Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
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SUMMARY

Activities relating to Sports and Physical Education are essential components of human resource development, helping to promote good health, comradeship and a spirit of friendly competition, which, in turn, has positive impact on the overall development of personality of the youth. Excellence in sports enhances the sense of achievement, national pride and patriotism. Sports also provide beneficial recreation, improve productivity and foster social harmony and discipline.

In terms of the National Sports Policy of 2001, the Central Government, in conjunction with the State Government, the Olympic Association (IOA) and the National Sports Federation will concertedly pursue the twin objectives of “Broad-basing” of Sports and “Achieving Excellence in Sports at the National and International levels”. Sports activities, in which the country has potential strength and competitive advantage, need to be vigorously promoted. Towards this end, Sports and Physical Education would be integrated more effectively with the Education Curriculum.

The Physical Education and Sports Programmes of the Schools in The Union Territory of Pondicherry, are placed under Directorate of School Education and a separate Deputy Director (Sports & Youth Services) looking after the affairs of Youth Hostel, Rajiv Gandhi School of Sports, Pondicherry State Sports Council, Indira Ghandi Sports Complex and Physical Education in Schools. This department is entrusted with the responsibility of providing adequate infra-structure, physical education and sports programmes, special coaching camps and conduct of sports meets in this state. They ensure that proper and adequate facilities to be available by different management of the Schools for the physical education and sports activities. While the government appoints
Physical Directors / Teachers to impart physical education programmes, the maintenance and other equipments needed are met from the funds of the management and special fees collected from the students by the private schools. For the government schools the Department of Education provides the same.

Sports meets and tournaments are being organized under the supervision of these Physical Education teachers employed in schools, right from intramural level (inter-class level) of the respective schools to National level, in which almost all the students are given an opportunity to prove their metal in the respective games of their choice. Students who represent their schools in state and national levels are being coached by coaches of the respective disciplines whenever needed.

The research interest of this study is to make a pragmatic approach of (1) provision of facilities for physical education and sports programmes being organised and administered for the benefit of the students in the Union Territory of Pondicherry and (2) the resultant impact of these programmes on the students, by analyzing the achievements of the school students in the Union Territory of Pondicherry.

To achieve the purpose of this study, the investigator randomly selected twenty schools, from Pondicherry region, ten schools from Karaikal region, five schools from Mahe region and five schools from Yanam region from different managements. Data for this study were collected both of primary source and secondary source. The primary source of data were collected through a well defined questionnaire seeking data relating to: (1) Staff appointed for Physical Education and Sports (2) Time Allotted for Physical Education and Sports (3) Play ground and sports facilities provided (4) Funds provided for physical education and sports and (5) Achievements in terms of Sports Participation of the School at different levels of competitions. The investigator personally visited the schools to collect necessary primary data from the schools under study. Secondary data were collected from (1) the Deputy Director (Sports and Youth Services), the Directorate of School Education, Puducherry and (2) the Officer on
Special Duty (Statistics), Directorate of School Education, Puducherry, on (i) actual number of students enrolled in schools in the territory, region wise, sex wise, nativity wise as well as management wise. (ii) actual number of teaching and non teaching staff employed in the territory (iii) actual number of physical education teachers and coaches appointed in the territory (iv) grants released to the schools for the promotion of sports and games in the territory and (v) Number of students participated at Intramural, zonal level, state level and national level sports meets in different games and athletic events in the Union Territory of Pondicherry, which was used for analytical purposes.

Physical education and sports programmes in the Union Territory of Pondicherry schools were assessed in terms of number of physical education teachers appointed in the schools, student physical education teacher ratio, availability of playfields, availability of sports equipments, provision of time for physical education programmes, provision of time for coaching programmes, physical fitness programmes, standard syllabus and lesson plan for physical education programmes, availability of provisions for major, minor and indoor games. As per the study, comparing the private schools, government schools have lower pupil physical education teacher ratio. Among the regions, it was found that Yanam region has low pupil physical education teacher ratio, followed by Mahe region, Karaikal region and then Pondicherry region. The data proved that there were uniform allotment for physical education classes and there were differences in allotment of coaching classes. The schools in the Union Territory of Pondicherry have adequate play ground facilities for minimum of 5 major games. All the schools in the Union Territory of Pondicherry have sports equipments and athletic equipments. There was lack in physical education syllabus, physical fitness records and separate attendance register in all these schools.

In order to arrive at a common index number for the physical education and sports facilities provided, the investigator in consultation with the guide and experts graded the physical education and sports programmes and facilities in
each school into physical education and sports Input index (PEII). The data collected were graded accordingly and PEII for each school was arrived. Comparisons of PEII of schools of different regions in the Union Territory of Pondicherry proved that there were significant differences in PEIII of Pondicherry region and Mahe region, Pondicherry region and Yanam region. However there were no significant differences in PEII of Pondicherry and Karaikal; Karaikal and Mahe; Karaikal and Yanam; and Mahe and Yanam regions. There was a positive significant relationship between the physical education and sports Input index (PEII) and the number of sports participants at intramural level (r: 0.557), zonal level (r: 0.681), state level (0.377). As the obtained ‘r’ values are greater than the required table ‘r’ value to be significant at 0.05 levels. It was also found that the physical education and sports programmes in the union territory of Pondicherry would improve student’s participation in sports and games.

