



Analysis of Psychological Variables between Family Encouragement and Family Non Encouragement to Sports in Physical Education Students

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Abstract

The purpose of the study to analysis of psychological variables between family encouragement and family non encouragement to sports in physical education students. There would be significant difference between family encouragement group and family non encouragement group to sports in physical education students on stress, general anxiety, leadership, motivation and happiness. Sixty M.P.Ed. students were selected as subjects from various physical education colleges in Tamilnadu. The age of the subjects ranged from 22 to 26. Stress, general anxiety, leadership, motivation and happiness were selected as variables. The selected criterion variables for the study were assessed by standardized questionnaires. The collection of data analysis through independent t-test. The obtained t-ratio between the family encouragement group and family non encouragement group to sports of variables as stress, general anxiety, leadership, motivation and happiness are 0.6, 0.66, 0.87, 3.74, and 2.48 respectively. Since, the obtained 't'-ratio value between the family encouragement group and family non encouragement group to sports of variables as stress, general anxiety and leadership are lesser than the table value, motivation and happiness are greater than the table value 1.67 with 0.05 level of confidence. It is concluded that the family encouragement group and family non encouragement group to sports had significantly different on motivation and happiness, no significantly different on stress, general anxiety and leadership.

Keywords: Family, Stress, Anxiety, Leadership, Motivation.

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Introduction

Parents who exercise with their children are not only teaching them how to live a healthy lifestyle, they are also reinforcing the family bonds and creating wonderful family traditions. It's fantastic for super-busy parents who wouldn't get as much exercise as they need without incorporating their kids in the process. A daily exercise program is essential for every child's normal growth and development. The benefits of exercise are endless, and go deeper than just fighting heart disease and other adolescent risk factors for poor health. Author and fitness expert Debbie Mandel states, "Children who exercise do better academically and learn how to reduce stress. In essence, adults in the household are showing children a healthy way to relieve stress and improve their thinking while they (the adults) practice what they preach. Children are always observing their parents and picking up on their body language, not just their words.

Children innately realize that Mom and Dad are their educators, mentors, heroes, supporters, and role models throughout their lives. This is a colossal

responsibility for the adult, as children believe that most behaviour by parents is acceptable actions, whether good or bad. The bottom line: children are watching their parents' every move, mirroring their every action; if a parent is sedentary, there is a good chance their children will be too. However, parents who eat healthily and exercise with their children on a regular basis are teaching them many valuable lessons, (Parents who exercise, 2015). Parents play important roles in a child's activity level not only through promoting physical activity, but also through their efforts to minimize inactivity. Requiring a child to be active might, in the long run, be an ineffective way to create positive feelings about physical activity. It is often easier to set household rules or policies focusing on household objects that create inactivity than to try to force kids to be active, (Parents, 2015).

Methodology

The statement of the problem is to analysis of psychological variables between family encouragement and family non encouragement to sports in physical education students. There would be significant difference between family encouragement group and family non encouragement group to sports in physical education students on stress, general anxiety, leadership,

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motivation and happiness. Sixty M.P.Ed. students were selected as subjects from various physical education colleges in Tamilnadu. The age of the subject ranged from 22 to 26. The subjects were divided into two group as family encouragement group and family non

encouragement group to sports. As per the available literatures, the standardized questioners were used to collect relevant data on the selected variables as stress, general anxiety, leadership, motivation and happiness.

Table I. Analysis of Data

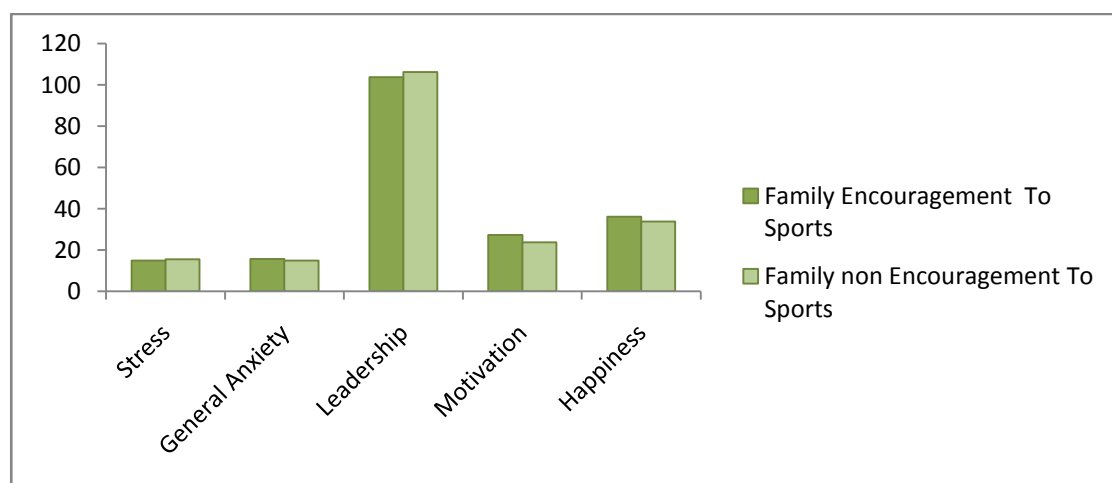
| Variable | Mean values of groups | | t- test |
|-----------------|--------------------------------|------------------------------------|---------|
| | Family encouragement to sports | Family non encouragement to sports | |
| Stress | 14.9 | 15.43 | 0.60 |
| General Anxiety | 15.6 | 14.87 | 0.66 |
| Leadership | 103.67 | 106.2 | 0.87 |
| Motivation | 27.3 | 23.67 | 3.74* |
| Happiness | 36.14 | 33.77 | 2.48* |

*Significant at .05 level, df (28) = 1.67.

The Table I show that, they obtained t-ratio between the family encouragement group and family non encouragement group to sports of variables as stress, general anxiety, leadership, motivation and happiness are 0.6, 0.66, 0.87, 3.74, and 2.48 respectively. Since, the obtained 't'-ratio value between the family

encouragement group and family non encouragement group to sports of variables as stress, general anxiety and leadership are lesser than the table value, motivation and happiness are greater than the table value 1.67 with 0.05 level of confidence.

Figure I. The mean values of family encouragement group and family non encouragement group to sports on stress, general anxiety, leadership, motivation and happiness



Conclusions

Above the analysis the following conclusion were drawn:

1. It is concluded that the family encouragement group and family non encouragement group to sports had significantly different on motivation and happiness.
2. It is concluded that the family encouragement group and family non encouragement group to sports had no significantly different on stress, general anxiety, and leadership.
3. In the present study, it was concluded that family encouragement to sports was improved motivation and happiness. Hence, it is recommended to the

coaches, trainers, physical educators and parents to adopt these findings to improve motivation and happiness for their athletes.

References

1. Parents who exercise (2015) retrieved from <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/family-fitness/> on April 7
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