SUMMARY, CONCLUSION AND RECOMMENDATIONS:

V. I. : Summary :

Introduction: Exercise and sports are rare institutions that offer tremendous social relationships, physical challenges, and honest competitions. There is even evidence that sports can increase self-esteem and academic performance while decreasing the likelihood of disease and drug abuse. Then again, to a youth, all of these attribute equal just one desirable characteristic - fun. Competitive sports provide an outlet for expression, friendship and a feeling of worth Competing in positive way. Excellence in sports does not only bring honour and material benefits to the individual but also glory to the Nation.

Bhiwani has been in lime light since the Beijing Olympics where four out of five pugilists were selected to represent India in Olympics from Bhiwani. It was first time in the history that such a high percentage had participated from a single place that too, a small city likes Bhiwani. During this period wrestling of this area also seemed to be coming upwards. Girl wrestlers were also in a race to give good results. A set-up in which it was not possible to get a Govt. job without high approach or huge money, performance in sports seems to be a solution.

After discussion with her guide Dr. JP Sharma, (who also belongs to Bhiwani and graduated from that place and had been a National level athelete) it was concluded that a thorough and critical analysis of combative sports of Bhiwani District from 2001 to 2010 can be a great contribution to the sports. Hence she selected this problem for research project. One more point which persuaded the researcher for this study, was that, in India certain regions or localities / villages have been the centers of Excellency for particular game / sports. So it become important to study the history, the socio-economical condition, environment, mental attitude of people and other related factors of Bhiwani and its surrounding areas which might have supported the promotion of games and build sports atmosphere, that is why see selected the present research proposal which is stated as :

Statement of the problem

The purpose of the study is to investigate and prepare a report of all the athletes in combative sports with all the psychological and material forces behind their success at National and International Level. Therefore, the statement of the problem is stated as. “

A critical Study of Regional Potential of Combative Sports in Bhiwani (Haryana)”.
Delimitation of the Study

The study was delimited in the following ways:

1. The study was delimited only to the District Bhiwani in Haryana.

2. The study was delimited only to the combative sports, such as Boxing and Wrestling only.

3. Study was delimited only to those players who had participated in Boxing or Wrestling either at National or International level Tournaments.

4. The study was further delimited with respect to the time period since 2001 to 2010.

Limitation of the Study

The study was limited in the following ways-

1. Although the records of the recent time were available but for the old records the researcher had to depend upon some verbal version. This was the limitation of the study.

2. Some of the athletes were not be available for the interview, or filling of questionnaire, so the information was gathered either through telephonic calls, through e-mail, through post or from his kith and kins. This was also the the limitation of the study.

3. Although authorities co-operated a lot in providing concrete information, yet the authenticity of the information depends upon them and this may also be considered a limitation of the study.

Objectives of the Study

Main objective of the study was to find out the potentiality of combative sports in the region of Bhiwani (Haryana). The other objectives were as follows-

1. To identify the old and new combative sports (Boxing and Wrestling) persons of Bhiwani who participated at the National and International Level.
2. To identify the Geographical and Historical factors, which have contributed to the development of combative sports (Boxing and wrestling) in Bhiwani District.

3. To study the socio-economical scenario of Bhiwani region, which have contributed to the combative sports (Boxing and Wrestling).

4. To study the achievements of the outstanding combative sports persons (Boxing and Wrestling) from Bhiwani region in National and InterNational level from 2001 to 2010.

5. To know the infrastructural facilities in Bhiwani region related to combative sports (Boxing and Wrestling) at public and private level.

6. To study the incentive schemes provided by the Govt. of Haryana and Centre for the Development of Sports in Bhiwani Region

7. To know the involvement of the private sectors in the promotion of combative sports (Boxing and Wrestling) in the region.

8. To know the training pattern related to outstanding combative sport persons (Boxing and Wrestling) of Bhiwani District.

9. To know the diet pattern of outstanding combative sports persons (Boxing and Wrestling) of Bhiwani District.

Significance of the study

1. The study is very helpful to those who want to associate with field of sports.

2. The result of the study is also helpful to obtain information about the methodology of training like practice schedule, fitness regimes etc.

3. The study also tells us about the scheme and management of village’s sports.

4. The study reveals the effect of inherited traits along with the environmental factors.

5. It will be helpful in improving the skills and performance of sports persons.
6. It will also be helpful in imparting specialized training in some selected sports for the particular areas.

