CHAPTER-III
RESEARCH METHODOLOGY

INTRODUCTION

From the age of bow and arrow to the age of region voyage and to that of data era increase, human gaining knowledge of and the progress of mankind, with the useful resource of all method, have taken region with the aid of the way of 03 essential epistemological techniques: a) philosophy normally referred to as the method of rational questioning, b) era better understood as analytical and systematic questioning, and c) education, a proper and informal process of experiencing and doing topics and obtaining know-how. Guy might exceedingly be hampered in his efforts to be the crown of creation without philosophy, technological know-how and education. The common factors among these kinds of 03, within the course of history of mankind, were research-a proper approach of doing matters. Without studies, neither rely nor guy, mind would were understood of their actual nature.

Research may be defined in several strategies as an example, as an aspect of view, a mindset of inquiry, or a frame of mind, as systematic scholarly software of clinical techniques, systematic answers of troubles, and so on. In more specific phrases, studies can be described as an energetic, diligent, and systematic machine of inquiry aimed at coming across interpreting and revising knowledge. Studies reason to deliver extra information of activities, behaviors, or theories, and to make realistic applications through hints, criminal hints and theories.

Because the word studies comes from the Latin circa, this means that, “circle round, or discover”, so undertaking studies is a manner of circling round a subject, concept or problem to gain a better understanding. All that we recognize about the arena around us comes because the end results of research and investigation. Indeed a number of the professions we’re available contact with ordinary and deeply rooted and dependent on research.
In this chapter, the subjects of research, population, research design, selection of sample, procedure, construction of questionnaire, blue print of questionnaire, and administration of questionnaire tool were used for collecting data and the analytical method is described. The study was comprised a survey of physical education status and sports facilities in schools of Kupwara District, which is a far-flung area in Jammu and Kashmir State.

SUBJECTS OF RESEARCH WORK

In the present research program the subjects have been taken from State Board Schools and C.B.S.E (Central Board of Secondary Education) Schools of Kupwara District. The total population of schools in Kupwara District was 2123 according to the data available in Chief Education Office (2015) in which the researcher had taken only 20 schools from each category, and in every school 20 students or respondents (boys and girls) have been selected by adopted a simple random sampling method to answer the questionnaire tool.

POPULATION OF THE STUDY

The population or universe of the study was State Board Schools and C.B.S.E Schools of Kupwara District.

RESEARCH DESIGN

The study utilized a survey method of research. The study was done to observe the current status of physical education in Kupwara District and to identify the standard requirements of games and sports (infrastructure and facilities) in schools of Kupwara. The study sought to describe and or analyze the aspects of physical education as they were in the schools of Kupwara District. In the current research program, the interest and attitude, status and implementation of physical education, cooperation from government and non-government authorities, and social responses were the main challenges of this study. Both the categories in the current District were not much equipped and furnished as they desired to be in the 21th century.

SELECTION OF SAMPLE

The total population of schools in District Kupwara was 2123 including primary and higher secondary institutions. The samples have been selected from 20 C.B.S.E schools and 20 State Board Schools of Kupwara District, 400 students from each
Board. In which the researcher picks up only 20 students (boys and girls) from each C.B.S.E and State Board Schools.

**SAMPLING DESIGN**

The research scholar, choose the well and informative schools in Kupwara District (both C B S E and State Board Schools). From each school, the specialist picked up only 10 male and 10 female students for the purpose of filling of Questionnaire tool, in order to get the appropriate data for the present research work. Besides this, a checklist was also framed to get the well information about infrastructure and equipments for games and sports in the said schools of Kupwara region.

**PROCEDURE FOR DATA COLLECTION**

The process for the existing study turned into Questionnaire tool. Before preparing the questionnaire tool, the studies pupil has determined diverse literature related to the present observe and be aware down all the essential steps to construct the questionnaire tool. Numerous recommendations were taken from exclusive specialists, imperative library of different organization in which related literature for questionnaire might also have to be had. The questionnaire device prepared maintaining the various components of physical education (status, infrastructure and centers) in mind. The questionnaire became arranged in a logical order wherein each statement was also recorded surely to enable respondents to understand and answer the ones statements without problem. Eager interests become taken to frame each announcement in précised way without ambiguity.

A tick list for assessing the infrastructure and status of bodily education in school become used. The checklist become built to cowl such areas as infrastructure and centers/equipment and properly certified sports employees for video games and sports.

