



## Attitudes of physical fitness among girl students in Nepal

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### Abstract

*This study presents a comparative analysis of attitudes on physical fitness among the girl students in private and government campus, Nepal. Initially, it was hypothesized that there is no significance difference in attitude of physical fitness between the girl students of two different campuses. From among two hundred girl students of the campuses 100 students from each campus were purposively selected. A five point Likert-type scale was applied for data collection from the selected students who participated in practical examination. There were 10 positive and 10 negative opinion statements; altogether 20 opinion statements were used for data collection. It was found that all respondents showed positive attitudes towards physical fitness. In comparison to government campus students, the private campus students were more favorable towards physical fitness. In order to test whether there is significant difference in score between the girls of two campuses the t-test score was applied as statistical test at the 0.05 level of significance. The t-test was significant in both positive ( $p=0.015 < \alpha=0.05$ ) and negative ( $p=0.022 < \alpha=0.05$ ) statements at 0.05 level of significance. It is enough evidence in the data to reject null hypothesis; there is no difference between the attitude of physical fitness score between the girls of two campuses; the private and government campus. Therefore, there is significant difference between attitudes of physical fitness score between the girls of two campuses. The difference is due to the participation of private campus girl students more in sporting activities than government campus girl students.*

**Keywords:** Physical fitness, sporting activities, positive and negative attitude, favorable and total score.

### Introduction

Physical fitness has been defined in various ways. Someone defines it as absence of disease, and someone rate this according to the total amount of muscular development, and few define physical fitness as ability to perform certain sport skills. The most comprehensive definition defines physical fitness as the measure of the body's strength, endurance and flexibility<sup>1</sup>. Physical fitness enables us to perform up to our potential. Fitness can be described as condition that helps us for better look, pleasant feel and do our best. Physical fitness refers to the organic capacity of the individual to perform the normal task of daily living without undue tiredness or fatigue having reserves of strength and energy available to meet satisfactory any emergency demands suddenly placed upon him. Physical fitness involves the performance of heart and lungs, and the muscles of the body. By improving the basic components of physical fitness such as endurance, strength, flexibility, speed, and agility (co-operative ability) one can develop physical fitness. These elements can be developed through different means/methods of training<sup>2</sup>. Agility, balance, body composition, cardio-vascular endurance, co-ordination, flexibility, muscular endurance, muscular strength, power, reaction time, and speed are the components of physical fitness<sup>3</sup>. Physical fitness is general athletic terms, means the capability of the individual to meet the varied physical demand made by a sporting activity as well as regular exercise, without reducing the person to an excessively

fatigued state. The fitness can be developed through sporting activity or regular exercise e.g. walking, jogging swimming, cycling, playing sports on regular basis<sup>4</sup>.

Dhanusa district, a part of state number 2, is one of the seventy-seven districts of Nepal, a landlocked country of South Asia. Janakpur is a headquarters of Dhanusa district and state number 2. Dhanusa lies in the southern part of Nepal, which is called plain area and Terai belt. It has mixed habitation of different cast and ethnicity. This district has the highest density of Maithili population in the country. Maithili people are under the Hindu religion. This study was enclosed in girl students within Maithili community. In Maithili cultures, girls have not got opportunity to participate in sports and exercise or fitness activity. We know that people can develop their physical fitness through exercise and sporting activity. Maithili community is more religious, traditional, intolerant and narrow-minded for both girls and women. Maithili society and their social acceptance does not allow girls to get chance to take part in extra sports and fitness activities even their leisure time. The information media like internet, television, magazines, newspaper and sports environment of campus were the main source of physical fitness knowledge and attitude of people. Therefore, the objective of this paper was formulated based on this statement. The world has indicated more attention and deliberation toward fitness activities ever since they started suffering from disease like heart disease, diabetes, blood

pressure, obesity and other bodily incapacities which normally occur due to the lack of physical fitness activities. People who involve in sports activities should have better attitude. Thus, this research paper was stated as “Attitude of Physical Fitness among the Girl Students of Nepal: A Comparative Analysis”.

