COMPARATIVE STUDY OF BASIC KNOWLEDGE OF HEALTH BETWEEN PHYSICAL EDUCATION AND NON - PHYSICAL EDUCATION STUDENTS

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Abstract:

The purpose of the study was to compare the basic knowledge of heath between physical education and non - physical education students. The study was delimited to the assessment of basic knowledge of health through self-prepared questionnaire. Fifty-one students each from physical education and non - physical education were randomly selected from University Teaching Departments, Devi Ahilya University, Indore. The contingency tables for calculating chi-square (χ^2) test were applied. Each of the responders followed the basic knowledge of Health according to his knowledge and awareness. The physical education students scored better at certain Basic Knowledge of Health than the non - physical education students.

Introduction:

A nation stands firm if its people follow the desirable health practices in their day-to-day life. Since the school joining children and youth happen to be the future citizens of a nation, they certainly need to be educated the basic health practices for their healthy and happy life in particular and for a healthy nation in general.

The purpose of the study was to compare the basic knowledge of heath between physical education and non - physical education students.

The study was delimited to the assessment of basic knowledge of health through self-prepared questionnaire. On the basis of scholars own understanding and literature available it was hypothesized that Physical Education Students may have better basic knowledge of health in comparison to Non - Physical Education Students.

Methodology:

The questionnaire was prepared under the supervision of the guide, keeping in view the various health practices of the subjects at college level. Utmost care was taken to frame the questionnaire in accordance with the specifications given by experts. The questions were arranged in a logical order and each question was stated clearly and precisely to enable the students of college level to answer the question without any undue problem or difficulty. The answers expected were of objective type requiring filling the blank space on answer sheet corresponding to the number of the item, by marking the space with at "tick mark" in one of the column under in, 'A' (Always), 'O' (Occasionally), 'N' (Never).

Fifty-one students each from physical education and non - physical education were randomly selected from University Teaching Departments, Devi Ahilya Vishwavidyalaya, Indore. Research scholar to all the subjects at their respective departments administrated the questionnaire individually. All the subjects answered the questionnaire separately without the help of others. The researcher explained the questions as and when the subjects felt difficulty in understanding any of the items.

To find out the difference in Basic knowledge of Health between Physical Education Students and Non - Physical Education Students, the contingency tables for calculating chi-square (χ^2) test were applied. The level of significance was set at 0.05.

Chi-square (χ^2) values of comparison of basic knowledge of health between Physical Education and Non-Physical Education students have been presented in Table-1.

TABLE-1

**RESPONSES OF BASIC KNOWLEDGE OF HEALTH BETWEEN
PHYSICAL AND NON - PHYSICAL EDUCATION STUDENTS
AND CHI-SQUARE (χ^2) VALUES**

S. No.	Question No.	Always	Occasionally	Never	χ^2 Values
1.	1	40	9	2	23.13
		23	25	3	
2.	2	27	18	6	5.96*
		31	11	9	
3.	3	16	16	19	4.69*
		10	17	24	
4.	4	32	12	7	15.37
		19	15	17	
5.	5	44	5	2	5.40*
		37	12	2	
6.	6	8	12	31	0.14*
		9	12	30	
7.	7	15	23	13	3.82*
		21	17	13	
8.	8	10	15	26	34.38
		2	14	35	
9.	9	43	4	4	9.67
		47	3	1	
10.	10	24	22	5	6.86
		16	25	10	
11.	11	7	10	34	73.19
		1	34	16	
12.	12	13	13	25	6.75
		7	12	32	
13.	13	27	12	12	5.74*
		20	20	11	
14.	14	26	10	15	11.66
		15	18	18	
15.	15	39	10	2	7.02
		30	15	6	
16.	16	26	20	5	4.34*
		20	21	10	
17.	17	31	16	4	0.38*
		31	17	3	
18.	18	7	25	19	13.48
		9	33	9	
19.	19	34	8	9	5.07*
		27	15	9	
20.	20	24	18	9	14.06
		16	25	10	
21.	21	8	24	19	12.64
		4	16	31	
22.	22	11	16	34	40.80
		2	14	35	
23.	23	42	3	6	1.58*
		51	0	0	
24.	24	40	7	4	351.79
		4	23	24	
25.	25	42	7	2	55.59
		17	19	15	

S. No.	Question No.	Always	Occasionally	Never	χ^2 Values
26.	26	43	5	3	1.54*
		42	8	1	
27.	27	19	21	14	41.94
		25	23	3	
28.	28	37	11	3	27.2
		19	26	6	
29.	29	15	20	16	7.71
		22	20	9	
30.	30	46	1	4	4.27*
		45	4	2	
31.	31	15	11	25	3.03*
		12	8	31	
32.	32	46	3	2	1.25*
		46	4	1	
33.	33	39	10	2	3.96*
		38	7	6	
34.	34	48	2	1	0.17*
		51	0	0	
35.	35	46	5	0	1.77*
		43	7	1	
36.	36	37	7	7	3.47*
		40	7	4	
37.	37	33	12	6	2.86*
		39	5	7	
38.	38	30	19	2	2.49*
		35	14	2	
39.	39	26	6	19	7.65
		17	6	28	
40.	40	8	12	31	6.89
		4	19	28	
41.	41	40	5	6	11.19
		38	11	2	
42.	42	4	6	41	12.23
		1	12	38	
43.	43	8	18	25	19.58
		2	17	32	
44.	44	32	14	15	196.55
		33	17	1	
45.	45	19	14	18	3.63*
		14	20	17	
46.	46	16	15	20	5.11*
		12	23	16	
47.	47	7	2	42	37.34
		1	4	46	
48.	48	2	6	43	7.40
		9	7	35	
49.	49	3	9	39	7.55
		2	4	45	
50.	50	34	11	5	9.41
		29	20	2	

* - Not significant at 0.05 level of confidence.

χ^2 - Value required to be significant at 0.05 level with 2 degree of freedom is 5.991.

Discussion of Findings:

According to analysis of data presented in the Table-1, it is evident that there is no significant difference between Physical and Non-Physical Education Students in question numbers 2, 3, 5, 6, 7, 13, 16, 17, 19, 23, 26, 30-38, 45 and 46 of basic knowledge of health. However significant differences were observed in question numbers 1, 4, 8-12, 14, 15, 18, 20-22, 24, 25, 27-29, 39-44 and 47-50.

In some of the cases physical education students were having better basic knowledge of health in comparison to non physical education students like, they were eating fruits and vegetable everyday and had good sense of chewing the food. They preferred to wash hands before eating and having food. They were more conscious about their physical condition and about purity of drinking water. They were having better concept of importance of water and how much at least it should be taken daily. They were having better posture while sitting and also good knowledge about rest at night. They were regularly exercising and having better knowledge about the uses of exercise. But in some of the cases non physical education students were having better basic knowledge of health in comparison to physical education students such as they were having better concept about hygiene as they used personal towel and were more conscious about their hairs. Within the limits and limitations of the present study following conclusions were drawn: Each of the respondent followed the basic knowledge of Health according to his knowledge and awareness .The Physical Education Students scored better at certain basic knowledge of health than the Non-Physical Education Students.

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