

The effect investigating levels of attitudes of student's studying at secondary schools towards physical education and sports class

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Abstract

In this study, The aim of this study is to research the relationship between the attitude scale of the students studying at secondary schools in Muş province and districts in 2015-2016 education year and sports and other variables. While the population of this study consists of the secondary school students studying in Muş province, the sample of the study constitutes 382 women and 384 men with a total number of 766 participating in the research voluntarily and also studying at secondary schools in Muş province and districts. The frequency and percentage distribution have been used to determine the demographic features in the analysis of datum and Independent Samples T test has been used to examine the relationship between two independent variables and also Anova Variance analysis tests were used to examine the relationship between the variables more than two. The relationship between variables was interpreted by being taken as a basis of $p=,05$ significance level. As a result, according to the findings it has been pointed out that there is a significant difference between the students' attitude towards Physical Education class and Their Mothers' Employment Status, Fathers' Occupation, Class Levels, the condition whether they do sports in their spare time off school and the condition that they do sports in a club. To ensure for students to participate actively in physical education and sports classes during learning process, various kind of quality and content extended studies aimed at which variables causing to diverge students' attitudes stem from.

Keywords: Secondary School Students, Physical Education and Sport, Attitude

INTRODUCTION

Today, Physical education is a combination of regular and orderly works performed for ensuring one's physical, spiritual and mental development, preparing for one's career life and strengthening their sense of national awareness and civic purposes. Erhan (6).

As an indispensable part of education, physical education and sports contribute to physical, mental, social and spiritual development of the children; and it responds that those three elements should be in harmony with each other to carry out physical education class healthy. These items are students, teachers, and programs. These three elements are the most important facts forming and leading Physical Education class. It has been seen that the possibility of physical education class to be more effective and common and the development of children as a whole are related to a healthy and harmonious relationship between those elements.

Students' attitudes are an important dimension for teachers and the program.

Attitudes have an important role on leading human behaviors when related to controlling and coping with the feelings emerged during learning. Whether the attitudes depending on a value and belief system are positive or negative has been effecting learning process directly and shaping individuals' future lives. Bozdoğan ve Yalçın (3).

Students can develop positive or negative attitude related to physical education class as well as any other classes. Students' positive or negative attitudes towards physical education can make them grasp the special and main points of the course easy by providing efficiency in course activities or facilitate their participation voluntarily in a variety of physical activities in the future. Silverman and Scrabis (22).

This research has been done for evaluating the student's attitudes towards physical education.

MATERIAL & METHOD

P.E. attitude scale developed by Güllü and Güçlü (8), was used to determine students' attitudes towards physical education class and SPSS 20.0 package program was used for data analysis. "t test" was used to examine the relationship between two variables and students' levels of attitude towards physical education ONE-WAY ANOVA test was used to examine the relationship between levels of attitude towards physical education and variables more than two. LSD test was used to determine which groups causes from differences. Datum were analyzed with SPSS 21,0 package program and significance level was taken as ($p < 0.05$). When the survey's validity reliability analysis was done, Cronbach α value was found as 0.93.

INTERPRETATION of ANALYSIS & FINDINGS

According to mother employment status of individuals, the difference was found between score averages that they got from physical education attitude scale according to $p < 0.05$ significance level. It has been seen that the attitudes of the participants whose mothers are housewife are higher than the participants whose mothers are working.

Table 1. Results of T test analysis according to the relationship between participant students' levels of attitude towards physical education and sports and their mothers' employment status

Does your mother work?	N	X	Ss	t	P
Housewife	715	140.70	24.66	2.75	
She has a job	51	130.70	29.78	2.34	.027

Table 2. Results of T test analysis according to the relationship between participant students' levels of attitude towards physical education and sports and their fathers' occupation

What is your father's occupation?	N	X	Ss	t	F	P
Worker	142	138.24	23.71			
Civil Servant	134	140.88	29.25			
Private Company	23	144.82	22.22			
Self-employment	174	139.49	24.56			
Owner of a Business	57	136.80	22.71	2.29	7-1.8	0.000 *
Retired	31	139.54	27.32			
Unemployed	63	132.36	28.30			
Other Occupations	142	145.72	21.30			
Total	766	140.03	25.13			

The difference has been found between the score averages that the individuals whose fathers' occupations are different got from the attitude scale in physical education class according to $p < 0.05$ significance level. It has been seen that the scores averages of the individuals whose fathers are

unemployed are lower than those whose fathers' occupations are categorized as other and those whose fathers are workers.

Table 3. Results of T test analysis according to the relationship between participant students' levels of attitude towards physical education and sports and their class levels

Which grade are you?	N	X	ss	t	F	P
5th grade	122	147.04	22.91			
6th grade	149	142.99	22.27			
7th grade	213	139.85	27.94	6.95	5-7.8	0.000 *
8th grade	282	135.58	24.45			
Total	766	140.03	25.13			

The difference has been found between the scores averages that the individuals studying in different levels of class got from the attitude scale according to $p < 0.05$ significance level. It has been

seen that the attitude of individuals studying in 5th grade towards P.E. class is much higher than those in 7th and 8th grades.

