CHAPTER V

SUMMARY, CONCLUSION, SUGGESTION
AND RECOMMENDATIONS

5.1 Summary:

Sports is an inseparable and integral conjunction in the compounded frame work of modern education. It has not only to provide a safe and whole-some outlet to the aggressive spirit but has also to play a leading role in channelising the capabilities and potentialities towards the future perfect by shedding the tense past and uncertain present. This is why the sports activities are becoming more organized and institutionalized for providing a fit ground for competition, gala-shows and recreation. It has become an important dimension of man's active life in general and of the nation in particular.

In 1920 Y.M.C.A college of physical education was the first institution to introduce physical education for preparatory education in physical standards at Calcutta, Bombay, Hyderabad and other cities in the country. In 1947, several other professional colleges were also opened. In the year 1957, the central committee of physical education and recreation
established the Lakshmibai College of Physical Education at Gwalior to train professional teachers in this discipline.

The sports accomplishments can be attributed to many factors working in a whole-some manner to compound an ideal amalgam of training methodology, psychological factors and to cap it all the much needed sports facilities. The high-level performance rests largely upon their different abilities coupled with sports facilities, which plays a decisive role in achieving higher level of performance in sports. When all other abilities compound at the peak level, the winning of laurels in competitions also depend upon the facilities one has been enjoying in the sports syndrome.

It is becoming all the more imperative to specify these sports facilities and sports participation characteristic in specific sports categories in the colleges falling under the domain of the University of Pune. This University can take pride and boast of having annexed various trophies for creditable, claiming winners, runner-up and third position at Ashwamedh (Maharashtra Inter state sports), AIU sports tournaments and also International level. It is an unenviable position ever matched by any universities within the state. The affiliated colleges which contribute their full might in pinnacing excellence
and capabilities play the pivotal role in the development and excellence of sports. On the basis of the performance in Inter-college tournaments and Inter-zonal tournaments various university teams are selected for participation in Inter-universities competitions.

There are a number of mind-boggling queries regarding the sports infrastructure in educational institutions affiliated to University of Pune. The study was planned to execute and highlight some dormant characteristics regarding infrastructure facilities etc., which cry for the light of the day. Experts in the field, like Director of Physical Education working in the colleges and the Principals of the colleges were consulted to note down the variables which were supposed to affect sports performance of the college in the Inter-college competitions. The variables which were selected for further investigation were:

- Director of Physical Education
- Principals
- Non-participating students in sports
- Play Fields and sports equipments
- Total Expenditure/Budget incurred on Sports
- Total number of sports person’s participation in Inter College Tournaments.
Keeping in view the above variables, a questionnaire was formulated in consultation with the supervisor and the experts. This was standardized by using proper procedure. The questionnaire, so designed was sent to the Heads of the Department of Physical Education, Principals and Non-participating students in sports of different colleges falling under University of Pune. The jurisdiction of the University covered the three districts categorized into four zones namely as Pune City, Pune District, Nasik District, and Ahmednagar District. There are 207 non-professional colleges affiliated to the university of which 100 non-professional colleges number of colleges affiliated to the university are consider for the study under taken as:

Table: 5.1

<table>
<thead>
<tr>
<th>Sr. No.</th>
<th>Name of the Zone</th>
<th>Number of Colleges</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Pune City</td>
<td>15</td>
</tr>
<tr>
<td>2.</td>
<td>Pune District</td>
<td>31</td>
</tr>
<tr>
<td>3.</td>
<td>Ahmednagar</td>
<td>29</td>
</tr>
<tr>
<td>4.</td>
<td>Nasik</td>
<td>25</td>
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<tr>
<td></td>
<td><strong>Total</strong></td>
<td><strong>100</strong></td>
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After collecting the data through questionnaire and attitude inventory from selected non professional affiliated college of University of Pune, the data was processed to bring out certain facts. Based on these facts some conclusions were drawn and hypothesis was proposed. This hypothesis was further tested using the statistical methods.

