Chapter III

METHODOLOGY

3.1 INTRODUCTION:

The research is meaningful only when the study is done in a systematic manner. The manner in which the data is collected, and method used is very important.

Anthony Coutinho was brought up in conditions that did not favor him in any way yet he was able to create National record, Asian record and go on to represent India at the 1964, Tokyo Olympics.

The purpose of the study was to understand the various factors that brought about the best of Mr. Anthony Coutinho with reference to the game of athletics.

3.2 RESEARCH METHOD:

The Case Study Method, under Descriptive Research was used to conduct the study. It is an individual Case Study, where Anthony Coutinho is a case.

3.3 SELECTION OF SUBJECT:

Anthony Coutinho an Olympian who represented India at the 1964, Tokyo Olympics, an Asian in 4x100 meters relay and 100 meters National record holder was selected as a subject for study. Anthony Coutinho his family members, friends, coaches, teammates, photographs, certificates and published materials related to his athletic performance were taken into consideration for the study.

3.4 TECHNIQUES AND SOURCES EMPLOYED FOR DATA COLLECTION:

The information regarding the subject needed to be collected in different ways to make the study meaningful. In the study the subject is the primary source and the family members, coaches, fellow athletes, friends and students
are the secondary source for the study. Keeping the objectives in mind the data was collected with help of;

QUESTIONNAIRE:

The general category of inquiry forms includes data-gathering instruments through which respondents answer questions or respond to statements in writing.

Questionnaires were prepared with help of experts that was administered on the subject, family friends, coaches and fellow athletes to get true information.

The questionnaires were administered according to their convenience with prior intimation.

The questionnaires were asked in a systematic order to get detailed information.

All factors that were responsible for his athletic achievements were known and study.

• PREPARATION OF QUESTIONNAIRE:

Questionnaire was prepared to get the factual information from the subject and the people involved in his athletic career that would give detailed and relevant information that would make the study meaningful.

The questionnaires were given to Prof. Sopan Kangane, Prof. Sharad Ahire, Prof. V. Tujare, Prof. A. F. Shinde and Prof. Pritam Bedarkar who are subject expert in the field of sport and psychology.

The open and closed forms of questionnaires were used while preparing the questionnaire.

The questionnaire was developed following three phases.

- **PRE PILOT STUDY:**
The pre pilot study was done to know the different factors and areas that were influential in the success of Anthony Coutinho.

  The people who played vital role in his success were also known.

  Reviews of different photographs, news paper cuttings and certificates were verified to know and know the real picture of Anthony Coutinho’s athletic journey.

- **PILOT STUDY - JURY OPINION**
  To know the different factors and areas that had an influence in his athletic career, Questionnaires were prepared to get detailed information of Anthony Coutinho. The prepared questionnaires were sent to the experts in Physical Education, Education, and Sports Psychology and were requested for their opinions and suggestions that would give proper direction to the study. They in turn oblique to help in giving their opinions and valuable suggestions to make the study more meaningful.

  Their suggestions and remarks were taken into consideration to make sure all the objectives, dimensions and factors were covered to make the questionnaire meaningful. There many questions but after the opinions and suggestions of the experts the questionnaires were refined and reduced.

- **FINAL PHASE OF THE QUESTIONNAIRES:**
  The final questionnaires were prepared taking into considerations the suggestions of the experts and all the dimensions and factors of Anthony Coutinho that made him an Olympian were as follows,

  - Personality.
  - Childhood.
  - Adulthood.
  - Family Background.
  - As an Athlete.
Different types of questionnaires were used like open and closed questionnaire.

The researcher made sure that the questions were asked skillfully so as to get unbiased information and made sure that the subject did not have previewed notions regarding the outcome of the interview.

With prior consent of Anthony Coutinho got the interview video taped so that the information could be analyzed in the best possible way. It was also made sure that the subject was not distracted by the video recording.

The questionnaire was administered according to the convenience of Anthony Coutinho so that he would be in the best frame of mind to give detail and reliable information.

3.4.1 OPINIONNAIRE:

An information form that attempts to measure the attitude or belief of an individual is known as an opinionnaire, or attitude scale.

Opinionnaire were prepared with the help of experts that was administered on the subject, family friends, coaches and fellow athletes to get opinion about Anthony Coutinho with regard to his athletic achievements.

The Opinion regarding Anthony Coutinho’s personality, his personality, as an Olympian and as an athlete was taken.

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The Opinionnaire had four responses, 

Strongly Agree, Agree, Strongly disagree and Disagree.

These responses were converted into percentage that would help to understand their opinion in a better manner.

- **PREPARATION OF OPINIONNAIRE:**
  
  The Likert Method of summated ratings was used having four responses;

  a. Agree.
  b. Strongly Disagree.
  c. Disagree.
  d. Strongly Disagree.

  The numbers of statements of the subject were collected about the subject. The correctness of the statements was not important, as along as they express opinions held a substantial number of people.

  The opinions of Anthony Coutinho, his family members, friends, coaches, athletes and students were taken to understand him in a better way.

