CHAPTER - 5

SUMMARY, CONCLUSION
AND RECOMMENDATIONS
Chapter V

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SUMMARY

The main aim of education is to achieve an all round development of personality. Various researches have proved that, major goals of education are successfully achieved through Physical Education and Sports. Naturally the Physical Education and Sports should form an integral part of the educational process and deserves a better position compared to all the academic subjects in the curriculum at all the stages in the system of education.

In light of this, when the situation about the status of Physical Education and Sports in the University of Mumbai was preliminarily surveyed, it was observed that -

(1) In The University of Mumbai every year about 4 lac students get enrolled through its affiliated institutions and faculty departments and more than hundred courses are being conducted in different faculties for them. But, the subject of Health, Physical Education and Sports has not at all been included in the curricula of any of these courses, either as a compulsory or as an optional subject.

(2) The appointments of Physical Education Personnel were made just in 9 colleges out of 458 Institutions affiliated to the University.
(3) Since this subject is not there in the University, naturally the students and administrators in the colleges treat this subject as one of the extra-curricular and leisure time activities.

(4) Since the Physical Education Personnel are not there, in almost all the colleges the Department of Physical Education and Sports is looked after by the academic faculty members as an In-charge. As these people have to look after many academic works including teaching, they do not spend much time for physical education or sports activities. They do not have any qualifications in Physical Education and Sports, so they can not orient and guide the students properly. In fact as teachers they ought to motivate the students for sports participation. But, not having any background of sports

(5) As an outcome of all situations above, the sports performance in the colleges as well as in the University is declining both in quality and quantity. The health and fitness also is deteriorating day-by-day. Ultimately the goals of education are not being achieved satisfactorily.

The above rationale has motivated the research scholar to undertake this study.

The purpose of the present study, hence is to develop a model core curriculum in Health, Physical Education and Sports for the under-graduate students of the University of Mumbai.
The objectives of the present study were –

(1) to analyze the existing situation and find out the present status of the subject of Health, Physical Education and Sports in the University of Mumbai and in its affiliated colleges;

(2) to understand the awareness, need, attitude and interests of the students, as well as the opinions of the Principals, Administrators, Policy-makers, Parents and many other people belonging to various categories about the said subject;

(3) to find out the available infrastructure facilities and resources in the University of Mumbai and in its affiliated institutions;

(4) and finally to chalk out a model core curriculum in Health, Physical Education and Sports for the under-graduate students of academic courses in the University of Mumbai.

Out of the total enrolment in the University of Mumbai, about 85% enrolment was for academic degree courses and remaining 15% was for technical courses. Since the maximum enrolment is for academic courses, this study has been delimited to the students undergoing academic under-graduate degree courses of the University of Mumbai.

To procure necessary data and information that would be required in the study, the scholar prepared four types of questionnaires and named them as Questionnaire-U, Questionnaire-C, Questionnaire-S and Questionnaire-A. These Questionnaires were then administered to University, its 215 affiliated academic
colleges, 6000 students, and 2500 people belonging to various categories respectively from the society, whom he selected as subjects. In response to it, the scholar had received duly filled-in Questionnaires from University, 107 colleges, 4881 students and 2220 people from various categories. For the collection of data postal, personal visit, collection through friends and occasionally, personal and telephonic interviews were used suitably.

The data from Questionnaires provided both parametric and non-parametric information.

The data hence collected in the parametric forms were subjected to percent description in various forms to draw meaningful interpretations. This data, basically, consisted of the number colleges affiliated to the University of Mumbai, enrolment of students, number of participants in the Inter-collegiate competitions, the number of staff and facilities available in the University and colleges.

The non-parametric section was mainly involved in the opinions about the statements included in the Questionnaires. Hence, the Chi Square statistics was used to find out the significance of differences between options of responses and significance of convergence due divergence towards higher side.

The major findings of the study were –

1. The University of Mumbai is one of the three premier Universities established in India during the British Regime in the year 1857. Recently it has completed a journey of 150 years. Presently it covered
a Jurisdiction of eight districts – 3 districts of Mumbai metropolis and 5 districts of Konkan Region of Maharashtra.

(2) There were altogether 458 Institutions affiliated to it, out of which 215 were Academic colleges, 153 Non-Academic or Technical colleges and 90 Recognised Institutions established under Statute 0.47 and ordinance 0.97. Out of the total Institutions, 60% institutions were situated in Mumbai metropolis, while remaining 40% institutions were in 5 districts outside Mumbai. It was noticed that maximum Institutions (i.e.96.22%) were owned by Private managements and about 45% colleges were aided and remaining 55% were un-aided.