5.2 Conclusions:
After analysing the collected data in different categories as:

A) Questionnaire filled by Director of Physical Education from 100 non-participated affiliated college of University of Pune.

B) Questionnaire filled by Principal from 66 non professional affiliated college, and

C) The attitude inventory filled by 439 boys and girls from 25% colleges selected for the study.

5.2.1 Director of Physical Education:
The present researcher collected the data from 100 Director of Physical Education of affiliated colleges. The data was treated statistically and analysed, discussed and the following conclusions were drawn.

1. Out of sample of 100 Director of Physical Education maximum of them are in the age group of 31 to 40 years.
It can be concluded that the required age for performing physical activities is observed in maximum number of Director of Physical Education.

2. In the sample 91% are Male and 09% are Female Director of Physical Education in the affiliated colleges. It can be concluded that the majority are Male Directors of Physical Education.

3. 100% Director of Physical Education are M.P.Ed. As the post graduate degree is essential for this job, it means all Director of Physical Education’s are qualified. Only 3% have completed Ph.D., and 2% have completed N.I.S. Diploma course that shows very few have undergone higher qualifications in this area.

4. The Director of Physical Education who are confirmed in their services is 86% and remaining are temporary in their services. It can be concluded that majority of Director of Physical Education have got their job confirmed.

5. 64% Director of Physical Education are satisfied with their present job in the college. In the teaching profession the job satisfaction plays an important role, which motivates the Director of Physical Education.

6. The participation percentage of Director of Physical Education at Inter District level tournaments is 88%, at
State level tournaments it is 69%, at National level tournaments it is 46% and at International level tournaments it is 03% respectively. It indicated that the majority of Director of Physical Education has participated at different level tournaments in their school and college career.

7. 88% Director of Physical Education attend ground activities regularly, only 5% attend occasionally. It can be concluded that the involvement of Director of Physical Education on ground activities is satisfactory.

8. 87% Director of Physical Education coach regularly in colleges, it means that the coaching facilities for sports are available in the most of the affiliated colleges.

9. It is observed that 89% Director of Physical Education have attended seminar, 66% have attended conference. The U.G.C. has prescribed attendance of seminar and conference for the college teachers, which helps them to up grade their subject knowledge.

10. It is observed that the majority of the colleges i.e., 93.94% college honour their student in different ways, as an incentive in terms of gift articles and free ship to sportsmen.
11. It is observed that only 22% Director of Physical Education have presented research papers in different seminars and conferences, which shows that attitude of doing research work, is not appreciable.

12. It is observed that the Department of Physical Education of the college do not have adequate supporting staff, to assist Director of Physical Education to conduct the sports activities in the college, only 54% have ground man and 13% college have laboratory attendant in the department. This inadequate number of staff definitely hampers the growth of the department.

13. The following observations were made regarding the availability of play fields and equipments in the colleges: (Findings are shown in details in Table 4.17 (A & B) which shows that, we do not find adequate play fields and equipments available in many colleges.)

a) Indoor Sports:

**Individual events:** It is observed that 64% college have Chess facility, 43% college have Weight lifting and Power lifting facility and 40% college have Yoga facility, whereas 08% have Gymnasium facility, 03% have Air rifle and Pistol shooting facility and only 01% college have Boxing facility.
**Team events:** It is observed that 53% college have Table Tennis facility and only 27% colleges have Badminton facility; however Squash Racket facility is not available in any college.

**b) Outdoor Sports:**

**Individual events:** It is observed that 38% colleges have Athletic facility, 18% college have Mallakhamb and Rope Mallakhamb facility, 06% college have Rowing facility and 03% colleges have Swimming facility.

**Team events:** It is observed that 85% colleges have Volleyball facility more than 50% college have Cricket, Kabbadi, Kho-Kho facilities and Lawn Tennis facility is observed to be very less as compared to other events.

