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The Impact of Parents on Children's Participation in Physical Education and Sports in India

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Abstract:

Sport and PE are more frequently than any other discipline in schooling called a "laboratory of human experimentation." The study's 1250 parent participants were drawn from throughout India, and their selection was informed by a thorough evaluation of the relevant literature. Fifty students from each school in a different state in this paper, we report the results of our analysis of parents' replies to each statement, broken down by total high support, low support, and proportion of responses in each choice. The study's findings indicated that parents strongly support their children taking part in sports and other forms of physical education. The participation of Indian parents in their children's extracurricular activities, particularly those related to physical education and sports, is crucial.

Keywords: Physical Education, Sports, Support Parents and India

INTRODUCTION

Children's cognitive and physical development have always been influenced by physical education and sports, but today they are considered essential components of the modern educational experience. Physical education is equally as important to a well-rounded education as other subjects, such as physics and mathematics, which get more attention. It is important that regular physical exercise be included into the curriculum. The media often covers sports because of their growing importance to the global economy. Despite having a tremendous effect on the majority of people, sports are mostly ignored by the public.

Several issues that have a detrimental effect on sports now exist and must be addressed. Since we're already so far behind in athletic ability, we'll need to collaborate with more advanced countries to catch up. We need to do something to help physical education and sports because they need it. It's beneficial for children to have access to physical education programs.

In order to help students make good lifestyle choices, the President's Council on Physical Fitness and Sports encourages schools to provide students with high-quality physical education (PE) programs. Despite PE's importance for kids' growth, it's been seen as

a declining priority in many countries, both in terms of required class time and funding. In secondary schools around the country, physical education (PE) programs are being eliminated. The statistics showed a worrying fall in high school students' interest and passion for physical education, lending credence to this position. Therefore, it is the duty of physical educators to create a positive learning environment and provide interesting learning opportunities that motivate students to set ambitious objectives in PESS.

The reputation of PESS in public schools has taken a major hit due to the lack of solid evidence for many of the purported benefits and outcomes of physical activity. Students' self-concept, self-esteem, anxiety, sadness, tension, stress, self-confidence, mood, productivity, and well-being have all been shown to increase as a result of their participation in physical education (PE). PE also apparently helps pupils socially and academically, encourages youngsters to respect their own and others' bodies, and integrates cognitive and physical development. When looking at the pros and cons of PESS in detail. The potential benefits and drawbacks of the program are analyzed through the lens of the effects it may have on children's physical, lifestyle-related, emotional, social, and cognitive development.

LITERATURE REVIEW

KUMAR, RAVI. (2018). The purpose of this study is to determine the extent to which youth athletes and physical education programs influence their moral development. Sports and other types of physical education may teach young people valuable lessons about the importance of social values. The literature examined the role of social contact in the maturation of both the mind and the body. It also aids young people in forming the social concepts

necessary to create harmonious societies. Young people who take part in sports and other forms of physical education are more likely to have healthy, productive lives.

Pennington, Colin. (2019). Physical education (PE) has the potential to address some of the most pressing problems confronting American youth today, including the decline of social cohesion in communities and schools and the growth of juvenile obesity and sedentary-related diseases. Pennington and Sinelnikov (2018) argue that the physical educator is in a prime position to enhance student health and well-being by encouraging students to participate in sport, physical activity, and positive peer relationships. Physical education instructors shouldn't feel limited to one method of instruction when designing lessons for their students' unique athletic and personal growth needs.

Dhillon, Avtar & Sharma, Rahul. (2020). Celebrities from many walks of life have been known to appear in advertisements aimed at Indian customers. However, there has been a significant transformation in the Indian sports business. India's athletic teams have performed well in a variety of arenas. Since there has been a surge in popularity for Indian sports leagues in recent years, this study set out to calculate how much of an effect celebrity endorsement had on brand recognition and recall among Indian sports fans. The study was quantitative in nature, and the results will help advertisers better connect with fans of major sports leagues.

