CHAPTER - 6

SUMMARY AND CONCLUSIONS

Education, a process of learning, is given to change human behaviour by imparting knowledge. Physical education is part of education and it is essential for the all-round development of a child. Without this, education is incomplete. Physical education includes both sports and games. Since sports activities are performed through bodily movements, they play a significant role in building up health, physical fitness and social behaviour. It also promotes community development, monetary status, national integration, international understanding and global peace. It makes life more meaningful, progressive and prosperous. Sports activity is essential to human beings.

Sports activity is as old as human civilization. As man became more and more civilized, his sports activities developed immensely the world over. Since 776 B.C., when ancient Olympic games were started and afterwards in 1896 A.D., when modern Olympic games were started, many changes have come in the field of sports and games. Sports activity has become most modern, specialised and highly technical. It has achieved impressive heights. This is due to the availability of modern facilities such as play grounds, equipment and technical knowledge imparted by highly trained and specialised persons and agencies.

Physical education is being made compulsory in today's education system. However, the status of physical education programme in schools and colleges depends mainly upon the facilities available in the institutions.
Since achievements depend on the availability of facilities, these two are considered the prime factors for the implementation of physical education programme. Our study in our sampled colleges affiliated to the Karnatak University intends to throw some light on these two factors.

The purpose of this study was to find out the status of physical education in the affiliated colleges of the Karnatak University and through this the status of sports in India. The main objective of the study was to know the physical education programme like facilities and incentives provided to sports persons and motivation created to achieve in sports. The study was restricted to the colleges affiliated to the Karnatak University only. The hypothesis constructed were tested on the basis of significant sport achievements of these colleges in relation to sports facilities available.

The questionnaire was constructed to get information on all these. The sports facilities like playgrounds, equipments, staff and student strength, incentives, budget, sports personalities both active and retired, background, and type of education were studied. Finally, achievements in Inter-Collegiate and Inter-University level sports meets were reviewed. The survey was conducted by mail sending the questionnaire to all the 240 colleges, which are affiliated to the Karnatak University. The response was good and almost fifty per cent of the colleges responded to our request by returning the filled-in questionnaires. Totally 120 duly filled in questionnaires were received within the stipulated period of twenty days. Among them were incomplete and so they were rejected. The remaining 108 questionnaires were tabulated in the percentage tables for the purpose
of analysis of the data. In all 13 tables and 10 charts were obtained. On the basis of these findings, an analysis of the data was made and conclusions were drawn.

It was found that most of our sampled colleges were established after the Independence of India. This increase in the number of colleges was due to the new education policy of the independent Indian government, which liberalised the requirement conditions of starting new colleges. As a result, it was found that most of the colleges had not followed the U.G.C. guidelines regarding the sports facilities such as playground, sports staff, budget, facilities and incentives to sports persons. The University, too, has not strictly insisted on the conditions of affiliation of colleges. A majority of the colleges are situated in rural areas where minimum facilities for playing even the most common sports and games were not available. Therefore in these colleges only such sports and games were played for which facilities were available in the community. There are a large number of such colleges under Karnatak University jurisdiction. A significant percentage of colleges are also situated in small towns where sports facilities are few. Therefore, even these colleges were not able to produce many outstanding sports persons. For the same reason the University was not able to produce more outstanding sports persons in any of the games.

It is also found that a majority of the colleges are managed by private organisations and quite a few of them are also unaided. Naturally it becomes very difficult for them to provide sports facilities to their
students. However, there are a few aided private colleges which have provided a number of facilities to their sports persons. Even a few government and University-run colleges have not provided all the facilities as required. One of the common problems of privately-managed and recently established colleges is lack of possession of play fields. A majority of them neither own the building nor any landed property and often run their institutions in rented or leased buildings. These premises are often small in size and are without any open space for playing sports and games. As a result, the sports activities in these colleges are hampered. This situation is the result of the sprouting of a number of colleges after Independence and more particularly due to affiliation of colleges on caste and regional basis and not on the norms provided for affiliation.

Therefore, our first hypothesis that the colleges under Karnatak University lack sports facilities such as good grounds, equipments and funds and that this has hampered their achievements is proved.

