CHAPTER-II

REVIEW OF LITERATURE
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Survey of related studies is an integral part of research. It paves the way for further research and equips the researcher with an understanding of the previous work done in the area of study. Besides, it helps to throw light on the techniques and procedures to be adopted for the study. It also helps the investigator to compare the findings established in the related area and, thus, serves to help the researcher to delimit and define the problem. Research studies may either be directly or indirectly related.

L. Matveyev (1981)\(^1\) a great physical educator of Soviet Union first time gives detailed description of sports training under the "Fundamentals of sports training". He divided this textbook into three sections. In first section he define sports, sports training and theoretical and methodological problem of sports. The 2\(^{nd}\) section is dealing with the preparation of an athlete for competitions and the process of training for an athlete.

The 3\(^{rd}\) and last section deals with structure of training. This section explains every cycle of training or we can say every stage of training. The author has attempted to deal more fully, first of all, with

those main problems, which are highlighted relatively little in existing special literature in third section. He has pointed out the difficulties of a strict exposition of extensive material on the theory and method of sports training.

At last one can discover the dedication and efforts of the writer whole going through the book. A splendid work on sports training is done buy him in a gallant way.

"Book of Games" (1991)\(^2\) by Joseph contains nearly 400 games that can be played by a large number of people in settings. Suitably illustrated, the book describes tag games involving running, chasing and touching, relays, combative-duel and mass, quiet and skill games for social occasion, circle, wide, water and rural games which can be organized for recreation. Creeping, crawling, tumbling, running, chasing, jostling, holding, pushing, pulling, and handling and manipulating objects are some of the major elements of play which the games included in the book succinctly cover. For the young there are informal games and for the older boys and girls there are games, which abound in competitive rivalry and self-display, gradually leading to skilled sport behavior. The needs of grown up adults have also bee catered to by incorporating quiet games with some fun and

skill because games requiring more strenuous physical effort do not find much favour with this chunk of population.

Karan Singh the professor, an Arjuna Awardee & an Asian medallist athlete has presented the history of inter-university athletics meets from 1940-41 to 1983-84. The 1st interuniversity athletics meet was held in Feb. 1941 and there after these events have taken place regularly without any interruption. This is the book, which has record the performances in detail of athletics that competed in these inter-university athletics meets. The book contains innumerous data. In fact the book is of historical valuable and can be inspirational to the young athletes.

Mukesh Kumar (1993)³ has presented a very good work, which includes vast information about playing fields, specifications and material used for manufacturing the equipments.

The book also highlights some basis rules regulation of playing the track and field events. Though the matter is concise but the author has explained the playing fields with the help of figures, which really helps to learn the concept practically.

Besides a glossary of the terms and words generally used in respect of each of the events is also presented at the end of the respective event.

Malik (1993)\(^4\) highlighted the causes of India's dismal performance at international level sports meets. In his view, the poor national sports policy, faulty or inadequate coaching, training, and poor working of Indian Olympic Association and other state level associations, is responsible for this basic malaise. He wondered at the working of sports Authority of India by commenting that 'Nobody knows what exactly is the role of SAI'.

He also suggested that the solution of the problem would lie in framing a self-sustaining and broad-based policy for sports and its subsequent implementation by the Ministry of Sports. This policy must ensure :-

(1) General increase in the level of participation of sports in the student community;

(2) Holding compulsory annual sports meets in each school and college;

(3) Proper scouting of talent;

(4) Selection of teams in advance of the international meet followed by intensive coaching by the best coaches available in the country or

from outside, and accountability of the sports-bodies concerned for poor performance in any meet.

Lokesh Thani (1995)\(^5\) has covered all the data related to the winners of Athletics in Olympics. The book written by him is the one of the most comprehensive book that covers all types of data i.e. from 1896 to 1992. All the winners of the Long Jump, Shot Put, Discuss Throw, Hammer, Marathon, Decathlon, and Javelin Throw are specified with their country name & with the category of medal i.e. Gold, Silver, and Bronze. Suitably illustrated, the book also describes particular activity i.e. Long Jump, High Jump, Shot Put, Discuss Throw and Javelin etc.