Bailey, Richard. (2018). A formal investigation of the potential role of sport and physical education within the social policy agenda of Blair's New Labour Government was published in 2005 in an essay titled "Evaluating the relationship between physical education, sport, and social inclusion" in Educational Review. It was also a part of a larger movement to

clarify and articulate the value of physical activity in the workplace and the school. Since physical education has always been in danger of becoming neglected within the school curriculum, a clear and convincing appraisal of their effectiveness has academic and practical relevance. I'd want to take use of this Special Issue to discuss some of the motivations, obstacles, and hopes associated with this bigger research project. In his or her 2005 article, the author mostly addressed social policy issues. In this second part, we explore the philosophical implications of certain perennial issues in learning and flourishing.

Naul, Roland & Scheuer, Claude. (2020).

After more than two decades into the new millennium, this anthology intends to assist readers analyze the current situation of physical education and school sports (PESS) throughout European countries and comprehend the numerous diverse tendencies of PESS. In order to make comparisons across nations simpler, each part of an assessment has been given a letter grade from A to H. The book may be broken down into three parts. throughout Chapter One, we will look at how PESS has progressed throughout Europe. Part B contains assessments of 17 countries, written by experts in those countries. Part C discusses the similarities and differences between the educational systems of different countries, the evolution of physical education and sport in schools, the aims and objectives of PESS programs today, and methods for getting more kids moving outside of the classroom.

RESEARCH METHODOLOGY

The research's applicability necessitated collecting information from across four regions of India, each of which has a unique collection of states. A total of 1250 parents of school-aged children in India were selected, 50 from each school throughout

India based on the criteria listed below. A simple random sampling procedure was used to choose the participants. The present study used a random group design. The researcher began by dividing the whole nation into four distinct zones based on preexisting criteria. Fifty parents were selected at random from each school, two from each district, and two from each zone.

The selected parents were ultimately considered for inclusion in the study. From dividing the country into four zones to choosing the parents of kids, Appendix-A details every procedure taken to produce a representative sample. Before administering the test, the researcher went through all of the rules and guidelines with the participants. Since they trusted the researcher, they decided to assist. Parents' support for their children's participation in PE and sports may be gauged by looking at their level of interest, their behavior, and the resources they give on a Likert scale. Out of a possible 37 statements, 28 have been deemed acceptable (3, 2, 1), while the remaining 9 have been deemed unacceptable (1, 2, 3).

DATA ANALYSIS

High support and low support responses from parents were analyzed, and both the raw numbers and percentages of responses from each group were given.

The parental involvement survey has 37 questions. Parental reactions to the different claims are tabulated in Tables 1 through 37. The first 10 questions of the survey are labeled "Parental Interest," the next seventeen are labeled "Parental Behavior," and the last ten are labeled "Resource Provision." Totaling the number of yes and no votes for each statement in the statistical study allowed the researchers to determine the percentage of support for each statement. A score over 50% was considered excellent,

while a score below 50% was considered poor. Tabular data demonstrating

This is the conclusion reached about Article I, Parental Responsibility. The analytical findings for each statement in the parental interest section are shown in the following Tables 1-10.

Parental Interest contains ten statements, eight of which are positive and two of which are negative. The statements address topics such as friendship, keeping in touch, helping with schoolwork, communicating, attending school events, contacting the teacher, understanding and listening to the feelings of school-aged children, and being aware of their children's interests and friends.

Table 1: We Spend Time with our Children and Engage in Activities that Bring Mutual Enjoyment i.e., Playing Games and Sports.

Sr. No.	Statement	High Support	Low Support
1	We Spend Time with our Children and Engage in Activities that Bring Mutual Enjoyment i.e., Playing Games and Sports.	678 54.25%	571 45.75%

Table 1 reveals that out of a total of 1250 respondents, 678 parents chose the "high support" option and 571 parents chose the "low support" option. In this case, the percentages for High and Low support were 54.25 and 45.75 respectively.

Discussion of Findings

Because of the many health benefits connected with regular exercise, many parents are excited about their children engaging in sports and other types of physical activity. Maintaining a healthy weight and improving fitness go hand in hand for those who commit to a routine of

high-quality physical activity. Physical activity improves memory retention. The benefits of exercise much outweigh the costs. The well-being of one's offspring and other family members is high on the list of concerns for any parent. This is likely a major motivator for individuals to join the physical education and sports teams. However, this lack of excitement may not be readily obvious until major decisions about their children's education must be made, such as whether or not their children should put schoolwork ahead of extracurricular activities like sports and games.