The differences among the regions in sports participation of boys and girls at intramural competitions, zonal level competitions and state level competitions were significant and Pondicherry region was found by superior to other regions. It was found that there was positive significant relationship between facilities provided for physical education and sports programmes and achievements of the school students at intramural, zonal and state levels and it was found that there were insignificant relationship between PEII and national participation.
CONCLUSIONS

Within the limitations and delimitations of the study, the following conclusions were drawn:

1. It was found that comparing to the private schools, the government schools have lower pupil physical education teacher ratio. And Yanam region has low pupil physical education teacher ratio, followed by Mahe region, Karaikal region and then Pondicherry region.

2. It was found that all the schools in the Union Territory of Pondicherry have volleyball courts forming 100%, followed by Kho Kho courts in 38 schools against 40 schools studied forming 95%. 88% of the schools have kabaddi courts and 80% of the schools have badminton courts.

3. It was found that 92.5% of the schools have sports equipments and athletic equipments, mass drill exercises equipments, such as drums, dumbbells. And 80% of the schools have separate room for keeping the sports equipments. 55% of the schools have multipurpose hall for the benefit of the students and 30% of the schools give incentives to students to participate in the sports activities.

4. It was found that there was lack in maintaining physical fitness records, physical education syllabus, and a separate attendance register in all these schools to record the sports participation of students.

5. It was found that 60% of the schools in Pondicherry, Karaikal and Mahe regions spent Rs.10000 to 20000. And 40% of the schools spent more than 20000. However, in Yanam region 20% of the schools spent less than Rs.10000, 40% of the schools spent
Between 10000 to 20000 and 40% of the schools spent more than 20000.

6. It was found that the common physical education and sports Input index (PEII) arrived at based on the standardized grading system which is useful to assess the facilities provided for physical education and sports programme.

7. It was found that there were significant differences at intramural level boy’s sports participation among Pondicherry, Karaikal, Mahe and Yanam regions. And Pondicherry region was significantly higher number of boys participated in intramural sports competitions.

8. It was found that there were significant differences at intramural level girl’s sports participation among Pondicherry, Karaikal, Mahe and Yanam regions. And Pondicherry region was significantly higher number of boys participated in intramural sports competitions.

9. It was found that there was significant differences among sports participation at zonal levels of Pondicherry, Karaikal, Mahe and Yanam regions boys and Pondicherry region was significantly higher number of boys participated in zonal level sports competitions.

10. It was found that there was significant differences among sports participation at zonal levels of Pondicherry, Karaikal, Mahe and Yanam regions girls and Pondicherry region was significantly higher number of girls participated in zonal level sports competitions.

11. It was found that there was significant differences among sports participation at state levels of Pondicherry, Karaikal, Mahe and
Yanam regions boys and Pondicherry region was significantly higher number of boys participated in state level sports competitions.

12. It was found that there was significant differences among sports participation at state levels of Pondicherry, Karaikal, Mahe and Yanam regions girls and Pondicherry region was significantly higher number of girls participated in state level sports competitions.

13. It was found that there were insignificant differences among sports participation at national level competitions of Pondicherry, Karaikal, Mahe and Yanam regions boys.

14. It was found that there were insignificant differences among sports participation at national levels of Pondicherry, Karaikal, Mahe and Yanam regions girls.

15. There was positive significant relationship between PEII and intramural participations of the school students in The Union Territory of Pondicherry.

16. There was positive significant relationship between PEII and zonal participations of the school students in The Union Territory of Pondicherry.

17. There was positive significant relationship between PEII and state participations of the school students in The Union Territory of Pondicherry.

18. There was insignificant relationship between PEII and national level sports participations of the school students in The Union Territory of Pondicherry.
19. It was concluded that the physical education facilities provided would significantly improve sports participation and achievements of the Union Territory of Pondicherry students.

RECOMMENDATIONS

During the course of the study, the investigator came across a number of ideas and suggestions which are allied to this research. The important suggestions and recommendations are made hereunder for future researchers.

1. The findings of this study proved that there was direct relationship with physical education facilities and programmes provided to the students and their sports achievements. It was recommended to the authorities to provide all necessary physical education and sports facilities to the schools so that enhanced sports achievement could be achieved in the state.

2. It was found that there was wide difference in pupil physical education teacher ratio. It was recommended to recruit adequate physical education teachers, keeping in mind the norms for appointing physical education teacher for every 250 students.

3. During the course of the study it was observed that there was imbalances in number of Physical Education Teachers appointed under different managements, it was recommended that the state government may take adequate steps to remove the imbalances.

4. During the course of the study, it was observed that excepting in few schools in Pondicherry, where there was limited vacant place for adding up additional playgrounds, other schools have sufficient place to establish play grounds. Efforts may be made by Government and School authorities to lay playfields which are not available with them.
5. During the course of the study, it was observed that the schools in the state need specialized coaching in different sports and games. It was recommended the coaches to visit the schools regularly to assess the need of the schools and take further steps to provide adequate coaching facilities, which would enhance more number of students participate at zonal and state level competitions.

6. Authorities of Sports Council may identify schools of sports excellence and provide special coaching to the student’s right from high school levels.

7. It was observed during the study that facilities for major games like, hockey and basketball are very rare in the schools of The Union Territory of Pondicherry; efforts may be taken to provide adequate facilities for all the games.

8. Similar study may be conducted for both athletics and games separately by discipline wise, management wise, sex wise and area wise.

9. Similar study may be conducted to find the highest level of participation in zonal, state and national level competitions in relation with the age of the competitor.

10. Similar study may be conducted to find the trend in the level of achievements at each and every level of competitions.