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EVALUATION OF PHYSICAL EDUCATION FACILITIES IN HIGHER SECONDARY SCHOOLS OF THOUBAL DISTRICT IN MANIPUR

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Abstract:

Nowadays, people are less health conscious and live sedentary lifestyles, which makes them unhealthy and disease-bearers. Everyone should acknowledge physical education and its importance in living a healthy lifestyle. Therefore, physical education needs to be taught at the school level, and the schools must also provide the students with essential facilities. The researcher aimed to evaluate the physical education facilities in higher secondary schools of Thoubal District in Manipur. Fifteen schools were selected. The researcher has provided a questionnaire regarding physical education facilities to the respected schools. The percentage method was utilized to analyze the data. According to the findings, the facilities of the higher secondary schools are mediocre, and they need to be upgraded from time to time. Therefore, the concern department should take initiative to enhance the sports facilities in all higher secondary school as soon as possible.

Keywords: Evaluation, Facilities, Physical Education, Schools.

INTRODUCTION

Sport is a part of education at every academic level, and it focuses on an individual's whole development. In Early, sports were only done for recreational or were connected to physical education teachers and other uniformed individuals. However, when it comes to academic use, it is the only field of research focused on the development of the psychomotor, cognitive, and emotional domains as well as the study of human movement, motor skill acquisition, and individual fitness promotion. Any program involving physical exercise must acknowledge and support the development of motor skills, fitness, knowledge, and attitude.

One of the main negative factors influencing the growth of sports culture at all educational levels is the absence of facilities for sports and the inadequate support of sports. In order to successfully participate in sports, one needs to have access to the necessary equipment, which can also be stored for safety and damage prevention. This is because equipment is an essential part of a high-quality physical education and sports program, not only because enough tools are needed to allow for free will participation, but also because it can be used to differentiate between different levels of participation, increase levels of free will participation, and develop a person's self-efficacy and confidence. The same holds true for sports facilities, which have artificial or natural surfaces for use in fitness-related activities and sports.

The most crucial factor is their efficient use, regardless of whether they are indoors or outside. There are two main ways that sports facilities can be used to help participants and other fitness enthusiasts participate while maintaining their health. They may also be extremely important in treating or preventing injuries. For example, suppose a fitness enthusiast strains their ankle. In that case, a crucial facility such as the training room can facilitate physical therapy for the injured ankle, followed by the application of an icing treatment. This is what a vital sports facility does for you when you train.

Sports facilities are defined as the physical infrastructures that are necessary for participating in sports, such as the football field, track and field grounds, and courts, the gymnasium, and all sports and game pitches. Facilities are crucial to the management and organization of sports since they pique participants' attention regardless of age or gender and not simply make training tasks easier to complete. Amenities help fitness enthusiasts feel more motivated to undertake sports, which greatly increases their pleasure and helps them achieve their goals. A good use of sports equipment and facility has a function to play in developing individual performance status and therefore, health and fitness promotion. The aim of the study was to evaluate the physical education facilities in higher secondary schools of Thoubal Districts in Manipur.

METHODOLOGY

A questionnaire was employed to evaluate the data. A random sampling technique was used to choose the study's sample. A total of 15 higher secondary schools were selected. The data for the study was gathered by using a questionnaire regarding about physical education facilities.

The data sheets were prepared for physical education facilities and distributed to selected schools. Survey method was used for the study, since there is no other way to collect data.

The higher secondary schools in Thoubal District of Manipur were chosen for the study. The researcher assured the information provided by the schools would be confidential. Statistical method was used to analyzed the data.

RESULTS AND INTERPRETATION

The researcher collected the data from 15 higher secondary schools across Thoubal District of Manipur. After the data were collected from the higher secondary schools, the data were analyzed using percentages. The results were presented in the following tables:

Table no. 1

Q1. Is there a physical education teacher at the school?

Response	Frequency of response	Percentage
YES	8	53%
NO	7	47%

Table no.2

Q2. Is the instructor of physical education qualified?

Response	Frequency of response	Percentage
YES	8	53%
NO	7	47%

Table no.3

Q3. Does the school provide students with a written physical education curriculum?

Response	Frequency of response	Percentage
YES	7	47%
NO	8	53%

Table no.4

Q4. Does the school give the students play equipment that is appropriate for their age?

Response	Frequency of response	Percentage
YES	11	73%
NO	4	27%

Table no.5

Q5. Are the physical education classes offered by the school sufficient?

Response	Frequency of response	Percentage
YES	6	40%
NO	9	60%

Table no.6

Q6. Does the school provide joint physical education activities for staff and students?

Response	Frequency of response	Percentage
YES	9	60%
NO	6	40%

Table no.7

Q7. Do students have to pay sports fees to the school?

Response	Frequency of response	Percentage
YES	11	73%
NO	4	27%

Table no.8

Q8. Does the school offer student coaching camps?

Response	Frequency of response	Percentage
YES	6	40%
NO	9	60%

Table no.9

Q9. Does the school host competitions for both intramural and extramural sports?

Response	Frequency of response	Percentage
YES	11	73%
NO	4	27%

Table no.10

Q10. Is there any sports program at your school sponsored by private organizations?

Response	Frequency of response	Percentage
YES	5	33%
NO	10	67%

Table no.11

Q.11 Do pupils have access to the school's playground outside of regular class times?

Response	Frequency of response	Percentage
YES	11	73%
NO	4	27%

Table no. 12

Q12. Have you offered any unique coaching programs during the summer vacation?

Response	Frequency of response	Percentage
YES	4	27%
NO	11	73%

Table no.13

Q13. Does the school provide students with sports demonstrations?

Response	Frequency of response	Percentage
YES	10	67%
NO	5	33%

Table no.14

Q14. Does the school offer dance and rhythmic classes for students?

Response	Frequency of response	Percentage
YES	11	73%
NO	4	27%

Table no.15

Q15. Does the school organize the sports day?

Response	Frequency of response	Percentage
YES	13	87%
NO	2	13%

DISCUSSION AND RECOMMENDATION.

According to the study's findings, the physical education and sports facilities of higher secondary schools are mediocre. Thus, it is essential to give the higher secondary school adequate facilities.

Appropriate sports facilities not only improve students' health but also maintain the campus atmosphere.

The administration of the higher secondary school should utilize the government grants as much as possible to improve the general state of the sports facilities. The suggestions for upgrading the secondary school's overall sporting culture and its sports facilities are listed below.

1. Higher secondary schools should designate a full-time Physical Education teacher, who is addition to meeting the requirements for eligibility, is a well-known athlete.
2. In addition, higher secondary school may also consider sports experts who have represented India in Olympics, Asian games, or Commonwealth. In addition to inspiring the students, this will improve school athletic culture and introduce professionalism.
3. The school administration needs to set aside enough money for grants or other investments so that quality interior and outdoor facilities may be built.
4. Excellent sports facilities ought to be advertised to draw in as many students as possible to the corresponding colleges.
5. Students who compete in matches at the district, state, and national levels ought to be recognized and encouraged with cash prizes, diplomas, and other benefits.

To support staff and students' varied interests and promote long-term improvements in fitness and health, higher secondary schools' athletic facilities and infrastructures must be expanded. Low-key intramural sporting tournaments should be held to encourage staff workers who are prone to sedentary lifestyles. Staff sports trips should be promoted since a change of scenery improves employee morale. The development of sports associations within the higher secondary school as a manner of lowering the obstacles to participation across diverse age groups, gender, and status. It raises the socializing threshold. So the concerned department should take the initiative to enhance the sports facilities in all higher secondary schools as soon as possible.

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