-8 hours per day	100(50%)	2(4%)
1-2 hour per day	-	45(90%)
Less then 1	-	3(6%)

100% Majority of the S.S. group Students reported on Devoted time to physical education or sports as “7-8 hours per day ” and their counterpart (70%) claimed “1-2 hour per day”.

NARRATIVE OF SS- Every day I spend 7 to 8 hours on sports. This gives me an opportunity to keep myself healthy. During this time, I spend time with my friends. Even if

there is any problem, after playing sports, everything starts feeling good and after reaching home, I comfortably do my homework.

NARRATIVES OF MUSIC GROUP- We emphasize mental Exercises through music more than physical exercises. Music can prove to be extremely beneficial for your mental health. Research has shown that music therapy is beneficial for many mental health disorders, such as depression, PTSD, trauma, autism, schizophrenia. Music can help process one's emotions – especially those from trauma and grief. Music plays a vital role for maintaining mental Balance which is more important than physical health for everyone. Anyway, with music, there is no time for other things and to a large extent; I like to spend time with music it gave peace, satisfaction and pleasure.

Theme IV- Importance of Physical education or sports for your Career Development

(What role will physical education or sports play in your career development?)

Categories	SS (50)	MUSIC GROUP (50)
Many options like Teaching, guide, Mentor, Sports Teacher, Athlete etc	44(88%)	20(40%)
Not much options available	2(4%)	30(60%)
Don't Know	10(20%)	-

88% Majority of the S.S. group Students reported on importance of Physical education or sports for your Career Development as **“Teaching, guide, Mentor, Sports Teacher, Athlete ”** and their counterpart (60%) claimed **“Not much options available”**.

NARRATIVE OF SS- Most of the jobs in the field of physical education are in schools and colleges. A career in teaching is suitable only for those who have interest in teaching. From the economic point of view, the jobs are also very attractive because the salary they get is similar to that of other countries. Apart from all this, the physical education teacher has a lot of influence on the students. There is a lot of respect among them because they are trying to give something good to the society. This career also provides mental satisfaction. On the one hand, it entertains us and keeps us healthy, on the other hand, if we adopt it as a career, it is a better option, with this we can become a good person, we can become a Physical education teacher, and sports teacher, a PT teacher etc.

NARRATIVES OF MUSIC GROUP- If seen this way, there are many career options in sports, but if we know the ground truth, due to lack of funding, there is still a dearth of career

options in sports in India. If even the best sports persons are not able to get the daily essentials, then how can we Students find a career in this field? That's why we and our parents have got us selected Music subjects so that in future we will definitely become Lecturer, Teacher, Assistant Professor, Music Therapist and Singer.

CONCLUSIONS

1. **S.S. (Social Sciences)** students have scored higher in their attitude towards Physical Education and Sports than **Music Group** students.
2. **S.S. (Social Sciences)** students' attitudes towards Physical Education and Sports are higher at different levels.
3. Age in general promotes the attitude of both sports and non-sports school students. However, in both age-group, say 12-14 and 15-18, **S.S. (Social Sciences)** students are more inclined towards Physical Education and Sports than **Music Group** school students.

Music can be considered one of the best discoveries of man. Through music, not only emotions but also our fillings can be expressed very well. But in reality, becoming proficient in this field is not an easy task. However, success can be achieved in this field with the help of talent, true dedication and hard work. If you have innate talent, it is like a gift for you. Students with Music Background are a primarily investigative individual, which means they are quite curious people who often enjoy spending time alone with their thoughts, Emotion and Feeling. They also tend to be traditional, meaning they are generally detail-oriented and organized, and prefer to work in a structured environment. They also tend to be high on the conscientiousness scale, meaning they are organized, reliable and usually plan things in advance.

On the other side of coin, People who choose social sciences focus more on understanding human interactions and the social world. Sensitivity, flexibility, positivity and value creation ability are their main characteristics that add value to a person's life. They take the help of social festivals to enhance their personality and participate in them enthusiastically, be it sports, Group Debate, Physical work or marriage. They like to spend time with people, so they mostly do such things so that they remain in contact with other people.

Nowadays, in the rapidly changing scenario of the world, music, and especially Indian music, has become an important profession. Its craze is increasing day by day among the youth of India and abroad. But it is worth noting that to start your career in music, along with having a deep interest in music, you must also have qualities like proper understanding of music and instruments and hard work. In conclusion, it can be said that one good thing about Music background students is that it will open the doors of employment opportunities for music experts in nursing homes, hospitals and mental health centers. There are also career opportunities here in fields like Production Music, Music Librarian, Film Industry, Music

Software Virtual Reality Environment and Music Arranging. On the other hand, the future of social science subjects is also promising, with prestigious professional options and prospects in practically every field. Social Studies are an important subject that can help students become informed individuals in various fields, such as politics, citizenship, cultural awareness and some general knowledge of world affairs. As they grow up, they learn more about their civic duties and responsibilities and gain a better understanding of how government and the economy work. They are able to make themselves a better person. A combination of a little dedication, a little hard work, concentration and consistency can take a student of any subject to the pinnacle of heights.

In today's scenario, there is a need to know about some aspects related to music. For example, if a person wants to do something in classical music, then he will have to learn music by associating himself with some musical family, etc. and if someone wants to become a music teacher in a college or school, then he will have to study somewhere for this. Must obtain degree from etc. There are different demands depending on the circumstances of such areas and people work according to that demand. Like vocal music has some demands while classical music has some other demands. Therefore, it is not right to limit it to any particular scope because it is a creative field and creativity has no fixed boundaries. Music is a very powerful medium and conveys a lot of positive messages to everyone. We get a lot of help from music; it makes our life better. The nature of music is also to encourage and promote, which also works to increase the power of human concentration by removing all negative thoughts. Music is that thing which helps us to relive all the good memories with our dearest person.

ACKNOWLEDGEMENT: I would like to express my gratitude to the authority of the public school, and the students for giving their time for this research.

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