Table 2: We Give High Priority to the Completion of Academic Courses Even at the Cost of Development of Other Aspects of Our Children.

Sr. No	Statement	High Support	Low Support
2	We Give High Priority to the Completion of Academic Courses Even at the Cost of Development of Other Aspects of Our Children.	947 75.83%	302 24.17%

Table 2 reveals that out of a total of 1250 parents, 947 selected "high support" and 302 selected "low support." In this case, the high level of support was 75.83 percent and the low level of support was 24.71%.

In order to enhance their education, many individuals nowadays would rather give up something else. It is recommended that

parents sign their children up for extracurricular activities that boost both physical and mental well-being. Instead of disliking the idea personally, parents are hesitant to provide assent because they worry it would hold their children back academically.

Table 3: We Make Ourselves Available, for At Least one Family Meal Together with our Children.

Sr. No.	Statement	High Support	Low Support
3	We Make Ourselves Available, for At Least one Family Meal Together with our children.	803 64.25%	446 35.75%

There were a total of 1250 responses, and as can be seen in Table 3, 803 parents went for the "high support" category, while the remaining 446 parents opted for the "low support" category. There was 64.25 percent strong support and 35.75 percent weak support here.

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something else. It is recommended that parents sign their children up for extracurricular activities that boost both physical and mental well-being. Instead of disliking the idea personally, parents are hesitant to provide assent because they worry it would hold their children back academically.

Table 4: expending Upon the Urgency of the Need We Create Time for Our Children in Spite of our Busy Schedule.

Sr. No.	Statement	High Support	Low Support
4	Depending Upon the Urgency of the Need We Create Time for Our Children in Spite of our Busy Schedule.	862 69%	387 31%

Table 4 shows that out of a total of 1250 respondents, 862 parents selected the "high support" option and 387 parents selected the "low support" option. The majority of voters (69%), although not quite a third (29%), approved of this measure.

It's possible that parents are more receptive to family time because they've seen the positive consequences of such activities firsthand, both for themselves and their children. Even doing errands may be a fun family outing that strengthens your bond

with your children. Spending time together has several benefits, including better communication and emotional bonds among family members and increased academic accomplishment among children who communicate to their parents, as reported by Nourish Interactive. There isn't always enough time for parents to spend with their kids because of work and their kids' extracurricular activities. A fantastic method to give kids the quality family time they need is to have dinner together every night.

Table 5: If we are not Physically Present at our Children's School Event, We Given Them a Call Before or After the Event.

Sr. No.	Statement	High Support	Low Support
5	If we are not Physically Present at our Children's School Event, We Given Them a Call Before or After the Event.	510 40.83%	739 59.17%

As can be seen in Table 5, only 510 of the 1250 parents who completed the survey opted for "high support," while the remaining 739 opted for "low support." In this scenario, 40% was the high support and 59.17% was the low support.

The majority of respondents agreed with the statement that the vast majority of parents intend to attend the special event at their

child's school. Some schools include events and volunteer opportunities aimed at getting parents interested in their students' education. More parental participation in the classroom may improve student achievement, decrease absenteeism, and increase parental confidence in their children's schools.

Table 6: We Don't Find Time to Provide Help to our Children When They Want to Participate in School Sports Activities/Events.

Sr. No.	Statement	High Support	Low Support
6	We Don't Find Time to Provide Help to us Children When They Want to Participate in School Sports Activities/Events.	844 67.58%	405 32.42%

Out of a total of 1250 respondents, Table 6 shows that 844 parents opted for "high support" and 405 parents opted for "low support." In this scenario, there was strong support at 67.58% and weak backing at 32.42%.

One possible explanation for the widespread agreement among parents that "parents don't find time to provide help to their children

when they participate in school sports or physical education activities" is that working parents simply don't have the time to support their kids' extracurricular pursuits. Although today's parents care greatly about their children's academic development, they cannot afford to put their professions on hold to attend each and every one of their children's athletic events.