(3) The average enrolment of students in this University through its affiliated institutions and faculty departments, during the past 15 years has been found to be about 3.20 lacs. Out of which, at an average of 85.67% students enrol for academic courses as against 14.33% for non-academic or technical courses.

(4) For the total enrolled students in the University more than hundred courses are being conducted in different faculties. But, in none of these courses, the subject of Health, Physical Education and Sports has been included, either as a compulsory or as an optional subject.

(5) Since this subject is not at all there in the University, naturally the students and administrators in the colleges treat this subject as one of the extra-curricular and leisure time activities. In this situation, the University authorities instead of making this subject a compulsory one,
they have issued an Ordinance (No. Aff / Recog / 33 of 1978 dated 23 Feb.1978) stating that "since the Physical Training is not compulsory in this University and that the University has permitted the colleges to make use of the services of the existing Physical Training Instructors / Directors for other purposes". This directly means that, Physical training is not at all required for the students in this University. Hence no appointments of Physical Education personnel be made in the colleges thereafter. As this ordinance exists even today, some colleges tried to appoint Physical Education personnel, but they were not granted the permission to do so by the Government authorities.

(6) As a consequence of the referred ordinance, today we find hardly 11 Physical Education personnel working in just 9 colleges out of the total 458 institutions, that too in the posts existed prior to the said ordinance.

(7) The ratio of the strength of the students and the number of academic faculty in the academic colleges in the University of Mumbai was found to be 1 : 50, whereas the ratio between the same number of students and Physical Education Personnel was found to be 1 : 16061.

(8) The Department of Physical Education and Sports was established in the University in 1927 and that time basic Infrastructure facilities of sports were developed in a plot of 3 Acres in Mumbai, the same exists today with a little modification.
(9) For a Maximum period since the establishment of the Department of Physical Education and Sports in the University of Mumbai, it was headed by Non-Physical Educationists and Non-Sports persons. A qualified Director of Physical Education and Sports as a H.O.D. was recently appointed in the year 1995. Also the total staff appointed in the subordinate posts in this Department so far was also Non-Physical Educationists and Non-Sports persons.

(10) Every year the Inter Collegiate Competitions in 20 sports disciplines and tournaments in 13 different games were conducted in the University of Mumbai and in these tournaments and competitions hardly 8% of total student's population have participated.

(11) The University of Mumbai participated every year in Inter-Varsity competitions in about 22 to 25 sports Disciplines. To coach and train these teams coaches were appointed on ad-hoc basis

(12) University collects 15% of the gymkhana fees from each student at each college as sports contribution every year. The sports contribution thus collected from different colleges, the grants received from the State Government, UGC were the main sources of income for the Department of Physical Education and Sports. Majority of the funds of this dept, were spent in conducting the Inter-Collegiate competitions / Tournaments and meeting the expenditure of teams for its Inter-Varsity participation.
(13) The majority of the colleges do not have separate Department of Physical Education and Sports, but a few sports activities are being conducted as Gymkhana activities under the supervision of the Professor In-charge, who is normally a senior academic subject staff.

(14) Out of the colleges situated in Mumbai metropolis a very few colleges and around 40% colleges situated in other districts have the ground facility, while, same situation exists about gymnasium facilities. Unfortunately none of the colleges possesses the facility of a swimming pool of their own.

(15) Around 56 (i.e.26.07%) colleges have received developmental grants from either the UGC or from the State Government.

(16) From the responses received through Questionnaire-S, it was noticed that, a majority of students do not have a complete awareness and proper understanding about health and fitness. Many of them were unaware about Education, Health, Physical Education and Sports and its importance in the life. A large number of students have expressed their need, willingness and support for the inclusion of Health, Physical Education and Sports as a compulsory subject in the college level curricula. A great interest was seen among a big bulk of students towards Health, Physical Education and Sports. Many students have expressed a deep sense of respect for sports and physical activities, which depict their interest. A majority of students even have a positive attitude towards this subject.
The responses received through Questionnaire-A has revealed that a majority of the people have agreed with – (1) In this modern civilised world the education has become one of the basic needs of human beings. Education aims at all round development. But the present educational system has failed to achieve its total goals, because it brings-in the development of only mental or intellectual aspects, other aspects are not being developed completely. (2) The physical is the fundamental and vital aspect of personality, but proper weightage is given for its development. (3) In many western countries more importance has been given to the study of Health, Physical Education and Sports along with their general studies, and hence they were flourishing in all walks of life. But in our country, we are neglecting this important subject and hence we are facing a tremendous loss. (4) The study of Health Education and implementation of various programmes in Physical Education and Sports would play a significant role in the lives of citizens of every country. (5) To improve the physical standards and health of the growing children in India today, there is a great need to introduce the subject of Health, Physical Education and Sports in the curricula at all levels and make this subject examination oriented. (6) Since the college students are in the growing stage, and getting prepared to their future life, the introduction of this subject at college level is most essential.
CONCLUSIONS:

On the basis of the findings of the present study the following conclusions have been drawn:

1) Today throughout the world, Physical Education and Sports has been considered as an integral part of every curriculum at all stages of education. But, in the University of Mumbai, this subject has been totally neglected and looked after as an extra-curricular and leisure time activity.

