

A Comparative Study of the Attitudes of Higher Secondary Students Toward Physical Education: A Study of Jawahar Navodaya Vidyalaya, Khumbong (Manipur) and Jawahar Navodaya Vidyalaya, Unakoti (Tripura)

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ABSTRACT

Introduction: Physical education plays a vital role in the holistic development of students by enhancing their physical fitness, mental well-being, and social skills. It is an integral part of the school curriculum that promotes active lifestyles and helps in the prevention of lifestyle-related diseases. According to the World Health Organization (2020), regular physical activity among adolescents contributes significantly to improved cardiovascular health, muscular fitness, and psychological well-being. A positive attitude towards physical education encourages students to actively engage in sports and fitness-related activities, whereas a negative attitude may lead to avoidance and decreased participation.

Object of the study: The objective of the study is to compare the attitude of higher secondary students towards physical education between JNV Khumbong, Manipur and JNV Unakoti, Tripura.

Method: The study aim to compare the attitude of higher secondary students towards physical education between JNV Khumbong, Manipur and JNV Unakoti, Tripura. A total of forty (n=40) students, 20 students of JNV, Khumbong and 20 students of JNV Unakoti, age range from 16 to 18 were selected as a subject. An Independent 't' test statistical technique was employed to find the significant difference between two schools. The Wear's Attitude Scale (1951) was used to measure the attitude of the students.

Result: The mean and standard deviation of attitude of higher secondary students of Manipur and Tripura towards physical education was 68.250 ± 17.549 for Manipur students and 67.00 ± 11.562 for Tripura students respectively. The p- value of the attitude of higher secondary students towards physical education was .792 at significant level of 0.05. The result suggested that there is no statistically significance difference between the students of JNV Khumbong, Manipur and JNV Unakoti, Tripura.

Conclusion: In conclusion, the finding of the present study show that there is no statically significant different in the attitude of the higher secondary students of Manipur and Tripura towards physical education.

Keywords: Physical Education, Psychological, Attitude, Manipur, Tripura, Higher Secondary

INTRODUCTION

Education is a never-ending process that starts from the birth of an individual and goes on until the last day of his life. It is a training process designed to equip the individual with physical, social, moral, cultural and spiritual aspects and thus makes life progressive, cultured and civilized. It is the enrichment of power of adoption to an

ever-changing social environment. In fact, it is the total development of the personality of an individual. According to Aristotle, "Education is the creation of sound mind in a sound body it develops man's faculty, especially his mind, so that he may be able to enjoy the contemplation of supreme truth, goodness and beauty in which perfect happiness essentially consists" (Ross, 1956).

Physical Education: Physical education refers to the process of education with activities that develop help to and maintain the human body is concerned. Earlier, physical education had the exclusive and traditional interest in physique, strength and motor skills. Further, Physical Education has been confused with physical training, physical culture, games, play, recreation, health education and so on. R. Cassidy (1927) also expressed in the same strain "Physical Education is the sum of changes in the individual caused by experiences centered in motor activity". According to J.B. Nash, "Physical Education is that phase of the whole field of Education that deals with big muscles activity and their related responses".

Physical education plays a vital role in the holistic development of students by enhancing their physical fitness, mental well-being, and social skills. It is an integral part of the school curriculum that promotes active lifestyles and helps in the prevention of lifestyle-related diseases. According to the World Health Organization (2020), regular physical activity among adolescents contributes significantly to improved cardiovascular health, muscular fitness, and psychological well-being.

Attitude is considered a key psychological factor that influences an individual's participation and performance in physical activities. A positive attitude towards physical education encourages students to actively engage in sports and fitness-related activities, whereas a negative attitude may lead to avoidance and decreased participation. Research by Subramaniam and Silverman (2007) revealed that students' attitudes toward physical education are shaped by various factors such as curriculum design, teacher behavior, and the learning environment.

Northeast India is known for its rich sporting culture and achievements in various national and international events, provides a unique context for studying students' attitudes toward physical education. Despite the strong sports tradition, it is essential to examine whether higher secondary students of different state maintain same attitude toward physical education within the academic setting. Understanding these attitudes can help educators and policymakers design more effective physical education programs.

Therefore, the present study aims to compare the the attitude of higher secondary student of Manipur and Tripura towards physical education. The findings of this study may provide useful information for physical educators, sports teachers and school authorities in developing more effective physical education programs and improving the curriculum to better meet the needs and interests of students.

Objective of the Study

The main objective of the study is to investigate: To study the attitude of higher secondary student of Manipur and Tripura towards physical education.

METHOD

The study was conducted on higher secondary student of Manipur and Tripura. A total of 40 (N = 40) higher secondary students, 20 students from JNV, Khumbong, Manipur and 20 students from JNV, Unakoti, Tripura with age range from 16 to 18 years were selected as subject. The Wear's Attitude Scale (1995) was used to measure the attitude of higher secondary students towards physical education.

Test Procedure

The questionnaire, Wear's Attitude Scale (1951) was administered individually to each of the students. Before administering the questionnaire, the researcher explained the objectives and the manner in which the students require to answer the questionnaire. Further, the students were requested to give honest opinions. The researcher clarified the doubts expressed by the students regarding any items. Finally, students were given time to answer

the questions either on school or at their home or hostel.

Data Analysis

The data collected from the students were saved in the statistical package for the social science (SPSS) 27.0 program. The independent ‘t’ test statistical technique was employed to find the significance difference between students of Manipur and Tripura and 0.05 was set as level of significance.

RESULT AND FINDING

After comparing the data of higher secondary school students from Manipur and Tripura using the Statistical Package for the Social Sciences (SPSS), the results are presented in the table below.

Table1: Mean comparison of attitude of higher secondary students of Manipur and Tripura towards physical education.