It is also found that there is a correlation between the numerical strength of a college and its achievements in sports. This is because participation of a sizable number of sports persons is required to choose the required number and the best for achievement in sports. A large number of students means more income to the college in the form of fee and funds. Secondly, if there are more students in a college, the chances of producing a good number of sports persons by that college are bright. But our research shows that a majority of the colleges had few students on roll and this in turn had brought in less income in the form of fees and fewer sports persons.
We also found a correlation between the age, attitude and hobby of the principals of the colleges and the sports achievements of their students. A principal with a favourable attitude towards sports can help to produce a larger number of sports persons. A majority of the principals were fifty years of age or more. Since the appointment of a principal in colleges is by seniority, a person got the post at the tail end of his service when he has lost most of his enthusiasm to achieve any thing in life. It is also found that a majority of them did not have sports as their hobby and were not sports persons either in their student days. Naturally they did not show much favour to sports and games in their institutions. However, a few of them who were sports persons and sports lovers have used their senior and influential position and have helped in promoting sports not only in the institutions where they served but also in the community they lived in.

A director of physical education in a college alone cannot promote sports in his institution unless he is assisted by other members of the staff. At the most he can coach the students in sports and games, but he needs the help and co-operation of other teachers in organising sports meets and tournaments in the college. It is found that the larger the strength of the teaching staff, higher the chances of finding such staff. But most of our sampled colleges were privately owned and small in their size. A majority of the teachers here were also not sports persons in their student days. As a result, they were of no help in the promotion of sports in their colleges. Unless a person immensely loves
sports and games, he feels that they are a burden and additional work. So we are of the opinion that there is a need to consider sports background of applicants while selecting teaching and non-teaching staff of a college so that they would be of some help and use to their institutions later.

One of the essential conditions needed for the promotion of sports in the colleges is a qualified, well-paid and respectfully treated physical education director. It was found that no particular qualification was fixed while selecting them and no uniform pay scale was paid. As a result, they were given different designations and also different statuses in their institutions. It is found that unless the person is provided with the necessary service conditions and also treated well, he cannot perform his duties properly. This is reflected in the performance of sports persons in the college.

It is found that a majority of the physical education directors in the colleges themselves were not outstanding sports persons in their college days. They got appointed to the post on some considerations such as caste, kinship or region. Even after their appointment, not many had attempted to improve their rank by attending one or other orientation courses, seminars, conferences and workshops. This was because they had no interest in them. Nor did the institutions allow or insist on their acquiring skill owing to lack of interest, funds or staff shortage. Without updated skills, they were also not chosen to select, coach and lead the University teams for Inter-University meets. With
this they had lost many opportunities to acquire the latest knowledge in sports and games. This in turn spoke for the poor achievement of sports persons in their colleges and the University.

There are a few sports and games such as swimming, badminton, tennis, cycling which need a lot of facilities. In other words they need a lot of funds. Therefore not all colleges had provision for these sports. But surprisingly a few students from these colleges had won places in higher level tournaments. This was possible for them because they had made use of the facilities available with social clubs, municipal corporations or industries in their towns. So there is a need to find ways and means to strengthen the facilities in such institutions further so that the same can be used by the students.

There are a few traditional Indian sports and games such as Mallakhamba, Yoga, Chess, Wrestling, Kho kho, Kabaddi, Volley ball etc., which were played by college students as well as other youth in the community. There were traditional gymnasia in villages as a rule. The village youth including college students had used them and had got qualified to participate in Inter-University meets and had also won places. So there is a need to strengthen these traditional institutions also so that the students from the local colleges which did not have these facilities with them could make use of them.

A high sports level cannot be achieved in vacuum and it needs an environment which was conducive for its development. This has to be created in the family and community so that the youth are motivated
to participate in sports. Adequate open space should also be made available for sports activity. When sports meets are held, the community should co-operate with organizers by contributing funds and also come in large numbers to watch. This involvement encourages the participants. If a sports personality needs a job, house or medical help, the same may be arranged by public donations so that he comes and lives in the community. His presence in itself will help develop the needed sports environment. But we do not find any such situation and so there is a need to change the out-look of the general public.