14. The following observation is seen regarding the participation of colleges in intercollegiate sports as:
(Findings are shown in details in Table 4.18 (A & B) and 4.19 (A & B) which shows that, we find low participation in sports.)

I) Boys:

a) **Indoor Sports:**

**Individual events:** It is observed that Weight lifting, Power lifting and Best physique; Chess and Wrestling are played in more than 50% college, where as Boxing is
played in more than 45% colleges, we also observed that there is minimum participation in games like Gymnastics, Yoga, Air rifle and Pistol shooting events.

**Team events:** It is observed that 41% college participated in Table Tennis 38% college participated in Badminton, and only 06% college participated in Squash Racket events.

**b) Outdoor Sports:**

**Individual events:** It is observed that Athletics, Half Marathon and Cross Country is more popular in more than 58% colleges, where as less than 08% colleges participate in Archery, Cycling and Rowing, also we find average participation in Swimming and Diving and Mallakhamb events.

**Team events:** It is observed that Cricket, Kabbadi, Kho-Kho, Volleyball is played in more than 50% colleges, were as less than 20% colleges play Hockey, Ball Badminton, Korf ball, Water Polo and Lawn Tennis.

**II) Girls:**

**a) Indoor Sports:**

**Individual events:** It is observed that the sports participation is not more than 30% in all individual sports events in this category.
Team events: It is observed that only 32% college take part in Indoor team events in this category.

b) Outdoor events:

Individual events: It is observed that more than 66% colleges have participated in Athletics, Half Marathon, and Walking, whereas less than 07% colleges participated in Archery, Cycling, and Rope Mallakhamb.

Team events: It is observed that less than 35.67% colleges participated in outdoor team events.

15. The following observations are seen regarding participation of urban colleges and rural colleges in the intercollegiate sports as:

i) Boys:

a) Indoor Sports:

Individual events: It is observed that Chess is more popular in urban area, whereas Wrestling is more popular in rural area. Further we observe that 56.67% college in urban area participate in events like Weight lifting, Power lifting, Best physique, Boxing, Chess and Wrestling, also we find 08.89% college participated in events like Gymnastics, whereas only 01.67% colleges participate in Air rifle and Pistol shooting, none college in rural area participated in Gymnastics. Finally we
observed that in all Indoor events (individual) there is more participation of urban colleges than rural colleges.

**Team events:** It is observed that more than 54.44% colleges participated in Badminton and Table Tennis in urban area and less than 08.89% colleges participated in Squash racket, where as in rural College we find less than 12.50% colleges, participated in Badminton and Table Tennis and none college participated in Squash racket. Finally we observed that in all outdoor (team events) we find more participation of urban colleges than rural colleges.

**b) Outdoor Sports:**

**Individual events:** It is observed that Athletics, Half Marathon and Walking are more popular in rural colleges than urban colleges, where as Rowing, Cycling and Archery is found to be less popular in both rural colleges and urban colleges. We also observed that rural colleges have more participation in the events like Athletics, Cross Country and Mallakhamb than urban colleges where as there is slightly more participation of urban College in events like Archery, Cycling, Rowing, Swimming and Diving.
Team events: It is observed that there is more participation of urban colleges in Volleyball, where as there is more participation in Kho-Kho in rural colleges, further we observed that in Kabbadi and Kho-Kho there is more participation of rural colleges than urban colleges, where as in all rest events in Indoor (team events) we observe more participation of Urban colleges than rural colleges.

II) Girls:

a) Indoor sports:

Individual events: It is observed that not more than 34.44% urban colleges participated in Indoor individual events, where as not more than 19.17% rural colleges participate in Indoor individual events, we also observed that there is slightly more participation in Power and Weight lifting in rural colleges than urban colleges, finally we see that in maximum Indoor individual events we find more participation of urban colleges than rural colleges.

