CHAPTER 5

SUMMARY, CONCLUSIONS, SUGGESTIONS AND RECOMMENDATIONS

5.1. Prologue

This chapter presents the conclusion and what the study contribute to the advancement of education as a science. In this section the summary, conclusion of the present investigation, suggestions and recommendation for further research is given as under.

5.2. Summary

The concept of Periyar PURA originated from the thought of Providing Urban Amenities in Rural Areas. We trust that the growth of the nation depends mainly on the growth of rural people. In our country more than 65% of the people live in rural areas. The development of rural people definitely reflects on the growth of the nation.

Periyar PURA is a model project undertaken by Periyar Maniammai University for the development of the rural people. This scheme includes 67 villages situated on the south west of Thanjavur district and north of Pudukkottai district of Tamil Nadu. The main aim focused here is to observe the mind of children who involved in sports and recreational activities. We all know sports and recreational activities are key factors which involves in the uplift of a person. We made an extensive survey on those village by collecting the all physical infrastructure, natural resources, population, cropping pattern, subsidiary avocation etc. to identify priority needs.

Sports are as old as human society itself. It is an institution, which has its own traditions and values. Being an institutionalized and competitive activity that involves vigorous physical exertion or the use of relativity complex physical skill by individuals whose participation is motivated by a combination of the intrinsic satisfaction associated with the activity itself and the end the external reward earned through participation.
Sports touch the lives of different people in different ways. It is pervasive in the sense that is spread of throughout society. Only in rare instances does one aspect or another of sport not appeal to almost everyone. Stone (1969) says “If a man in our society does not have at least some conversational knowledge of sports, he is viewed as super”

Recreation is commonly referred to as a type of experience, as a specific form of activity, as an attitude or spirit, as an area of rich and abundant living, as off-the Job living, as an expression of the inner nature of man, as a phase of the total education process, or as a profession. It has been variously described as refreshment as diversion or as the less serious and more passive type of playful activity, but these definitions is inadequate, too general, or too limited in scope. The term is sometimes applied to activate of young people and adult to differentiate those activities from the play of young children. Joseph Lee defined play for children as creation, or the giving of life and play for adults as ‘recreation’, or the renewal of life. In common usage, however, recreation has a more comprehensive meaning and is not restricted to any particular age group. As Dr. John H. Finley has pointed out, “the word recreation is broad enough to include play in its every expression and also many activities that are usually not thought of as play music, the drama, the crafts, every free activity and especially creative activity for the enrichment of life”.

Recreation is a fundamental and universal human need. Among all peoples and in all stages of history man has found outlets for self-expression and personal development in forms of recreation, which have a striking similarity. Recreation is a common heritage of all people although its expression takes varied forms.

Attitude acts as causes as well as results of behavior. They are personal and are associated with the feeling tones connected with the individual experiences. They represent the way he feels, as he thinks, talk or acts in any situation.

Our attitude is derived primarily from social influences. From birth the human being is enmeshed in social institutions, which constitute his environment in the same way as physical world. The home, being the primary social unit, has a great influence on the formation of one’s attitudes. This is also the reason why
attitude give a consistency to our responses to persons, groups and other social objects.

In this research we have visited almost all the Periyar PURA villages and monitored many sports and recreational activities of those villages. While monitoring them we focused the minds of children towards the sports and recreational activities. Hence, it was always a constant thought in his mind to know all these activities and their attitude behind performing these activities at different occasions. Hence the researcher intended to take this study for investigation.

The objectives of the study were:-

1. To survey the sports and recreational activities of Periyar PURA village children. To study the minds of children with respect to character through sports and recreational activities.
2. To compare the view of practicing sportsperson and children to show where to improve the children and by educate them about the importance of sports and recreational activities.

The scope of the study was delimited in the following respect

1. The study was delimitated to the use of questionnaire, attitude scale and interview schedule for experts.
2. The study was delimited to a descriptive analysis.
3. The study was delimited to male and female subjects of, Periyar PURA village children selected at random basis.
4. The study was delimited to the aspects as given in objectives of the present study.
5. The study was further delimited to Periyar PURA village children of about 1130 subjects.
6. The study was limited to the survey of sports and recreational activities of Periyar PURA village children their attitude measurement towards these activities.

The following were the limitation of this study:-

1. The motivational techniques affecting the result of the present study were not applied to the subjects.
2. The present researcher had no control over subject’s views about sports and recreational activities.

3. The present researcher had no control over the prevailing circumstances and existing mental and physical status of the subjects at the time they filled in the opinionnaire.

