Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

SUMMARY

Athletics as is the base of all sports. It has been a major sport from ancient period. Athletics consists of many events like running, jumping, throwing, combined events and team events. It has been an event that has been played by all the countries in the world. Athletics has been a major game in the Olympic events. India has been a part the Modern Olympics and has gradually improved its performance. There are many Indian athletes who have represented the Olympics and have come to winning a medal in athletics. This is a study on an Olympian who fought against all odds and went on to be an Olympian and create an Asian record in 4x100m relay and a national record in 100m.

➢ AMATEUR ATHLETIC FEDERATION OF INDIA (AAFI)

Amateur Athletic Federation of India (AAFI) was formed in 1946 at the initiative of Maharaja Yadavindra Singh, the then President of Indian Olympic Association with Prof. G.D. Sondhi as its first President.

The AAFI got affiliated to IAAF (International Amateur Athletic Federation) in the year 1948). But it followed the IOA for holding the National Athletic Championship once in two years. It was in 1949 that AAFI took the decision of holding the National Athletic Championship every year. The AAFI for the first time selected 8 athletes (6 Men 2 Women), who participated in 1948 Olympic Games at London. Indian Women competed in the Olympic Games for the first time in 1948.

➢ STATEMENT OF THE PROBLEM:

The Researcher will be conducting a study on an Indian Olympian Anthony Francis Coutinho and his athletic journey to the 1964, Tokyo Olympic Games.
Hence to achieve this purpose the problem selected by the researcher is as follows:

AN INDIAN OLYMPIAN ANTHONY FRANCIS COUTINHO: A CASE STUDY

➢ THE NEED AND SIGNIFICANCE OF THE STUDY:

• The study will help us to know about the athletic life of Anthony Francis Coutinho.
• The study will help us to know about Anthony Francis Coutinho’s participation and achievements at different levels.
• The study will help us to know about Anthony Francis Coutinho’s family background.
• The study will help to know the support received from his family.
• The study will help to know the training schedule adopted by Anthony Francis Coutinho.
• The study will help to know the training methods adopted by Anthony Francis Coutinho.
• The study will help to know the personality of Anthony Francis Coutinho.
• The study will help us to know the different problems faced by Anthony Coutinho.
• The study will help to know Anthony Francis Coutinho’s childhood with regard to the game.
• The study is necessary to know Anthony Francis Coutinho’s adulthood with regard to the game.
• The study will help to know the different coaches in Anthony Coutinho’s athletic career.
• The study will help us to know the support Anthony Coutinho received from his family, athletes, coaches, society, media, association and the government.
The study will help us to know the opinions of Anthony Coutinho’s family, friends, coaches, athletes and students regarding his personality, as an Olympian, as a player and as a coach.

The study will help us to know the contributions of Anthony Francis Coutinho with regard to the game.

The study will help to know the socioeconomic influence on Anthony Francis Coutinho with regard to the game.

**OBJECTIVE OF THE STUDY**

- To know the family background of the Anthony Francis Coutinho.
- To know about the childhood period in Anthony Coutinho’s athletic career.
- To know about the Adulthood period in Anthony Coutinho’s athletic career.
- To know the Educational Background of Anthony Coutinho.
- To study the Socio Economic influences on Anthony Francis Coutinho with regard to the game.
- To know about the Support, Anthony Francis Coutinho got from his Family, Society and the Government.
- To know the Training Methods and Schedule adopted by Anthony Francis Coutinho with regard to the game.
- To know the role of different coaches in Anthony Francis Coutinho’s athletic career.
- To study Anthony Coutinho’s role as a player, an Olympian and as a Coach.
- To know about the Diet and Life Style of Anthony Francis Coutinho.
- To know Anthony Francis Coutinho’s participation and achievements in different athletic competitions.
- To know the difficulties Anthony Countinho faced during his athletic career.
- To study the views of Anthony Francis Coutinho with regard to the game.
To know Anthony Francis Coutinho’s contributions with regard to athletics.

To know the role of media in his athletic career.

To know the Personality of Anthony Coutinho.

To know the Opinion of Anthony Coutinho’s family members, friends, coaches, athletes and students on him.

➢ DEFINITION OF TERMS USED:

- A Case Study: It is a study of a person or an institution with regards to the achievements for social viewing.
- Olympics Games: a sports festival held every four years in different countries.
- Olympian: a competitor in the Olympics Games.

➢ LIMITATIONS OF THE STUDY

- The study is limited to the athletic achievements, contributions and role of Anthony Coutinho in the field of athletics.
- The information obtained from the subject and the related people to the subject.
- The information is obtained from all written sources available related to Anthony Coutinho’s athletic career.

➢ DELIMITATIONS OF THE STUDY:

- The study is only related to Anthony Coutinho, as it is an individual case study.
- The study is delimited to the information sort from Anthony Coutinho, his family, friends, coaches and written sources.
• The study is delimited to Anthony Coutinho and his achievement, contributions and, role in the field of athletics.

• The study is delimited to Anthony Coutinho’s childhood, adulthood, family background, athletic career, his coaches, achievements, socioeconomic status, diet, training schedule, educational background, personality and health.

