ABSTRACT

The main purpose of this study was to analyze the attitude of college students towards the physical education and sports and the secondary purpose of the study was to examine the divergences in the attitudes' from the equal probability occurrence. One hundred subjects were selected from the Lucknow Christian P.G. College, Lucknow for this study. The age of the subjects were ranging from 18 to 25 years. These subjects were administered a self-developed questionnaire. The entire questionnaire comprised of thirty statements with a cover page, a covering letter and a personal information sheet for respondents. The attitude of respondents towards the physical education and sports were analyzed using the descriptive frequency percentage technique for each of the thirty statements of the questionnaire on the two alternative choices i.e. 'Yes' and 'No'.

With regard to the secondary purpose of the study, chi-square test ($\chi^2$) was used to determine the significance of the divergence in the attitudes of respondents from that of equal probability occurrence. Results of this endeavour revealed that college students exhibited a positive attitude towards physical education and sports. The results of this study might be in favour of the good prospective of physical education but its dose not depict the actual picture of the scene. Students of the college know the benefit of taking part in physical education and sports programme but do not participate in it. Thus it's a great area of concern for a physical educationalist to encash the great opportunity to make popular and fruitful the physical education and sports in our society, so we all can live in a healthy society as well.