  Opinions of the different dimensions of Anthony were taken of Anthony Coutinho as an Olympian, as an athlete, as an coach and his personality.

  The responses would give a clear picture of his personality that would help in understanding him in a better way.

  According to the responses received, the interpretations were done.

  The purpose of the study was made known to subject and he willingly oblique to give reliable information to make the study meaningful.

  The researcher made sure that he established a good rapport with the subject to get detailed information.
3.4.2 INTERVIEWS:

The interview is in a sense an oral questionnaire. Instead of writing the response, the subject or the interviewee gives the needed information orally and face to face.

Interviews of the Anthony Coutinho, his family members, coaches, fellow athletes and friends were taken with regard to Anthony Coutinho’s athletic career.

The researcher made sure the purpose of the investigation didn’t have preconceived notions on the interviewees regarding the study.

The researcher personally contacted Anthony Coutinho, his family members, friends, coaches, athletes and students with regard of taking an interview and conducted interviews according to their convenience.

Different types of interview were taken like standard open ended interview, closed, fixed response interview and informal conversational interview to get detailed information to make the study meaningful.

The interview questionnaire was systematically prepared and dealt with his childhood, adulthood, family background, socioeconomic status, training scheduled, training method, Olympic journey, different coaches in his athletic career, diet and life style.

The researcher interviewed Anthony Coutinho according to his convenience and prior permission so that he would be in the right frame of mind to give detailed and reliable information.

The researcher made sure that the interview duration was not lengthy that would affect the quality of the interview.

The researcher visited the subject on a few occasions, to create a rapport that would help in getting minute information regarding his athletic journey.

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The researcher personally contacted totally sixteen of the subject’s family members, coaches, friends, team mates and took prior permission to conduct an interview related to the subject’s athletic career. They gladly agreed without any hesitation to co-operate and gave detailed information required for the study.

3.4.3 OFFICIAL RECORDS:

Official records of Anthony Coutinho regarding his athletic achievements and athletic career like his sports certificates and his passport were studied to know about his athletic performance.

To make the study more authentic the researcher scrutinized the official documents like Anthony Coutinho’s athletic achievement his Certificates at different levels, passport indicating the athletic journey of Anthony abroad and different photographs during his athletic career.

3.4.4 PUBLISHED MATERIALS:

Published materials were studied to know about his achievements and the views of the media and the people about Anthony Coutinho.

3.4.5 VISITS: The researcher visited most of the places like his native place, Ahmednagar, the police head quarters where he worked as a police.

3.5 16 PERSONALITY FACTORS TEST:

^4^ Raymond B. Cattell’s sixteen source traits were used for the study. The Sixteen personality factors of Anthony Coutinho were studied.

The personality of Anthony Coutinho was studied with help of the 16 personality test. It was not only the subject’s physical ability but also the mind that played a vital role in shaping the subject into a fine athlete.

The personality factors dealt with the five global factors and their primary factors which were as follows,

3.5.1 EXTRAVERSION:

Primary factors warmth, liveliness, social boldness, private ness and self reliance were studied.

3.5.2 TOUGH MindedNESS:

Primary factors like warmth, sensitivity, abstractedness and open to change were studied.

3.5.3 INDEPENDENCE:

Primary factors like vigilance open to change, dominance and social boldness were studied.

3.5.4 SELF CONTROL:

Primary factors like liveliness, rule consciousness, abstractedness and perfectionism were studied.

3.5.5 ANXEITY:

Primary factors like emotional stability, vigilance, apprehension and tension were studied.

The personality factors were cross checked with the Opinionnaire, questionnaires and with the interviews with his family members, friends, coaches, fellow athletes and students to conclude regarding the personality of Anthony Coutinho.

3.6 ANALYZING THE DATA:

The data received was mainly analyzed in four different dimensions.
3.6.1 DIMENSION I: BIOGRAPHY OF ANTHONY FRANSICS COUTHINHO

In this section the biography of Anthony Coutinho’s birth place, education, socioeconomic status, personality, coaches, friends schedule and training method, diet and life style, contribution received from the government and level of participation.

3.6.2 DIMENSION II: PERSONALITY OF ANTHONY FRANSICS COUTHINHO

In this section the subjects various personality factors were studied and analyzed.

3.6.3 DIMENSION III: VEIWS ON ANTHONY COUTINHO’S PERSONALITY AND AS A SPORTSMAN

The views of subject’s family members, coaches, and friends were studied to know about his athletic achievements and contribution towards the field of athletics.

3.6.4 DIMENSION IV: OPINION RATING SCALE.

The rating scale involves qualitative description of a limited number of aspects of a thing or of traits of a person.

This section deals with the opinion rating scale of the subject related to his personality.

The subject responded to statements in a four point rating scale as follows.

- Agree
- Strongly disagree
- Disagree
- Strongly disagree

The responses were converted in terms of percentage and interpreted accordingly.

The whole data at the end analyzed with the help of descriptive method.