

IMPROVING ATTITUDE SCALES STUDY FOR PHYSICAL ACTIVITIES

There are little sensitive features associated with psychomotor ability and behaviours. The person gains attitude as a result of his livings, and improving of these attitudes in a positive way is hoped. The attitudes can not be observed in a direct way, but in some cases the person may not transform these attitudes into behaviours.(Erden, p.66, the date is not mentioned)

The manner is an emotional readiness or tendency which is observed as an acceptance or rejection of individuals a certain man, group or an idea. Observing individuals manners in a direct way is impossible. Attitudes can be interpreted by observable behaviours. An individual manner as a part of his personality, affects his hates, likes and generally whole behaviours (Özgüven, 1999:353).

Main features associated with attitude

- 1.Attitudes are not gained with born, gained by living. Attitudes are learnt by living.
2. Attitudes are not temporary, but continuous in a certain time .
3. Attitudes, provide a regularity between an individual and an object relation.
- 4.In man object relation, the side is occurred that is defined by manner.
- 5.The occuring of negative for positive manner to the an object is only possible as a result of comparing with other objectes.
- 6.There are also social attitudes as personal manners.
7. Attitude is not a response way, it is much a response tendency.
8. Attitudes may cause negative or positive manners (Tavşancıl, 2002:71-72).

Individuals can improve their attitudes their enviroments by joining various activities towards their living enviroments.

For example, if a student ask questions about sport establishings place, it will support his positive attitudes (Foley&Janikoun,1996:3-4). The positive attitudes of students about activity period, will provide their activity levels in a desired percentage. The up of studies towards students attitudes in pysical Education side, connective to the students success (Subramaniam&Silverman,2000), the attitude has an impact on teenagers sharing physical activities (Carlson,1995;Silverman &Subramaniam 1999), students senses and ideas associated with data towards physical education in program changes (Cothran&Ennis,1998).

To identify whether the individuals sense their abilities for their sport success, athletic is a term whose relationship with physical activities is investigated. The people who sense themselves enough in sport, while they are going on participating in sport, people who sense themselves not enough in sport, bail in sport activities. According to the studies, while there is a high relationship between sense ability and more organized and rich physical activities (Burton&Martens, 1986; Carroll&Loumidis, 2001), there isn't any relationship between not organized and sense ability (Teleman, 1998).

Ryan and at all. (2003), stated the towards to the physical education teachers and physical education lesson and aimed to have a contact with studies on high school students. Figley (1985) a research to state students sides compelling and not compelling on physical education showed that the most important issues which are spoken associated with teachers and programmes.

Carlson (1994) and Rice (1988) explained that the students who likes physical education improve positive manners towards physical education and seem their physical education teachers as a good models for them. The most positive experiences in physical education are presenting various activities, gaining /success, making good, participating, group work and be satisfied or having fun (Chung&Philips, 2002). As being thought that positive attitudes have an important effect on gaining exercise habits, it is aimed to improve attitude scales.

METHOD

Study group:The trial form of attitude scales of teacher candidates towards to physical activities is occurred from 35 matter. The trial form is applied on 280 students who has education in 2012-2013 education year in Mehmet Akif Ersoy University Education Faculty.

The writing of scales matters and occurring of trial form as getting data means:The literature search is applied for the scale which is tried to be improved. Literature is examined and there is occurred a trial form with 35 matter.The written matters presented for professionals view points, and the matters were written again according to their critics. The students who gave response to the scales by saying "I am exactly agree(5), I am not agree (1).

The analyses of data:The attitude scales towards to physical activities is applied to 280 students. Statistics analysis present data getting from 280 students. The appropriateness of data to main combinations is investigated with KMO and Barlett sphericity.The main condition of doing factor analysis is the relationship between changeables. If the p value of Barlett test is small from 0,05 it is a prof for doing factor analysis between changeables. In trial form it can be understood that $p < 0,001$. Though KMO is testing the appropriateness of sampling ability changeables to factor analysis. In study the value of KMO is below 0,841 that shows the suitability of changeables to factor analysis. While KMO is testing whole question group to factor analysis, anti-image correlation matrix values

testing the suitability each question to factor analysis. The matter, which is below of the value of correlation 0,786 don't take place in trial form pass to the factors analysis.

By the end of factor analysis, the matters 3,4,6,12,21,25,27,29,30,31 which were taken out have 0,10 or less percentage distinction, and the factor analysis done again. As a result of analysis, there is three dimension and 25 matters. The first dimension with nine matters and this dimension is called with health. Finally, the third dimension occurs with seven matters and this dimension is called with social – feeling (Büyüköztürk;2007; Ural&Kılıç 2006).

In Table 1, the attitude scales's factor analysis results are observed.

Table 1: The table of the result of factor analysis of the attitude scales towards to the physical activities

The name of factor	Question expression	Factor weights	Anti image correlation	The explanatory factor	Reliability
Equipment-rigging	I use spor equipments in a clean way	0,611	0,832	26,624	0,790
	I avoid from being harmful for others	0,566	0,839		
	I use sport equipments in appropriate place or time	0,505	0,823		
	I fit to group works	0,513	0,886		
	I avoid from harmful things in activities	0,386	0,890		
	I help to carry the sportive equipments	0,302	0,839		
	I protect the sport equipments	0,266	0,786		
	I celebrate the winners	0,266	0,879		
	I enjoy sharing the sport fields	0,228	0,866		
Health	Participating in sport activities relax me	0,585	0,892	10,072	0,800
	Physical activities feel myself heathy	0,480	0,857		
	Sportive activities provide to relax my brain	0,417	0,891		
	Physical activities strenghten me	0,405	0,853		
	Participating in sport activities improve my confidence	0,490	0,900		
	The wide spread sport fields make happy me	0,412	0,898		
	Arraging sport activities make me happy	0,321	0,833		
	I gain new friendships in sport activities	0,347	0,894		

	Sportive activities provide a more planned life to me	0,291	0,863		
Social feeling	The competitive activities are funny for me	0,598	0,880	5,909	0,798
	Group works in sport activities make me happy	0,558	0,829		
	Pair works in sport activities make me happy	0,457	0,797		
	Rewards make me happy	0,422	0,897		
	When I participate in group activity, I feel proud of myself	0,467	0,921		
	Living competition feeling makes me exciting	0,417	0,868		
	Winning the competitive activities makes me happy	0,342	0,909		
Total explained variant:42,605 KMO SCALES VALIDITY:0,867 Barlett spherical test:2231,650 Sd:300 p<0,001 General reliability:0,874					

FINDINGS AND RECOMMENDATIONS

The vehicle to improve attitude scales towards to the physical activities to be formed with three dimension and 25 matters. For this aim, the validity of the vehicle factor analysis and reliability analysis is applied. Ten matters which take place in trial form at the beginning, don't take place in scales as a result of factor analysis.

When the table is investigated, you can see that Barlett test $p < 0,001$ is a proof for the appropriateness of changeables analysis. The sampling ability between KMO value and changeables is 0,867 which shows that the appropriateness of factor analysis.

The values of anti-image corelation matrix, that is tested the appropriateness of whole matters to factor analysis, change between 0,921 and 0,786. In that case, among scales values there is a high relation. The values between 0,611 and 0,228 explain the factor power in an enough way. The total change of whole scales (explained variant) %42,605 is seen enough for social science researches.

According to the whole test points, at the end of “t”test the meaningful difference in all matters ($p < 0,001$) is observed. The reliability of bottom coefficients are :0,790, 0,800 and 0,798 and whole questionnaire reliability coefficient is 0,874 and these show that there is an high reliability coefficient.

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