The present researcher hypothesized the study as under:-

1. Maintains good health.

2. Promotes friendship.

3. Creates good behavior.

4. Helps to be very active.

5. Encourages broad mindedness.

6. Makes to eradicate caste and religious differences.

7. Teaches to make necessary amendments in life.

8. Teaches to respect others individuality.

9. Learns the virtue of tolerance.


11. Helps to create self confidence.

12. Instructs the importance of Team work.

13. Helps to develop mental determination.

14. Creates positive attitude.

15. Creates opportunity to control emotions.

16. Helps to face the challenges boldly in daily life.

17. Makes to lead tension free life.

18. Makes to be physically strong.

19. Makes to be mentally strong.

20. Helps to strengthen social relationships.
21. Makes to learn good discipline.

22. Maintains our old culture.

23. Helps to take good decisions.


25. Improves the moral values of the people.

The researcher designed the study in following manner:-

Historical and descriptive studies are not limited to only one method of data collection. These may employ any or all the methods like observation, questionnaire, interviewing and scaling techniques used by social scientists, as per their requirement. Hence, taking into consideration all these facts the present researcher conducted the study in stages viz.

1. Preparation of the questionnaire for collecting information from Periyar PURA Children regarding their sports and recreational activities.
2. Survey of minds of children through Sports and recreational activities through questionnaire.
3. Construction of attitude scale (opinionnaire) for the Periyar PURA Children.
5. Preparation of Questionnaire for exports in the field of Sports and recreational activities and to employ it as a supplementary tool to gather necessary information’s related to the study to enrich it.

The present researcher finally designed the questionnaire for the Periyar PURA Children and also for practicing sportsperson to collect full information regarding Sports and recreational activities of Periyar PURA with the help of guide and practicing sportsperson in the filled of physical education, sports and cultural activities. Later on it was translated in to Tamil for the better understanding of the subjects.

The questionnaire for Periyar PURA children and practicing sportsperson were finally constructed a gradually modified, grammatically corrected, spelling
and suggestion from different experts in the field of sports, culture and physical education.

In case of sports and recreational activities data was collected by referring related literature, personally interviewing the related subject, mainly the children and other practicing sportsperson in the field of sports and recreational activities. Along with that the main tool (questionnaire), which was specially designed for this purpose, was administered to 1130 subjects for the collection of data. Further data was analyzed by using percentage.

Questionnaire was got filled in personally form 170 practicing sportsperson from the field of Sports and recreational activities. The data was analyzed by using the percentage.

Apart from questionnaires and interview schedule, present researcher adopted attitude scale, which was specially designed by ‘likerts’ summated rating methods. The opinionnaire used for the subject in the attitude scale.

The survey is made against 1030 children in spite of gender. Here we show the overall survey data of the children of Periyar PURA village. Each optionnaire is given with a weightage for calculations. Total value selected for excellent parameter for all 25 questions from 1030 children is 12004. Weightage assigned for excellent is 4. Hence, the Children Total Weightage for Excellent (CTWE) is calculated as 4 *12004, which is equal to 48016. In the same way, value selected for very good is 8954 and its weightage is 3. Children Total Weightage for Very Good (CTWVG) is 3*8954, which is equal to 26862. Value selected for good is 5204 and its weightage is 2. Children Total Weightage for Good (CTWG) is 2*5204, which is equal to 10408. Value selected for fair is 2088 and its weightage is 1. Children Total Weightage for Fair (CTWF) is 1*2088, which is equal to 2088.

While filling in the research tools present researcher took great care and precaution not to put pressure on any subject with regard to their responses. The respondents were children of age 12 – 20 in Periyar PURA village. The data collected was statistically analyzed by using critical ratio, mean, Average,
The data which collected are tabulated based on the gender and age. The frequency of occurrence is shown in the table and its corresponding graphs in chapter IV. Each hypothesis is assigned a weighted score and every hypothesis is calculated using its weightage. Similarly each hypothesis is calculated for the practicing sportsperson and both results are compared to show how far the children are lacking in the importance of sports and recreational activities. Weighted average is calculated further percentage of each hypothesis is evaluated. All results and the pie chart for each hypothesis are derived with the practicing sportsperson opinion. Each results show the importance difference of opinion further it helps to understand the weakness of the children in rural areas.

5.3. Findings

The following were the hypothesis wise findings of the present study in the context of hypothesis.