Team events: It is observed that more than 43.33% colleges of urban area participate in Indoor events like Badminton and Table Tennis, where as not more than 06.67% rural colleges participate in Badminton and Table
Tennis events; Here we observed that in this category urban colleges’ participation is more than rural colleges.

b) Outdoor Sports:

Individual events: It is observed that in Athletics the participation is more than 62.50% in both rural and urban colleges. We also observed that rural colleges do not participate in events like Cycling, Rowing, and Swimming and Diving, where as overall participation of urban colleges in Rowing, Cycling and Archery is very low. Finally we observed that urban colleges’ participation in outdoor individual events is more as compare to rural colleges.

Team events: It is observed that participation of urban colleges in all outdoor team events is not more than 46.67% where as this participation in rural colleges is below 30.83% this also shows that only in Kho-Kho there is slightly more participation of rural colleges than urban colleges. Finally we observed that in overall outdoor team events we find less than 46.67% participation, Among all only in Kho-Kho we find participation slightly increased with references to above all data we observed that the girls participation in out door team events is less.
16. It is observed that 79% colleges conduct coaching camps for their players in their colleges.

17. It is observed that 68% Director of Physical Education are of the opinion that Ladies players hesitate in taking part in intercollegiate sports at college level.

18. It is observed that 87% colleges need more staff assistance to increase the mass participation in sports in the colleges.

19. It is observed that only 37% Director of Physical Education are satisfied with the available sports infrastructure and sports equipments in the college, 63% are not satisfied with available sports infrastructure. This indicates that colleges should develop more infrastructures in colleges to increase sports participation at the college level.

20. It is observed that 87% colleges have Gymkhana committee of the college for the smooth conduct of sports activities in the colleges.

21. It is observed that 89% Director of Physical Education organises Intramural / Interfaculty sports events every year in the college for creating interest in students regarding sports participation in different events.
22. It is observed that 97% Director of Physical Education are of the opinion to make the physical education as a compulsory subject at first degree level in the colleges, which will help for the upliftment of sports at the college level.

5.2.2 Principals:

1. It is observed that 96.97% colleges have provision of budget for sports activities in their college annual budget, which is a good sign of positive attitude towards sports.

2. It is observed that 86.36% colleges purchase non consumable sports equipments for the students.

3. It is observed that 63.64% colleges do expenses on development of sports infrastructure for the students but the number is not satisfactory, more colleges should also come forward to develop the sports infrastructure of the college.

4. It is observed that only 43.94% colleges have received sports grants for the colleges, the ratio is very less; all the colleges should try to receive various grants from different organisations to improve the sports infrastructure of the college.

5. It is observed that only 93.94% colleges motivate the sports persons by giving incentives in college fees.
concession, free sports kit, free hostel accommodation, etc, which is a good motivation for the promotion of sports participation in the college.

6. It is observed that 84.85% college have their sports action plan of the college for the sports development of the college.

5.2.3 Non Participating Students’ Attitude towards games and Sports:

It is observed that the attitude towards games and sports of non participating boys and girls students is positive (mean of boys is 101, and mean of girls is 98.5 respectively).

On comparing non participating boys and girls students’ attitudes towards games and sports it is seen that there exists significant difference between them.

5.3 Suggestions:

In order to implement the various policy parameters envisaged, the following action points are suggested:-

1. Subject of Physical Education already exists as one of the core subjects in Arts and Mental Moral faculty in the University syllabi. Colleges having adequate staff and
facilities should introduce this subject in their colleges in the first phase. In the second phase other colleges be covered by providing staff and other facilities. Physical Education Yoga and other sports such as Athletics and Gymnastics should be made compulsory up to the graduation level as a core subject. Necessary permission to start Physical Education as the core subject may be given by the university authority.

