WOLKITE UNIVERSITY

COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCE

DEPARTMENT OF SPORT SCIENCE

ASSESSMENT OF THE ATTITUDE OF ACEDAMIC STAFF TOWARDS PHYSICAL EXERCISE IN THE CASE OF WOLKITE UNIVERSITY COLLEGE OF HEALTH SCIENCE

SENIOR RESEARCH SUBMITTED TO SPORT SCIENCE DEPARTMENT OF WOLKITE UNIVERSITY IN THE PARTIAL FULFILMENTS FOR THE REQUIREMENTS OF BACHELOR OF SCIENCE DEGREE (BSC) IN SPORT SCIENCE

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WOLKITE, ETHIOPA

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Approved by: ----------

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WOLKITE, ETHIOPIA

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ABSTRACT

The purpose of this study was to assess the attitude of academic staff in Wolkite University on physical exercise. The study was conducted in wolkite university health Science College, and the total population is 25 teachers. In order to achieve the object of the study used primary source. The primary data was gathered through questioner. After collect the data the researcher were analyzed and interpret through qualitative and quantitative methods of data analyses and sample technique. From the total population of 25 teachers we take 20 teachers. This study was not only attempted to access the university teacher's attitude towards physical exercise but also gave recommendations on problems. University should have increase to fulfill materials which are aided for different practical activities including balls, trucks, and its quality. The University as well as the college of health science should participate to solve the problem of gymnasium, water supply, stadium or the place where the activity should be fulfilled or takes place, sport clothes, coach and the all needed infrastructures should be fulfilled. The teachers of college of health science have the role to influence as the University to fulfill the basic physical exercise materials and they should have to work on attitude of other teachers to participate in physical exercise activity.

KEYWORDS: academic staff, attitude, assessment, physical exercise

CHAPTER ONE

1. Introduction

1.1 Back Ground of the study

Physical exercise are a very crucial for the human health (kylaso V A and Gavrov S, 2011). There are many benefits of regular physical activities for human being such as control weight ,combats health conditions and diseases, boost energy, promotes better sleep can be fun and social ,improve mood and etc. Some good forms of exercise are walking, swimming, riding, racing, rowing, gymnastics, wrestling and playing any out door and indoor games (Wilmore J and knuttgen H, 2003). All forms of exercise are not suitable for all individual. There are some mediators that affect physical activity such as knowledge and attitude. Some barriers such as lack of time bad environments may impede doing physical activities. Especially in developing countries attitude towards to physical exercises are not the same as in developed countries ; because in developing countries some organization seen sport as back wardness means not give attention to the sports as it is important; but simply takes as bad activity which affect on their works (Perin DM, etd, 2015).

1.2 Statement of the problem

This study was focused on attitudes of academic staff towards to physical exercise. The academic staff to ward physical exercise many factors that hinder to achievement of desired goal. Attitude of academic staff to physical exercise is not enough. So this study was to improve attitude towards physical exercises and to motivate the teachers require an immediate action. Based on the aim of the study there are some question concerning these problems:

The study was confined with the following research questionnaires.

1. What is attitude of academic staff towards physical exercise?

2. What is the factors that affect the attitude and interest of teachers toward physical exercise?

3. How to improve the attitude of academic staff towards physical exercise?

4. What is the possible solution?

1.3 Objective of the study

1.3.1 General Objective

The general objective of this study is to assess the physical exercise of Wolkite University academic staff of health Science College.

1.3.2 Specific objective

1. To identify attitude of academic staff towards physical exercise in case of Wolkite University.

2. To assess the impact of attitude towards physical exercise.

3. To predict the possible solution.

1.4 Significance of the study

The finding of this study was expected to have the following important contribution:

- ✓ To identify the problem related to the degree of the attitude of academic staff toward physical exercises and bring solution of the problem.
- ✓ Show the merit of assess of the attitude of academic staff of wolkite University College of health science for the physical exercise.
- ✓ To provide information about the importance of the attitude of academic staff to develop the physical exercise.
- ✓ To improve the attitude of academic staff to physical exercise.

1.5 Delimitation of the study

This study was delimited on the attitude of the Wolkite University college of health science academic staff towards physical exercise. Hence standing area by taking specific area is great importance for affective investigation. This study only focused on problem of assessment of the staff attitude toward physical exercise in case of Wolkite University college of health science.