The author has explained the movements with the helps of photographs. This is of immense help to both the trainers as well as the players. The book may be paid to have a three fold objective of assisting the beginners to acquire the skill & knowledge of the events; helping junior players to improve their of skill & assisting the coaches and trainers in explaining the concepts to the players.

Thani (1995)\(^6\) writes about all the major sports. The author has briefly explained and summarized all the major games one by one. The


method of playing the game, its rules and regulations, techniques and tactics of the game, dimensions of ground, used in the respective games are discussed in brief. Besides a glossary of the terms and words generally used in respect of each of the games is also presented. The brevity, preciness, and consciousness of the explanation provided by the author, in this regards suggest that he was deeply influenced by the famous Baconian saying "brevity is the soul of wit."

All this is explained so briefly and concisely that the author may regard as having a firm belief in the famous Baconian saying "brevity is the soul of wit".

Vivek (1996)⁷ has described the greats of Athletics. It is really a book, which is full of inspiration. The book starts with the great Abebe Billa (1932-1973) of Ethiopia the first man to retain marathon title, and then it gives us the knowledge about the great Athletes of track and field events. It specifies their name, country. The snaps of most of the athletes are also available in the book. A separate section on Indian players who achieved a glory in the track and field events is also included in the book. The snap of P. T. Usha is something very special.

At the end there is a detail of world records in world championships, IAAF world cup, Walkin cup, Lugano Cup, Eschborn cup, Common

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⁷ Vivek, "New Encyclopedia of Track and Field", Khel Sahitya Kendra, New Delhi, 1996.
wealth games, European cup, European combined events cup, European Marathon cup, Mobil card prix and European championship.

Chandan Ghose (1997)⁸ has presented the excellent work in the "encyclopedia of sports and games" on the occasion of the completion of 50 years of Indian Independence under the Hinduja foundation. The book provides valuable information about the origin of Athletics in Olympics. He traced the history from the Greek Olympics in 13th century B.C. The author writes about all the track & field events very vastly. Moreover, he has explained the method of playing the event, its rules & regulations, Techniques & tactics of the game, dimensions of the ground.

The most important thing is that the book is written in a very lucid & simple manner. Even a non-sports man can understand the things very easily.

Frank E. Dick (1997)⁹ serves the purpose of both the coaches and the trainees of athletics, as well as others players. The author has explained the every aspect of training and coaching with long and short-term training schedule, and also explains the Nutritional and psychological aspect of training and coaching. This is of immense helps to both the trainer as well as the coaches. The book may be said to have a three-fold objective of

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assisting the beginners to acquire technique and assisting the coaches and trainers in explaining the concepts to the Athlete.

This book also explain the rehabilitation process, loading process and development of every concept of physical fitness which make the trainer more strong and intelligent.

Krassilchtchikov (1998) has very aptly summarized the need, the objectives and the importance of the third stage of long term training, called the specialized basic training, of the sports persons. To him, the stage of specialized basic training is the most important one from the point of view of mastering the specific skills of the selected event. With this stage basic training is over and we are approaching the most difficult stage of long-term training for the maximal realization of individual abilities. So, during the specialized basic training, we have to finish mastering the technique, to lay down proper general and specific background for further perfection in all parts of training. And since during the next stage of training we should pay almost all our attention to perfection, we should finish around 90% of teaching here only.

He has also opined that the whole system of long-term training is very specifically oriented in the demonstration of top performance in the

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optimal age. To achieve that goal, we should be rather careful with young sportsmen, gradually preparing them to the higher and more intensive training loads. This should be done during the first several stages of long-term training. Description and recommended contents of them will help to groom the talented youngsters up to the level of senior top internationals.

Fourth stage of Long Term Training, known as the “Maximal Realisation of Individual Abilities”, is the most difficult one in all respect and one can easily land to both sides of the borderline: reach the top or unfortunately get overstrained. This is what Krassilchtchikov (1998) explain in his write-up “Long Term Training of Sportsmen” about the fourth stage of training of sportspersons.

The author also states that the main feature of this stage is that besides traditional ones, coaches use training means and methods, which are able to give tremendous impact on the adaptation process. Means and methods of training are also becoming most specific and performance oriented. Nutrition, rehabilitation procedures, physiotherapy are playing a tremendous role at this stage of training because most effective training means and methods should walk along with most effective means of recovery and permitted stimulation.

