CHAPTER VI
FINDINGS, CONCLUSION AND SUGGESTIONS

Tomorrows India will rise upon the shoulders of today’s children. Each child, boy or girl is required to successfully play his/her role in nation building. This is possible only if the child is well equipment to realize the child is well equipped in realizing that the full genetic potential through a well-designed educational program. A comprehensive educational plan must therefore be centered on a child in a manner which should aim at enabling the child to attain good health high degree of fitness and all round development by improving all of his physical, mental, social emotional and spiritual faculties. However, till date, it is observed that education is restricted mainly to the mental faculty with little emphasis on other aspects of human development.

Physical education, as it would be agreed, enables the students to achieve a state of physical, mental and social wellbeing. Furthermore, it has been a well-established fact that participation is sport improves one’s health, physical fitness and work efficiency. It serves as a means of beneficial recreation, strengthens social harmony and discipline. The need of every citizen irrespective of age and sex should, therefore, be to get good quality of physical education which would help him/her to participate in sports.

Physical education is concerned with the beneficial adaptations to physical stress that occur as a result of participation in fairly vigorous physical activities selected as to individual need, capacities and interests physical educators strive to produce improvements in cardio vascular respiratory fitness, strength, power agility and speed. They measure improvement reflected in those qualities and they refine old methods and devise new ones for more effectively bringing about this improvement.

The physical education is considered as an international discipline and its importance as fundamental human right has already been recognized by the United Nations. The international charter of physical education adopted on 21st Nov. 1978 by the united nations educational scientific and cultural organization (UNESCO) clearly reflects the great importance attached by the international body to the use of physical education and also for making physical education and sports an integral part of
general education.

In spite of many efforts by govt. and other agencies, there are certain obstacles which came in the way of progress of Physical Education & sports in colleges of Haryana State. Since, no attempt has so far been made to study the factors which have adversely affected the promotion of physical education and sports in the colleges; present study with the following objectives was selected for reasoned:

1. To examine the facilities for sports & physical education in different colleges of Haryana State.

2. To examine the physical education and sports facilities and sports programs of Haryana State and its affiliated colleges in terms of the following:
   i) Playing facilities provided to players of colleges and in Haryana.
   ii) Incentives provided to sportsmen of Government, private and aided colleges.

3. Selection procedure of college and university for various college/university.

4. To examine the equipment’s, Haryana State policy and also to examine the opinion of the principals, Lecturer & the sportsman regarding introducing physical education as one of the elective subject at college level.

5. To find out the analytical view of all the facilities related to physical education and sports and suggest remedial method measure to improve the facilities.

6.1 DELIMITATION OF THE STUDY

Investigation was delimitated to the Government, Aided, and Private colleges of Haryana State.

The study was delimitated to the study of physical education /sports programmed and the existing facilities of the said institutions in respect of: (i) Physical facilities (ii) Incentives (iii) Equipment’s, (iv) selection procedure (v) Budget (vi) Suggestion for improvement.

Samples of all the principals, lectures and players those who have participated at least at inter-college, state level comp. organized by All sport Board i.e. AIU belonging to colleges university campus were selected.
6.2 DATA COLLECTION

The present investigation aimed at studying the existing facilities to promote Physical Education and sports along with remedial method to improve the standard of sports in colleges and intervarsity level. To serve this purpose, following samples were drawn from the respective population:

i) Principal
ii) Expert/Lecturer In Physical Education
iii) Players 2-50, while selecting players, it was observed, that players must have participated at least at inter-college, state level and also be belonging to colleges of Haryana State.

6.3 TOOLS USED

Questionnaire developed by Prasad (1993) was used to collect the data. It consist of three parts, A – for Principal, B – for Physical Lecturer and C – for Players. Besides the above mentioned tools, the use of interview and office records were also made for the purpose.

6.4 ANALYSIS & INTERPRETATION

The data in the present study was tabulated systematically and analyzed using the techniques of SPSS (Statistical Package of Social Sciences). Then ANOVA test was used and where the difference was found significantly, Post Hoc test was applied.

