A STUDY ON IMPLEMENTATION OF PHYSICAL EDUCATION IN THE CONTEXT OF SCHOOLS CURRICULUM

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ABSTRACT

This study was carried out to examine the phenomena concerning to the implementation of physical education to discern its exigent demand and to which extent it has been salutary to the school students. This study was mainly based on qualitative research. A descriptive survey method was used for this study. For the purpose of this study, questionnaire was being self prepared in order to explore the importance, satisfaction and problems based on physical education. An unstructured interview schedule was being arranged for teachers and students in order to obtain required and accurate information. This study was conducted among 30 students belonging to class VI, VII & VII of Sankardev Sishu Niketan School which is located in Kokrajhar town of Assam. The result shows that students who get an adequate amount of exercises are generally happier as they are able to maintain fitness and thus helping them to lead a healthy lifestyle.

Keywords: Physical Education; training skills; teaching methods; tactics of Yoga; Curriculum.

INTRODUCTION

Physical education entails overall development of a child in every perspective manner. It is worth to be mentioning that physical activities including sports can inculcate various such qualities in students viz; discipline, quality of leadership, teamwork, and so on. Realizing its importance, physical education have come up with initiatives to promote sports and physical training through various form of exercises and tactics of Yoga to lead students a healthier and active lifestyle among the aspirants of the contemporary world. So, for executing such aspiring minds of the modern society, only a competent teacher can play a pertinent role to educate students about the ways and strategies to lead them a healthy and active lifestyle in which a teacher should summon as a role model being both physically fit and securing a tranquility of mind. Physical education is thus intimately associated with wellbeing of health and in critically analyzing the aspects of contemporary issues related to health ailment of the students.
NEEDS OF THE STUDY

The researcher feels that Physical Education is quite necessary to be implemented in every school’s curriculum in order to maintain a good physical health and for all round development of a child. Physical inactivity has become one of the critical public issues. It has been observed that physical education has not yet been extensively initiated properly as a disciplinary subject in most of the prevailing schools of India. So, the study is necessary for the researcher to investigate the ways to continue and to improve physical educational programs and to provide students and the school community with ways to live healthy lifestyles. The study is further intended to raise awareness about the importance of physical education in every aspects of schools curriculum.

The researcher also feels that physical education classes are a great way to teach children about the importance of daily exercising. It is highly imperative to note that most of the children now-a-days likes to spend more time at home by playing an online video games or by watching an hours of television rather than playing traditional games which leads children to drowsiness and inactive which ultimately can affect the influence of their usual study habits. So, in order to bring some awareness and motivation towards the students, the researcher feels imperative to choose this topic. Besides this, the researcher also wants to know how physical education is being taught to the students, who is teaching it, what is being taught to the students in school and how it can be improved to the extent.

OBJECTIVES OF THE STUDY

The objectives of the study are as follows:

1. To study the importance on physical education.

2. To study the methods and facilities prevailing in school.

3. To study the various problems based on physical education.

DELIMITATIONS OF THE STUDY

1. The study is limited to only Sankardev Sishu Niketan School of Kokrajhar town, Assam.

2. The study is limited concerning to only class VI, class VII and class VIII students of this school.

POPULATION OF THE STUDY
As per the topic of the study, the researcher has done a survey in Sankardev Sishu Niketan School of Kokrajhar town in Assam and collected a data consisting total number of students. After surveying, the researcher has got the total number of class VI students to be 26, total number of class VII students to be 18 and the total number of class VIII students to be 16.

Table 1.1: Representing the total number of students.

<table>
<thead>
<tr>
<th>Class</th>
<th>Number of students</th>
</tr>
</thead>
<tbody>
<tr>
<td>VI</td>
<td>26</td>
</tr>
<tr>
<td>VII</td>
<td>18</td>
</tr>
<tr>
<td>VIII</td>
<td>16</td>
</tr>
<tr>
<td>Total</td>
<td>60</td>
</tr>
</tbody>
</table>

SAMPLE OF THE STUDY

The researcher has selected simple random sampling method for study. Simple random sampling has an equal probability of being chosen from a larger population.

Table 1.2: Representing the sample of students.

\[
\text{Total} = 60
\]

\[
50\% \text{ of students} = 30
\]

So, the total number of 30 students is selected as the sample for the study.

METHODOLOGY

The researcher applied the Descriptive survey method for the present study as it aimed to study the effects and problems faced by the students regarding physical education. This method attempts to describe and interpret what exist at present in the form of current status of the problem, various information has been collected from a particular institution with the help of a field study and descriptive method.
The following tools have been used for collection of data:

(a) Self-prepared questionnaire for the students.