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Psychological training also comes to very important stage. It plays a great role both in training and competition. In training, it has to help in the tolerance of extremely high training loads and in competition to help in keeping the optimal psychological state from the very beginning to the very end of the competition. One of the most important features of this stage of training is intensive use of scientific support to the help performing sportspersons. In fact, this is becoming the most important factor for the modern sports training institutes because in the top performance competitive sports of today they cannot create the best performing sportspersons without the use of scientific and technological methods in their curricula.

A sports delegation consisting various sports personalities and experts recently (10-9-1998) visited those countries which are far ahead of Indian in achieving good position in various disciplines of sports more so in Athletics. The views of the delegation are as under:

(a) There is a need of strict discipline like that of Chine, Japan, Korea, Germany and Holland.

(b) Only those players should be selected for the Olympic games who are capable of coming in the first ten.

(c) Those sportsman who are bringing medal to the country in Olympic or in any other World Level sports meet, should be considered as
special VIP citizen of India with adequate financial supports so that they should devote their efforts and energies for the improvement of the sports standards without any financial anxiety.

(d) The country should also patronize those players who are not getting the medals and losing to the opponent on thin margins should be treated at par with other medal winners.

(e) There is a need of army type discipline and responsive to various as to make them responsible and responsive to various situations. They should not shirk the responsibility entrusted to them, whether it is big or small.

(f) Every sportsman should behave in a ideal manner which can be model for the youth in character building.

(g) There must be some system of regular appraisal of all the sports fixtures to evaluate the performances and deficiencies of various teams so that timely remedial measures may be taken.

**Sodhi and Krishan (1999)**\(^{12}\) have observed that the popularity of sports in contemporary society has led social scientists to include sports as part of human culture. Anthropologists study sports and sportsmen and their cultural setting and are particularly interested in the social problems that characterize the sports institution. The anthropology of sports treats

the sports institutions from a cultural perspective thereby understanding how the physiological functioning in the socio-cultural backdrop affects the overall performance of a sportsman. Thus, performance of a sportsman depends on his physique and body composition including size and form, skill, training, motivation, physiological age, sex, physical growth, capacity to perform, socio-economic conditions, nutritional status, environmental stresses and also the mental construct.

Waghchoure and Bera (1999)\textsuperscript{13} have observed that competitive sports, in recent times, have imposed tremendous stress and tensions on sportsman while they are aiming of winning a medal. The high level of sports anxiety disturbs body awareness and affects physiological functions which resist the smooth movement of muscles, joints etc. As a result the exposition of aesthetic aspect of body movements in sports situation is distorted and limits top performance.

The authors believe, on the basis of several reports presented by them, that Yoga improves skills by rendering patience and freshness and controls the negative thoughts and sports anxiety during competitive situation in sports. All these, in fact, improve the aesthetic sense of an athlete.

The basic principal of yoga in achieving 'target' is to restrain one's ability from unwanted wastage of energy and divert it towards the real objective in a manner conducive to one's physical, psychological and spiritual balance. Since body is the only vehicle available to attain any objective in life, or in sports field, one has to practice yoga through the medium of body. The sports persons through yoga can successfully overcome the elements of stress, tension, anxiety etc. along with the sense of aesthetic ability.

Sharma and Sharma (1999)\textsuperscript{14} have presented a good work, which describes various sports played throughout the world. The book deals with different discipline, giving brief profiles of some 2500 sports persons and a few officials. The book takes into account the sports from 1844 to 1997 and is a vast treasure on sports. The book searches the origin of all the major sports, their development and the important events in the history of the respective sports. Thus, for instance, the book provides valuable information about the origin and development of Athletics, major events in the history of the game and the major tournaments of the game. It also provides interesting biographies of Athletics stalwarts like Dhyan Chand, Balbir Singh and Krishan Lal. In the similar manner, all other major sports of the world and the players of national and international repute in their

respective fields found place in the book. Besides, the book also provides a list of important national and international players of various games and sports.

Friedlander’s “The Mammoth Book of Sports and Games of the World” (1999)\textsuperscript{15} is one of the most comprehensive books that cover more than one hundred and fifty popular sports and games played in various parts of the world. The book contains up-to-date information pertaining to various sports and games. The work gives valuable information regarding the origin, history and development of the sports, main rules, regulations and specifications of the sports as well as basic tactics and strategies involved in various sports.