**Objective:** The objective of this paper was to compare and analyze the attitude of physical fitness between the girl students of private and government campus.

**Hypothesis:** i.  $H_0$ : There is no difference between the attitude of physical fitness score between the girl students of private and government campus. ii.  $H_1$ : There is difference between the attitude of physical fitness score between the girl students of private and public campus.

## Methodology

This research paper was based on descriptive cum quantitative in comparative nature<sup>5</sup>. The Nepalese girl students, who were studying in bachelor level of health and physical education at Janakpur city of Dhanusa district, were the population for this research paper. For this research paper, girl respondents were taken within Maithili community. Thus, the data was collected through convenient cum purposive sampling method. For this purpose, Ramsworup Ramsagar multiple campus and Rajarshi Janak Campus were involved. The Ramsworup Ramsagar multiple campus is a government campus and another is a private campus. The research campuses and students were selected conveniently, who were participating in practical examination of Tribhuvan University, Nepal. The respondent number of 100 students was selected from each campus through purposively so that the sample size was delimited within 200 girl students. For this purpose, primary sources of data were only included.

**Tools:** For this study, a five point Likerts-type scale<sup>6</sup> was applied as the main tool of data collection. There was applied multi-stage sampling method. Altogether 20 statements were

tested whereas 10 were positive and 10 were negative<sup>7</sup>. The raw data from these statements were compared. Mean, standard deviation and coefficient of variations were the key technique of data analysis. In addition, the p-value of t-test of difference of means test was applied at  $\alpha$  which was assigned as 0.05 level of significance<sup>8</sup>. The data were collected on the basis of following Table-1.

**Table-1:** A five point Likert-type scale for measuring the attitude level

Alternatives	Positive Statements	Negative Statements
Strongly Agree (SA)	5	1
Agree (A)	4	2
Undecided (U)	3	3
Disagree (D)	2	4
Strongly Disagree (SD)	1	5

## Results and discussion

The result and discussion through the scores of opinion statements in the different topics are as follows:

### Attitude of respondents towards positive opinion statements:

Through the Likert-type for attitude scales, when the statement is positive then scoring is indicated in descending order: 5, 4, 3, 2, and 1 for SA, A, U, D and SD, respectively. There were given 10 positive statements to put their own opinion upon 200 students. And they selected the mentioned options which carry different levels of their attitudinal scores. Table-2 summarizes the scores of positive opinions of the respondents.

**Table-2:** Attitude of Summative Score of Positive Opinion.

Respondents	Statements	Purposed Attitude Score					Score	Decision	Conclusion
		SA	A	U	D	SD			
Private Students (100)	10	5000	4000	3000	2000	1000	4530	4530>3000 (favorable score)	Positive Attitude
Government Students (100)	10	5000	4000	3000	2000	1000	4150	4150>3000 (favorable score)	Positive Attitude
Total (200)	10	10000	8000	6000	4000	2000	8680	8680>6000 (favorable score)	Positive Attitude

Table-2 shows this paper included 200 girl students. There were 10 positive statements administered among them. According to the Likert-type opinionative rating scale, if there were 5000, 4000, 3000, 2000 and 1000 or less scores then it would show the most favorable, positive, neutral (neither positive nor negative), negative and most negative attitude of girl students respectively. Likewise, if there were 10000, 8000, 6000, 4000 and 2000 or less scores then it would show the most favorable, positive, neutral, negative and most negative attitude of girl students respectively. In other words, if the scores of attitudes seen greater than neutral score or tended to negative (-ve) direction in scale, this means result is known as favorable or positive tendency. Furthermore, if the scores of attitudes are seen less than neutral score or tended to positive (+ve) direction in scale, this means result is known as favorable or positive tendency, this case in positive statements only<sup>9</sup>. In above Table-2, 4530 attitudes' score was from 100 private campus students and 4150 score from 100 government campus students employing 10 positive statements upon them which seem to be higher than 3000. Hence, these scores show the favorable scores for positive attitude. This means, both groups of respondents had shown positive attitude towards the physical fitness. In other words, the attitudes' score of private campus students had higher than government campus students (4530 > 4150) towards physical fitness. We obtained 8680 scores from total 200 respondents employing 10 positive statements upon them which seem to be significantly higher than 6000. Hence, this score show the favorable score for positive attitude. This means, total respondents had shown positive attitude towards the sports. Comparatively, the total opinion raw score of private campus students was found slightly greater than government campus students. This result was favored through sports' environment of campus and family.

