CHAPTER - II

REVIEW OF RELATED LITERATURE

Research takes the advantage of the knowledge that has accumulated in the past as result of consistent human endeavors. It can never be taken in isolation of the work that has already been done on the problems that are directly or indirectly related to the study proposed by the researcher.

A careful review of the research, journals, books, dissertations, thesis and other sources of information on the problem to be investigated is one of the important steps in planning of any research study.

According to Kaul (1984) review of the related literature besides to allow the researcher to acquaint himself with current knowledge in the area in which he propose to conduct research, serves the following proposes:
a) Enables the researcher to define the limits of the study. The knowledge of related literature brings the researcher upto date on the work which other have done and thus the state the objectives clearly and concisely.

b) The investigator can avoid unfruitful and unrelated problem areas.

c) The researcher can understand the research methodology that refers the way the study is to be conducted. It helps to know about the tools and instrument that proved to be useful and promising in previous studies.

d) The specific reason for reviewing the related literature is to know about recommendations of previous researcher for further research.

The investigator before finalizing the report on the review of the literature for this study went through the guide to reference materials, encyclopedia’s, dictionaries, year
books, official data, research periodicals, research abstracts, thesis and dissertations, government documents, newspapers, journals, magazines, books on research methodology, monographs and computer generated reference materials.

Jerry\textsuperscript{6} presented a biography of John H. Scolinos with emphasis on his unique philosophy of coaching and teaching his exemplary philosophy of life, as well as his contribution in helping young people. The dissertation deals with John Scolinos early life and teenage years, his military experience and his coaching years at both pepperdine college in Los Angles, California and California polytechnic college in Pomona, California.

During his 42 years as a college base ball coach, John Scolinos has won national acclaim for his coaching accomplishment, but even more importantly, has earned the gratitude and love of numerous students, athlete and non-athlete alike, for his interest and help in their lives. The

awards and accolades attest to both of these successes and
give tribute to a lifetime of service that still continues.

Butt\textsuperscript{7} presented a study to describe four middle school
physical education teachers self reported experiences during
collaborative action research staff development projects.
Specifically, the research explored:

a) The teachers self reported perceptions about various
aspects of their teaching before, during and after their
involvement with collaborative action research project.

b) The teachers self reported expressions of the
institutional autonomy and any modifications to that
during their participation in collaborative action
research projects.

c) The teacher self reported opinions of collaborative
action research as a vehicle for improving institutional
practice.

d) The results of the teachers collaborative action
research projects.

\textsuperscript{7} Butt, Karen L.Ed.D, "Four Middle School Physical Education Teachers
experiences during a collaborative action research staff development project", 
Four teachers volunteered to participate. Two were female and one black and one white. The teaching experiences ranged from a second year teacher to a teacher with 19 years teaching experience. Three data collection methods – Interview, transcribed topics of workshops and work seniors and teacher logs – were used. All interview and workshops and work sessions were described in order to provide an accurate record of all verbal transactions. Participants were given the opportunity to correct and classify any portion of the transcription.

In analyzing the data the researcher sought to discover themes, pattern, and differences related to various aspects of the teachers teaching, Instructional autonomy and teacher opinions of action research as a vehicle for improving instructional practice among the four case reports. The themes that emerged related to the teachers teaching included management of class time, individualizing instructions, student leaning and self-growth, relationship with students, individualized development, student enjoying Physical Education, fitness and teacher communication
skill. The themes that emerged related to instructional autonomy included, the teachers preferred learning style, self-growth, planning and rejection.

The following conscious were drawn:

1. The teachers all experience an increase in understanding as their instructional practices.

2. All teachers reported being more conscious of their decision-making practices.

3. Action research was reported by all teachers as a useful vehicle for improving their instruction.

4. All four teachers experienced an increase in instructional autonomy in varying degree during their participation in collaborative action research projects.

5. Three teachers were able to change their teaching to varying degrees.
6. All teachers developed a sense of becoming an agent of their own change.

Mays\(^8\) - A case study approach was utilized in the investigation of the beliefs and teaching practices of selected physical education teachers who were recently graduates of the professional preparation programme of the University of South Carolina. These teachers beliefs and practices were examined in relation to the professional preparation programme and the viewpoint of the Physical Education Teacher at the University.

