

Attitude of female students towards outdoor Co-curricular activities

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Abstract

This study will focus on the important role played by psychology factors influencing why some girls participate and while others do not participate in outdoor co-curricular activities. In this study an attempt has been made to discuss some of the problems against female involvement in outdoor co-curricular activities. The study was conducted in district Pulwama and Srinagar and data was collected from 300 girl students from both urban and rural areas, using random sampling method. A self-made questionnaire was prepared in order to collect the data. The responses were collected and evaluated by percentile and frequency method to access the attitude of female students towards outdoor co-curricular activities. The findings of the study revealed that majority of the girl students possess positive attitude towards outdoor co-curricular activities. Besides this some psychological constraints stops some girls in showing the positive attitude.

Keywords: attitude, female students, outdoor co-curricular activities

1. Introduction

The secret of development of nation lies in the education of the masses. So education is important for both the individual and society. If individuals of the society are mentally sharp, emotionally stable and physically strong, the nation is bound to the strong and developed. For this reason the main objective of education is the development of individual's personality. The school authorities from time to time are organizing different activities inside the school as well as outside the school. The participation of girls inside the school are quite encouraging. But in outside activities the number of female students is very small.

For the last many centuries, male members have monopolized outdoor activities and met the female members confined to indoor activities. But nowadays the participation of female members is increasing the outdoor activities. The increase has been partly related to the drive for more women's rights. In the United States, female student's participation in outdoor co-curricular activities was significantly boosted by the act in 1972, preventing gender discrimination and equal opportunity for female to participate in outdoor co-curricular activities. Efforts have been made in getting more females to participate in the activities, attitude regarding female participation in the activities are changing. Focusing on the above dimensions will reveal positive reasons that cause girls to participate in outdoor co-curricular activities and negative reasons that cause many girls not to participate in these activities. There are many reasons to participate in outdoor co-curricular activities, including fun, fitness, social interaction and stress relief participation in these activities is especially important for women because it has a number of mental and physical benefits that can significantly improve women's health and enhance their equality of life

2. Methodology

The purpose of the study was to find out the attitude of female students towards outdoor co-curricular activities. A self-made questionnaire was designed so as to get the relevant information that can be used for various purposes. The information was collected from the different sources of data 300 girl students have been selected for the present investigation from both rural and urban areas of district Pulwama and Srinagar for the study. Random sampling method is used for the collection of data. A self-made questionnaire has been used for evaluating the attitude of female students towards outdoor co-curricular activities from both rural and urban areas of district Pulwama and Srinagar. In order to analyze the data, percentage and frequency method were applied to find the percentage of female students Agree and Dis agree with the various statements of questionnaire in order to evaluate the attitude of female students towards outdoor co-curricular activities.

3. Analysis and Interpretation of Data

In order to analyze the attitude of female students towards outdoor co-curricular activities, percentage method was used. The finding pertaining to attitude of female students towards outdoor co-curricular activities are represented in the below table.

Table 1: Percentage/frequency analysis of responses of female students for various statements related to the objective of Female participation.

	Frequency	Percent
Agree	210	70%
Disagree	90	30%
Total	300	100%

4. Findings

4.1 Reasons for non-participation

The study indicates that the following reasons are important when considering females non-participation in outdoor co-curricular activities.

- The most important reason for non-participating in outdoor activities is the fact that the girls did not enjoy outdoor activities and showed little interest in getting involved in these activities.
- Some parents did not want that their daughters be involved in outdoor co-curricular activities for various reasons.
- Some girls think that their bodies were not ideal for outdoor activities and this could stem from low self-esteem.
- Some girls believe that academics were more important than outdoor co-curricular activities.
- Some of the girls could not participate in outdoor activities because they were involved in cultural activities.

4.2 Reasons for participation

- The study indicated that the following reasons are important that make females to participate in outdoor activities.
- Healthy life style was an important reason for the participation of girls in outdoor activities.
- For some girls playing was important as they were trying to lose weight.
- The support from parents was another contributing and inspiring factor.
- Participants liked to play because all their friends participating in outdoor activities.

5. Discussion

Outdoor co-curricular activities can be a positive experience for child's body and mind. Outdoor unstructured activities and games are essential for every child. Yet, children explore, go tracking with his friends, encourage him to play, run around, jump etc. These activities are an essential way of venting out physical energy. Do you know the factors influencing female participation in outdoor games. By age 14, girls are dropping out of games at 2times the rate of boys. Through nor3 than 25years of research, the women's sports foundation has identified key factors which contribute to this alarming statistic---Girls have 1.3 million favor opportunities to be play high school games than boys, safety issue, social stigma, degreased quality of experience, poor school budget & lack of positive role models.

6. Conclusion

The finding of the study clearly revealed that majority of girl students possess positive attitude towards outdoor co-curricular activities. 70% girl students have agreed that the participation in play activities have contributed to the development of their physical, mental and social aspects of their life. The study also reveals that the female participation in games have made them economically and psychological strong at the gross route level. The study shows that there should not be any gender hindrance for

females to participate in various events at primary, secondary, college and university level. Nowadays females are given prime and equal importance as their male counterparts. They participate almost all the events in which their male counterparts participate. Participating in various events has made them fit and healthy. This study shows that there is still a lot of work that needs to be done to encourage more females to take part in outdoor activities. Hopefully this study may contribute towards some positive changes coming from the department of education. This study contains information, which can put systems into place that may nurture girl's interest in outdoor activities. Changing negative attitudes of people regarding female participation might be one way of promoting females in the field if games. The results of the study have confirmed some of the psychological factors that have made it impossible for most of the girls to participate in the outdoor co-curricular activities. This study had achieved its aim, which is to determine psychological factors that contribute to girl's participation in outdoor co-curricular activities.

7. References

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