CHAPTER - III

Methodology
Methodology is the plan, procedure and design accountable to the objectives of the study. This determines the methods to undertake the study. In this chapter the selection of the subjects, tools of study, the construction of multipurpose questionnaire, administration of the questionnaire, mode of collecting data have been explained.

III.1. Selection of the subjects.
In this study the researcher decided to select the subjects who participated at least at National level competitions in Boxing & Wrestling and who belongs to Bhiwani District. They may be the residents of Bhiwani or may be practicing at Bhiwani. Wrestlers and Boxers of Bhiwani also attend the akharas or clubs started by the Bhiwani athletes outside Haryana. They were also included in the subjects list.

III.2. Tools of the study.
a. Questionnaires  
b. Visitations  
c. Interviews  

III.2.i. Questionnaire Development
Multipurpose questionnaire was developed for the study by the researcher with the consultation of the guide and experts available in the field. Three questionnaires were prepared. First questionnaire was for the Boxers and the Wrestlers who participated at the National or International Level. The second questionnaire was prepared to be filled by the managers or the owners of the training centers. Third questionnaire was prepared for the renowned persons of the winner's villages. All the questionnaires had to pass through the following process (steps) before the final draft.

a. Initial writing - Keeping in view the influencing factors in the field of sports; the questionnaire consisted of many segments. To cover all the influencing factors like practical, physical, social, geographical, economical, historical and genetic factors, the questionnaire was categorized in to the following seven sections with the consultation of the supervisor and experts in the field.
Chapter - 3

Methodology

1. Basic Information
2. Achievements
3. Family background
4. Facilities
5. Training schedule
6. Motivating Factors
7. Diet Pattern.

Each section included all the possible questions related to these categories and related to Bhiwani Sports.

b. Trial Run - The questionnaire thus prepared was distributed among the experts in the field, sports persons of national or international level, managers or owners of the training centers, and renowned villagers of the winner participants. Their suggestions and responses were incorporated. Again these suggestions were discussed with the guide and other experts to finalize the questionnaire.

c. Rewriting and final writing - After lot of discussions and modification in the questionnaire; final script was prepared which seemed to cover more area of sports promotion. Finally the questionnaire was divided in to seven segments including: A - Basic information, B - Achievements, C - Home background, D - Facilities, E - Training schedule, F - Motivating factors and G - Diet patterns. Hence, the Artistic view of the finally prepared Questionnaire No. I is like this:

![Diagram](image-url)

- TOPIC:
- A CRITICAL STUDY OF REGIONAL POTENTIAL OF COMBATIVE SPORTS IN BHIWANI (HARYANA)
PART-A
Demographic Informations

PART-B
Sports Achievements

Chapter - 3
Methodology
PART-C
Family Background

- Place you live is City/Village?
- Father's Highest Education?
- Mother's Highest Education?
- Parents Member of Social Organization?
- Father's Profession?
- Mother's Profession?
- Type of Family Single/joint
- No. of Family Members?
- No. of Family Members of Social Organization?
- Who Participated in Sports and What level?

PART-D
Facilities

- No. of T Cs Attended?
- T C attended for the longest period?
- Type of T C?
- Type of Coach?
- Distance of T C from home?
- Facility of psychologist?
- Facility of Physiotherapist?
- Facility of a Doctor?
- Regarding Diet at centre Sponsored or not?
- T C has sufficient Space?
- Coach gives adequate time?
- Adequate time on Equipment?
other two questionnaires were also prepared, one for renowned people of the winners’ villages and another for organizers of the training centers.

III.3. Administration of the questionnaires:

The questionnaires were administered by the scholar in the following ways:

III.3.i. Visitation and collection of data - The scholar visited different training centers and sports clubs located in and around Bhiwani to get the questionnaires filled. With due permission of the guide and the Head of the Dept. the researcher stayed for 15 days at one stretch in Bhiwani. Apart from this researcher visited Bhiwani almost on every Sundays and Saturdays till the completion of Data collection. Researcher daily visited different training centers; morning and evening at practice time to get the first hand information related to the research.