2) The University of Mumbai, though it is the oldest, premier and leading university in India, having 458 institutions affiliated to it and every year at an average of 3.20 lacs students are getting enrolled in it and for them more than 120 courses in different faculties are being conducted, but none of the courses in this University has included the subject of Health, Physical Education and Sports either as a compulsory or as an optional subject in its curricula.

3) The strength of the Physical Education Personnel working in degree level colleges in the University of Mumbai as compared to the strength of the students is really pitiable, very improper and unsatisfactory.

4) In almost all the colleges, the Department of Physical Education and Sports is being looked after by the academic faculty members as an In-charge. Hence, the students are not properly guided, oriented and coached in various aspects of Health, Physical Education and Sports.
5) The sports talent in the colleges was not properly hunted and nurtured. As a result, the sports performance in the colleges and University of Mumbai is declining day by day in quality and quantity.

6) The health and fitness standard of the students in the colleges affiliated to the University of Mumbai is deteriorating day by day, as their physical needs are not properly met.

7) There is no proper awareness and understanding about various aspects of Health, Physical Education and Sports among the students of University of Mumbai.

8) A positive attitude, an interest and a great need towards the referred subject was observed among the students of University of Mumbai, But, there is no subject of Health, Physical Education and Sports in the curricula.

9) The relationship of the physical education programme to the total educational programmes in the colleges is not satisfactory.

10) The fiscal management of the physical education programme existing in the colleges and University of Mumbai are very poor.

11) The existence of infrastructure facilities, recourses for sports in the University of Mumbai and in its affiliated colleges is very poor.

All above facts clearly indicate that there is a great need to develop a model core curriculum in Health, Physical Education and Sports for the students of the University of Mumbai and implement it seriously and promptly.
RECOMMENDATIONS

In the light of above conclusions drawn on the basis of extensive research done on the existing situation about the subject of Health, Physical Education and Sports, the awareness, interest, attitude, about the subject among the students, available infrastructural facilities and resources, in the University of Mumbai and in its affiliated colleges, following recommendations are made:

1. Initially the curriculum developed in this study about the subject of Health, Physical Education and Sports should be implemented as a compulsory subject in academic courses in the University of Mumbai and in its affiliated colleges and then in all the colleges and Universities in India.

2. For the successful implementation of the said curriculum in the University of Mumbai, the University Ordinanance No. Aff / Recog / 33 of 1978, dated 23rd Feb.1978 should be withdrawn and intimated to all authorities concerned in the University, colleges and State Government accordingly.

3. A minimum of two Physical Education Personnel (i.e. one male and one female) should be appointed in every college compulsorily in a ratio of at least 1 : 250, as quoted in S.S. Code, and in parity with other academic subject faculty members. The same pattern should be followed in other Universities in Maharashtra and other states.

4. Every college and University should develop, maintain and make complete use of sports infrastructure for making the programme more attractive and effective among the youths.

5. In the general inquiry made with other Universities in the state of Maharashtra, it was observed that, there is a considerable variation in the
physical education programme in all the Universities. Thus to bring the uniformity in all the Universities, it is recommended that, the curriculum developed in this study should be seriously and compulsorily implemented with little alterations on the basis of the needs of both male and female students in other Universities.

6. To raise the standards of sports in India, a core committee of experts of Physical education and policy makers be formed at the Central level for making new policy for implementing the programmes of Health, Physical Education and Sports in the Universities of India.

7. For the effective implementation of the programmes in Health, Physical Education and Sports, the teachers' training courses need to be reconstructed.

8. Follow-up type of research is to be conducted in due course of time and necessary modification be brought in this curriculum.

9. Physical education should be taught as an integral part of total curriculum.

10. Adequate infrastructure should be developed and for that funds collected from students as fees, should be exclusively used for sports purposes only, the Government also should provide adequate grants on the basis of the principle of matching grants.

11. In order to acquire due respect for Health, Physical Education and Sports and a status of other academic subjects, there is a need to create mass awareness among the people in the society. And for that a large number of means such as demonstrations, exhibitions, seminars, workshops, conferences etc., should be utilised.