1. For “Maintains Good Health” the overall weightage of children is 3705. Percentage distribution for excellent, very good, good and fair is 63%, 27%, 8% and 2% respectively.
2. For “Promotes friendship” the overall weightage of children is 3452. Percentage distribution for excellent, very good, good and fair is 51%, 33%, 14% and 2% respectively.
3. For “Creates Good Behaviour” the overall weightage of children is 3575. Percentage distribution for excellent, very good, good and fair is 59%, 28%, 11% and 2% respectively.
4. For “Helps to be very active” the overall weightage of children is 3559. Percentage distribution for excellent, very good, good and fair is 58%, 29%, 11% and 2% respectively.
5. For “Encourages broad mindedness” the overall weightage of children is 3415. Percentage distribution for excellent, very good, good and fair is 52%, 31%, 14% and 3% respectively.
6. For “Makes to eradicate caste and religious differences” the overall weightage of children is 3485. Percentage distribution for excellent, very good, good and fair is 60%, 26%, 11% and 3% respectively.

7. For “Teaches make necessary amendments in life” the overall weightage of children is 3502. Percentage distribution for excellent, very good, good and fair is 53%, 32%, 14% and 1% respectively.

8. For “Teaches to respect others individuality” the overall weightage of children is 3450. Percentage distribution for excellent, very good, good and fair is 51%, 14%, 13% and 2% respectively.

9. For “Learns the virtue of tolerance” the overall weightage of children is 3499. Percentage distribution for excellent, very good, good and fair is 55%, 31%, 12% and 2% respectively.

10. For “Help to build self respect” the overall weightage of children is 3498. Percentage distribution for excellent, very good, good and fair is 56%, 30%, 11% and 3% respectively.

11. For “Helps to create self confidence” the overall weightage of children is 3592. Percentage distribution for excellent, very good, good and fair is 58%, 30%, 10% and 2% respectively.

12. For “Instructs the importance of team work” the overall weightage of children is 3316. Percentage distribution for excellent, very good, good and fair is 48%, 34%, 15% and 3% respectively.

13. For “Helps to develop mental determination” the overall weightage of children is 3587. Percentage distribution for excellent, very good, good and fair is 57%, 30%, 11% and 2% respectively.

14. For “Creates positive attitude” the overall weightage of children is 3380. Percentage distribution for excellent, very good, good and fair is 52%, 31%, 14% and 3% respectively.

15. For “Creates opportunity to control emotions” the overall weightage of children is 3396. Percentage distribution for excellent, very good, good and fair is 52%, 31%, 14% and 3% respectively.

16. For “Helps to face the challenges boldly in daily life” the overall weightage of children is 3598. Percentage distribution for excellent, very good, good and fair is 61%, 27%, 10% and 2% respectively.
17. For “Makes to lead tension free life” the overall weightage of children is 3487. Percentage distribution for excellent, very good, good and fair is 54%, 32%, 11% and 3% respectively.

18. For “Makes to be physically strong” the overall weightage of children is 3634. Percentage distribution for excellent, very good, good and fair is 59%, 30%, 9% and 2% respectively.

19. For “Makes to be mentally strong” the overall weightage of children is 3503. Percentage distribution for excellent, very good, good and fair is 55%, 32%, 11% and 2% respectively.

20. For “Helps to strengthen social relationships” the overall weightage of children is 3419. Percentage distribution for excellent, very good, good and fair is 51%, 33%, 13% and 3% respectively.

21. For “Makes to learn good discipline” the overall weightage of children is 3637. Percentage distribution for excellent, very good, good and fair is 60%, 29%, 9% and 2% respectively.

22. For “Maintains our old culture” the overall weightage of children is 3462. Percentage distribution for excellent, very good, good and fair is 52%, 33%, 12% and 3% respectively.

23. For “Helps to take good decisions” the overall weightage of children is 3452. Percentage distribution for excellent, very good, good and fair is 52%, 33%, 13% and 2% respectively.

24. For “Offers favourable opportunities and self-awareness” the overall weightage of children is 3419. Percentage distribution for excellent, very good, good and fair is 51%, 33%, 13% and 3% respectively.

25. For “Improves the moral values of the people” the overall weightage of children is 3388. Percentage distribution for excellent, very good, good and fair is 53%, 30%, 14% and 3% respectively.

**Practicing Sportsperson Opinion**

The practicing sportsperson opinions were as given below:

1. For “Maintains Good Health” the overall weightage is 624. Percentage distribution for excellent, very good, good and fair is 78%, 20%, 1% and 1% respectively.
2. For “Promotes friendship” the overall weightage is 619. Percentage distribution for excellent, very good, good and fair is 72%, 27%, 1% and 0% respectively.

3. For “Creates Good Behaviour” the overall weightage is 463. Percentage distribution for excellent, very good, good and fair is 85%, 15%, 0% and 0% respectively.