6.5 CONCLUSION

On the basis of analysis, the interpretation of data discussed earlier, following conclusions are drawn:

Playground/court/Track/Indoor Gymnasium Facilities provided for sportsmen by their institutions:

It is evident from the study that majority of the respondents from the sample of Principal, Physical Lecturer and Players have expressed their dissatisfaction with the facilities of big area games i.e. Hockey, football, cricket, track and field, and handball and also indoor gymnasium badminton hall provided to the sportsmen by different institution. However a few of the experts and principals have also expressed their
satisfaction with the ground/court facilities for small area games like kabaddi, volleyball, basketball etc. The results also reveal that some of the institutions also have no facilities and experts and the players are also of the opinion that facilities for most of the games do not at all exist in many institutions and also were not up to the mark wherever they are exiting. Regarding track & field and indoor facilities, the results show the negative side of the aspect and even on the personal visit to the institutions the researchers found that hardly 20% of the institutions were having the facilities up to the mark, rest of the colleges simply prepare their grounds, arena and area only near the inter college meet.

**Training, Competition Coaching & Summer coaching camps facilities provided to Players at College/University**

The respondents in general expressed their satisfaction for the training provided by the institutions to their players as good and fair and as facilities are provided to the players by different agencies as of modern degree.

The results further reveal that coaching camps for the inter-college games for players according to govt., private and aided, the difference was found significant. The aided college players are much more satisfied than private college players with the coaching facilities. The Principals of aided colleges are much more satisfied with the frequency of summer coaching camps as compare to private college Principals. The aided colleges Principal, Physical Lecturer, Players are much more satisfied with the frequency of competition coaching camps as compare to private colleges. Direction wise the Physical Lecturer of Rohtak district are most satisfied with the frequency of competition coaching camps as compare to Ambala colleges Physical Lecturers which are least satisfied. The Players of Rewari district are the most satisfied with the frequency of competition coaching camps as compare to Hissar College Players which are at least satisfied.

**Equipment Provided for Sportsmen for Sports & Physical Education**

Most of the Principals under study feels satisfied that average and above average (i.e. 40% above average and 50% average) type of equipments are provided to the players by different colleges. The majority of the experts and players were of the view that moderate types of equipments were supplied to the players by their
institution. The Physical Lecture of Ambala are least satisfied with the quality of equipments and Hissar colleges Physical Lecturers are most satisfied with the quality of equipments. According to the players the Ambala colleges provides the least quality of equipments and Rohtak & Gurgaon colleges players are most satisfied with the quality of equipments. And also Gurgaon Principal are completely agree with the quality of equipments.

**Incentive Provided to Sportsman**

Majority of the Principal in the study were of the view that normal or medium type of incentives are given to the players. The Gurgaon College’s players are least satisfied with the incentives for Inter-National participation while the Ambala colleges are highly satisfied with the incentives. The private colleges Principal are least satisfied with the incentives for inter-university, inter-state and inter-national participants as compare to Government colleges Principal which are most satisfied with the incentives for inter-university, inter-state, inter-national participants. The private colleges are least satisfied with the incentives for inter-varsity and international while the government and aided colleges are most satisfied with the inter-varsity and inter-national participants respectively. The physical lecturers of private colleges are least satisfied with the incentives given to the players by the different institutions when they got admission and take part in the inter-college and inter-varsity comp while the aided colleges players are most satisfied with the incentives given to the players when they participate in the incentives given to the players when they participate in the inter-state and international competition.

**Selection Procedure at college and University Level for various games/sports**

According to the status of colleges the government colleges Principal are least satisfied with the selection of selectors while the aided colleges players are most satisfied with the selection of selectors. Also the private colleges Principal are least satisfied with the selection of players while the aided colleges Principals are most satisfied with the selection of players.

According to the selection of selectors while the Rohtak district physical lecturers are most satisfied with the selection of selectors. The Gurgaon colleges Principal are least satisfied with the selection of players while the Rohtak colleges
Principal are most satisfied with the selection of players. The Hissar College’s physical lecturers are least satisfied with the selection of selectors while the Gurgaon College’s physical lecturers are most satisfied with the selection of selectors.