Besides, it takes note of the regional or trans-national variations in some sports and includes all the versions of that particular sport. For instance, field Athletics is played differently in the USA and UK and the book contains a description of both of these. Considering the wide coverage and lucid style, the book may well be christened as the encyclopedia of sports.

Fred wilt, Tom Ecker and Jem Hay (1997) have presented a complete manual for the female athletes. This is a book of physiological, psychological and biomechanical information. It is also a How-to-do it manual for the individual track and field events. It is a unique book of its type. It focus only female as a competitor. It is really something very inspirational stuff for the women athletes. The book provides all the physical and mental considerations for the development of the skills in athletes. It highlights all the events like the hurdles, relays, long jump, high jump, shot put and javelin throw etc. At last it specifics weight training for women while is something very important.

Sharma’s “Olympics: Athens (1896) to Atlanta (1996)” is a complete source book on the 100 years of Olympic games. It exclusively pertains to those games that we play in the summer season or indoors. Important facts and figures of the ancient Olympic games are also covered. People prefer ready reference at hand and keeping this in view, all the Olympic (summer) games are covered in question-answer form. For easy location, the major Olympic games are arranged in the alphabetical order and in the miscellaneous section the book covers other games from Baseball to Yachting. The book also covers the brief history of the Ancient

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and Modern Olympic games. The book has lots for the readers to know about the past 100 years of the Olympic sporting events.

The questions selected are broad-based and cover various facets like "history and heritage", "India in Olympics", "Laws, Rules and Tactics", "who said It?" etc. It also enlists the Olympic medal winners, famous personalities, records and also memorable and unique moments of each game. The book is written in such a way that the readers can gain knowledge by stepping up the challenge of the quiz and at the same time test their own.

Ekta's work (2000) serves the purpose of both the coaches and the trainees of Athletics. The book contains hours of enjoyable reading and is a must for everyone interested in athletics. The book is unique and has covered A-Z guide to the sportspersons related to the track and field events. The book start from the history of the athletics and then gives full information of track events principal of running, short distance race, middle distance race, hurdle, long distance race, relay race, training schedules, and then of field events. Discuss athletics, javelin pole vault, high, long, triple jump, Shot Put, Hammer through, walking, marathon etc.

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The book also contains a list of cup and trophy related to athletics. The book prescribes various situations and rules of the athletics and gains a hint of the athletics injuries and equipments.

Various newspapers and sports magazines and other weekly magazines dated 9-10-2000 expressed a comparative analysis of the worst state of affairs in Indian athlete, S.R. Bomal, former Human Resource Development Minister, Government of India, sukhdev Shingh Dhindsa, Sports Minister, Government of India and his Minister of state for Sports for Sports, Shah Nawaj Hussain have all expressed regard to the Olympic game. A summary of their views is presented as under:

➢ First, there is a need for longer duration of training of the players in identical environments.

➢ Second, only those players should be taken who are determined to earn best name and fame for the country and who are not greedy and selfish.

➢ Thirdly, the number of official who are accompanying the team should be kept minimum.

➢ Fourthly, there must be code of conduct for the officials.

➢ Fifth, the official who are entrusted with sports assignment should only from the sports cadre so that they can appreciate the problem
of the players and suggest remedial measures based on their practical experience and expertise.

➢ Sixth, there is need of chain of sports universities and sports colleges, which can be the breeding places for sports talents in the country and a start can be made convert the present National Institute of Sports into a full fledged sports university.

➢ Seventh, new national sports policy of sports should be prepared.

➢ Eight, various industries should patronize various disciplines of sports so that the sportsman is free from the burden of financial anxieties.

Highlighting the reasons for the absence of competitive spirit in the Indian athletes, Ramu Sharma\textsuperscript{19} says that one of the main reasons for the lack of rush on the records could be the absence of competitions abroad. A few of the athletes who successfully reached new marks last year have not been regular on the track this season. The main reason given for the absence of such stalwarts appears to be the injuries. Perhaps they also lacked the necessary incentive in the absence of competitions outside the country.