Participants studied were six Physical Education Teachers who were in their second fourth years of teaching. On site observation, videotaping, psycometric inventories, questionnaire and two audio taped interviews were used to obtain the data. The primary research tool was an in-depth semi-instructed interview guide. A video tapped lesson was analysed using a modification of the qualitative measures of teaching performance scale and a system to determine the

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\(^8\) Mays, Amelia Rpth, "Case studies of physical education teachers from a research based preparation programme". Dissertation Abstracts International : (1989) P:3179-A.
percentage of time devoted to instruction, management and student activity. The psychometric industries yielded of data on the teacher's sense of efficiency and pupil control ideology.

The following conclusions were drawn:

a) The teacher educators had expected that all teachers would be professionally committed and effective teachers. The teacher educators indicated that all teachers demonstrated competence in teaching skill during their pre-service teaching.

b) The teachers professional beliefs were clearly established during their pre-service work and current professional belief of the participants were mostly consistent, although not identical in range and degree of emphasis with those teacher educators. Factors in the teaching environment have influenced many of the teachers to make alternations in professional belief.
c) The current teaching practices of the teacher are similar to the practices advocated by the teacher preparation programme. Most teachers have made minimal changes in teaching practices because of alterations in their beliefs and priorities.

d) The teacher indicated that they felt that their preparation was exceptionally good.

Whitley\(^9\) conducted a study to present a biographical picture of Dr. Charles Buell. The writer attempt to trace and identify the professional contributions of Dr. Buell and to examine his influence in physical activities for visually impaired. Enough details was given of his life to point out the qualities in the man which enabled him to gain the recognition he has to accomplish this objective, 5 questions were considered.

1. What events took place during his formative years?

2. What were the achievements and professional activities of Charles Buell's during the preparation for and the years of his teaching and coaching career?

3. What were Charles Buell's contributions to physical education for the visually impaired through professional organizations?

4. What were Charles Buell's basic concepts and belief?

5. What has been the main role of Dr. Buell's Wife?

The historical method was utilized for this study, data were organised using a combination of topological and chronological order.

The writer's procedure for gathering data was categorized into 5 areas.

1. The subject and his family.

2. Colleagues and professional associates.

3. Athletes.

4. Files, newspaper articles and publications.
Dr. Buell has been a serious and avid writer for forty-four years publishing a number of articles, columns, and books related to the visually impaired. In addition, he has made numerous contributions through organisation, agencies and clubs having traveled extensively giving speeches and workshop presentation.

Although Charles Edwin Buell retired from teaching in 1974, he continued to make significant contributions to Physical Education and recreation for the visually impaired. He has been a leading advocate of the integration of blind children into public school Physical Education classes and community recreation programmes. He has contributed heavily to the literature of Physical Education for the blind. Also, he has developed films and continuous to lecture and lead demonstrations of activities for methods of teaching the visually impaired all over the United States.

He is man who has given his time, talents and efforts continuously and unhesitatingly to improve conditions for thousands of visually impaired persons.
Yearsley\textsuperscript{10} wrote the life history of C. Rodney Kimball, emphasizing his professional career as the head athletic Trainer at B.Y.U. extensive interviews with Rodney Kimball and many of his former colleagues were critical to the documentation analysis of Rodney Kimball's philosophy. In depth interviews were also conducted with his family member and former BYU athletes.

In addition to being an outstanding athletic trainer, Rodney Kimball was also regarded as a close friend, counselor and spiritual leader among his colleagues. In over 40 years of employment at BYU Rodney Kimball was the recipient of numerous honours and award as an athletic trainer.

Following his retirement in 1975 Rodney Kimball continued network part time as an athletic trainer, working with the BYU basketball and baseball teams, till 1980.

Sivaram Krishnan\textsuperscript{11} while studying Sunil Gavaskar's life, career and contributions to cricket, has extensively used in his methodology as interview, (b) Opinion Questionnaire, (c) Cattell's 16 P.E. Questionnaire (A Form), personal visits, readings from literary sources, Journals, text books and research reports etc.

Radhakrishanan\textsuperscript{12} undertook the case study of Miss P.T.Usha, The purpose of the study was to evaluate progress and achievements of the Golden Girl – P.T.Usha in athletics and her contribution to the field of athletics in India. The investigator followed interview method and studied P.T.Usha, Mr. Nambiarher, Coach and her parents. News Paper like Moraya Manorma, The Hindu, The Indian Express, and Sports Star were referred. It was found that P.T.Usha is the only Indian athlete who had won "Gold and Silver Medals in the Asian Games which was dominated by Japanese athletes at that time.

\textsuperscript{11} Swamikrishanan, "Sunil Gavaskar - His Life career and contributions to cricket", Unpublished Phd. Thesis, Madurai Kamraj University, Madurai.