(b) Unstructured interview schedule for both teachers and students in order to obtain required and accurate information.

The researcher have constructed only closed ended type of questionnaire on the basis of objectives.

ANALYSIS AND INTERPRETATION

The data collected are systematically tabulated in different tables.

Table 1.3: Representing the various responses on the basis of three objectives.

<table>
<thead>
<tr>
<th>SL NO.</th>
<th>Questionnaire</th>
<th>Number of respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Do you like physical education?</td>
<td>30 (100%) 0 (0%)</td>
</tr>
<tr>
<td>2.</td>
<td>Is physical activity guidelines necessary for you?</td>
<td>30 (100%) 0 (0%)</td>
</tr>
<tr>
<td>3.</td>
<td>Does physical education helps you to remove your boredom?</td>
<td>25 (83%) 5 (17%)</td>
</tr>
<tr>
<td>4.</td>
<td>Do you get plenty of turns to practice your skills through physical education?</td>
<td>27 (90%) 3 (10%)</td>
</tr>
<tr>
<td>5.</td>
<td>Do you have any favorite activity concerning to physical education?</td>
<td>27 (90%) 3 (10%)</td>
</tr>
<tr>
<td>6.</td>
<td>Do you attend classes of physical education regularly?</td>
<td>30 (100%) 0 (0%)</td>
</tr>
<tr>
<td>7.</td>
<td>Does physical education improve your academic performance?</td>
<td>26 (87%) 4 (13%)</td>
</tr>
<tr>
<td>8.</td>
<td>Does physical education improve your lifestyle to become healthier?</td>
<td>27 (90%) 3 (10%)</td>
</tr>
<tr>
<td>9.</td>
<td>Are you satisfied with the physical training facilities prevailing in your school?</td>
<td>20 (67%) 10 (33%)</td>
</tr>
<tr>
<td>10.</td>
<td>Are you satisfied with the number of physical instructor present at your school?</td>
<td>12 (40%) 18 (60%)</td>
</tr>
</tbody>
</table>
11. Do you think that it is necessity to conduct an examination concerning to physical education? 22 (73%) 8 (27%)

12. Are you satisfied with the methods of teaching regarding physical education? 12 (40%) 18 (60%)

13. Are you satisfied with the tactics of yoga exercises that are being taught in school? 27 (90%) 3 (10%)

14. Are you satisfied with the application of equipments for physical education in your school? 12 (40%) 18 (60%)

15. Do you think that there is need to bring further improvement for physical education in your school? 27 (90%) 3 (10%)

16. Do you face any problem during the process of physical training? 16 (53%) 14 (47%)

17. Do you face any kind of problem to interact freely with your physical instructor? 24 (80%) 6 (20%)

18. Are you facing any kind of problem regarding the physical environment for training? 27 (90%) 3 (10%)

19. Do you face any problem while your physical instructor insists you to perform any difficult task of exercises? 18 (60%) 12 (40%)

20. Are you satisfied with those type of exercises taught in your school? 8 (27%) 22 (73%)

Analysis on the basis of objective number – 1:

(i) To study the importance on physical education.

From the Table No.1.3, the study reveals that 100% of the students are happy to have a physical education as a subject in their school as it helps them learning in proximity and to maintain fitness. 100% of the respondents have also responded that physical activity guidelines are necessary for them as they don’t possess any idea regarding any form of physical exercises. 83% of the respondents also have the view that after long duration of a class period, physical education helps in removing their boredom as it is included during last period of classes. 90% of the respondents have responded that students are able to enhance their skills among themselves through physical education 90% of respondents have responded that they possess their own favorite activities on the basis of several activities being taught in school which they even usually tends to practice it in their day-day life. 100% of the respondents have responded that they feel like coming to school regularly since the physical education as a disciplinary subject have been initiated through their formal system of education from which they firmly believe that
it helps them to improve their lifestyle and protect themselves from serious illness. 87% of the respondents have responded that through various regularity of physical exercises, they always remains active and it also helps them in refreshing their mind through which they are able to concentrate well in their studies. 90% of the respondents have also responded that their lifestyle has been improved through physical education to lead them a healthier life for which they rarely suffer from illness since physical education has been implemented in their school.

Figure 2.1

(ii) To study the methods and facilities prevailing in school.

