

## Influence of Physical Education Teachers Training Programme on Leadership Quality of Trainee females

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### Abstract

Participation of women in sports is gradually gaining acceptance in the society. Women can find an opportunity to develop leadership quality through Sports and Physical Education. In the present article an attempt has been made for possible development of leadership quality through Physical Education teachers' training programme. Eighteen female trainees of Physical Education course (B.P.Ed.) were the subjects'. Throughout one academic year of the course the subjects were monitored. Physical fitness, Sports Achievement motivation, anxiety and leadership quality were the criteria. Tests for all these aspects were measured before onset of the course and after completion of the course. Organised Physical Education programme in which the subjects participated has significantly improved physical fitness and psychological qualities but failed to develop desirable leadership qualities up to the optimum level.

**Key Words: Female, Leadership, Teacher's Training, Achievements.**

### Introduction

The fact that girls and women can successfully compete in strenuous athletic activities without psychological and physiological harm is gradually gaining belated acceptance in our society. In the past female participation in sports and physical activity was discouraged mainly due to aesthetic and cultural reasons. The serious research on the consequence of female participation in competitive sports has just been utilized. Women have an ambivalent relationship to sport. Many women have experienced sport only through their school physical education programme, and found this, at best, a temporary pleasure, and at worst, painful irrelevances to the rest of their life. Worldwide opportunities in sports at all levels – locals to international are increasing for girls and women. Taboos and myths of the past are slowly being reversed.

Like many other countries in India scope and opportunities in physical education and sports were not only limited for women but also there were great social barrier mainly due to conservative attitudes of the males. The change in the global perspective from late 1950's made the education reformers to think positively towards physical education for women. Many women in India were courageous enough to select physical education as their profession against many social odds. Physical education and sports is the field where women not only find opportunity to be leaders in developing human values but also assume an assertive role as a professional leader.

Leadership has been thought of as a specific attribute of personality, a personality trait, that some persons possess and others do not, or at least that