

## THE EFFECT OF ATTITUDE SPORTS AGAINST UNIVERSITY STUDENTS' PHYSICAL EDUCATION AND SPORTS COURSE

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### Abstract

This research; Isparta is spinning in the district, Süleyman Demirel University, Eğirdir Vocational School of Health Services was conducted to determine the attitudes of students studying sports. In the study, pretest-posttest control group design of the experimental design was used. The population of the study; Eğirdir Vocational School of Health Services, Emergency and First Aid, Disabled Care and Rehabillitasyo's, consists of students studying in Aged Care and Social Services department. Emergency and First Aid experimental group's research department studying in first class, 19 students chose the course of Physical Education and Sports (9 boys and 10 girls) were created with. The control group select the Physical Education and Sports lesson Disabled Care and Rehabillitasyo's, Elderly Care and selected by random sampling method among the students studying in the Social Services department of 19 students (9 boys and 10 girls) and were created. In the experimental group students for 16 weeks, 1 day a week, 2 hours of physical education and sport is a program specially prepared lectures by researchers consisting of physical activity and sports activities were performed. If the students in the control group did not apply any physical activity or sporting event. Also constituting the experimental and control groups, students have to participate in any physical activities or sports activities outside the program implemented by the researcher during the research program. Research in the end, the students in the experimental group and the control group to make an assessment "Attitudes of University Students Sports" The scale of the early pre-test survey was administered as post-test at the end of the study. The results of this test was performed with SPSS statistical software. The between-group difference in comparison to the average order, non-sequential argument to the Mann-Whitney U test Nan-par, while the intra-group comparison of mean differences were analyzed with the Wilcoxon test Nan Par. For Type 1 error  $\alpha = 0.05$  and  $0.01$  level has been taken. Research; Physical Education and Sport lessons in physical activity, and the students in the experimental group to which the program of sports activities (first aid and emergency department students) that there is a change in attitude towards the sport and showed that this change is statistically significant. students in their attitude to the sport in the control group showed no change. The program is implemented in a change in attitude towards the students in the experimental group sports it can be said to be effective. Statistical results ( $p < 0.05$ ) and ( $p < 0.01$ ) were significant at the significance level.

**Keywords:** Attitude, Physical Education, Sports, University Student.