Johnthan\textsuperscript{13} presented and interpreted significant data regarding life of Eugene Lusxrobat, fielding now meaning and conclusive interpretations about his personal and professional contributions. In extensive review of literature and the usage of data collecting methods, personal interview and biographical data comprised the primary source of data. An examination of textbooks, newspapers, Journals, articles and historical records, constituted of secondary source input. The date compiled, classified and interpreted according to the purpose of study.

Flake\textsuperscript{14} study was conceived as an attempt to discover and synthesize data pertaining to life and professional endeavors of William Ralph Laporte, Chairman of Department of Physical Education at the University of Southern California from 1913 to 1954. A biographical profile of his life was constructed and his personal characteristics, immortalize efforts and administrative techniques were identified. Three pre dispositional factors


were interpreted to be the unifying traits that significantly motivated and directed his choices in the alternatives of his life. They were concern for people, dedication to a cause and tenancy of purpose.

Victor\textsuperscript{15} study was to present a biography of the life and personal career of Daniel Carter Beard – 1850-1941. Beard's contributions were investigated in terms of his possible influences on youth service agencies, recreation, outdoor education and Physical Education. His personal philosophy was analysed through an objective analysis of his writings, the reports of contemporaries and the time in which he lived and worked.

Historical, biographical analytical and interpretive methods were utilized to analysed Bread's life and career. In employing these methods documentary, and human sources were used which were of primary and secondary quality throughout the research. Letters were sent to individual and organisations requesting information on books manuals or article of Beard.

Charles I. Barajan undertook the case study on Mr. V.J. Philips who was an Indian hockey player. The purpose of the study was to reveal tremendous impact of V.J. Phillips on Indian field hockey. The investigator conducted interviews with V.J. Philips and his family members, Kalyan Sendoram, Hockey coach and Physical Director of St. Thomas Mount High school and also referred to published materials and photographs. It was revealed that Mr. Mani of St. Thomas Mount Club was the Source of inspiration for V.J. Phillips to achieve higher standard. V.J. Phillips as a member of Indian hockey team secured a Gold medal and selected for the world XI and because of his excellent performance, the International Hockey Federation awarded him with “World Cup hero”.

Carmon presented a biography of Jose De J Clarke Flores with emphasis on his leadership in sports and most important contribution at National and International levels. The dissertation deals with his early life, education, and professional life as a military man and an engineer, during

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his twenty-seven years involvement. In sports, first as a successful tender in Mexico, he then became top leader in the whole of American continent. Personal interviews, questionnaire and documentary evidence were employed in obtaining necessary data for the study.

Phillips\textsuperscript{18} (1960) investigated the biographies of selected women headers in Physical Education namely Dr. Margaret Bell, Dr. Elizabeth Halsef, Miss Margaret D’Houbler, Dr. Gretude Moulton, Dr. I. Anna Norrrris and Miss Blanche Trilliong. The study reported the background work, professional contributions, honours and retirement activities. Data were obtained through primary source material and interviews with the subjects and others. The biographies were presented independently without comparisons.

Fredrick\textsuperscript{19} (1964) studied Rousseau’s Philosophy of Naturalism in relation to Physical Education. Three ideas which greatly influenced American Physical Education were


his insistence on the natural and spontaneous movements for proper growth and development, his promulgation of the unity of mind and body and his belief in the value of the individual. Four primary belief in Emile and for reaching effect later in Wood's programme of naturalism, Hethrnigton's "New Physical Education" programme which stressed the possibilities of character development, William's theory of the Importance and need for self expression, and Nash's belief in the need of the individual to be creative and to experience emotional development.

Ingrams.D.²⁰ (1964) study was on J.F. Williams who was popular Physical educationist in United States of America during 1960. The study was primarily concerned with biographical materials and covered the subject's early life, emotional background, professional life and recreation to the extent that personal and documentary sources were available. The procedures followed in developing the biography were described and recommendations were made.

Dewar's\textsuperscript{21} (1966) purpose was to show the contribution of Dr. James Naismith to Physical Education and inventions. Areas given special consideration were his personal philosophy, professional career, and role as the father of basketball. Primary source in Almonte, Montreal, Spring Field, Denver, Lawrence and St. Louis were used and the researcher made visits to this locations.

McKeon\textsuperscript{22} (1966) used all available material concerning Arnold, his family background, his professional activity since 1888, and the evolution of Arnold College for Hygiene and Physical Education from its origin as the Brooklyn National School of Gymnastics was analysed in relation to changes in American Society, Education and Physical Education from Civil war to 1930, Arnold was dominant factor in establishing admission requirements and curriculum content for Physical Education through his leadership on national committees. He also had considerable influence on the place state assembly that

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made Physical Education mandatory in the public school of place.