➢ ASSUMPTIONS

• It is assumed that the personal information given by Anthony Coutinho, will be true regarding his contributions and achievements in sports.

• It is assumed that the information given by his family members, coaches and friends with regards to Anthony Coutinho’s achievements, contributions and role in the field of athletics will be true.

• It is assumed that the information given by his family, friends and coaches regarding Anthony Coutinho as a coach, as an athlete, as an Olympian and about his personality will be true.

• It is assumed that the questionnaire administered Anthony Coutinho’s family, friends and coaches would give a true picture of Anthony Coutinho.

• It is assumed that the information given by his family, friends and coaches were in the best frame of mind to give the true information.

• It is assumed that the opinions of Anthony Coutinho’s family members, friends, coaches, fellow athletes and students will be true.

➢ 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.

➢ SELECTION OF SUBJECT:

Anthony Coutinho an Olympian who represented India at the 1964, Tokyo Olympic Games, 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.

- **TECHNIQUES AND SOURCES EMPLOYED FOR DATA COLLECTION:**

  The information regarding the subject needed to be collected in different ways to make the study meaningful. Keeping the objectives in mind the data was collected with help of;

- **QUESTIONNAIRE:**

  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 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 obliqued 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.
- As a Coach.
- As an Olympian.
- Diet and Life style.
Training Method and Schedule.

Different Coaches in Anthony Coutinho’s Athletic Journey.

His views on Athletics.

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.

**OPINIONNAIRE:**

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.

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;
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.

**INTERVIEWS:**

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.

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.

➤ **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.

- **PUBLISHED MATERIALS:**
  Published materials were studied to know about his achievements and the views of the media and the people about Anthony Coutinho.

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

- **16 PERSONALITY FACTORS TEST:**
  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,

  - **EXTRAVERSION:**
    Primary factors warmth, liveliness, social boldness, private ness and self reliance were studied.

  - **TOUGH MINDEDNESS:**
    Primary factors like warmth, sensitivity, abstractedness and open to change were studied.

  - **INDEPENDENCE:**
    Primary factors like vigilance open to change, dominance and social boldness were studied.

  - **SELF CONTROL:**
Primary factors like liveliness, rule consciousness, abstractedness and perfectionism were studied.

- **ANXIETY:**

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

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

➢ **ANALYZING THE DATA:**

The data received was mainly analyzed in four different dimensions.

- **DIMENSION I: BIOGRAPHY OF ANTHONY COUTINHO**

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.

- **DIMENSION II: PERSONALITY OF ANTHONY COUTINHO**

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

- **DIMENSION III: VIEWS 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.
DIMENSION IV: OPINION RATING SCALE.

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.

CONCLUSIONS

The following conclusions may be drawn from the data that was collected from the subject, family members, friends, relatives, coaches, team mates, certificates, photographs, newspaper cuttings, internet etc.