**Need of Refresher Courses, Clinics & Seminars for Lecturers**

The responses from Physical Lecturers were taken and the respondents stressed need of refresher courses, clinics & Seminars to a great extent. They were of the opinion that short term training courses can contribute much in performing their duties in a better way. From office records and interviews with experts, the investigator found that courses for them were never arranged for them since their appointment in their colleges, however UGC sponsored refresher courses and orientation programmed is compulsory for the teachers to attend. No training programmed on training, officiating and administrative aspect is being arranged by the sports council of the university at any level for Lectures in Physical Education. Ambala college’s physical lecturers are least satisfied with the point of view that refresher courses are helpful in doing their duty while Gurgaon and Rewari colleges have completely admitted that refresher courses are helpful in doing their duty.

**Need of sports hostel for the improvement of Physical Education & Sports in college**

The maximum number of respondents felt that there is a great need of sports hostel in their college to raise the standard of sports. Only some physical lecturers of Ambala are somewhat dissatisfied with the need of sports hostel in their college while the Gurgaon colleges physical lecturers are completely agree with the view of having sports hostel in their college.

**Need of introducing Health and Physical Education as an elective subject in Academic curriculum**

Almost all the respondents from the groups of subjects in study were of the unanimous opinion that in case Health & Physical Education is introduced as an elective subject like other subjects in academic curriculum the standard of sports will definitely rise.
The investigator while visiting different colleges found that the colleges who introduced Health and Physical Education as an elective subject have maximum strength of participants in different games at inter-college level and maximum strength of students of this subject at college level. The investigator also found that more than 60% of the students in each of these colleges opted for this subject. According to direction wise the Gurgaon colleges have least admitted that physical education should be introduced in their regular curriculum while the Hissar and Rohtak College’s physical lecturers have strongly admitted that physical education should be introduced in their regular curriculum. Except the two Physical Lecturer of Ambala district all the other Physical Lecturers of different district have strongly admitted that physical education should be introduced as an elective subject in their regular curriculum. The players of the private colleges have least admitted that physical education should be introduced as an elective subject while the aided colleges players have completely admitted that physical education should be introduced as an elective subject. Only two physical lecturers of Ambala district have not admitted that after including physical education it can raise the sports performance while all the other physical lecturers of different districts have completely agree that after including physical education it can raise the sports performance. The Principal and Player are completely agreed that after including Physical Education in regular curriculum it can raise the sports performance. The Rewari and Gurgaon players are completely agree of including Physical Education as an elective subject.

**Remedial Measures to promote Physical Education & Sports at college/university level**

Though the organizational setup of Physical Education & sports department in colleges and university, the application of traditional principles of organization like hierarchy and centralization of powers, both administrative and financial power were rested in Principals and Director of sports but these were on papers only practically they have to depend upon management/director higher Education for colleges and vice. Chancellor at university level the experts like D.O.S. and Lectures in Physical Education can make proposals concerning Physical Education & sports but for the accomplishments of these activities, they generally do not enjoy much independent
status.

Very little financial powers are given to the Director of Sports and principal of the institutions, with these restricted financial power they cannot run day to day activities smoothly.

The institutions should employ more number of lectures in Physical Education with regard to strength students to correct the present situation and to meet the demand for introducing health & Physical Education as an elective subject. This will help in preparation of more college’s teams in different discipline.

Proper coaching and training in the concerned games and sports must be given by the trained coaches during college hours or even before or after the college hours.

The lecturers in Physical Education and other teachers of the college should motivate the students to take part in sports and opted health & Physical Education as their carrier. The sports and games should be made available to student’s right from the B.A. Part–I through post-graduate level of education by improving sports infrastructure and equipment’s at every institution.

Regular tournaments (intra-mural), college annual athletic, Meet, sports Mela must be organized frequently by various bodies (District Associations, College students Associations etc. and incentives should be provided to those players who are representing inter-state, national and international level. MLN College, Yamuna Nagar organizes such Mela in Athletics. All the affiliated colleges participate in this Mela.

As far as ground facilities are concerned there should be at least one cricket and one football ground. Athletic track and one indoor gymnasium in each institution keeping in view the foot changing scenario. The indoor facilities can also be utilized for playing basketball, table tennis volleyball badminton, boxing wrestling and weight lifting etc. throughout the year.