Peter\textsuperscript{23} (1969) studies Mrs. Emma W. Plunkett. The information on this pioneer in Health Physical Education in Oklahoma, who was an active leader on many levels with in the profession, was obtained from family records, personal, departmental and organisational files, personal interviews and a questionnaire survey completed by a large number of persons throughout the state and the nation. The collected date were analysed, interpreted and organised into five major characteristics; family history and environmental influence, childhood, education and early teaching days, The years at Central State College, Personality, Philosophy, Contribution, Honours and Awards.

Peterson\textsuperscript{24} (1969) analysed professional career of Dorothy S. Ainsworth. The data for this study were obtained from the literature and from interviews with more than 50

people from all over the world. S. Ainsworth was president of Six National and International Organisations and received recognition from four countries. She also created a graduate course for teachers at Smith College.

Hill\textsuperscript{25} (1972) revealed that Mrs. Mahling, former State Supervisor of PHE in Ala was the first female to fill such position in U.S.A. She worked for better programme in Ala, through visitations, lecturing, preparing materials, bulletins, helped to develop curriculums for public schools. Mrs. Mahling planned and administered many conferences, clinics and schools of instructions of social recreation training and square dancing. The female administrator served in many professional honours for her endeavours including being the first female President of the Society of State Director's and President of the Southern District of AAPHER. Mrs. Mahling received the honour award from the Southern District of AAPHER and was honoured by the American Academy of Physical Education in 1944 with the Academy Award. Her efforts through the years created an

opportunity for every child to participate in the programme of AAPHER in Ala.

Hotchkiss\(^{26}\) (1971) depicted the personal and professional contribution of Michael Peppe to Physical Education particularly to aquatics. An important of the professional aspect of the study was achieved through personal correspondence with Ohio State Swimming Alumini, opposing coaches of the Peppe Era and International Swimming and Diving representatives from around the world. The compilation of this material with secondary sources material, was an exciting educational opportunity and allowed the scholar to pull together information that was beneficial in his vocational specialty of aquatics.

Freeman\(^{27}\) (1974) studied biography of William Jay Bowerman who spent his life in the pursuit of physical fitness and excellence in sports. Born in Portland, Oregon, on February 19, 1911. He was graduated from the


University of Oregon in 1934 with the degree in business administration. Active as a student in school affairs and athletics. He spent nine highly successful years in teaching and coaching in Medford, Oregon, High School Service. One year as President of the Oregon Association of Health, Physical Education and Recreation. Coming to University of Oregon as Track and field coach in 1948, he developed the school into national power winning several NCAA titles. He was honoured as a President of National Collegiate Track and Coaches Association and served in the Presidency Council on Physical Fitness. A member of the U.S. Olympic Committee. His major role was popularisation of Jogging in the United States, and his selection as Head Track and field coach for the 1972 U.S. Olympic Team.

Penington\textsuperscript{28} (1972) presented and interpreted the life and professional advances of Fredrick Rand Rogers. The patterns of his professional work were examined in relation to thought and practice in education and Physical Education during his professional career. Standard

biographical, involving the collection, classification, Criticism and Interpretation of Source materials was facilitated through the use of external and internal criticism. Primary and secondary source material, including both documents and relics were employed in the preparation of biography. Library achieves department files, year books, annual reports and other primary and secondary source materials were consulted where ever possible. A total of 17 institutions and centres were visited. Interviews were held with forty-five individuals. The interviews were tape-recorded. Rogers authored eleven books and 137 articles during his career. These writings constitute a major part of the primary sources of the study.

Herman’s\textsuperscript{29} (1973) study was the biography of Prince Elmer Shotwell’s contributions to Texas Inter scholastics Athletics, to the University Inter scholastic league and to the Texas High School Coaches Association. Data for his life study was from both primary and secondary sources, human documentary as well. Shotwell’s personal life and

scrapbooks were used extensively and supplementary data come from biographical data forms and tape recorded personal interviews. The study includes biographical data of Shotwell’s youth educational background, marriage and his endeavours in teaching and coaching fields.

Peter’s\(^{30}\) (1973) purpose of study was (1) to investigate the life and contributions of Robert John Herman Kiphuth to Yale Swimming, Inter-collegiate Swimming, AAU Swimming, World Swimming, both as coach and administrator (2) to give recognition and insight into the ideals, beliefs and practices of professor Kiphuth, (3) to determine the significant contribution Kiphuth made to Yale University in teams of its athletic and Physical Education programmes and (4) to examine his personality and its influences upon other people. The author conducted tape-recorded personal interviews with professional associates of Robert John and made use of available documentary evidences.