7. To find out the agencies which can contribute to sports promotion.

METHODOLOGY

First of all the researcher requested Dr. J.P. Sharma to guide her in this research project. After that, for registration of the topic; plan, procedure and design accountable to the objectives of the study were framed out with the advice of the supervisor and experts in the field.

- **Selection of the Subjects.** For this study three types of subjects were selected through purposely randomly sampling method.
  - First Type: - all those players who participated at least at National level competitions. (N=110).
  - Second Type:-All those renowned villagers/citizens from where these 110 players belonged to (N=14)
  - Third type: - All those owners/ directors/ coaches of the academies/akharas/Training Centers, where these 110 players were practicing (N=24).

- **Tool of Study:** - The three Questionnaires were designed as the tools for the study. The present study was conducted with the multiple dimensional approaches because the sources of data have been different. Therefore, three types of Questionnaires for the above mentioned subjects were Prepared.

- **Development of the Questionnaire**
  Special care was taken that language used in all the three questionnaires, remained same as far as possible to avoid any misinterpretation and ascertain the reliability. Questions collected from three different types of sources, each fulfilled the different need of study and also justified the reliability of each concept of the questions by cross checking.

- **Collection of Data**
  Data was collected from 24 training centers by personally visiting them. Some subjects were not able to provide sufficient time, so their brother or father helped in completing the questionnaire. For the completion of Questionnaire No 2, some old players accompanied her to their villages to get the work done. Similarly third questionnaire was filled after visiting the training centers at the time of practice hours.

- **Tabulation of Data**
After the collection and compilation of data the tabulation has been done. After that data was analyzed by adopting the percentage method. For the better and quick understanding analysis was presented through PIE charts also. After the analysis of all the three questionnaires, interpretations were made according to each questionnaire such as:

- **Interpretation of Questionnaires No 1.**
  
  According to the questionnaire No 1, it was interpreted in seven segments as follows:-

  a. Data about the basic information reveals that participation at International and National level tournaments, male Wrestlers and Boxers were in majority as compared to female. As regard to their birth order, it was concluded that 2nd and 3rd birth orders were the highest achiever. This has been supported by a research paper by Andrew Yiannakis. Similarly participation in Wrestling was less as compared to Boxing. As regard to academic qualification of the respondents, majority of them were 12th pass, studied at Govt. Schools, Govt. Colleges and State Universities.

  b. In context to achievements it was found that highest achievements of the men and women combative sports persons at International and National level were in the years 2008 and 2009. It was found that in 2004 women wrestlers did their best at National level. Out of 110, eleven players got “Awards” which included “Bhim Awards” “Arjuna Awards” and “Rajiv Gandhi Khel Rattan Award”. Out of 110 players 32 players got scholarship or monetary help in one or another form. Out of 110, seventy eight % players were in service which was a great achievement and motivating force for the budding players to perform better in the coming competitions.

  c. As regard with the family background of the players, it was found that majority of the respondents were living in villages. It was discovered that by profession, the majority of the fathers and mothers of the players were farmers and housewives respectively. The study reveals that majority of the family members had been playing one game or the other in past which is supported by research done by Frances Kremarik (2000) “A family affair: Children’s participation in sports”.

1 Birth order and preference for dangerous sports among males C by Andrew Yiannakis in Research quarterly American alliance for health, PHYSICAL EDUCATION AND RECREATION. VOLUME-47 NO, March 1976 p 63

2 Frances Kremarik “A family affair : Children’s participation in sports” presented in a seminar CANADIAN SOCIAL TRENDS autumn 2000 Statistics Canada — Catalogue No. 11-008
d. As regards to facilities, it has been found that presence of SAI Training Center is of great advantage to the Bhiwani players. They worked hard to get entry in SAI Training Center. As the capacity of SAI Training Center was limited, second priority for them was world famous Bhiwani Boxing Club. Majority of the training centers had enrolled 10 to 20 players in each training centers for a particular game. Maximum training centers had appointed one or two coaches at each training center. Majority of the players, coaches as well as the owners and managers of the training centers had pointed out about the absence of proper medical facilities, Physiotherapist and psychologists at their training centers.

e. In relation to training schedule it was discovered that chronological age when they started the game was 12 and 13 years in majority of the cases. From the data it was revealed that majority of them practiced for 6 days in a week, two sessions per day and 6 hours per day. Majority of the respondents recommended 4 to 5 build up competitions before the main competition. Majority of the respondents reached up to National and International level within five years of starting the game.