Table 4. Results of T test analysis according to the relationship between participant students' levels of attitude towards physical education and sports and their condition that they do sports in their spare time off school

The frequency of doing sports in spare time	N	X	Ss	t	F
Always	186	150.98	20.88	33.28	1-2.3
Once in a while	484	13.31	24.84		
Never	96	127.51	26.32		
Total	766	140.03	25.13		

Table 5. The Results of T Test Analysis According to Relationship between the levels of attitudes towards Physical Education and the situations that the students participating in the research do sports

Do you do sports in a club?	N	X	Ss	t	F	P
Yes	189	148.70	21.72	17.22	1-2.3	0.000 *
Sometimes	276	139.15	25.83			
No	301	135.40	25.17			
Total	766	140.03	25.13			

The difference has been found between scores average that the individuals having different styles of doing sports or exercise in their spare time got from P.E class attitude scale according to $p < 0.05$ significance level. It is seen that the score averages of individuals always doing sports in their spare time off school are higher than those who do sports once in a while or never.

CONCLUSION & EVALUATION

The difference has been found when the students' mother's employment status and their level of attitude towards physical education class were examined. It has been seen that the attitudes of the participants whose mothers are housewife are higher than the participants whose mothers are working. When the literature has been examined, different results have been found.

Koçak and Hürmeriç (16), have justified in their study that students whose mothers have a job when compared to those whose mothers do not work, their mothers' employment status can be a factor to develop positive attitudes towards their participation in physical education and sports activities. The results of the study show contrast with our datum. As a contrast to that, Güllü (7), in his study argued the opposite and he claimed that mothers' occupation has no effect on their attitudes toward physical education class and there is no significant difference between the condition whether they work or not. Pepe and Kuru (19), in their study, have stated that their mothers' employment status does not effect on the condition whether they do sports.

When it is considered that most of the students has mothers who are housewife, it can be said that it

The difference has been found between the score averages that the individuals having different styles of doing sports in a club got from attitude scale according to $p < 0.05$ significance level. It is seen that the score averages of the individuals doing sports in a club are higher than those who sometimes do sports and do not.

may be a causing factor of the difference between mothers' occupation and the levels of attitude towards physical education class.

The difference was found between the score of averages that they got from physical education attitude scale and their fathers' occupation according to $p < 0.05$ significance level. It has been seen that the scores averages of the individuals whose fathers are unemployed are lower that those whose father's occupations are categorized as other and those whose fathers are workers.

Koçak and Hürmeriç (16), in their study, which they examined the students in primary school and their attitudes towards physical education class, could not find any relationship between the attitude towards the lesson and students' fathers' occupation. Çetin(5), in his study which he examined the attitudes of secondary school students towards physical education class, has found that there is a significant difference between the students whose fathers do not work and those whose fathers are civil servant or worker. This supports our study.

Even if the results of the study differ, it is thought that fathers' occupation. Can effect the students' attitudes towards physical education class.

The difference was found between the score averages that they got from the attitude scale and

their class levels according to $p < 0.05$ significance level. The higher the levels of classes are, the less their attitudes towards physical education class becomes. It has been seen that the attitude of individuals studying in 5th grade towards P.E. class is much higher than those in 7th and 8th grades. Physical education classes are performed with playing games by children. The fact that small age group children's desire to play games is higher can be indicated as a cause to develop positive attitudes towards physical education class.

Keskin(15), in his study which he examined 1657 secondary school students in total of 820 girls and 837 boys, has shown that there is decrease in attitudes towards physical education class with class levels. Ryan (21), in his study which he examined 994 students studying at secondary school and aged between 11-16 has pointed out that when the students' age are older, their tendency in doing training decreases. Alpaslan (2), Hilland and friends (10), Akandere and friends (1), Phillips, (20) in their study have determined that there is a significant difference between attitudes towards physical education class and their class levels. The results of these studies support our research. In contrast, Gürbüz and Özkan (9), in their study which they examined the attitudes towards physical education class of secondary school students, and in Holoğlu's study (11), they could not find any significant relationship between the attitude scores towards the lesson and class variable.

Due to the exams required to enter university and high schools placed in the current education system in Turkey, the fact that students focus on those exams, have anxiety because of the exams and physical education class is not a part of those exams can be thought of as the main causes for low attitude towards this lesson by increasing class levels.

The difference was found between the score averages that students got from physical education attitude scale and the condition whether they do sports in spare times off school according to $p < 0.05$ significance level. So, it was found that the attitudes of individuals who do sports in their spare time or are sportsmen in a club are much higher towards physical education and sports class. This statement can be caused from their desire to participate in physical education classes related to their interest in sport.

İmamoğlu (12), in his study which he compares the attitudes of the students who do sports actively

and do not do sports in high school, it is stated that when those who do sports compared to those who do not, they have a more positive tendency in physical education class. Zengin (23), in his study which he examined the levels of attitudes towards physical education and sports class of the students aged between 12-18 who are charged in Children and Youth Centers, he stated that the attitudes of the students who do sports are significantly higher than those who do not do sports. Kangalgil and friends, (13) in their study which they carried out to determine and compare the attitudes towards physical education and sports class of the students studying at primary school, high school and university in Ankara's central districts who do and do not do sports, it is indicated that the attitude scores of those who do sports are more positive than the scores of those who do not do sports. Cox and friends (4) have pointed out that physical activities that students do on their spare time are related to their motivation in physical education class. The findings of the studies support the results of the investigation.

As a result, according to the findings it has been pointed out that there is a significant difference between the students' attitude towards Physical Education class and Their Mothers' Employment Status, Fathers' Occupation, Class Levels, the condition whether they do sports in their spare time off school and the condition that they do sports in a club.

To ensure for students to participate actively in physical education and sports classes during learning process, various kind of quality and content extended studies aimed at which variables causing to diverge students' attitudes stem from.

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