**CONSTRUCTION OF QUESTIONNAIRE**

According to Best and Khan (2003), questionnaire is an enormously appropriate records collection tool, to get under information from widely dispersed pattern population and make viable a financial system of time and fees. Except, the questionnaire is discovered to be more nice in the sense that members can respond to questions with guarantee that their responses is nameless, and so they may be extra truthful than they might be in a personal interview, specifically who they are speak me approximately touchy or controversial issues . Their household nice has
brought on the researcher to rent questionnaire the most important records tool on this examine.

For the development of questionnaire, the studies scholar had studied literature, journals, periodicals, magazines and completed studies in the location of bodily training and sports activities. The questionnaire was framed and built after the consultation and pointers of properly certified and skilled college members of bodily training. Extraordinary care became taken in using the questionnaire tool for the gathering of statistics. Tries turn made to the questions easy, clean and focusing the primary idea. An enough numbers of questions have been prepared in session with the manual and experts of physical education and sports in the following areas:

1. Facilitation of physical education and sports available in the school.
2. Program of physical education and sports available.
3. Qualified physical education Teachers available in schools.
4. Proper utilization of these facilities.
5. Status of physical education in schools.

The following procedures were adopted for blue print of the questionnaire:

INITIAL WRITING

In the first attempt, various questions, which required several responses either ‘yes’ or ‘no’ responses were formulated with the consent of guide. Afterwards, these questions were changed as per the guidelines and experts opinion from time to time. All the selected questions which were recommended by the experts have been placed in the questionnaire.

TRIAL RUN

After the formulation of questionnaire by using numerous specialists and experienced investigators to the satisfaction of the student, the questionnaire becomes dispatched for the trial run. The main reason of the trial run turned into to discover or observe whether the means of all statements within the questionnaire was clean and properly understood by using the respondents. This trial run helps to assess if the questions had been adequate to obtain the preferred data. Although the trial run the questionnaire tool become dispatched to experts of physical education and was requested to go through the questions, compare the gadgets of the questions and to offer their suggestions if required.

REWWRITING
After the evaluation and suggestion by experts, the necessary changes had been completed in the questionnaire.

**ADMINISTRATION OF THE QUESTIONNAIRE AND COLLECTION OF DATA**

The study was conducted by administering a questionnaire to the selected schools of Kupwara District of Jammu and Kashmir State. The research scholar distributed 800 questionnaire tools to the 40 schools of C.B.S.E and State Board Schools of Kupwara District. For the collection of data, the research scholar had selected 20 respondents from every school and collected the required data for the present study.

**DATA ANALYSIS**

The research scholar after collecting information/questionnaire from the respective schools of Kupwara District, the current data comprising of scores for each school in each question of questionnaire were analyzed by converting raw scores into percentage. These percentages were then analyzed to obtain a clear status or situation of physical education and facilities programs and their utilization in schools of Kupwara District. The descriptive statistical methods were used to show the significant difference between the responses:

**DESCRIPTIVE STATISTICS**

Descriptive facts are a grouping that includes many precise studies methodologies and procedures, together with observation, survey, self-reviews, and assessments. It describes what is currently happening; it attempts to provide an explanation for, within its limits and obstacles, why something is going on the manner its miles taking place. Its foremost purposes to depict the characteristics, talents, conduct or opinion of subjects, to delineate through words or the quantitative values the status of a set, organization, structure, or different centers or to depict developments, models or converting values in guy and society. Descriptive information might also consciousness on man or woman topics and cross into high-quality intensity and element in describing them. Man or woman variations is not simplest allowed for but studied. This technique is known as a case-observe. On the other hand, because of the data series and analysis approaches (along with surveys) it may employ, descriptive data also can investigate massive companies of topics. Frequently those are pre-present lessons. In these cases, the analytical methods generally tend to provide results that display “common” behavior for the institution. Three ways are useful for doing a descriptive research. They are:
- Survey
- Observation
- Case-study

**Survey**

An evaluation of the condition because it exists or to depict matters as they may be happening. The approach includes green amassing, investigation, expertise and introduction of apropos certainties in regards to an enterprise, enterprise or populace absolutely or midway for you to determine their present popularity or viability in the putting in which they paintings or paintings. The big goal is to advocate exchange, alteration or change within the modern condition. A study, as a present-located review, is basically involved with the conditions that win or connections that exists at the present minute. An overview is all matters taken into consideration, an assessment ponder seeking to find the present truth and providing an attainable recreation-plan for the marvel watched.