1. 6 Limitations of the study

While doing this research the researcher face with many problems like

- ✓ Lack of resource, like lack of budget.
- ✓ Lack of updated literature on the areas.
- ✓ Lack of means of communication and the data gathering instruments from various documents.
- ✓ Personal information and different kinds of books and literature specifically related to the specific and selected area may encounter during the time of data collection.

1.7 Definitions of basic terms

- **Physical exercise** Physical Exercise is of various kinds. Good form's of exercise are walking, swimming, riding, racing, rowing, gymnastics, wrestling and playing many indoor and outdoor games.

- **Participation** Participation is the act of joining with others in doing something. The action or state of talking part in something. Association with others in relationship (as partnership) or an Enterprise usually on a formal basis is the specified rights and obligations. Something in which shares are taken by more than one party. Something that results in share as of administration.

- **Academic staff** Academic staff members holding appointments in only one area shall be assigned to that area only.

Academic staff members holding split appointments in more than one service area shall be assigned to only one of those service areas. The committee for elections and appointments in consultation with the individual staff members. Once on individual academic staff member with a split appointment's has been designed to a particular service area by the committee for elections and appointments that designation may not be changed unless the appointment of individual is revised.

1.9 Organization of the study

This study was consisting of five chapters. Chapter one: deals with introduction, back ground of the study, statement of the problem, objective of the study, hypothesis of the study, limitation of the study, delimitation of the study, definition of basic terms and organization. Chapter two: deals with the literature review. Chapter three: deals with methodology of the study, design of the study, study area, data source, population size, sample size and sampling techniques, method of data collection also data analysis. Chapter four: deals with presentation analysis and interpretation of data and chapter five: deals with about summary, conclusion, and recommendation.

CHAPTER TWO

2.LITERATURE REVIEW

The Concept of Attitude

The study of attitudes began in social psychology during the early part of the twentieth century. From the beginning the study of attitudes has been "characterized by an embarrassing degree of ambiguity and confusion" (Fishbein and Ajzen, 1975). One of the earliest definitions came in when Louis (1928) defined attitude as the "sum total of a man's inclinations and feelings, prejudice or bias, preconceived notions, ideas, fears, threats, and convictions about any specific topic" . Thurstone (1931) later shortened his definition to simply say "attitude is the affect for or against a psychological object". Shortly thereafter, Allport (1935) defined attitudes as, "a mental and neural state of readiness, organized through experience, exerting a directive or dynamic influence upon the individual's response to all objects and situations with which it is related".

Halloran (1967) points out that Allport's definition raises three points: First, an attitude is a state of readiness leading the individual to perceive things and people around him in certain ways; that is to be more ready with certain categories and interpretations than with others. In their everyday lives people are often 'ready' to deal with objects and people as they meet them without having to 'stop and think' about every encounter. Secondly, attitudes are not innate-they are learned, they develop and they are organized through experience. These states of readiness are relatively enduring but they are modifiable and subject to change. A third aspect of Allport's definition follows from this and that is that attitudes are dynamic. Attitudes are not merely latent states of preparedness awaiting the presentation of an appropriate object for their activation. They have motivational qualities and can lead a person to seek (or avoid) the objects about which they are organized.

Influenced by Allport's definition, Triandes (1971), defined attitude as, "an idea charged with emotion which predisposes a class of actions to a class of social situations." He also suggests that attitudes consist of three components: (a) a cognitive component, which is a way for humans to categorize ideas, (b) an affective component, which is the emotion that charges the idea, and (c)

a behavioral component, which guides behavior. As Mueller (1986) points out "while there is not 18 total consensus among social scientists regarding the definition of attitude, there is substantial agreement that affect for or against is a critical component of the attitude concept". Although the debate over the definition of attitude continues, most if not all social psychologists acknowledge the importance of attitudes in the lives of human beings.

According to Katz (1960) attitudes serve people in four ways. First, attitudes guide behavior toward valued goals and away from aversive events. Secondly, attitudes help to manage and simplify information. Thirdly, attitudes allow people to communicate information about their personality and values. And lastly, attitudes protect people from unacceptable or threatening thoughts, urges, and impulses.

The link between attitudes and behavior has received much attention. Many agree that attitudes are influential in behavior, however it is theorized that this relationship is not singular, but rather multi-dimensional. Attitudes are only part of a more complex decision making process where other factors can also be of influence. Values, beliefs, perceptions of control, and intentions moderate attitude-behavior relationships. Specifically, attitudes cannot determine behavior unless they lead to the development of intentions Biddle and Chatzisarantis (1999).