This study reveals that 67% of the students were dissatisfied with physical training facilities prevailing in school due to some shortcomings of equipments and expertise of physical trainer. They are in need of skillful physical trainer who could teach them both Yoga and modern exercises. 60% of the students were also dissatisfied with the presence of only one physical trainer in school. Some of the female students have also shared their own opinions that they are in need of at least one female physical trainer as they feel quite uncomfortable while they are supposed to take any kind of assistance from the male trainer during the various process of exercises viz; headstand, squat, pull up, pushup, etc. 73% of the respondents also do not like the examination system to be conducted in school concerning to physical education until it is paid the same worth as other disciplinary subjects. The study also reveals that 60% of the students were also dissatisfied with the teaching methods prevailing in school as it is mostly based only
on old traditional method of exercising like Yoga rather than introducing some more new mode of exercises. 90% of the respondents were also satisfied with tactics of Yoga that are being taught to them in school and also enjoys celebrating an International Yoga Day on 21st June of every year as they get enough scope to participate in various sports competition held on this auspicious occasion. The study also reveals that 60% of the respondents were also dissatisfied with those paucity of materials and equipments which are certainly required for physical training as they do not get enough scope to perform the task abundantly even if they wanted to perform along with the help of trendy fitness equipments.

Figure 2.2

(iii) To study the various problems based on physical education.

This study also reveals 90% of the respondents were dissatisfied with the prevailing environment of school for freely exercising as there is insufficiency of space for physical training in school. 53% of the respondents have also responded that physical education also could not satisfy the needs of some students due to lack of proper physical trainer in this school. 80% of the respondents also encountered a problem in interacting freely with their physical instructor due to over strictness of a teacher. 60% of the respondents have responded that anxiety arouses in
students frame of mind whenever they are insisted to perform any difficult task of exercises which is out of their capability level. Ultimately, 73% of the respondents have also responded that they would be pleased to perform various other new mode of exercises viz; Aerobic exercises, Gym fitness and Calisthenics rather than relying on only Yoga exercises.

**Figure 2.3**

![Showing the various problems based on physical education.](image)

<table>
<thead>
<tr>
<th>Problem</th>
<th>Yes (%)</th>
<th>No (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Further improvement on physical education</td>
<td>90</td>
<td>10</td>
</tr>
<tr>
<td>Problems concerning to physical education</td>
<td>53</td>
<td>47</td>
</tr>
<tr>
<td>Interaction problem with physical instructor</td>
<td>80</td>
<td>20</td>
</tr>
<tr>
<td>Problems concerning to physical environment</td>
<td>90</td>
<td>10</td>
</tr>
<tr>
<td>Problems with difficult task of exercises</td>
<td>60</td>
<td>40</td>
</tr>
<tr>
<td>Satisfied with physical exercises</td>
<td>73</td>
<td>27</td>
</tr>
</tbody>
</table>

**SUGGESTIONS**

(i) It is quite responsible for all school authorities to improve the facilities concerning to physical training for the students. There should not be any scarcity of training facilities in schools.

(ii) A careful considerations needs to be taken in appointing a professional physical trainer in schools so that only a trained physical instructor could be appointed in school.

(iii) At least one male and one female physical instructor teacher should be appointed in school by looking into the perspective of their gender differences.

(iv) Every Schools should celebrate an International Yoga Day on 21st of June in order to arouse health consciousness among the students.
(v) Different new mode of exercises viz; Aerobic exercises, Gym fitness and Calisthenics exercises should be initiated in schools in order to foster enthusiasm towards physical education so that they do not get stuck with only one form of exercise and get tedious of it.

(vi) The physical instructor should be unconfined to austere behavior towards the students so that they won’t equivocate to share anything of their quandaries to their instructor.

(vii) Any difficult task of exercises should not be taught involuntarily to the students. It should be structured meticulously according to their capabilities or concerning to the age levels of the students.

(viii) Workshops and Seminar Programs should be organized in schools for discussing the various issues related to physical education for getting immediate solutions of such problems.

(ix) Plans and policy makers should append Physical Education to be implemented in every Schools curriculum by looking into the prospects of its prosperity towards the students pertaining to their health benefits.

(x) Policy makers should contrive for elevating physical education from the highly ignored aspects in the context of overall development of a child and to compensate it w.r.t. other disciplinary subjects as well.

CONCLUSION

From the study, it is obvious to note that physical education has been very influential for all students of the school. Being physically active makes the students energetic and strong which motivates them to take interest in various classroom activities. It is thus proven that children who get an adequate amount of exercises are generally happier and they don't suffer from ailments such as depression or anxiety. There is no doubt that students are facing problems from some shortcomings of physical training facilities in school. But, the students are happy that they are getting such a great opportunity to learn a very important subject like physical education in their school through which they are able to maintain fitness and prevent themselves from an obesity and overweight problems and thus helping them to lead a healthy lifestyle.

REFERENCES