Insuring the confidentiality- It is very important to take the respondents in your confidence to extract the truth from them. Before getting the Performa filled, the researcher explained the purpose of the study, explained the questionnaire in detail with translation in Hindi as well as in their regional language (Haryanvi) and ensured them about the confidentiality of the information.

During this period she also visited the winner’s villages to meet the important people interested in sports. Their information related to promotion of sports in their village
was recorded. To extract the information and views about the sports; the researcher had free discussions on sport in their village. For this the researcher took the of one or two person and well acquainted with the area as well as with the renowned people of that particular village. They helped in making a conducive environment for free and open discussion on sport. Views of the renowned persons of the village were recorded and questionnaire was also get filled. All the related facts to the sports culture of the place were recorded.

Interviews and collection of data- After distribution of the questionnaire to 150 sports persons, the researcher received 110 questionnaires back which were complete in all respects. Similarly 25 questionnaires from different training centers and 14 filled questionnaires were received.

Data was collected from primary sources by getting the questionnaire filled by subjects themselves. The secondary sources were also used for some sports men who were not available. Their data was filled in the presence of their parents or brother by telephone calls. For the collection of data and to get first hand information the researcher visited the following Wrestling and Boxing units.

III.3.ii. Wrestling and Boxing Training Centers of Bhiwani visited by the Researcher:

1. **Bal Bhawan Training Centre** – this training centre is managed by the Bal Bhavan Public School authorities. This centre is exclusively for girls. Junior girls wrestlers are trained by Haryana cadre coach Zile Singh. A decade back Zile Singh gave good results by producing five International women wrestlers at Adarsh Mahila Mahavidyalya training centre.

2. **Mam Chand Akhara, subj mandi** - The wrestlers at this akhara are trained by Sube Singh coach of Haryana cadre.

3. **Jogiwala Akhara** - It is run by a Mahant who is the organizer of a temple also. The Haryana cadre coach Rajender Singh assists him in imparting specialized coaching. The akhara is a residential Training Centre. It gave excellent result till 2001. Many International wrestlers remained its trainees.
4. **Baba Chet Ram Akhara**- Haryana cadre coach Surrender Singh coaches the wrestlers at Baba Chet Ram Akhara in Bhiwani.

5. **Subhash Vyayamshala Sanga**- in the village Sanga. Shyam sunder trains the wrestlers. Haryana govt. has provided wrestling mat for practice. This is a residential akhara. Wrestlers jointly share their meals except ghee and milk. Satpal Sarpanch always helps the wrestlers in all their needs.

6. **Dharadu Stadium**- Dharadu is famous as it is the village of ex-chief Minister Babu Banarsi Das Gupta. Recently a new stadium has been constructed under Rajeev Gandhi Sports Scheme. About 60 wrestlers practice here under Haryana coach Surender Singh. A fresh crop of budding girl may possibly be flourishing in the coming years. Although it is not a residential akhara but athletes are offered rooms in the village to stay for the practice. Villagers also feel proud in being host of relative wrestlers.
7. **Subhash Vyayamshala Sanga** is located in Bond Village. Mr. Naresh is their patron as well as coach here. The village Panchayat organizes wrestling competitions at least four times in a year in this village. The villagers help the wrestlers financially and with *ghee* and *Badam*.

8. **Ram Talai Charan Singh Vyayamshala** had been the centre of excellence in sports. It has produced wrestlers, coaches and administrators of International Level. After the death of Mr. Charan Singh in 2006, the Vyayamshala awaits a good coach and administrator.

9. **Suraj Jyoti Sports Academy** - At Gothra village a boxing and wrestling Training Centre has been started by well reputed couple in sports field Suraj and Jyoti. A well known wrestler of the area sponsors the athletes. Suraj is an International wrestler and Jyoti is an International boxer. Both are NIS qualified. It is hoped that a good breed of wrestlers and boxers will emerge soon.

10. **Fathegarh Wrestling Training Centre** - has produced wrestlers and athletes of International fame. Hr. Govt. has sanctioned a stadium for this village. Mr. Vikash
Pahalwan, an International wrestler developed interest for wrestling and a new crop will be seen soon with good results.