2. Students not taking up Physical Education as a core subject may have the option of taking up Education, Yoga and other Sports activities. These activities should be placed in the college time-table during college hours and not before and after the college hour. Two days in a week may be made compulsory for sports activities for each class i.e. B.A. Part-I, II and III and so on. Norms for performance for such students be laid down and they should be awarded certificates on the lines being awarded to NSS students after working out modalities.

3. The College should opt for selected games, according to the local conditions, environment and facilities. In the beginning such type of activities may be started which involved minimum expense such as Kabaddi, Kho-Kho Wrestling etc. along with other sports.
4. Special arrangement for Girls students for sports activities in the co-educational colleges may be provided by appointing at least one lady lecturer in Physical Education irrespective of the college strength.

5. Additional Lecturer in Physical Education may be provided for every 500 students in the college.

6. Universities should identify teachers and should conduct various courses in various games and sports for those teachers who want to help voluntarily in conducting the sports activities during the college hours.

7. Sports incentives may be given to the teachers who voluntarily help in conducting sports activities on the pattern of NSS and NCC.

8. Students who participate at National/Inter-national level may be admitted to various courses irrespective of sanctioned seats.

9. This concession may be given to such students only who participate at the national and international level in the games organized by the Association of Indian Universities (AIU).

10. The basic equipments for mother sports like Athletics, Gymnastics and some of the games like Football, Volleyball, Kho-Kho, and Kabaddi may be provided to
each college. Some contingency may also be provided to each college for development of play ground facilities.

11. Each college should send the proposal to the University Grants Commission/Sports Authority of India through the Director, Board of Sports, University of Pune for getting financial help for infrastructure and equipment facilities.

12. For providing fresh approval and recognition to the colleges, minimum facility such as 400 mts, Track, Gymnasium hall / Yoga Hall may also be strictly made as one of the essential conditions along with the other conditions.

13. The existing college should also accept and incorporate the decided conditions. Suitable time may be given to complete and fulfil the conditions. Inspection Committees should also be formed to visit the various colleges and to give the report for the implementation of the required conditions.

14. Refresher course for Lecturers in Physical Education may be instituted in the Teachers' Training Department of Physical Education/Institutions of the University for providing up-to-date knowledge about the theory and research of Physical Education and sports activities.
15. Summer course for in-service Director of Physical Education may be given by creating Centres in the Physical Education Department/Institutions for the Master of Philosophy and Ph. Degree level in Physical Education. So that the in-service Physical Education teachers will improve their educational qualifications.

16. Certificate course/Diploma course in Yoga may be started in some of the Teachers Training Departments of Physical Education in the Universities to provide training in Yoga and Yogic Physical activities.

17. Some special areas of physical Education and Sports Sciences should be started in the Teacher’s Training Departments of Physical Education in the Universities such as Sports Journalism, Mass-Media and Communication Education, and Sports Medicine etc.

18. Facilities and financial assistance may be provided to Teacher’s Training Departments/Institutions in the universities to start the Refresher course, summer course, certificate/diploma course and special course for Physical Education and Sports.

19. A special incentive may be provided to the Institutions who perform well in sports and Physical Education.
20. Some schemes should be formulated to raise the funds for infrastructure and other facilities for sports and Physical Education by getting donations from the industrial houses, donors and national bodies. This fund may be collected at the state level and grants may be given to the Colleges for organizing the games and sports and also for improving sports infrastructure.

21. It should be made compulsory for every college to participate in at least 5 disciplines in boys section and in at least 3 disciplines in girls section in Inter collegiate sports.

22. Every college should develop sports centre and it should be beneficial for the sports personnel to improve the standard of sports, to plan out exercise scheduled, helpful for diet consultation, etc. The advance medical facilities should also be made available and these facilities should be free of cost for students of that college.

23. To appoint a coach of every discipline is not possible for every affiliated colleges therefore it is suggested that college should make arrangement to get the coaches from Sports Authority of India or State government. It is also recommended that the coaches should conduct the
coaching camp in different centre to guide the students of affiliated colleges.