Exactly, survey presents absolute and actual data which are derived from actual dimension of the traits or the phenomenon in its natural putting. This approach occupies an essential place inside the scheme of factors in the research programmed. The importance lies in its value to the administration, studies and the society at massive, in enabling them address various problems as under:

1) Makes life situation possible and reveals knowledge.
2) Traces strengths and weaknesses of the practices, events, organization, institution etc. educate responsible persons to take timely action without loss of more time.
3) Data comes from a large number of cases, so the results can be relied upon in making an appraisal of the situation more realistically.
4) Established and access whether a situation described by someone really exists.
5) With large and cross-sectional samples, this method becomes very helpful in tools and instruments, standardization of tests used in the process of evaluation of numerous phenomenons in education, psychology, sports, economics, sociology etc.

**Observation**

This is a passage way to sensible demand and a fundamental instrument data gathering. All reviews begin with out and out recognition, the impression of articles,
occasions et cetera which prompts quantifiable and countable data is less demanding than view of practices so celebrated for their variance. Out of various ways in which observation is used as an instrument or tool of information gathering, two (02) valuable types are:

- Naturalistic Observation
- Observation with Intervention

Naturalistic observation, wherein the spectator watches the event unique ponder and does now not intrude with it.

The discernment with mediation, wherein the observer transformers into a bit of circumstances.

Educationists, instructors, coaches, medical doctors, economists, psychologists, sociologists and many others. Employ each sorts of remark for gathering statistics with a selected purpose.

But every other sort of remark is ‘discipline experimentation’ accomplished scientists. On this field, the researcher manipulates a crucial variable and measures its outcomes on a based variable. That is very a lot valued for feasible more outside validity and generalization.

Statement may be longitudinal or go-sectional. In the first one, the conduct is located over a long period of time which include boom and improvement of youngsters via adolescence adolescent years. While in the cross-sectional statement numerous types of behaviors and phenomenon are simultaneously observed at a given factor of time, viewing its cause, commentary might be performed at floor, subsurface and latent tiers. At the surface degree, teachers may also try to achieve statistics on college students’ performance in diverse skills and sports in standard. A subsurface stage wherein the focus is at the qualitative component of talent-acquisition and overall performance, i.e. subjective assessment of playing capacity. Introspection (self-talk) is a form of observation which performers, artists, athlete, instructors and coaches do if you want to get data about right and wrong.

**Purposes of observation**

1) To know, observe, record, judge and evaluate behavior of human beings, things, objects and bodies as it naturally and actually happens.

2) To obtain more graphic and accurate description of man’s social life.

3) To explore important situations and events and make a genesis of their causes and effects.
4) It is a good tool of information in such research studies, where experimental methods fail to make any impact.

In the current situation science and research methods statement is the primary step. Consequently, the research scholar are frequently advised by way of their superiors supervisors, senior students and others to a) gain previous expertise about what to study, b) exam of well known and specific goals of the research trouble to decide what to examine, c) to set up and outline the various ranges of talent, d) to look at seriously and carefully, e) price precise phenomenon independently, and f) well acquainted with the recording gadgets and the procedures in its use prior to making statement.

A few experts are of the opinion that statement ought to be recorded straight away. This will reduce the chances of mistakes/mistakes in statistics amassing as the info is fresh in observer’s thoughts. Extra time hole between watching a phenomenon and recording one’s hints of it, more might be there possibility of dropping its finer however critical information, and Combination of data.

**Case study**

This area involves the intense examination of a small number of entities by the researcher, where neither independent variables are manipulated nor are confounding variables controlled. A case study is a complete analysis and report on the position of an individual, academic discipline, events, organization, institution, community or even a city of eminence. The major objective is to know:

- Subject reality under observation and ascertain its strengths, constraints, limitations and contributions to the field,
- Aware public about the secrets of its success, and
- Get the proper place in the scheme of things it deserves.

It is a qualitative basically approach to knowing the information approximately a case. The placement of the case to be studied is, in a few manners, crucial inside the feel that its contribution to the sector understanding or human activity is of a wonderful order, which merits mention inside the annals of history. The viable effects and findings of the case have a look at are also unique as its miles an exceptional and the in-depth exploration of the contribution elements of the herbal growth and development of the unit beneath have a look at.
The contemporary method is normally hired for sensible reasons and no longer for satisfying human interest or accomplishing any medical inquiry. This look at can pay a rich dividends to the researchers in remedy, clinical mental or psychiatry. It can reveal what determines success in lifestyles and the way. It may additionally be used as a device for resolving individual problems.