Lompin\textsuperscript{31} (1974) study was to investigate the contributions made by some women towards the development of competitive tennis in the United States of America (1874-1974). Former players, such as Hazel Wightman, USLTA Officials, and other involved with tennis as well as tennis record players biographies and tennis periodicals obtained from USLTA and the NATIONAL Lawn Tennis Hall of Fame contributed the historical information of this study was full acknowledged and recognized. Not until the 1960's and 1970's did any women tennis players lead in the national women's rights movements. Tennis was one of the early competitive sports offered and allowed in colleges. Currently with professionals tennis, women have attained a prestigious status, never before enjoyed by them in Tennis. Partly as a result of this increased exposure of professional women's tennis, the entire sport is experiencing a tremendous popularity boom.

Victor32 (1976) study was to present a biography of the life and personal career of Daniel Carter Beard – 1850 – 1941. Beard’s contributions were investigated in terms of his possible influences of Youth Services Agencies, recreation, outdoor education, and Physical Education. His personal philosophy was analysed through an objective analysis of his writings, the reports of contemporaries and the time in which he lived and worked. Historical, biographical, analytical and interpretive methods were used to analyse the Beard’s life and career. In employing these methods, documentary and human sources were used which were of primary and secondary quality throughout the research. Letters were sent to individuals, organizations, requesting information on books, manuals, or articles with board.

Marry33 (1982) discovered, synthesized and interpreted data pertinent to the professional life endeavours of John Robert Wooden. Extensive Interviews with coach Wooden and his former assistant coaches at University of California

at Los Angeles were critical to the documentation and analysis of coach Wooden's philosophies. Following an outstanding basketball career at Purdue University, Wooden went into teaching and coaching on the High School Level and eventually to collegiate level. In his forty years of coaching basketball, his teams won 885 games and lost 200. His VCL Teams won as unprecedented ten National Collegiate Athletic Association Championships. He was accorded numerous honours as a player, coach and a citizen.

Dusek\(^n\) (1981) presented a biography of Marie Provaznik with particular emphasis upon her contributions to Physical Education. Both primary and secondary sources of data were analysed, including the published and unpublished materials of Marie Provaznik, her personal and professional records, interviews and correspondence with colleagues, associates, and students, as well as the histories of the Czechoslovak National and Sokol Organisation. Sokol was recognised as the largest Physical Education

programme in the world. The Sokol System was employed in the schools of Czechoslovakia. Marie Provaznik has contributed to Physical Education particularly gymnastics, within Sokol and on the International Level through her outstanding leadership.

David\(^{35}\) (1986) compared selected characteristics of more successful adventure leaders with those of less successful leaders. The goal was to identify those characteristics associated with successful adventure leadership. Hypothesis were stated from the Null prospective, thus predicting that there would be no significant difference in the (1) Leadership Opinions (b) Personality Characteristics (3) Vocational Interest (4) Age (5) Education (6) Experiment (7) Gender of more successful leaders when compared to successful leaders. Three standardized instruments were used in this study, the leadership opinion questionnaire, 16 Personality Factors, and Strong Campbell Interest Inventory. Additional data were gathered on marital status, degree earned,

development environment, education level and age. The subjects were 17 leaders (10 males, 7 females) employed in the summer of 1985 at the Wildemen School in Gohsen City.

Cheopco Stevada\textsuperscript{36} (1988) investigated the impact of Mabel Lee, Ethel Perinn and Agnes Wayman on Women's Inter Collegiate Athletics between 1920 and 1935. Included in this research was significant, biological information on each woman, her philosophy in Inter Collegiate competition, and leadership position she held in various professional organisations. Biographical information of each subject provided insight into influential events and individuals that help to formulate their philosophies on Inter collegiate competitions. The era in which they lived, their educational history and their relationship to each other were explored. The second section of this investigation contained the philosophies of each woman on Inter collegiate competition as it was expressed in her major speeches and writings. The philosophies were investigated related to the educational

trends, the medical knowledge and the role attributed for woman during this period.