24. Affiliated colleges should have compulsory Gymkhana advisory board in which interested staff members and student representatives should be member of the board, for the administration and organisation of sports in the college.

25. The colleges should be eligible for collection of gymkhana fees from the students only, if that college participate in minimum five disciplines of Intercollegiate sports in that academic year.

26. Priority for appointment of Director of Physical Education in affiliated colleges be given only to those sportsmen who participated in at least Inter university sports or equivalent sports.

27. Every year at the beginning of the academic session 3 to 4 days workshop, seminar of Director of Physical Education be conducted and advanced knowledge of games and sports, new techniques, planning for organisation of Inter collegiate, Inter zonal and Inter university sports should be discussed.

28. Every college should have adequate staff in the department of physical education. The post of Director of
Physical Education of every college should be filled and it should be permanent.

29. The zonal sports committee should conduct coaching camps at zonal level and motivate the students by awarding them incentives and scholarships.

30. To increase the performance and standard of sports the incentive marks is given by University for participation at Inter university tournaments, but these marks are less and are not sufficient to attract the students. It is therefore suggested that University should give more incentives of marks on the basis of their participation, and performance in Inter zonal, Inter university, state, national, and International level sports.

31. In the University sports scholarship and gift articles are awarded for excellence in sports and the players are felicitated in special function of the University, such type of honour will definitely boost the college students towards sports.

32. The boys’ participation in sports is less, but girls’ participation is deplorable and there is need to give the special attention to improve the participation in sports. To attract the students and public towards sports, the media should give the wide publicity to sports, priority should be
given to sportsmen in employment, i.e., in government administration, and in corporate sectors, etc.

33. To make good sportsmen it is a long process, hard work and scientific practice is very essential. And therefore it is recommended that the well planned programme for primary, middle and college level should be workout and it should be continue under the able guidance of coaches and experts of allied sciences.

34. Lastly it is recommend that the joints efforts of students, coaches, college and university authorities, society and government is must to improve the participation and performance in sports.

5.4 **Recommendations:**

On the basis of the findings of the present study, the following recommendations are put forth:

- Efforts should be made to widen the sports base of the colleges.
- Higher number of students should be motivated to participated in sports in the inter college competitions.
- The colleges should maintain sports facilities to attract students to participate in sports activities.
The colleges should have the entire playing facilities/sports infrastructure for their students to participate in games and sports.

The colleges should have specialized sports personnel's associated with each sports.

The colleges should provide incentive in terms of kind and cash to their budding players.

The college should organize coaching camps for their teams.

The physical education staff of the college should be fully qualified to handle the subject of physical education as to attract students for the subject of physical education.

Quality equipment should be made available to the players so that they are well conversant with them to handle during sports competitions.

Students should be provided with good uniform/sports kit including track suit and shoes.

5.4.1 RECOMMENDATIONS FOR FURTHER STUDIES:

1. Similar study can be conducted on the professional colleges which were affiliated to the university at the time of inception of the university.
2. Similar study can be conducted on the available sports infrastructure and its impact on sports performance of the colleges.

3. Similar study can be conducted of comparative nature between professional colleges and non professional colleges.

4. A study can also be undertaken of similar nature between University of Pune and any other university leading in sports category in the state.

5. A similar study can be conducted in the country region-wise to know the shortcomings of their colleges in respect of sports competitions.

6. Such studies can also be undertaken at school level in each district of the state.

7. A study of contribution of Universities for promotion and development of sports in the Maharashtra state can be conducted.

8. Attitude of Higher Secondary School Students in respect of their participation in games and sports.

5.5 Contribution to the knowledge:

This study will contribute to examine the participation of the colleges and their contribution in the field of games and sports. This piece of work can also be used by the university authority for the analysis of sports activities held at intercollegiate level in different zones. This study will give the information regarding available sports infrastructure in different colleges. This available information will help the university authority to formulate new policies for the promotion of games and sports at the college level.