Variable	Mean		Std. deviation	Sig. 2 tailed	N
Attitude of Higher Secondary Students towards Physical Education	Manipur	68.250	17.549	.792	20
	Tripura	67.00	11.562		20
	*No Significant at p > 0.05				

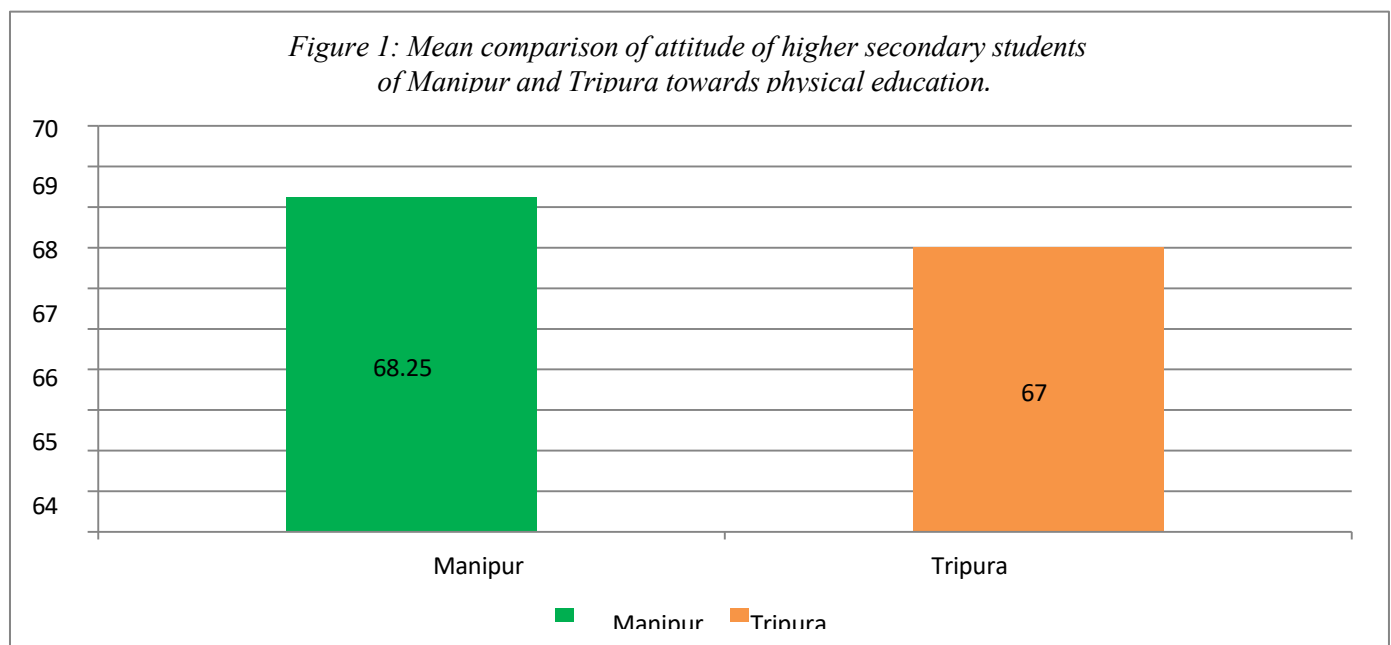


Table 1 reveals the descriptive analysis in terms of mean and standard deviation of attitude of higher secondary students of Tripura and Manipur towards physical education was 68.250 ± 17.549 for Manipur students and 67.00 ± 11.562 for Tripura students respectively. The descriptive mean scores of students of Manipur and students of Tripura are revealed in figure 1.

DISCUSSION

The aim of the study was to compare of attitude of higher secondary students of Manipur and Tripura towards physical education by using The Wear’s Attitude Scale (1951) containing 30 items to the students of Jawahar Novodaya Vidyalaya (JNV), Khungbong, Manipur and Jawahar Novodaya Vidyalaya (JNV), Unakoti, Tripura. After the statistical analysis of the Data responded by the students, it was found that there was no significant difference in the attitudes of higher secondary school students from Manipur and Tripura toward physical education ($p = .792$).

The reason may be because of the same syllabus and curriculum followed by the school. JNV follow a similar educational environment and standardized curriculum formworks prescribed by the Jawahar Novodaya Vidyalaya Samiti and are affiliated with the Central Board of Secondary Education (CBSE). As a result both the school students follow same teaching methodology, co-curricular activities and physical education program (Navodaya Vidyalaya Samiti, 2024; CBSE, 2023).

Another possible factor may be that students in both schools the students get similar opportunity to participate in physical education classes, sports activities, inter-house competition and inter-school competition. Because of these students got positive influence toward physical education. Furthermore, the availability of qualified physical education teachers, similar sports facilities, and equal emphasis on physical fitness and extracurricular activities within the JNV system may have further contributed to the similarity in students' attitudes. Previous research has shown that teacher behavior, curriculum content, learning environment, and access to sports facilities are among the most influential factors shaping students' attitudes toward physical education (Subramaniam & Silverman, 2007, Silverman & Subramaniam, 1999).

CONCLUSION

In conclusion, the finding of the present study show that there is no statically significant different in the attitude of the higher secondary students of Manipur and Tripura towards physical education. The result suggests that the students possess similar attitude toward physical education beside residence in geographical different area. It is conclude that the geographical differences between Manipur and Tripura did not significantly influence the students of JNV on attitude towards the physical education in the present study. These findings highlight the effectiveness of a common educational framework in promoting similar attitudes toward physical education among higher secondary school students.

Informed Consent

All the subjects gave informed consent for inclusion before participating in the study.

Conflict Of Interest

The authors declare no conflicts of interest

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