Balke\textsuperscript{37} described and analysed the staff development practices of 3 Physical Education resources. Resource teacher's rationales for staff development decisions were sought to attain information as to why they operated in a certain fashion. Resource teachers reflections of staff development practices were solicited to inquire about the kinds of obstacles and or enabling factors they encounter in their work and about the strategies they employed to overcome and utilize them. The study was designed to permit close observation of the resource teachers and their staff development practices for a period of one school year. To realize the study's inventions and to ensure triangulation of evidence, several data collection and recording methods – including observations in situation field notes, taped and transcribed formal and informal interviews were employed. The results of the examination indicated that to promote protégés professional development, resource teachers,

provided hands on assistance and integrated proteges into the school system's professional network of teachers. Resource teachers employed and adjusted their practices according to their growing understanding of the needs of individual proteges. Resource teacher motivated, opened communication channels provided proteges with instructional materials with feedback about their teaching and with assistance in the planning and instructions of their classes. Proteges were also prompted to reflect about their instructional behaviours. The study results indicated that staff development is a complex process that is based on participants willingness to enter and maintain collaborative professional relationships and on the compatibility of participants philosophies of teaching. Furthermore, staff development process is perpetual and requires staff developers to continuously reflect and adjusts their practices.

Miroslav Vanek\textsuperscript{38} the personality trait test conducted on Mira, an Olympic Figure Skater who performed at the

highest level clearly stated that, she was introverted. Although she acknowledged others, she would generally not speak unless she was spoken to. She was aggressive and much happier when the competition was difficult to. She could not find an outlet for her aggression in the controlled way permitted in the sport. Her frustration tolerance was generally low. She was intelligent and her intellect was applied to her training and sport in several ways.

Miroslav Vanek\textsuperscript{39} Personality test administrated on Jan, a former Olympic thrower, revealed that high needs for achievement were accompanied by several trait that were likely to interfere with his performance. He proved to be introverted and at times would exhibit paranoid tendencies. His level of sociality was low. He tended to try to dominate those around him. His frustration tolerance was low and he would evidence extra punitive reactions to frustrations for a bad performance such as blaming other people and conditions rather than blaming himself. When he lost, he would invariably blame judges, the equipment, the climate or an old injury. His intelligence was average. At times, he

\textsuperscript{39} Ibid pp. 171-172
would seem to be aware that others on the team are intellectually superior but he could be careful not to show his awareness of their superiority. His tension level was high. His moods fluctuated from one day to next and were characterized by feeling of depression alternatively with feelings of relation.

A study of personality on Dick, an archer, reported the following results.

Miroslav Vanek⁴⁰ was introverted and reserved. He was emotionally unstable in some ways particularly when tension and pressure on his performance would mount. His intelligence was high. Dick's frustration tolerance seemed to lessen. However, as he approached the final rounds in each competition, he evidenced needs of dominance and also at times controlled aggression. His moral character was high and he held up high standards for those around him to follow. He considered himself as a man of principle. He was more realistic than philosophical. He lived in a world of facts rather than meta physical. He was punctual when

beginning a work out. His teammates said that they could set their watches by his comings and goings around the training areas. If he was in charge of a meeting it was well known that they would wait not more than two minutes after starting time before calling it to order. He was generally low in sociability. His tension level was usually high. He was at times explosive.

Miroslav Vanek\textsuperscript{41} The International superior Basket Ball player Tom was outstanding and extroverted. He could meet and talk to people at all levels with ease. He was sociable at all settings. He was aggressive, at times excitable and often impulsive in his behaviour. His frustration tolerance was low and would evidence extra punitive aggression. He was high in Intelligence.

Miroslav Vanek\textsuperscript{42} A case study conducted by Vanek and Cratty on Robert, who was engaged in a combative sport for his country showed that he was an introvert, selfish and generally unsociable and even though he was outgoing with people in a superficial way. His frustration

\textsuperscript{41} Ibid. pp. 193-194.
\textsuperscript{42} Ibid. pp 179.
tolerance and emotional stability were low. His intelligence was slightly below average. In both Eyseneck and Cattell tests the scores obtained reflected the tendency of his moods to change frequently and unexpectedly. He showed high level of anxiety. The scores on personality test showed that he was patient.

Elizabeth. A.\textsuperscript{43} Milfred "Babe" Didrikson who secured 2 gold medals out of the 3 events she entered in 1932 Olympics, worked hard, and even with the hardships she went through, she accomplished her goals. She showed that women are just as good as men and can do every thing that men can.