Incentives given often motivate sports persons to achieve better. But we found very few such incentives given to sports persons in our sampled colleges. Often the much published cups, shields, trophies, certificates and cash awards are also not given to the winning sports persons. Even the sports shorts, shoes, blazers and track-suits are not supplied. A sports person sacrifices his time, money, studies and personal comforts and labours for the cause of sports. He may even get hurt while participating in competitions. For all these sacrifices he makes the most he gets a low-paid job in a government establishment. So he needs to be rewarded properly.

Often many of the sports persons do not get even this till he brings influence from high places or parts with considerable money as bribe. The incentives given to sports persons are not impressive enough to motivate them. So we conclude that the poor incentives have failed to motivate the sports persons properly and adequately to do
well. This proves our second hypothesis that lack of incentives do not enable the college students to come forward to participate in sports and games.

Colleges need good sports persons to achieve something. We found that most of the students from the sampled colleges came from rural colleges where few sports facilities are available. Most of these colleges are without hostels for their students including their sports persons. A college which provides a sports ground nearby and also provides hostel facility to its students would provide a calm and quiet atmosphere to its students. This would also help its sports persons to practice regularly and well. Similarly, it is found that a hostel with boarding facility to its inmate students, will be of much help particularly to the sports persons since they need good and sufficient food. It is found that a majority of the colleges neither provide hostel nor boarding facilities to their students. A student who stays away from the college ground and pays more rent to a room owned privately and eats in a privately managed, profit-making boarding establishment cannot do well in sports. To achieve some thing in sports the colleges should first provide lodging and boarding facilities to their sports persons. The university and U.G.C. should also insist on these conditions of affiliation strictly so that there will be better achievements in sports. We do not find any such action taken on these lines. So our third hypothesis that the contribution of college management and the general public is negligible and so the sports achievements are poor is also proved.
Earlier there was a notion that there was a close relation between the course the sports person was studying and his involvement and performance in sports and games. In other words, the professional colleges do badly in sports. It is said that the students from professional colleges participated in sports to the minimum since studies demand more of their time and resources. But this fourth hypothesis is disproved, since more students from these colleges participate in sports and games. On the contrary, fewer students than expected from non-professional colleges participate in sports. Many of the professional colleges are privately run on self-financing basis and here students from rich, sports-loving families study.

It is found that the students from these colleges spend a lot of their own money on sports. When their college or any other agency failed to pay for their sports activities, they met the expenses from their own purse. Therefore we conclude that there is a correlation between the financial condition of the college and the sports persons and their achievements in sports.

The geographical region where Karnataka University is located has a peculiar geographical, socio-cultural and economic situation. While the Dakshina Kannada, part of Dharwad and Belgaum districts are hilly regions with moderate to heavy rainfall, the plain districts such as Bijapur and part of Dharwad and Belgaum have warm weather and chronic drought conditions.
Politically most of the area was under the direct rule of Bombay Presidency and the colonial government had given little attention to the general development of the region. In terms of land-holding it was feudal. Land-lords on one side and the backward and landless groups on the other formed the two polar groups with very few in the middle category. In terms of sports and games, the former who were westernized played games which were played by the British and in the social clubs. The other group played folk games which needed a lot of physical energy. It was only when the schools and colleges were established and the modern education was accepted by both the groups that there came a change in the attitude of Indian masses about sports and games. But psychologically the two groups considered the western games superior and the folk games inferior. This has come in the way of the development of sports and games.

On the other hand, because of lack of basic facilities such as nutritious food, proper places such as hostels to live in and lack of free or leisure time, they give less importance to sports. Moreover, the starting of professional courses such as Medicine and Engineering and higher education courses such as Masters degree and scarcity of seats in these, have made the students and parents worry about their career and future. These have made them concentrate only on studies and not divert their attention by indulging in activities such as sports and games. All these factors have come in the way of achievement at sports. This proves our fifth hypothesis which says that the socio-cultural environment of the area is not suitable for sports activities.