**Statistical analysis:** The statistical summary of the raw score data on attitudes on 10 positive statements are presented in the following Table-3.

Table-3 shows that the mean score of private campus students' attitude (453) is greater than government campus students (415). Likewise, range of score difference between maximum and minimum, standard deviation and coefficient of variation of private campus students are less than government students. The higher score of standard deviation indicate that the individual score is more dispersed from mean and also the higher value of

coefficient of variation indicates that there is wider dispersion in each individual score. If the value of range, standard deviation and coefficient of variation are lower score, we know that the lower score is better than higher score. This means, the group of private campus students was better in attitude than government group. Furthermore, p-value of t-test score of two types of campuses is 0.015 which is less than 0.05 ( $p < \alpha$ ) at 95 percent confidence interval. Hence, it is enough evidence in the data to reject null hypothesis. Therefore, there is significant difference between attitudes of physical fitness score between the girls of two campuses. The reason behind it was that private campus students were more involved in jogging, walking, cycling, playing sports and sporting activities also.

**Table-3:** Comparative analysis of standard scores among girl student groups of positive statements.

Statistics	Private Students	Government Students
Mean	453	415
Standard Error	5.96	10.32
Standard Deviation	18.9	32.6
Range	42	108
Minimum	434	336
Maximum	476	444
Coefficient of variation (%)	4.2	7.9
p-value of t-test (at $\alpha = 0.05$ )	0.015	
Conclusion	Significant ( $p < \alpha$ )	

**Attitude of Respondents towards Negative Opinion Statements:** Through the Likert-type of attitude scales, when the statement is a negative then scoring is indicated ascending orders 1, 2, 3, 4 and 5 for SA, A, U, D and SD respectively. There were given 10 negative statements to put their own opinion upon 200 students. And they selected the mentioned options which carry different levels of their attitudinal scores. The following titles of opinion statements present the result and discussion which are given in Table-4.

**Table-4:** Attitude of Summative Score of Negative Opinion.

Respondents	Statements	Purposed Attitude Score					Score	Decision	Conclusion
		SA	A	U	D	SD			
Private Students (100)	10	1000	2000	3000	4000	5000	3649	3649>3000 (favorable score)	Positive Attitude
Government Students (100)	10	1000	2000	3000	4000	5000	3137	3137>3000 (favorable score)	Positive Attitude
Total (200)	10	2000	4000	6000	8000	10000	6786	6786>6000 (favorable score)	Positive Attitude

