

ABSTRACT

Title: Attitudes of secondary school pupils towards physical education

Problem Research over the past years speaks of an increase in inactivity, sedentary behaviour and a decrease in the level of physical fitness of children. In this context, experts and physical education teachers point to the low level of motivation for physical activity both outside the school environment and in physical education classes, a phenomenon that is reflected in pupils' attitudes towards physical education (PE).

Objectives: The aim of this study is to map the current state of attitudes towards physical education among secondary school pupils in Prague and to verify the differences with respect to gender, year of school attended, grade in physical education and declared regular sports activity.

Methods: To meet the aim of the study, we chose a quantitative method of questioning through a standardized questionnaire Physical Education Attitude Scale (PEAS), which contains 43 items divided into 4 dimensions. The questions are answered through a five-point Likert scale. The questionnaire is augmented with 4 additional questions.

The purposive sample consisted of 376 secondary school pupils from a selected primary school in Prague. The gender of respondents was approximately equally distributed. To test functionality and comprehensibility, we conducted a pre-survey. The questionnaire was distributed to students via Microsoft Forms platform. The data were processed with the statistical software R and analyzed using descriptive statistics, parametric tests and regression analysis to test the formulated hypotheses.

Results: Attitudes towards physical education were moderately positive, with significant differences found in gender and sport orientation. Furthermore, a decrease in attitude values with increasing school year was confirmed. The dimension of Convenience showed the highest values. The lowest values were in the dimension of Satisfaction in girls of grade 9 and non-regular sports participants.

KEYWORDS

pubescence; physical activity; teacher; motivation; PEAS