In explaining the relationship between attitudes, intentions, and future behavior Ajzen and Fishbein (1980) have developed the theory of reasoned action. This theory asserts that action is determined by intention which is influenced by attitudes and social norms. Attitudes are influenced by beliefs and values, and social norms are influenced by the beliefs of significant others and the motivation to comply with the beliefs of others. The theory of reasoned action posits that the interplay of all these variables are what guide behavior. Since it is believed that attitudes do influence behavior,

According to Rice (1988) 'Attitudes are evaluative reactions to persons, objects, and events. This includes your beliefs and positive and negative feelings about the attitude object.' He also added that attitude can guide our experiences and decide the effects of experience on our behaviors. Besides that (Kuh and Cooper 1992) also gave a similar definition of attitude which is, 'Attitudes can be defined as lasting, general evaluations of people (including oneself), objects, or issues. Attitude is lasting because it persists across time.

2.1 Concepts in Physical Exercise

Key concepts have big idea and understanding that we hope will remain with our teachers long after they have left staff.

2.1.1 Inter Relatedness of physical exercise

The underlying and inter acting concepts of the health and physical exercise learning areas (aura the socio economical perspectives health promotion. Attitude and values) underpin and shape touching learning in health exercise (ABAYINESH,2008). [1]

2.1.2 Movement and It's Connection With Hero

Movement is in general to the well being of self others and society. Learning in through about moment enable teachers to gain understanding that movement can be part of how people express physically, emotionally, socially and spiritually. The directly experience how movement contribute to peoples pleasure and enhance their lives. Participating in movement allows young people to feel confident and computitment enough to be involved in physical activity throughout the lives(LIDERACHE,2009). [3]

2.1.3 Understanding the Body

Learning and playing bio physical knowledge (anatomy, biomechanics principles) and skills enabled staff to understand how our bodies move in new contexts and socio environments (2).about the body in society.

2.1.4 The Joy of Movement

Movement can contribute to peoples pleasure and enhance their lives. This involves exploring and understanding the live in deputy the joy and the spontaneity that engaging in movement can contribute to peoples pleasure and enhance their lives this involves exploring provide.

2.1.5 Personal Challenges

By actively participating in context that involves challenge. Teacher extend and test their spiritual, physically, mental and emotional limits. Both individually and as part of a group.

2.1.6 Movement in Society

Movement context and activities have a social and cultural heritage which can both contribute to society and play a role in maintaining societal assumptions.

Applying socio cultural perspectives to movement to context can cearte learning environment in which participant address issues such as, gender in equality in the remuneration and media coverage available to specific sports.

2.1.7 Benefits of physical exercise

In school physical exercise prepares children to be physical and mental activitiy. There are some of the many benefit children receive from a quality physical exercise program.

• Improved physical fitness

• Skill and motor skill development

• providing regular health full physical activity

• Teachers self disciplines

• Facilities development of teachers responsibility for health and fitness.

• Influences Mora development, leadership cooperatives with others.

• Strengthened peer relationship

• Improve self confidence and self stems

• Experience in setting goals

• Improves Academics

2.2 Discrimination in physical exercise

In this section we will see again how closely sport reflects the society which takes places. Many societies groups are developed by socio cultural variables which lead to discrimination. Discrimination can be said to affect the following areas in sport

• Provision: are the facilities that allow you to participate available to you? We have already suggested that in the UK there is shortage of facilities and those that do exist are often cited in particular area. Equipments is also required which is often expensive those on low incomes may be discriminated against unless equipment is available free or can be hired cheaply.

• Opportunity: There may be barrier's to an individual participation in an activity individuals consideration is where they have the time to play women in particular are often faced with this problem. The demands work and family often mean that women have little leisure time which account in some way for the low level of participation in sport.

• Esteem: This concerned with the societal view of individuals. In many cultures societal values dictate that women should not take an active part in sport if they do it should be confirmed to famine sports such as, Gymnastics and not pursuit such as foot ball or rugby. These judgments are based on the traditional roles men and women have taken in the society and may be difficult to break.