f. As per the motivation is concerned, it was found that parents were the motivators for the players to enter in their game. They did not prefer academics over sports. Vijender Kumar, the Olympian was also motivating force for players of all the games. Inspite of their meager earnings they provided handsome pocket money for juices and fruits. Vijender’s performance at Olympics and its repercussions gave a jerky uplift to the new budding players. As regard to popularity, both games i.e. Wrestling and Boxing were popular in the area. Wrestling competitions were organized on cultural festivals whereas memorials were organized in Boxing. Local people give due recognition to outstanding Boxers as well as Wrestlers. They are treated as role models, given grand receptions after every feat, and are rewarded in a traditional way with grand receptions, Ghee, Badam and Cash money.

g. Regarding diet, they try to take diet which contains all the essential nutrients like carbohydrates, proteins, fat, Vitamins and minerals. Old age traditional dishes like “churma, kheer, and Badams” abounds in their Diet. They take energy drinks and fruit juices along with prescribed supplements by doctors.

• Interpretation of Questionnaires No 2.
Data of the questionnaire No 2 reveals that renowned persons of different villages/city gave supportive edge to majority of answers of the questionnaire No 1, thus, justifying the reliability of data. The renowned people informed that parents provided full support to the players and do not pressurize for academic excellence if they are putting sincere effort towards sports. In contradiction to players, they did not support the non-vegetarian diet and supplements. Regarding Job status respondents were very hopeful about getting job by players after showing excellent performance in their game. Regarding the role of media they coded that they were not satisfied with the role of media towards these games. On the other hand they praised the role of Haryana Govt. in promotion of sports whereas did not approved the role of Central government in this context. In contradiction to the general belief regarding attitude toward girls in Haryana, respondents fully supported the participation of girls in sports and were enthusiastic about the performance of their three women wrestlers (Geeta, Babita and Anita) in Common Wealth Games 2010.

- Interpretation of Questionnaires No 3.

Analysis of Questionnaire No 3 revealed that Establishment of training Centers was coded from 1950 to 2010. The area of training centers varies from 1500 Sq. Mts. to 6 acres, Ownership varies from Govt. owned to privately owned respectively. Majority of the training centers had appointed only one Coach. Number of trainees also varies from 10 to 150 at their training centers. No fee was charged from the trainees. It was found from the data that 71 % training centers were getting financial aid from the Government, while others were getting financial help through sponsors, charity and donations. Budget of majority of the training centers falls in the category of Rs. 50001 to 100000 yearly. At majority of the residential training centers except SAI and army sports schools, diet was self sponsored by the players. Majority of the training centers do not organize competitions. Usually Govt. organizations like SAI/Sports federations or big training centers which had residential facilities, organize sports competitions. While considering the practice schedule it is same as described by the players i.e. six days in a weak, two session daily and six hours daily. About the role of Wrestling/Boxing Federations/Associations of India 46 % respondents gave positive views and about the role of media towards the promotion of these games, their views were fifty-fifty. As regard the role of Central Govt. majority responded negatively where as regarding Haryana Government 100% respondents expressed their positive views saying that Government was doing lot for the players who excel in sports.

V. 2. : Conclusions :-

From the data available and personal interviews with players, renowned persons, coaches/owners/organizers of training centers, it is clear that in spite of many hazards and limitations; competitive spirit and hard labour by the players, dedication and sincerity of coaches with the profession, parents’ all out support, social traditions of the society to encourage sports, The training methods which includes all the aspects of training (such as –conditioning, technical, psychological and tactical) and well planned sport policy of Haryana and its proper implementation helped the players to exhibit
excellence in sports. Out of 110 subjects 78% were in job. A set-up in which it was not possible to get a Govt. job without high approach or huge money, performance in sports seem to be a solution and that worked wonder.

V. 3. : RECOMMENDATION

On the basis of findings, conclusions and suggestions by the respondents and the supervisory committee following recommendations has been made.

a. Similar study can be undertaken at different levels such as State level, National level or Inter-University level.

b. It is recommended that study can be repeated with substantially large number of subjects to eliminate so far as possible errors effect of sampling bias.

c. It is also recommended that this study can be used for the help of the players, coaches and profession of Physical Education.

d. Similar study can be done on other games also.