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THE EFFECT OF SPORTS ON STUDENTS ACADEMICS AND PERSONALITY OF GOVERNAMENT HIGH SCHOOL

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Abstract

Student’s life in school is very important as it is the time to build a better future. The present study will make us understand the effect of Sports on students academics and their personality. Two hundred male high school students were randomly selected in the age group of 11-15 years from Government High School of Andhra Pradesh. Students’ academic record, their involvement in sports, family background, their illness and the personality traits has been taken into consideration to draw the conclusions.

The non participants in sports significantly acquired higher grades as compared to participants in sports. The positive and negative effect on academic excellence has been clearly notified. Some valid inferences have been drawn to indicate that sports activities during schooling have significant effect on their personality traits in future days.

INTRODUCTION

For children to maintain a healthy lifestyle as they grow up, sports play a predominant role. It’s not about get ridding the excess energy by running, it’s all about to have fun and enjoyable. Sports and games will feel them energized and refreshed with rush of endorphins. Hence the present study was envisaged to understand the effect of sports on student’s academics and personality of Zilla Parishad High Schools of Andhra Pradesh.

METHODOLOGY

Two hundred male high school students were randomly selected in the age group of 11-15 years from government High School s of Andhra Pradesh. The minimum criteria for the sports participant are to have represented for their school in any discipline. Therefore this group of students will involve in sports for more duration, they spend time in practicing, training, selections and competitions. The non sports participant will involve in sports, but limited or no involvement.

RESULTS AND DISCUSSION

As the age group ranges from 11 – 15 years, few of the students may be concentrating on their board examinations and hence they spend more time in academic rather than sports. The number of hours spent on sports by the sports participants and non sports participants has been clearly depicted in the table 1.

Table 1: Number of clock hours per week students participated in sports

No of clock hours per week	Non Sports participant (100)	Sports participant (100)
More than 15 hrs	5	20
15 – 10 hrs	11	33
10-5 hrs	13	28
Below 5 hrs	26	19
0 hrs	45	

Table 2 clearly shows the academic excellence of the sports participants and non sports participants. It is clearly indicates that the non sports participants have good academic record comparatively sports participants. This may be



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because the sports participants will spend more time on sports and don't get much time for their academics as the non sports participants. Also as they get tired by their professional game sessions, they prefer to go for rest rather than academics. According to teachers perception the non sports participants are regular to class and assignments. They perform well in tests and examinations comparatively sports participants to get more marks in internals. The sports participants will get nearby equal grade as non sports participants in externals because at the end of the semester, the sports participants will concentrate on studies and with in no time they will grasp the content.

Table 2: Number of students passed with particular grade

Grades	7 th Class		8 th Class		9 th Class		10 th class	
	NSP	SP	NSP	SP	NSP	SP	NSP	SP
A1	16	13	10	3	13	10	24	22
A	29	26	23	24	30	26	37	34
B	26	28	45	33	27	39	19	21
C	23	30	20	37	23	22	17	20
D	6	3	2	3	7	3	3	3

The reason that the sports participants involve in sports is maybe they are from sports family or they personally have more interest on sports.

Table 3: Students illness history

	Illness during childhood days
Non Sports participants	36 %
Sports participants	11 %

The students who are not participating in sports have a history of illness during their childhood days and even that is one of the reasons for not entering into sports. If we see the present days (high school days) health profile of both the categories, it is clearly depicted in the table 4 that the sports participants are less emotional and more social when compared to non sports participants. Both the groups are equally strong in mental health. Any how the physical health will be good for sports participants. Hence there is significant difference between the two groups.

Table 4:

	Non Sports participants	Sports participants	
	Mean	Mean	T
Mental Health	23.2	24.9	0.14
Emotional Health	20.56	19.9	0.394
Social Health	23.7	24.13	0.262

The study shows that the sports participants are understandable in nature and demands assertiveness. They create their own environment with excitement, agreeableness and positive relationship. All these they learn from participating in sports. In sports they need to lead the team with dynamism, leadership, Accepting the winning and losing, discipline etc all these will help in their future endeavors.



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Table 5:

Traits	NSP		SP		T	P
	Mean	SD	Mean	SD		
Agreeableness	5.77	1.83	4.16	1.661	0.395	0.532
Openness	1.45	2.14	3.39	1.565	2.268	0
Empathy	4.4	1.6	3.6	1.5	0.05	0.02
Neuroticism	4.22	1.74	3.54	1.591	1.501	0.05
Extravert	6.58	2.2	3.5	1.585	2.59	0.01
Conscientiousness	4.41	1.68	3.64	1.554	0.059	0.028

CONCLUSIONS

The sports especially at early age of education have significant influence on academic performance. Study shows that non participants in sports significantly acquired higher grades as compared to participants in sports because the time spared in sports is more than the academics by the sports participants. Sports activities are essential from school level itself as they acquire the qualities, which will help them to solve the problems and fit in the society in their future days. Sports also help to achieve their goals. Most of the students and parents are giving priority to sports participation. Hence the government should encouragement at school level sports by including sports as subject and providing credits for sports.