\textsuperscript{19} The Tribune, "An Asian Image Needed in Athletics", 3-3-2002.
Ramu Sharma\textsuperscript{20} in his article says that Athletics has by and large remained outside the grasp of the Asians and the achievements in the field of various events of Athletics have been those of the Americans, Africans and Europeans. This is not because there is a lack of interest or a following in the discipline. Asians in fact do figure prominently on the administrative and even technical committees of the world body. And one of them, Maurice Nicholas of Singapore, has contributed considerably in the administration of the sport and presenting the Asian viewpoint vigorously.

Harbans Singh\textsuperscript{21} in his article is very optimistic about the future of the performance of Indian athletes and says that if we wish to produce athletes like Milkha Singh, we should look at the comparative careers of Milkha Singh and those who have been periodically hailed as his potential successors.

Wadhwaney\textsuperscript{22} while analyzing the progress of sports in post independent India, states that except for sporadic achievements, India's overall progress in the sporting arena has been dismal during the last 50 plus years. An in depth study and dispassionate survey shows India was

\begin{itemize}
\item \textsuperscript{20} Ibid.
\item \textsuperscript{21} The Tribune, "Will India Ever Produce a Milkha Again", 27-10-2001.
\item \textsuperscript{22} The Tribune "The Dismal Story of Indian Sports", 18-11-2001.
\end{itemize}
much better in the pre-1982 era in Olympic disciplines than in the post-IX Asian Games held in New Delhi.

Referring to Melbourne Olympics 1956 and Tokyo Asian 1958, Jai Pal Singh, India’s captain of 1928 Olympic Athletics team and a member of the Ad Hoc Enquiry Committee on Games and Sports, constituted by the Government of India in 1958, observed in his dissenting note that “our leadership and management were disgraceful”.

Dr. Otto Peltzer, the famous German athletic coach, who joined the Raj Kumari Amit Kaur coaching scheme sometime in 1959, left India in disgust saying, “Nothing goes right in Indian sport! Politics everywhere! No effort in the right direction!”

National integration through sports was also endorsed by Fletcher (1971), he ever, “these activities contribute in a very great measure to the building of character, to fostering team spirit, to the removal of caste and other objectionable barriers and to the national integration”.

Gupta also suggest that, “Sport, call it a physical activity, physical education, physical culture, healthy recreation or leisure time activity etc., has always remained integrated into the social net work but

23 Mathur, B.K. “Twenty Five Years of Indian Sports”, Vikas Publishing House, New Delhi, 1973
its role and place in the society, during the course of history, has been changing with the changing social structure and its value system".25

Muthiah (1989) says, “Sports in its true sense is the competition of the best with the best. In the past, a competition was the first concern of the individual, today it is a matter of the total efforts of a national sports system”26.

Executive Director, SAI, Mathai (1989), “What sports suffered in our country from the vary beginning is the neglect shown to it by the planners of our educational system. There is great unwillingness on the part of all of us to tackle this issue in spite of our repeated pronouncements”27.

The President, Indian Olympic Association (IOA), Suresh Kalmadi (1996) remarked that “the sports federations were the backbone of Indian sports and as such they should also be accountable to the public and the country”. He further stressed we all, sportsmen, sports officials, government, educational institutions and others concerned will have to work hard. He lamented other countries are forging ahead while we are sliding back. Our emphasis will be on the juniors for whom we seek the assistance of the government and the Sports Authority of India (SAI)28.

Baijal (1996) give his suggestion about sports system “One crucial attitude missing from sports in our country is that killer instinct,

28 Ibid
something which makes the difference between a winner and a loser in a cliffhanger", "As far as training is concerned, it is absolutely essential at the initial levels of sport", and further pointed out lack of self-belief the mental strength as the single most and he pointed reason for the disastrous performance of Indians in International events29.

Inaugurating The Punjab State Games with its motto "We Play For peace", the Punjab Governor, S.S. Ray (1998) described, sport as one of the important means of achieving national integration, brotherhood and esprit-de-corps and termed sports stadium as the sacred temples where players assemble and practice sports and eat and drink water from the same vessel irrespective of caste, creed of religion. Even the spectators throng these temples in multitudes, regardless of their religious faiths. We must take the most of these temples30.