2.3 Gender and physical exercise

Problems concerned to time women due to demands of work and family, tend to have much less leisure time that men and even women they do have time they are often physical exhausted.[6]

2.3.1 Age and physical exercise

Your age is very important factor in how much sport you play. The general house hold served found that the age group with the greatest participation in sport will the (16-24) years old with 61% after this the rate drops dramatically and only 16% of people 60 or more takes part in only exercise in our society sport is definitely the domain of the young and in many sport you become

a veteran at 35. Other society such as Japan encourage participation to continue through life and program such as master events and the golden Olympic an also attempting to make sports true life time recreation. [17]

2.3.2 Attitudes towards physical activity

Participants preferred doing physical activity for enjoyment rather than meeting social expectations. In spite of high lighting the lack of facilities in gymnasium, they preferred walking, to other exercise. Young mums felt that young children could be included in walks and there was no cost involved. Those who preferred the gymnasium, felt it was the most convenient and easiest way to do exercise requiring less planning or organization than other forms of exercise. University students felts that cutting down on one the of exercise to undertake another tye of exercise was in appropriate; (Parcel G, muraskin, Endert C,1988).

CHAPTER THREE

3. METHODOLOGY

3.1 Study Area

This study was conducted to examine the assessment of physical exercise was given possible solution in case of academic staff of health science college Wolkite University. The study area in Wolkite University distance 175 from Addis Ababa towards south direction.

3.2 Study design

The data was collected through qualitative and quantitative approach to be describing phenomenon in words. The researcher was conducted using descriptive method because it involves measurement, analysis and interpretation to draw conclusion from the data discovered the design of this study was both qualitative and quantitative method and predict design.

3.3 Population of the study

The study is conducted in Wolkite University College of health science teachers. The number of teachers was female 5 and male 15 therefore the total population of the study was 20.

3.4 Sample size and sampling techniques

The sample size determined by using random sampling techniques, the total population is 25 so the researcher takes 20 teachers by using random sampling techniques. From this 5 are female and 15 male.

3.5 Instrument of Data Collection

In order to achieve the objective of study and to get reliable information the use primary data sources. In case of primary data a questioner was used to get the necessary data from sample teachers.

3.6 Questionnaires

In order to obtain information to problem the researcher was use questioner as a major means of collection data. Closed ended questioner was developed into obtain information from teachers. The orient how to fill the questioner, so that valid and reliable response where properly gathered and recorded?

3.7 Data Collection Procedure

This study was used primary source of data. For the primary source of data questionnaire was obtained from administer and teachers.

3.8 Method of Data Analysis

After the gather the information was grouped tabulated and integrated by analysis procedure were used finally possible summary, conclusion and recommendations forwarded. The researcher would be used quantitative and qualitative descriptive method for analyzing the collected data means to express by percentage.

3.9 Ethical Consideration

The ethical issues where consideration in all stage of research process and most priority issue was given to college of health science Wolkite University consent would obtained from the study population and all results was also inform to individual of teachers of physical exercise.

CHAPTER FOUR

4. Data Organization, Analysis and Interpretation

The chapter deals with the analysis and interpretation of the data obtain from teachers through questionnaires. For this purpose 20 teachers where taken as a total respondents or sample out of 25 teachers. The data which obtained from the teachers are displayed in table and interpreted under each table.

Is instructional material and facilities influence the participation of student practical session?

What methods are used to increase the participation of students in practical session?

4.1 Characteristics of the Respondents

Table 1: Demographic (sex and age) of the respondents

	Sex		Total	Range (age, group)			
	Male	Female		24-28	28-32	above 32	
Number	15	5	20	8	8	4	20
Percentage %	75%	25%	100%	40%	40%	20%	100%

As we can observe in the above table the sex and ages of the respondents show's as number of male 15 teachers and female 5 teachers were almost not equal in proportion and with some age 8(40%) respondent is 24-28 years ,8(40%) of respondent is28-32 years, and 4(20%) of respondent is above 32 years

4.2 Data collected on teacher attitude

Table 2 Respondents of the teachers on major questions regarding physical exercise

Physical exercise should be include in department program	Option	Respondents	Percentage %
	Yes	20	100%
	No	0	0%
	Total	20	100%

As the above shows 20(100%) of the respondents responded said that "yes" physical education should include in health college program and the 0(0%) respondents responded said that" No" physical education include in health college program.