Dorothy Kangas\textsuperscript{44} A case historical study on Joan Benoit Samuelson reveals that:

At the tender age of twenty-six, Joan made her name shine around the globe. Merely 17 days after agonizing knee

\textsuperscript{43} Z. Heather as cited by Elizabeth A. Hancock, "Frances B. Hogan, Professional Educator, Coach and Director of intercollegiate athletics for women at the University of North Carolina at Chapel Hill : Contributions to the Department of Physical Education and Development of Women's athletics, 2000", Unpublished Masters Thesis, University of North Carolina, Chapel Hill, (Ranold Hyatt), (97 pp.), PE 4105, Vol. 13, 2.

\textsuperscript{44} Dorothy Kangas, as Cited by Ibid.
surgery, Joan won the 1984 Olympic Trials. She was the winner of the first Olympic women’s marathon in the same year. She holds the U.S. record for the second fastest time ever by a woman. Her pace and dedication are not to be taken lightly. As a mother of two children, Joan was keenly aware of the balance that must be maintained by any runner. Training, family, injuries, community commitments etc. all have to be delicately weighed before the dream to run and win can be realised. A life time of running from one dedicated woman like Joan is enough to inspire and keep many more on the track.

Krishnakumar\textsuperscript{45} conducted a case study on K. Raghunathan, an International athlete from Kerala. Raghunathan was born in a low class family. Though his father did not participate in any formal competition he was a good swimmer. Other family members never took part in sports. But they duly encouraged and motivated him to perform well. At school he was duly motivated by class teachers to perform well in athletics. The authorities in his

professional career did not show much encouragement to his upcoming in athletics. They denied him even annual increments and promotion. He attended many coaching camps in his school days and professional career to improve his performance in Track and Field events like 100 meters, long jump and triple jump. During his educational career and professional career he was never addicted to drinking and smoking or any other bad habits. He is very much interested in playing football and in leisure time he used to read books on sports or coaching and see films on sports. He is highly interested in learning new techniques from others. He is also interested in the welfare of younger athletes.

Thulasee Das\textsuperscript{46} conducted a study on Olympian Suresh Babu in the year 1983. Suresh Babu is the gold medalist in long jump in Bangkok Asian Games. Suresh Babu was born on 10\textsuperscript{th} February 1953, as the fourth son of Mr. N. Bhaskaran and Smt. Nalini Bai. The birthplace of Suresh Babu is Puthatharam, in Kollam District, Kerala. He

has three brothers and one sister. Being an experienced athlete and an athletic coach, the subject has his own opinion to reduce the intensity and intervals of injuries. He believes that if the organizers of competition are providing standard facilities within the limits for race and jumps, injuries can be minimised to a maximum extent. Coaches should be careful in sending their trainees to competition. To bring an athlete to International level he should be trained from fourteen or fifteen years. In these years, he develops his physical and motor fitness, skills and techniques. The subject also realises that in Indian even the most enthusiastic parents will not be able to carry out the expenses of an athlete for such a long period. The subject suggests some measures to remedy this. He is of the opinion that if the Union Government is opening training centres for talented young athletes, like sports schools and hostels they will get opportunities to develop their talents through proper coaching and training. The Government should also be keen in providing job opportunities for outstanding sportsman. The subject believes that if things are happening, like this,
within ten years, Indian athletes will carry Indian athletics to International and even to Olympic Level.

Niranjan conducted a case study on Prakash Padukone, the Badminton player in the year 1988. Prakash Padukone was the International badminton player and also was the winner of All England Badminton Championship and nine times National Champion. Prakash Padukone was born on 10th June 1995 at Bangalore. Bangalore is the headquarters of Karnataka State, where Prakash Padukone developed his game, became the mastero in the field of badminton and brought laurels to his state and the country as well. His father Ramesh Padukone was a very good Hockey player. Because of his fair play, Indian Government gave the awards Padmashree and Arjuna Awards. A living legend of Indian Sports, his presence at the badminton court is always eagerly anticipated for the graceful artistry impeccable control and manner and touch of class. The researcher hoped that this thesis would help the players to improve the quality of the game in the year to come.

Secondly it adds a new feather in the cap of allied literature. Implementation of some of Padukone's recommendations for the improvement of the game will certainly produce quite a few world-class players in India.

Chinamay Sharma⁴⁸ conducted a case study on Bhogeswar Baruah, the Arjuna award winner in athletics. He was one of the best athletes in India who dedicated his life to Indian sports. Bhogeswar was born on 29th November 1940. He has two brothers. He was the youngest. His family members were adherent supporters of sports and games. His father's name was Iken Barukh. Bhogeswar in these years has contributed much towards giving a scientific and objective orientation to sports training in the State of Assam. His identity was total which is amply reflected in his conducting various coaching camps with his own resources inspite of his economic constraints. This study will pave way for others to make similar studies about some of the prominent sports figures in our country. Similar studies may also be conducted on some of the outstanding athletes

or players who have contributed a lot for the cause of sports and games in our country and this study tells that how subject was able to lead Assam State for getting many achievements and brought about many charming youths upto national level.