Table 7: We Listen Responsively and Attend to Children's Feeling Without Giving Those Rules and Instructions.

Sr. No.	Statement	High Support	Low Support
7	We Listen Responsively and Attend to Children's Feeling Without Giving Those Rules and Instructions.	1,010 80.83%	239 19.17%

According to Table 7, of the 1250 parents who participated in the poll, 1,010 said they would provide "high support," while 239 said they would provide "low support." In

this example, there was both strong support (80.83%) and weak support (19.17%). Conversations between parents and children may provide insights that can inform a

variety of parental actions, including the development of more specific result objectives based on children's attitudes and the development of activities that bring mutual joy with children. Parents should encourage their children's linguistic, cognitive, and social development by having meaningful discussions with them, making them feel unique and important, and treating them as individuals. Parents should recognize the need of reaffirming their children's value and worth via real praise and affirmation, as well as learning and

using ways for engaging with their children (such as playing with them at age-appropriate levels). Parents who talk openly about their children's births and names demonstrate that they value their children's unique contributions to the family. Parents know that the positive environments they provide for their children may pave the way for learning opportunities. The high degree of parental support (80%-83%), which was responsible for all of the aforementioned behaviors.

Table 8: We Make Efforts to Find our Children's Likes and Dislikes and Make Family Plans According to Their Choices as far as Possible.

Sr. No.	Statement	High Support	Low Support
8	We Make Efforts to Find our Children's Likes and Dislikes and Make Family Plans According to Their Choices as far as Possible.	218 17.5%	1,031 82.5%

There were a total of 1250 parents that participated in the survey; Table 8 shows that 218 parents picked "high support" and 1,031 parents selected "low support." Here, the extreme was at 17.5 percent, while the middle was at 82.5 percent.

These days, parents are less likely to sugarcoat things for their children. The

young people in this study are just in secondary school and, as a result, lack the maturity to make choices that will have long-term consequences for themselves and their families. Therefore, most parents were against considering their children's opinions while making decisions as a unit.

Table 9: We Try to Find out Opportunities for Enhancing our Children's Potentialities by Having Contact with the Teacher.

Sr. No.	Statement	High Support	Low Support
9	We Try to Find out Opportunities for Enhancing our Children's Potentialities by Having Contact with the Teacher.	739 59.17%	510 40.83%

Table 9 shows that out of a total of 1250 responses, 739 parents opted for the "high support" category, while the remaining 510 parents opted for the "low support" category. Overall, there were 59.17% yes votes and 40.83% no votes.

A solid feedback system is essential in every household with children. Communicating often with teachers and receiving insight on daily academic and athletic performance may help parents steer their children toward reaching their full potential.

Table 10: We Keep Ourselves Aware of Our Children's Activities, Friends and Behavior.

Sr. No.	Statement	High Support	Low Support
10	We Keep Ourselves Aware of Our Children's Activities, Friends and Behavior.	675 54%	575 46%

Of the total of 1250 respondents, as shown in Table 10, 675 parents selected the "high support" choice, while the remaining 575 selected the "low support" option. In this instance, there were 54% in favor and 46% against.

Every parent knows how crucial it is to keep tabs on their child's activities. Now is not the time for parents to be indifferent to their kids. Many hours every week are devoted to education for kids. Positive and negative influences from their peers are to be anticipated. This is why the statement "We keep ourselves aware of our children's activities, friends, and behavior" was so widely supported among parents.

CONCLUSION

Parental encouragement is a vital component in boosting student engagement in physical education and sports in Indian schools. Parents should participate in physical activity themselves to inspire their children to do the same. Funding from parents might improve physical education and sports programs throughout the country. Parents in India often encourage their kids to participate in sports and PE. Participation in sports and other forms of physical activity outside of school is highly valued by Indian parents. The majority of adults with school-aged children feel that sports are important. Parents of school-aged children, number seven, understand the need of physical activity for their children's growth. The benefits of exercise on a child's growth are well known to the parents of school-aged children.

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