Investigations have shown that hardly 20% of colleges have well equipped indoor hall to make arrangement for these games shortage of space attached to colleges and finance can be the main reasons that colleges are creating these facilities. To arrange finance the heads of the institution can take the help of UGC sports schemes, Haryana. Govt. SAI, and even donation can be raised from private industrial
houses, publication of books and magazines by different institutions displaying commercial advertisements.

The essential part of the training is to hold coaching camps for the players. It is recommended that off-season camps preparatory camps are a must. It is necessary to hold the coaching camps at least 21 days before the inter-college and inter-varsity comp. and at least one month comp should be made compulsory. It an institution is short of funds for such a purpose, the effort should be made by the head of the institution to arrange the finance from different agencies such as SAI and state sports Department. The team should also be given the experience playing matches, so that a proper adjustment develops among the members of the team and also the weaknesses become known by playing of matches and a certain match temperament can be developed.

Selectors should always be impartial with regard to institutions and university should appoint qualified and impartial selectors for selecting teams/players to participate in the inter college/ inter-varsity comp.

Only deserving players should be selected without any other preferences. University team selector should represent the colleges and should also be changed from time to time. If there are two selectors form the same college, their favorite players may get selected and the principle of impartial selection may be violated.

The standard of sports is rising day by day and newer techniques are appearing. In five years at least a health clinic, seminar or refresher courses should be organized for college lecturers of physical education so that the participants can become of the changing rules, regulations and latest techniques.

The incentives like concession in admission on, reservation of se for the sportsman, proper dress to play, track suit etc. shown be provided by concerned college. So that the players can feel proud on themselves and on their college, if they are identified by their College logo on their dress.

Sports hostels along with sports wings should be opened in different institutions with the collaboration of state sports department and SAI. Keeping in view the feasibility of playing facilities in particular institutions talented players should be given admission to these hostels or sports wings, free boarding and loading
along with free coaching. Training facilities should be provided in the sports hostels for players.

To improve the physical performance, balanced diet is of great importance. It is recommended that diet containing required amount of balanced diet elements/nutrients should be provided to the players on the recommendation of the dietician during coaching camps and competition period.

With the changing circumstances and times, great stress has been laid on sports performance and competitions. Keeping in view the importance of Physical Education in the life of college and university students, it becomes imperative that departments of sports & physical education be modernized and their standard of functioning is raised. Sufficient financial powers, free hand must be given persons, who are heading or working with the department according to their merit, experience and technical knowledge. So it is recommended that university as well as state authority must give sufficient weightage to the idea of organizing and managing these departments on stronger and wider lines by giving more facilities, financial and administrative support.

Regarding sports ground facilities, it was found that most of the surveyed government colleges have ground facilities for football, kabaddi, volleyball, handball and kho-kho games, while very few colleges have the ground for games such as cricket, basketball, hockey, boxing and lawn tennis. It was also found that most of the surveyed aided colleges have ground facilities for football, kabaddi, volleyball, handball and kho-kho games, while very few colleges have the ground for games such as cricket, basketball, hockey, boxing and lawn tennis. The study further revealed that in private colleges have ground facilities for football, kabaddi, volleyball, handball and kho-kho games, while some colleges have the ground for games such as cricket, basketball, hockey, boxing and lawn tennis. Hence, it was observed that in most of the government, aided private colleges, the ground facilities for kabaddi, kho-kho and volleyball were there, but few colleges have ground for handball, korfball, basketball and cricket. But only a few colleges have facilities for boxing and lawn tennis.
6.6 SUGGESTION FOR FURTHER RESEARCH IN PHYSICAL EDUCATION

The present study was delimited to colleges affiliated to Haryana State. Similar study can also be conducted on the relationship of sports facilities liked with the performance in the field of physical education & Sport in Universities.

Certain studies may be undertaken to study the use of facilities funds etc. being extended by the government & other agencies to the people in teams of different games. A study must be conducted to find out the ways and means for arranging financing for providing sports facilities to players of universities situated in Haryana.

Experimental studies may be conducted to evaluate the effectiveness of coaching camps with regard to the performance of university players.

Lastly, it recommended that intensive research in the field of physical education and sports should be undertaken on a longer scale. The results of the research studies should be used as feedback for the promotion of sports.