Table-4 shows this research paper included 200 girl students. There were 10 negative statements administered among them. According to the Likert-type negative opinionative rating scale, if there were 1000 or less, 2000, 3000, 4000 and 5000 scores then it would show the most negative, negative, neutral (neither positive nor negative), positive and most positive attitude of students respectively. Likewise, if there were 2000 or less, 4000, 6000, 8000 and 10000 scores then it would show the most negative, negative, neutral (neither positive nor negative), positive and most positive attitude of students respectively. In other words, if the scores of attitudes are seen greater than neutral score or tended to positive (+ve) direction in scale, this means result is known as favorable or positive tendency. Furthermore, if the scores of attitudes are seen less than neutral score or tended to negative (-ve) direction in scale, this means result is known as favorable or positive tendency only in positive statements case. In Table-4, 3649 and 3137 attitude scores were obtained by private and government campus students, respectively. These scores were from 100 students from each campus which seem to be higher than neutral score 3000. Hence, these scores show the favorable or positive scores in this attitude scale. This means, both groups of students had shown positive attitude towards physical fitness. From the data of Table-4, the attitude score of private was higher than government campus students towards physical fitness. Furthermore, 6786 attitude score was obtained from total 200 students from both campuses which seem to be higher than neutral score 6000. Hence, this score show the favorable or positive score in this attitude scale. It means the total respondents had shown positive attitude towards the physical fitness. However, it is concluded that the total opinion score of private was found slightly greater than government campus students. The difference is due to the private campus girl students has more family support to involve on sports.

**Statistical Analysis:** The statistical summary of the raw score data on attitudes on 10 negative statements are presented in the following Table-5.

Table-5 shows that mean score of private campus students' attitude (364.9) is greater than government campus students (313.7). Likewise, range of score difference between maximum and minimum, standard deviation and coefficient of variation of private campus students are less than government students. The higher score of standard deviation indicate that the individual score is more dispersed from mean and also the higher value of coefficient of variation indicates that there is wider dispersion in each individual score. If the value of range, standard deviation and coefficient of variation are lower value, we considered that the result is better than higher. This means, the group of private campus students was better in attitude than government group. Furthermore, p-value of t-test score of two types of campuses is 0.022 which is less than 0.05 ( $p < \alpha$ ) at 95 percent confidence interval. Hence, null hypothesis of the paper is rejected. In other words, alternative hypothesis is accepted. Therefore, there is significant difference between attitudes of physical fitness score

between the girls of two campuses. The information media like television, radio, booklets, magazines, newspaper, internet and sporting environment as well as regular attendance in campus were the main source of knowledge. These sources have played crucial role to affect their attitude. Moreover, the private campus girl students have participated more in sporting activities than government campus girl students. This factor has favored the result.

**Table-5:** Comparative analysis of standard scores among girl student groups of negative statements.

Statistics	Private Students	Government Students
Mean	364.9	313.7
Standard Error	13.0	16.8
Standard Deviation	41.0	53.0
Range	142	175
Minimum	296	175
Maximum	438	350
Coefficient of variation (%)	11.2	16.9
p-value of t-test (at $\alpha = 0.05$ )	0.022	
Conclusion	Significant ( $p < \alpha$ )	

## Conclusion

This research paper was found to have favorable score or positive opinion through both groups of girl students in positive and negative statements. Comparatively, it is concluded that the total opinion score of attitude of private campus students was found greater than government campus students. Applying the t-test score at both campuses, p-values were less than  $\alpha$  in positive ( $p = 0.015 < \alpha = 0.05$ ) and negative ( $p = 0.022 < \alpha = 0.05$ ) statistical test at 0.05 level of significance and 95 percent confidence interval. Hence, there was found significance difference in the attitude of physical fitness between the private and government campus girl students. Hence, null hypothesis of the paper was rejected. This means alternative hypothesis is accepted. The difference is due to the participation of private campus girl students more in sporting activities than government campus girl students. The information media like television, radio, booklets, magazines, newspaper, internet and sporting environment as well as regular attendance in campus were the main source of knowledge. This factor has favored the result. For the extension of the existing knowledge, perception, attitude related programs and intramural cum extramural sports' meet should be conducted in all educational institutions of Nepal. This type of research should be conducted in research area to increase the expansion of students' attitude towards

sports as well as fitness. Society should provide support for their children to take part in sporting activities. Sports instructor or teacher should be managed in campuses of Nepal by administrative side. This research suggests that the religious, socio-cultural and traditional norms and value as well as thought of Maithili community should motivate in sports activities through positive way. The content of the sports should be included in school curriculum. The ministry of education of Nepal should include the subject of sports in all level as compulsory subject.

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