4. For “Helps to be very active” the overall weightage is 651. Percentage distribution for excellent, very good, good and fair is 87%, 13%, 0% and 0% respectively.

5. For “Encourages broad mindedness” the overall weightage is 631. Percentage distribution for excellent, very good, good and fair is 80%, 19%, 1% and 0% respectively.

6. For “Makes to eradicate caste and religious differences” the overall weightage is 635. Percentage distribution for excellent, very good, good and fair is 80%, 19%, 1% and 0% respectively.

7. For “Teaches make necessary amendments in life” the overall weightage is 653. Percentage distribution for excellent, very good, good and fair is 90%, 10%, 0% and 0% respectively.

8. For “Teaches to respect others individuality” the overall weightage is 649. Percentage distribution for excellent, very good, good and fair is 87%, 12%, 1% and 0% respectively.

9. For “Learns the virtue of tolerance” the overall weightage is 659. Percentage distribution for excellent, very good, good and fair is 89%, 9%, 1% and 1% respectively.

10. For “Help to build self respect” the overall weightage is 623. Percentage distribution for excellent, very good, good and fair is 81%, 16%, 2% and 1% respectively.

11. For “Helps to create self confidence” the overall weightage is 637. Percentage distribution for excellent, very good, good and fair is 82%, 17%, 1% and 0% respectively.

12. For “Instructs the importance of team work” the overall weightage is 620. Percentage distribution for excellent, very good, good and fair is 78%, 20%, 2% and 0% respectively.
13. For “Helps to develop mental determination” the overall weightage is 630. Percentage distribution for excellent, very good, good and fair is 81%, 18%, 1% and 0% respectively.

14. For “Creates positive attitude” the overall weightage is 653. Percentage distribution for excellent, very good, good and fair is 90%, 9%, 1% and 0% respectively.

15. For “Creates opportunity to control emotions” the overall weightage is 631. Percentage distribution for excellent, very good, good and fair is 80%, 19%, 1% and 0% respectively.

16. For “Helps to face the challenges boldly in daily life” the overall weightage is 639. Percentage distribution for excellent, very good, good and fair is 86%, 13%, 1% and 0% respectively.

17. For “Makes to lead tension free life” the overall weightage is 641. Percentage distribution for excellent, very good, good and fair is 83%, 16%, 1% and 0% respectively.

18. For “Makes to be physically strong” the overall weightage is 627. Percentage distribution for excellent, very good, good and fair is 80%, 19%, 1% and 0% respectively.

19. For “Makes to be mentally strong” the overall weightage is 627. Percentage distribution for excellent, very good, good and fair is 84%, 13%, 2% and 1% respectively.

20. For “Helps to strengthen social relationships” the overall weightage is 621. Percentage distribution for excellent, very good, good and fair is 88%, 11%, 1% and 0% respectively.

21. For “Makes to learn good discipline” the overall weightage is 643. Percentage distribution for excellent, very good, good and fair is 88%, 11%, 1% and 0% respectively.

22. For “Maintains our old culture” the overall weightage is 644. Percentage distribution for excellent, very good, good and fair is 85%, 14%, 1% and 0% respectively.

23. For “Helps to take good decisions” the overall weightage is 640. Percentage distribution for excellent, very good, good and fair is 85%, 14%, 1% and 0% respectively.
24. For “Offers favourable opportunities and self-awareness” the overall weightage is 635. Percentage distribution for excellent, very good, good and fair is 81%, 18%, 1% and 0% respectively.

25. For “Improves the moral values of the people” the overall weightage is 635. Percentage distribution for excellent, very good, good and fair is 83%, 16%, 1% and 0% respectively.

26. All of the experts’ opinions that due to modern technological development and with the introduction of modern mode of communication and entertainment like the television, radio, video cassette recorder an cable network etc. the life style of tribal peoples had changed tremendously. Their traditional sports and recreational activities exhibit a marked change. Hence there is a need to protect and preserve their traditional heritage.

5.4 Conclusion

It is conducted that the sports and recreational activities have a positive impact on character building among Periyar PURA village children in the age group of 12 to 20. Among the 25 characters selected for the study the following 7 characters are extraordinarily developed due to sports and recreational activities provided to the Periyar PURA village children in the age group of 12 to 20 years.