Table 3 Respondents of the teachers on the Major questions regarding physical exercise

Physical exercise help to receive and relax from physical tension	Option	Respondents	Percentage %
	Strongly agree	14	70%
	Agree	5	25%
	Disagree	0	0%
	Strongly disagree	1	5%
	TOTAL	20	100%

According to the above table 3 shows that 14(70%) of the respondents relied strongly agree, 5(25%) of the respondents relied agree, 0(0%) of the respondents relied disagree, and 1(5%) of the respondents relied strongly disagree, from this tables the researcher understand that most of teachers are motivated to physical exercise

Table 4 Teachers respondents on what is there any factor that affecting your interest physical exercise

Is there any factor that affects your interest towards physical exercise?	Option	Respondents	Percentage %
	Yes	14	70%
	No	6	30%
	Total	20	100%

According to above table shows 14(70%) of the respondents replied Yes and 6(30%) of the respondents relied no. According to the above table the researcher concluded that there are factors that affect the interest towards physical exercise.

Table 5 The teachers interest towards physical exercise

Physical exercise is an important subject in your college program	Degree of agreement	Respondents	Percentage %
	Strongly agree	15	75%
	Agree	4	20%
	Disagree	1	5%
	Strongly disagree	0	0%
	Total	20	100%

As the above table 5 shows 15(70%) strongly agree, 4(20%) agree, 1(5%) disagree, and 0 (0%) strongly disagree respondents relied on physical exercise is an important subject in your department program.

Table 6 teachers perception of physical exercise provided situations which make better citizen through changing attitude.

Physical exercise provided situations which makes as better citizen through changing attitude	Degree of agreement	Respondents	Percentage %
	Strongly agree	12	60%
	Agree	7	35%
	Disagree	1	5%
	Strongly disagree	0	0
	Total	20	100%

According to the above table 12(60%) of respondents were strongly agree, 7(35%) agree, 1(5%) disagree and 0(0%) strongly disagree.

Table 7 teacher's responses on the physical exercise build good for.

Physical exercises build good for?	Degree of agreement	Respondents	Percentage %
	Strongly agree	12	60%
	Agree	7	35%
	Disagree	1	5%
	Strongly disagree	0	0%
	Total	20	100%

According to the above table 7show that the asked questions are good for and so 12(60%) of the respond as they are strongly agree and 7(35%) of responds as they agree and 1(5%) of the respond disagree and 0(0%) strongly disagree.

Table 8 Teachers responses on physical exercise is use to keep human health.

Physical exercise is mostly use to keep human health?	Degree of agreement	Respondents	Percentage %
	Strongly agree	17	85%
	Agree	3	15%
	Disagree	0	0%
	Strongly disagree	0	0%
	Total	20	100%

From the above table 17(85%) of responds as they are strongly agree, 3(15%) agree, 0(0%) disagree and strongly disagree .

Table 9 teachers' response on the do religious and family affect your attitude towards physical exercise?

Do religious, culture and family affect towards physical exercise?	Degree of agreement	Respondents	Percentage %
	Strongly agree	4	20%
	Agree	6	30%
	Disagree	8	40%
	Strongly agree	2	10%
	Total	20	100%

According to the above table 9 refers to 4(20%) of the respondents strongly agree , 6(30%) of the respondents agree, 8(40%) of the respondents disagree and 2(10%) respondent strongly disagree.

Table 10 Teachers response on the do you think that physical exercise have role in facilitating process?

Do you think that physical exercise have role in facilitating process?	Degree of agreement	Respondents	Percentage %
	Strongly agree	11	55%
	Agree	9	45%
	Disagree	0	0%
	Strongly disagree	0	0%
	Total	20	100%

Similar teachers are provide their answer on the role of physical exercise in facilitating process 11(55%) of the respondents strongly agree, 9(45%) agree , and 0(0%) disagree and strongly disagree of the respondent.

Table 11 percentage interest towards physical exercise

What is your interest towards physical exercise?	Response option	Response number	Percentage %
	Very good	12	60%
	Good	7	35%
	Not good	1	5%
	Not very good	0	0%
	Total	20	100%

The percentage interest of the teachers were computed and so 12(60%) of the respondents very good, 7(35%) of the respondents good, 1(5%) not good, and 0(0%) not very good.