- Anthony Coutinho’s father and uncles were serving the police department.
- Anthony Coutinho’s father and uncles were sportsmen.
- Anthony Coutinho’s family supported his to play sports.
- Anthony Coutinho’s both the brothers were also sportsmen.
- Anthony Coutinho’s son, Evred also was an athlete who represented University of Pune.
- Anthony Coutinho’s mother was a house wife.
- During Anthony Coutinho’s childhood he was physically active.
- He was healthy during his childhood.
• Anthony Coutinho’s helped his parents in the household work during his childhood.
• Anthony Coutinho’s was a sincere student during his childhood.
• Anthony Coutinho’s used to go running practice during his childhood.
• His father and uncles being policemen, he wished to be policeman from his childhood.
• Anthony Coutinho’s was very good at Attya- Pattya game.
• He used to go for regular running practice and talim work out during his adulthood.
• The diet Anthony Coutinho received during his adulthood while working at the dairy farm helped to keep him healthy.
• Segregating the milk and cream with the help of a hand machine helped to Anthony Coutinho to develop his upper body.
• Distributing milk to the different hotels helped Anthony Coutinho’s in developing his lower body.
• Anthony Coutinho was a resourceful person, he painted houses, majids and sold ice-cream to support his family.
• He completed his VIIth standard from No 10 Municipal School.
• Anthony Coutinho was a sincere student at school.
• Anthony Coutinho had to leave school to support his family financially.
• Anthony Coutinho’s was a social family.
• Anthony Coutinho was well known because of his sporting achievements and good behavior.
• Anthony Coutinho’s financial status was not sound that made him strive on the ground and at work place to improve his financial condition.
• Anthony Coutinho was supported by Tata sports academy in great way in his athletic career.
• Anthony Coutinho feels that he was not felicitated by the government in an appropriate manner for his achievements in the field of athletics.
• Anthony Coutinho was supported by his friends and society for his achievements.
• Anthony Coutinho feels that he could have been felicitated by conferring a award for his achievements in sports.
• Today Anthony Coutinho is getting a pension of Rupees 3000/- per month for being an international sportsman.
• Anthony Coutinho was supported by media for his achievements in sports.
• Mr. Suresh Gujrathi spotted him and supported Anthony Coutinho in athletic career.
• Tata sports academy gave heavy incentives so that Anthony Coutinho would improve his performance.
• Mr. Suresh Gujrathi did not receive any formal athletic training during his early days.
• It was after Anthony Coutinho joining the police department he got formal training.
• Nizam Master gave formal training to Anthony Coutinho at the police department.
• During Anthony Coutinho’s childhood he used sleep early and get up early.
• Nizam Master taught him running start in Anthony Coutinho’s early days.
• Mr. Lazarus general practice and cross country training during his tenure at the police department.
• Mr. Suresh Gujrathi gave him proper weight, technical training and mental training at Tata sports academy.
• Mr. Cobax taught him exchange of baton as a coach during the Olympics.
• Mr. Cobax gave general training to Anthony Coutinho during the Olympics.
• Anthony Coutinho used to have morning and afternoon session during the Olympics.
• Anthony Coutinho used to have morning and afternoon session at the Tata sports academy.
• Anthony Coutinho did not get the right diet during his childhood because of his financial condition.
• It was at the police department that Anthony Coutinho started to get proper diet.
• At the Tata sports academy Anthony Coutinho got proper diet that helped to improve his performance.
• At the 1964, Tokyo Olympics all Indian delicacies were available.
• Anthony Coutinho loved to eat non vegetarian from his very childhood.
• Anthony Coutinho was never fussy of the food that was served to him.
• Anthony Coutinho first represented Maharashtra state for the police department and then after joining the Tata sports academy he represented Bihar state.
• Anthony Coutinho stood first in 100m at the state and national level police meet.
• Anthony Coutinho stood first at the Calcutta Nationals in 100m.
• At the Delhi Nationals he created a new national record in 100m with timing of 10.5 seconds breaking Levy Pinto’s 12 years record.
• At the German tour Anthony Coutinho gave consistent performance of 10.5 seconds.
• At the 1964, Tokyo Olympics he with his team mates created a new Asian record in 4x100m relay.
• Anthony Coutinho had to work hard to support his family from a very early age.
• From competitions he had to many times travel in an unreserved railway compartment.
• He had to stop studying to support his family.
• Anthony Coutinho had to stay away from his family as he had to join Tata sports academy.
• Anthony Coutinho suggests that the upcoming athletes need to work hard to improve their performance.
• Anthony Coutinho suggests that the upcoming athletes need to have a proper diet and lifestyle to perform better.
• Anthony Coutinho must take up sports as now day’s sportsmen are getting good facilities.
Anthony Coutinho feels that there are proper coaching and training facilities and sportsmen need make use of it. 

Anthony Coutinho was a hardworking person. 

Anthony Coutinho was a resourceful person. 

Anthony Coutinho was a co operative person in his life. 

Anthony Coutinho was a self reliant person. 

Anthony Coutinho was an emotionally stable person. 

Anthony Coutinho was a physically strong person. 

Anthony Coutinho family members, friends and coaches had an opinion that he was a family man. 

Anthony Coutinho family members, friends and coaches had an opinion that he was a disciplined person. 

Anthony Coutinho’s coaches had an opinion that he was disciplined as sportsman and as a person. 

Anthony Coutinho family members, friends and coaches had an opinion that he was not appreciated in a proper manner, he being an Olympian. 

Anthony Coutinho family members, friends and coaches had an opinion that he could have been awarded for his performance in sports. 

He was a keen learner and always wanted to improve his performance because he knew that it was athletics that would redeem him and his family from all difficulties. 

He had great respect and faith in his coaches and followed their advice sincerely. 

Anthony Coutinho was mentally strong and never allowed defeat to disturb him. He always tried to analyze what went wrong and perform better. 

He was never affected if he had tough competitors. 

Anthony Coutinho was a friendly person by nature and was liked by everyone as he was co operative and loving.
• He was never bothered if he had any problem of traveling during his tour and in fact would concentrate on his preparation for the competition.

• It was the Police department that gave him a platform to perform at state and national level.

**RECOMMENDATIONS**

• A further study may be done on the same subject on the anatomical, physiological, psychological and genetic aspects which have influenced his performance.

• A comparative study of the subject and the other national and international players can be done.

• The study on the subject would help the coaches, athletes and up coming athletes and serve as a motivation.

• If the athletes work hard on their fitness they will perform well at the high level.

• Renowned athletes and coaches need to be felicitated for their contributions and performance in the field of sports.

• To get desired results at the international level, competitions should be conducted regularly right from the grass route level.

• Coaches and players need to update their knowledge to get better results.

• Sportsmen need to work hard to give good and consistent performance.

• Proper training and facilities need to be given to school going children.

• Parents need to support their children in taking up sports.

• Players need to have faith in their coaches and train hard.

• Athletes should be encouraged for their outstanding performance by the Government and the Association.
• Sportsmen should be given administrative posts, and not non sportsmen or politicians.

• All sports need to be given equal status.

• Attractive incentives need to be given to sportsmen to get outstanding performance at the international level.

• Sportsmen need to be disciplined.

• Sportsmen need to maintain a proper diet and lifestyle.

• Media needs to play an encouraging role in development of sportsmen.