1. Maintains good health
2. Helps to face the challenges boldly in daily life
3. Makes to learn good discipline
4. Makes to eradicate caste and religious differences
5. Makes to be physically strong.
6. Creates good behavior
7. Helps to be very active

Our survey is evident to show that sports playing person posses good character, out of 25 characters the above mentioned 7 characters are vital for the study. By evaluating the optionnaire collected from the children we made an extensive study in what aspect the children are lacking. We also compared the children survey
results evaluated with sports personalities results. Based on the comparison, we can easily identify the minds of children where to create awareness towards the importance of sports and recreational activities.

5.5 Suggestion

1. Government of Tamil Nadu should allocate more grants to the children in Periyar PURA villages for purchase of equipments, facilities and supplies related with sports and recreational activities.

2. More organization of sports and recreational activities should be done with the help of voluntary organization, sports associations and related sports departments.

3. There should be a programme to motivate children regarding participation in sports and recreational activities.

4. There should be continuous meeting of children with the high authority of sports and recreational departments to discuss difficulties and find out ways to clear them.

5. There should be a provision of employment for good players in sports and recreational activities.

6. Inter village tournaments should be organized at large level.

7. The authorities should provide qualified coaches in every village for the better development of sports and recreational activities.

8. The authorities should provide more infrastructure and scientific equipments for the sports and recreational activities.

9. Special coaching and training should be given to all sportsmen.

10. Special camps of experts and exhibition should be organized for sports and recreational activities.

11. Female childrens should be given special attention in sports and recreational activities for increasing their participation.
12. Village panchayats should be provided more sports equipments and facilities related to sports and recreational activities and they should also be empowered to conduct and recreational competitions at local level.

5.6 Implication of the Study

The finding of the present study may have many implications as under,

1. It is valuable source of information and feedback to the authorities related to the attitude of Periyar PURA children towards sports and recreational activities.

2. It is helpful in framing the new policy by modifying the old one much suited to the children of Periyar PURA children in Thanjavur and Pudukkottai districts of Tamil Nadu as per their requirements and interests.

3. It is also helpful in providing special treatment in respect of sports and recreational activities participation to the differently-abled children as per their requirement.

4. Higher level of attitude should be the criteria for inclusion of sportsman or women into the stream of sports programmes for getting super performance from the children in different sports competition in Periyar PURA villages.

5. The study is helpful in enhancing the rapport between physical education teachers and peoples having favorable attitude towards sports participation for better results during competition.

6. The study would bring to light such sports and recreational activities of this state which are much less known to the people with respect to character.

7. The study would generate new topics of research for the consideration of research scholars.

8. This study would open a new chapter in the history of sports and recreational activities of Periyar PURA village children and their growth.

9. The study would be beneficial for the scholar in future as a source material.
10. It would be know from this study that with a change of time what change is occurred in the sports and recreational activities of Periyar PURA village children.

5.7 Recommendations

On the basis of finding and conclusions, some recommendations for further study are identified. Based on the survey we can identify the area of weakness among the children and then we can take steps to make them to understand the need of sports and recreational activities. As we said earlier, the development of the society is closely related with the development of youngsters. Young minds should have positive attitude to grow and lead a healthy and happy life. This is possible only by means of sports and recreational activities. The growth of individual reflects the growth of the family in turn their society. Hence we recommend for creating awareness on the importance of sports and recreational activities in all 67 Periyar PURA rural villages as said by our former president of India Dr.A.P.J. Abdul Kalam, development of the nation totally relies on the rural India.
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## APPENDIX – I

### OPTIONNAIRE

A Study on Sports and Recreational Activity in Periyar PURA Village People

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Sports and Recreational activities</th>
<th>Choice</th>
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<tr>
<td>1</td>
<td>Maintains good health</td>
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<tr>
<td>2</td>
<td>Promotes friendship</td>
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<tr>
<td>3</td>
<td>Creates good behaviour</td>
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<td>4</td>
<td>Helps to be very active</td>
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<td>5</td>
<td>Encourages broad mindedness</td>
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<td>6</td>
<td>Makes to eradicate caste and religious differences</td>
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<td>7</td>
<td>Teaches to make necessary amendments in life</td>
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<td>8</td>
<td>Teaches to respect others individuality</td>
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<td>9</td>
<td>Learns the virtue of tolerance</td>
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<td>Helps to build self respect</td>
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<td>Instructs the importance of Team work</td>
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<td>Helps to develop mental determination</td>
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<td>Creates positive attitude</td>
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<td>Helps to face the challenges boldly in daily life</td>
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<td>Makes to lead tension free life</td>
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<td>20</td>
<td>Helps to strengthen social relationships.</td>
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<td>21</td>
<td>Makes to learn good discipline</td>
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<td>22</td>
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<td>25</td>
<td>Improves the moral values of the peoples</td>
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