CHAPTER FIVE

5.SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 SUMMARY

This study was conducted to assess the physical exercise of Wolkite University academic staff of health Science College. The study was conducted on wolkite University College of health science, and the total population where 25 teachers and the researcher select 20 teachers from 25 teachers. Therefore the questions that were assumed to reflect problem of teachers in physical exercise were analyzed in detail. . In order to conduct this study the researcher includes that introduction, literature review, methodology of the study, data analysis and interpretation of the questioners. The fifth chapter is summary, conclusion and recommendation.

According to the most of respondents the major findings reviled that there are many factors which affect the teachers during physical exercise. This are

- Lack of facility and equipment
- Lack of time
- Lack of water after exercise
- Lack of attitude toward physical exercise
- Lack of gym
- Environmental condition

Therefore, the question, were implemented to know the response of teachers. The responses are analyses in detail.

According to the data analysis the following major conclusions were drawn;

- Most of the respondents belies that there is lack of sufficient material in wolkite university gymnasium to perform physical exercise.
- Lack of motivation, Material, cultural influence and religion are the factor that cause of less attitude toward physical exercise.

5.2 CONCLUSIONS

The objective of this study was to investigate the assessment of attitude of academic staff to physical exercise of college of health science Wolkite University. Therefore the question's that was prepared for teachers were analyzed. Accordingly the data were analyzed and set the following conclusions.

In general the study has investigated that the teachers had positive attitude towards physical exercise, but some barriers such as university and understanding of the teachers about the benefits of physical activity were hinder teachers attitude towards to physical education and sport. Because of these factors the study reveals that the teachers in academic staff have observable difference respect of their attitudes towards to physical activity.

- ❖ The most results indicated that there influence for attitude regarding physical exercise.
- ❖ Physical exercises provide situations which make better citizen through changing attitude.
- ❖ The most results indicated physical build good, were mostly to keep human health and show degree of agreement strongly agree or agree on the religious and family affected your attitude towards physical exercise.

- ❖ The majority of respondents were strongly agree on physical exercise were mostly to keep human health.
- ❖ The majority of the respondents disagree on the do religious and family affect your attitude towards physical exercise.
- ❖ Based on the result, physical exercise is mostly important to keep human health.

5.3 RECOMMENDATIONS

This study was not only attempted to access the university teacher's attitude towards physical exercise but also gave recommendations on problems. Based on findings there are points for warded us recommendations the researchers.

- University should have increase to fulfill materials which are aided for different practical activities including balls, trucks, and its quality.

- The University as well as the college of health science should participate to solve the problem of gymnasium, water supply, stadium or the place where the activity should be fulfilled or takes place, sport clothes, coach and the all needed infrastructures should be fulfilled.
- The teachers of college of health science have the role to influence as the University to fulfill the basic physical exercise materials and they should have to work on attitude of other teachers to participate in physical exercise activity.

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APPENDIX

WOLKITE UNIVERSITY

COLLEGE OF NATURAL AND COMPUTATIONAL SCIENCE

DEPARTMENT OF SPORT SCIENCE

- Questionnaires to be filled by teacher
- ✓ The objective of this questionnaire is to assess the attitude of academic staff towards physical exercise in the case of Wolkite University college of health science.
- Instruction
- ✓ No need of writing your names
- ✓ For your choice give a sign (-)

Homographic question

Sex male Female

Age 24-28 28-32 Above 32

Experience. 4-20 4-25 Above 30

1. Physical exercise should include in the school program?

A) yes B) No

2. Physical exercise is an important subject in your department program?

A) Strongly agree B) agree C) disagree D) strongly disagree

3. Physical exercise provided situation which make as better citizen through changing attitude?

A) Strongly agree B) agree C) disagree D) strongly disagree

4. Physical exercise builds good for?

A) Strongly agree B) agree C) disagree D) strongly disagree

5. Physical exercise helps to receive and relax from physical tension?

A) Strongly agree B) Agree C) Disagree D) Strongly disagree

6. Physical exercise is mostly use to keep human health?

A) Strongly agree B) agree C) disagree D) strongly disagree

7. Do you think that relegation, culture and family back-ground can affect your attitude towards physical exercise?

A) Strongly agree B) agree C) disagree D) strongly disagree

8. Do you think that physical exercise have role in facilitating process?

A) Strongly agree B) agree C) disagree D) strongly disagree

9. What is your interest towards physical exercise?

A) Very good B) good C) not good D) not very good

- Opened ended question

10. Is there any factor that affects your interest towards physical exercise?

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