

A STUDY OF RECREATIONAL ACTIVITIES AMONG UNDERGRADUATE STUDENTS IN COIMBATORE DISTRICT

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ABSTRACT

The study aimed to find out the recreational activities among undergraduate students in Coimbatore district. The investigator adopted the survey method for the study. One hundred students studying undergraduate courses in Coimbatore district were selected as sample for the study. Recreational activities check list was used as the tool for the study. The findings revealed that the recreational activities made joyful learning to the students.

INTRODUCTION

Recreation activity provides opportunities for constructive and worthwhile activities. It stands for such type of leisure time activities which are socially, physically and mentally helpful. It is a human need and an important factor for personality development. It provides both physical and mental relaxation. It is an essential element of man's life without which life becomes dull, dreary and miserable. It removes monotony of general education by providing different forms of recreational activities such as painting, dancing, music, physical education etc. It provides opportunities to learn new things, develop new skills and get new ideas through different activities. It provides opportunities for constructive and worthwhile activities. It develops a sense of group consciousness and co-operative living by providing a scope for participating in group activities. Hence, the investigator wants to study whether students feel the same and what type of recreational activities they follow to refresh themselves.

Dictionary of contemporary defines, "recreation" as an agreeable pastime or diversion which affords relaxation and enjoyment. A recreation is an act of creating or a thing created anew.

21st century Reference Dictionary defines "recreation" as the process or a means of refreshing or entertaining oneself after work by some pleasurable activity.

NEED FOR THE STUDY

Recreation is acknowledged to be one of the most basic and essential of human needs for maintaining and improving health, making friends with different backgrounds, and engaging in community life (Dattilo, 2002; U.S. Office of Surgeon General, 2009). Recreational activities may differ from one area than others. So, the investigator wants to identify the recreational activities of the undergraduate students in Coimbatore District.

OBJECTIVES OF THE STUDY

The specific objectives of the study are as follows:

1. To find out the significant difference between male and female undergraduate students in their recreational activities.
2. To find out the significant difference between arts and science undergraduate students in their recreational activities.
3. To find out the significant difference between rural and urban undergraduate students in their recreational activities.
4. To find out the significant difference between day scholar and hosteller under graduate students in their recreational activities.
5. To find out the significant difference between English and Tamil medium undergraduate students in their recreational activities.
6. To find out the significant difference between undergraduate students who use a conveyance to go to college and those walking to college in their recreational activities.
7. To find out the significant difference between urban and rural undergraduate students in their recreational activities.
8. To find out the significant difference between Hindu and other undergraduate students in their recreational activities.
9. To find out the significant difference between joint and nuclear family undergraduate students in their recreational activities.

HYPOTHESES OF THE STUDY

The hypotheses formulated in this study are as follows:

1. There is no significant difference between male and female undergraduate students in their recreational activities.

2. There is no significant difference between arts and science undergraduate students in their recreational activities.
3. There is no significant difference between rural and urban undergraduate students in their recreational activities.
4. There is no significant difference between day scholar and hosteller undergraduate students in their recreational activities.
5. There is no significant difference between English and Tamil medium undergraduate students in their recreational activities.
6. There is no significant difference between undergraduate students who use a conveyance to go to college and those walking to college in their recreational activities.
7. There is no significant difference between urban and rural undergraduate students in their recreational activities.
8. There is no significant difference between Hindu and other undergraduate students in their recreational activities.
9. There is no significant difference between joint and nuclear family undergraduate students in their recreational activities.

METHODOLOGY-IN-BRIEF

METHOD

The survey method was adopted for this study.

SAMPLE

The random sampling technique was used in the selection of the sample of 100 undergraduate students who were studying in colleges situated in Coimbatore.

TOOL

The tool used for data collection was Recreational activities check list constructed and standardized by Senthilkumar.S, Meenakshi.R, and Krishnan(2008).

STATISTICAL TECHNIQUES

1. 't' test for significance of difference between the measures of a large independent sample.

ANALYSIS AND INTERPRETATION

Table 1

SIGNIFICANT DIFFERENCE IN THE RECREATIONAL ACTIVITIES AMONG UNDERGRADUATE STUDENTS WITH RESPECT TO BACKGROUND VARIABLES

HYPOTH ESES	VARIABLE	SUB-VARIABLE	N	MEAN	SD	't' VALUE	Remark at 5% level
H₀-1	GENDER	MALE	51	23.70	0.62	1.74	NS
		FEMALE	49	25.16	0.76		
H₀-2	COURSE OF STUDY	ARTS	49	24.28	0.69	0.023	NS
		SCIENCE	51	24.54	0.71		
H₀-3	STUDENT	RURAL	76	24.97	0.58	2.09	S
		URBAN	24	22.66	0.83		
H₀-4	RESIDENCE	DAYSCHOLAR	84	24.09	0.54	1.66	NS
		HOSTELLER	16	26.19	1.23		
H₀-5	MEDIUM OF STUDY	TAMIL	21	24.71	1.09	0.418	NS
		ENGLISH	79	24.34	0.56		
H₀-6	MODE OF CONVEYANCE TO COLLEGE	VECHILE	71	24.14	0.59	0.925	NS
		WALKING	29	25.10	0.90		
H₀-7	LOCALITY OF COLLEGE	RURAL	72	24.34	0.58	0.404	NS
		URBAN	28	24.60	0.95		
H₀-8	RELIGION	HINDU	83	23.91	0.50	1.934	NS
		OTHERS	17	26.88	1.46		
H₀-9	KIND OF FAMILY	JOINT	32	24.62	0.87	0.299	NS
		NUCLEAR	68	24.32	0.60		

Table-1 shows the calculated t-value for H₀-1 H₀-2 H₀-4 H₀-5 H₀-6 H₀-7 H₀-8 and H₀-9 are 1.74 0.023 1.66 0.418 0.925 0.404 1.934 and 0.299 respectively which are less than the t-value given in the table and hence the null hypotheses H₀-1 H₀-2 H₀-4 H₀-5 H₀-6 H₀-7 H₀-8 and H₀-9 are

accepted. The calculated t-value for H_0-3 is 2.09 which is greater than the t-value given in the table and hence the null hypothesis H_0-3 is rejected.

IMPORTANT FINDINGS

The following are the important findings of the present investigation

1. There is no significant difference between male and female undergraduate students in their recreational activities.
2. There is no significant difference between arts and science undergraduate students in their recreational activities.
3. There is significant difference between rural and urban undergraduate students in their recreational activities.
4. There is no significant difference between day scholar and hosteller undergraduate students in their recreational activities.
5. There is no significant difference between English and Tamil medium undergraduate students in their recreational activities.
6. There is no significant difference between undergraduate students who use a conveyance to go to college and those walking to college in their recreational activities.
7. There is no significant difference between urban and rural undergraduate students in their recreational activities.
8. There is no significant difference between Hindu and other undergraduate students in their recreational activities.
9. There is no significant difference between joint and nuclear family undergraduate students in their recreational activities.

EDUCATIONAL IMPLICATIONS

It is found that male students have more participated in recreational activities than female students. In order to promote the recreational attitude among female students, they should be provided with proper facilities in their college.

CONCLUSION

The major conclusions emerging out of the present study are as follow:

1. Recreational activities among undergraduate students is found to be independent upon their

Gender, Course of study, Residence, Medium of Study, Mode of Conveyance to College, College Locality, Religion and kind of Family.

2. Recreational activities among undergraduate students is found to be dependent on their Locality.

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