Zakir Ahammed\textsuperscript{49} conducted a case of study of Victor Manjila, National soccer player in the year 1983. Victor Manjila, an International player who put his best and dedicated his life to soccer. Born in middle class family on the 12\textsuperscript{th} May 1949, in Nellikannu, Trichur District Kerala. Talented Victor began to play the game with his college mates. His father Mr. M.O. Lasser was a businessman. His mother Smt. Mariamma hailed from an orthodox Christian family. Coming from a joint family, Victor was the third son of his parents. He has three brothers and two sisters. In this study, the researcher explained in detail about Victor's family profession, educational carrier. Through this case study the researcher explained the subjects recommendations about the sports field. A similar case

study on many other leading footballers of yester years may be taken up. It is recommended that to improve the standard of any discipline in our country the government have to take very important role to hold up sports and games. It is recommended that our country should have a National Calendar to give an idea about the programme of the year. Similarly, we should have as in other countries, a second, a third and even a fourth line of players or athletes to fulfill the future gaps. The government has to build a direct contact with the Association concerned. It is recommended that a study on the origin and development of the game of football in each state be taken up.

Dennis\textsuperscript{50} conducted a case study of D.P. Mony, the Olympian weight lifter. He was born in Putukud Eruppu, Nagercoil, Kanyakumari District on 12\textsuperscript{th} August 1921. He has two elder sister and two younger sisters. He studied only upto fifth standard. In his childhood even though he was lazy in his mind, he had an ambition of becoming a reputed weight lifter. Mr. Arunachalam Iyer encouraged his

ambition. At the age of nineteen he proved himself to be a very able weight lifter. At the age of 23, to the surprise of all he came out as best feather weight champion of India, by lifting 586 lbs. In 1943, he represented India at London Olympic games, in the Finland Olympic games, he secured the 3rd place in press and won world – repute for himself and for India. In the end of the year 1952, he fell ill and had to take rest for nearly seven years. He worked sometime in the Gymnasium as an instructor. He won the championships in weight lifting in all fair championships and reached the sixth rank in weight lifting in the world. He has the opinion that India could win enviable position in weight lifting, if the youth in India undergoes proper training and takes interest in weight training.

Thomas\textsuperscript{51} conducted a case study of Shiny Abraham, International athlete in the year 1989. Shiny Abraham was born in Kerala. Her brothers and sisters are also athletes. She learned her first lessons in athletics from her father. She enrolled as a member of the Idukki District athletic

team in the year 1977, in the same year she was selected for the Kerala State Athletic team. In 1984, she made a record in 800 meters run with the best time of 2 minutes 9 seconds at Delhi Nationals. With the attention of Indian coaches and selectors at the age of 19, she won the distinction of Indian colours and toured number of countries. In 1984, she was appointed in the Food Corporation of India, Trivandrum. In the same year, she got a distinction of the first woman athlete of India who entered the semi finals in Olympics. Shiny Abraham has the opinion that the state athletic associations must take necessary steps to attract more spectators for witnessing even local meets. Sports activities should be introduced in an individual in childhood itself, when they are eleven years old. The teams must reach the venue, where the competition takes place, at least fifteen days before the competition for acclimatization with the environment. This will influence the performance of the competitions positively. This study will be an inspiration and serve as guiding factor to upcoming athletes of the country.
Sundaesan\textsuperscript{52} conducted a case study on P.V. Kamaraj, an International athlete and his personality traits, in the year 1992. P.V. Kamaraj was born on 19\textsuperscript{th} July, 1954 at Pudukottai town, in Trichy District. Kamaraj’s family members were great sportsmen. He started practicing at the age of ten. His brother Ravana to take up athletics ably guided him. At school and college days, he was duly encouraged by Physical Education teachers and headmasters to perform well in athletics. In school days he was not much interested in studies. His mind was more towards sports and games. During his professional career he was slightly deviated towards drinking and smoking but was capable of putting them under control. He was always interested in learning new techniques from others and took keen interest in the welfare of younger athletes. The sixteen personality factor analysis shows that Kamaraj is outgoing, less intelligent, emotionally less stable, assertive, tends to be expedient venture some, tender-minded, suspicious, slightly practical, a bit shrewd and experimenting.