

# State & status of Physical Education in secondary school level in Dehradun district, Uttarakhand, India.

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**ABSTRACT:** *The purpose of the study was to analyze the state & status of physical education in secondary schools in the district of Dehradun. In the modern era the physical education program, which applies in a different area is more scientific & perfect which fill-up a person's health, mental & psychological needs. Thus why the program of physical education at the school level is more important to provide skillful citizens for a country. A total of 10 schools of Dehradun were randomly selected as subjects for collecting information about this exciting state & status of physical education. State & status was assisting using a self-made questionnaire. The result indicated that only in 50% of schools there were qualified physical education teachers. Physical education classes are organized mostly theoretically. Facilities of games and sports were found with low standards, most of the schools participate in the different inter-schools competition. Schools follow govt. Thus why most of the students lost their interest in physical education, many schools are now motivating students to maintain a balance between their school work and physical education. At present, the government of Dehradun tries to provide skillful Physical education teachers at the school level. Through this paper, a concept of the status of physical education in secondary school level in a specific district will come forward, & also the importance & lacking of proper management of school level physical education will identify, which should make more conscious & help also to the people of Dehradun as well as the government of the country & all physical educator for further study & improving the current satiation to create more interest to physical education.*

**Keywords:** *Physical education, School education in Dehradun, Physical activities, Sports activity in school.*

## 1. INTRODUCTION:

Physical education & sports activity develops student's mind & body fitness which supplies relief from tension & fatigue. Regular collaborating in physical activity will facilitate to scale back unfitness, diseases, chaos, sickness, etc. And conjointly helps students to allow attention to their lesson. Within the era, the education program that applies during a completely different space is a lot of scientific & excellent those fill-up a person's health, mental & psychological desires. Therefore why the program of education at the Secondary school level is a lot of necessary to supply skillful citizens for a rustic. A man of science Tom Torlakson & Henry Martyn Robert K. Ross has proven that increasing "kids' physical activity boosts educational achievement". consistent with a Gregorian calendar month 2011 survey

conducted by the revered Field Poll, three-quarters of Californians agree that increasing physical activity would improve educational performance in faculties.(The metropolis Union-Tribune,2011).For the importance of education at the secondary school level it's essential to survey the state & standing of education at the lychee level.

**Statement of the problem:** The problem of the present project has been started as the purpose of the study was to survey of state & status of physical education at the secondary school level in Dehradun. The problem was stated as State & status of physical education in the secondary school level in Dehradun.

**Limitation:** The present study was limited to the following conditions: a) for collecting Information a questionnaire was used in the study. b) The number of respondents was only 10 schools c) Only teachers & students give the information.

**Significance of the Study:** The result of the study would be of high significance in physical education & its state & status in the following ways.

- a) State and status of community relational facilities and the program of Dehradun district would be understood.
- b) The system of teaching physical education in those schools.
- c) Knowing the lacking of facilities & needs about PE.
- d) Role of PE. For active & attentive student's
- e) Result would provide information for future research.

## 2. METHODOLOGY:

A total of 10 schools of Dehradun were randomly selected as subjects for collecting information about this exciting state & status of physical education. This selecting subject used to love in Dehradun one a permanent basis for more than 6 years.

### *Creation Measure*

The status of physical education was collecting from a different school of Dehradun, some of this from the rural area & some from urban among them: Boys, Girls, Coeducation, Government, Privet & others such categories schools are included.

### *Equipment & Tool used*

The following tools were used for collecting data in the present study. A self-made questionnaire was used for collecting data in this present study. There were 20 questions in the questionnaire.

### *Procedures for collecting Data:*

Each subject was personally met by the research. The subject was explained about the questionnaire and the purpose of the study. He /she was assured that the information received from him would not be disclosed to anyone and that would be used only for research. He/she was requested to answer the question, as per own knowledge and understanding. The filled-inn questionnaire was collected back for analysis.

### *Procedure for analyzing Data*

The collected data were analyzed victimization MS surpass

*Subject wise no. of teachers*

**Total number of teachers**

Among 10 schools of this city's 10 headmasters, 11 assistants headmasters, 29 bangle teachers, 31 mathematics teachers, 35 English, 10 physical education, 91 others, and a total of 217 teachers.

**About PE. Teachers:** among 10 schools physical educations teachers qualification are BPED 50%, 20% B.SC, 20% BA, others 10%.

**Field & equipment:** among 10% school in this cities facilities for football available 85% ,cricket 85% , volleyball 55% , basketball 10%, badminton 65% , others games 25% .

**Programs of physical education & sports:** among 10 schools physical education class taken 70%, both practical & theory class had taken 60%, and minimum assessment taken 40% of schools.

**Participation of sports competitions:** among 10 schools 100% schools are participating, annual sports participating 100% schools and demonstration of national day competition 70%.



*Types of physical activities during assembly:*

Among 10 schools 100% school done hand, leg, shoulder, waist exercise, 50% done jumping and 80% done running during assembly.



*The physical education program at the national level:*

Among 10 schools 80% of schools are following the standard level syllabus and 20% follow the general level.

*Special sports arrangement for girls:*

Among 10 schools 10% of school has a special arrangement for girls' sports.

*Special dress for practical class:*

Among 10 schools, 20% of schools have a special dress for practical classes.

### **3. RESULT:**

Based on results obtained through the analysis of information from the subjects, the following conclusion was drawn. • Most of the school students of Dehradun don't know about the main purpose of physical education even teachers as well. • The classes of this subject were mostly taken (theoretically) than practical. • The qualification of that school's teachers is not well slandered among 10 only Five achieved BPED, Three BSC, and Two others. • The facilities of the sports game and practical class are also not well standard level • Most of the schools of these districts have participated, different competitions like Inter schools, annual sports, and National assembly. • 10% of schools of these districts have a special practical dress for physical education • Most of the schools follow government syllabus for this subject in this drastic.

### **4. SUMMARY AND CONCLUSION:**

At present, the necessity and importance of physical activities square measure a standard prescription for many of the doctors everywhere the globe. With the demand of a healthy life & skillful subject, it's felt necessary to investigate the trend of amendment the education system, teaching procedure, facilities of sports, recreation facilities, during this paper, the analysis shows that square measure most the Secondary school of Dehradun district has the lacking of facilities. Among them, a number of faculties have correct facilities; specialized academics and facilities for physical activities. Through this survey, a significant issue was checking out that, in their (student) board examination (Secondary faculty Certificate) education subject has recently excluded. As a result, most of the scholars square measure decreasing their interest in education by stage. The attention-grabbing matter was most of the

scholars needed to be enclosed within the subject within the examination a minimum of with some credit for higher information regarding it. in spite of everything there conjointly some lining that varied faculties academics square measure currently motivating their students to keep up a balance between their faculty work and education, and therefore the government of Dehradun has already taken varied necessary stirrup to counterpoint the sphere of education. In consequence, some universities square measure the yawning department of physical education to supply a lot of skillful lecturers during this filed.

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