Photographs No. : 1.5 FATEHGARH WRESTLING TRAINING CENTRE

11. **SAI Wrestling Centre** – It gives training to the wrestlers in Kirorimal Hostle Building. SAI has provided
12. **Ramesh Sports Academy** – It is run by Nis Coach Ramesh Coach. It is the excellent Training Centre for wrestling, Volley Ball and Athletics. Ramesh has hired coaches for different games. In wrestling, he himself gives training along with other volunteer coaches who are his old disciple. This academy has produced a fleet of national and International level wrestlers.
13. **Bhim Stadium Wrestling Centre** - There is a provision of wrestling practice in Bhim Stadium.

14. **Akhil Boxing Club** - This club is run by Mr. Virpal Singh Arya who resides in Bhandwa village. More than 20 boxers attend morning and evening practice sessions.

15. **Baba Ramrup Boxing Academy (BRBA)** - The boxing club run under the supervision of Deepak Tanwar in Bawani Khera, a small Tehsil of Bhiwani. Sh. Mahipal Singh of Bawani Khera sponsors good boxers.

16. **Bhiwani Boxing Club (B.B.C)** – The Club caters the need of budding boxers. It came into lime light in Olympic 2008, when Vijender Kumar won Bronze medal first time in the History of Indian boxing. Mr. Jagdish a very controversial coach and Dronacharya award winner provide strenuous practice with tactical, technical and psychological aspects along with physical part. Till 2008, it was an ordinary club. But after 2008 Olympics many sponsors like Laxmi Mittal, a steel tycoon. It has become a centre of excellence with full-fledged facilities. Around 150-200 boxers practice in two sessions. But when competition is approaching the third session also starts. Sh. Jagdish himself takes their classes giving all tips on psychology of opponents and make strategies for the competition day. This academy abounds by future boxing winners.
Photographs No. : 1.7, BHIWANI BOXING CLUB

17. **Bhupi Boxing Academy** - The academy is run by boxing coach Sh. Bhupinder in Vaish College Bhiwani. About 30 boxers attend the practice.

18. **Capt. Hawa Singh Boxing academy** - The academy is taken care of by daughter-in-law of Arjuna Awardee Hawa Singh. Academy has produced many men and women boxers of International Level. Mr. Sanjay imparts coaching here. Dr. J B Gupta famous cardiologist of Bhiwani patronizes the academy.
19 **Dadri Boxing Academy**-It is located in the vicinity of Sangwan Hospital in Charkhi Dadri. This training centre is becoming a centre of attraction for the youngsters.

20 **Suraj Jyoti Sports Academy**-Male as well as female boxers attend the academy In Gothra Village. It is hoped that good number of boys and girls will be produced under the expert guidance of renowned Inter-national boxer Mrs. Jyoti.

21 **Indian Boxing and Sports Academy** is run by the Arjuna Awardee Mr. Raj Kumar Sangwan Gadoli Village near Gurgaon. As Rajkumar Sangwan belong to
Bhiwani District, many boys from Bhiwani and its vicinity stay in the academy. Many of them have won laurels for the country.

22 The Indian Boxing & Sports Academy - is the first boxing academy which began in 2002. The academy, which started with just 25 boxers has now more than 100 boys and girls learning and practicing the sport, and is affiliated with the World Boxing Council. The Indian Boxing & Sports Academy takes pride in producing 30 International boxers who did the country proud by winning Commonwealth and Asian Games medals. The highlight of this feat lies in the fact that all these achievers have a rural background and very little financial support.

Rajkumar Sangwan, a two time Asian Gold medalist (in 1991 and 1994), is the president of the Indian Boxing & Sports Academy.

23 SAI Training Centre-It is run in the Kirori Mal building in park colony Bhiwani. SAI Boxing coach Dev Raj imparts coaching. The boys from other training centre work hard to be selected in SAI Boxing. As training here is fully sponsored and govt. provides all necessary and latest equipment, the results are good. All the well known boxers like Vijender, Jitender, Akhil. Dinesh, Dilbag were the pupils of this academy.

24 Stadium Boxing Club - Coach Vishnu Bhagwan imparts coaching in the stadium. He has produced boxers of National and International fame.