

VITAL ANALYSIS OF THE PROGRESS OF PHYSICAL EDUCATION AND SPORTS IN SECONDARY SCHOOLS OF MARATHWADA AREAS IN MAHARASHTRA

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ABSTRACT

The physical education emphasizes the importance of physical education activities as they are directly related to growth and development in the students. The most important objective of any government is to create conditions conducive to a strong and healthy nation. An investigation requires the collection and interpretation of data. The study had been done with selection of 3686 secondary schools of 'ZILLA PARISHAD' under the jurisdiction of Marathwada Questionnaire was prepared in the simplest possible with the intension to receive the maximum information. The goal of the present study was to assess the development of physical education and sports in the secondary school. Study reveals that due to the limited resources and infra structure in our secondary school the number of problems has to be overcome by society.

I. INTRODUCTION:

Physical activity is vital to children's existing and future health, and devotion to the physical activity guidelines produces a range of direct and indirect benefits. Sports and games in on established aspects of education participation in an enjoyable game definitely increase the passion for life for the child and it is an important educational tool offering endless means for physical fitness. [13, 21] the most important objective of any government in any country is to maintain the integrity of the country and create conditions encouraging to a strong and healthy nation. [4, 12, 22] This objective is impossible without the maximum utilizing the physical potential of manpower in the country. This is true especially of developing nation who has to depend more on manpower and manual work than money. This needs more

of integrating physical education with other aspects of life like productivity, health, social welfare, leisure time activities occupations, and entertainment programmers and so on. There is a growing awareness and demand that boys and girls, during their school years be given opportunities to acquire useful and positive information to success in the school. Due to lack of scientific information, any youngster with an inadequate background of experience is unable to safely adjust his habits in life situation unless and until he knows how the various parts and organs of the body operate. [15, 17, 21]. But the usual high school course in biology or general science or even physiology does not fill the needs of the practical situations because the emphasis is more on academic learning only and not upon living of doing.

A programmer of health training instruction should be confidentially connected with other school activities, which have health content and health relations because activities in sport and games are the means of achieving health training. The physical education emphasizes the importance of physical education activities as they are directly related to growth and development. The value of exercise through physical education Sports and games in on established aspects of education participation in an enjoyable game definitely increase the Zest for life for the child and it is an important educational tool offering endless means for physical fitness.

II. REVIEW OF LITERATURE:

The sports success of any country seriously depends upon providing adequate training programmers and facilities to school children in various age groups. If we want to win any laurels in the international sports arena, we have to think seriously in terms of training programmers of our school children and youth. Besides providing the basic physical education programmers have to be provided to those who wish to take part in competitions and to win high distinctions. Such programmers can be provided by establishing well equipped sports school. The nation's leading in sports such as U.S.S.R. is one of the most advanced countries in sports at present. It has more than 7,900 children's sports schools which are attended by over 1.6 million children in the 9 to 14 years age group. [2, 16, 25] The huge development of motor qualities is a positive feature to a sportsman for the athletic achievement and this why all the motor qualities have to be developed to the fullest extent as early as possible. In 11 to 14 years of age group the motor qualities can be developed very fast and then from 14 to 18 years these can be developed moderately and after 18 years of age the development of motor qualities will be comparatively slow. [4, 7, 9] With the clear comprehension of the fact the experts in superior countries thought of providing

maximum facilities to school children for their physical developments.

III. METHODOLOGY:

An investigation requires the collection and interpretation of data. Such studies tend to be manageable, when specific method is adopted. In this work the survey method selected for the study. Regarding the development of physical education and sports in the secondary school of Marathwada, a division of Maharashtra state of India district preferred the survey study method in order to collect the required information. The study had been started with selection of 3686 secondary schools of 'ZILLA PARISHAD' under the jurisdiction of Marathwada a Division of Maharashtra State in India, were randomly selected as sample for this present study. However we had received 50% responses of the secondary school of Marathwada after putting the hard efforts.

The questionnaires were prepared by referring a number of books for both primary and secondary data. After making such an effort the questionnaire was prepared and the same has been circulated to experts of physical education field for their comments. After getting the comments of the experts, the final shape was given to questionnaire. Questionnaire was prepared in the simplest possible with the intension to receive the maximum information could be collected. No doubt that questionnaire was used as tools through which the required information collected from the secondary school of Marathwada a division of Maharashtra.

IV. COLLECTION AND ANALYSIS OF DATA:

Appropriate data collections for questionnaires were administered to the headmaster and sports teachers of secondary school of Marathawada. In using a questionnaire regarding the sports participation in the secondary school of Marathawada, there must be some consideration given to the validity of the responses. The questionnaire consisting on the several heads to

collect the data such as General information of secondary schools, Ground/ court facilities, Indoor game facilities, Equipment facilities, Participation facilities, Sports achievements, Incentives facilities, Coaching facilities and Diet facilities. The information was collected from the various secondary schools of Marathi, Hindi, English and Urdu medium under the jurisdiction of Marathwada. The questionnaire and interviews were conducted to extract the following information:

- a) Schools selected for the study.
- b) General information of each school.
- c) Infrastructure facilities.
- d) Indoor facilities.
- e) Gymnasium facilities.
- f) Equipment facilities.
- g) Participation facilities.
- h) Achievement of participation.
- i) Incentives facilities.
- j) Coaching facilities.
- k) Diet facilities.
- l) Support of parents.

Selected secondary schools were situated at rural as well as in urban areas of Marathwada a Division of Maharashtra State in India. Total 250 numbers of secondary schools, which have given the information and according to the information the various teaching groups in Sports School were analyzed The investigator approached to the principles and sports teachers of respective schools and requested them to respond the questionnaire and 50% responses were received. The investigator tabulated the data and calculated the percentage for accordingly and analyzed the data to evaluate the development of physical education program facilities and sports participation. The respective investigations for the level of participation

responses were tabulated in the figure 1 to get the logical result.

In order to achieve to the objectives following proposition were experienced.

“There were no significant development of physical education and sports in the secondary schools of Marathwada”. This hypothesis was proved after survey of various secondary schools by the investigator.

“There was no significant difference in development of motor ability among the students of secondary schools.” Not all 250 secondary schools of Marathwada but few schools find with the same.

“There was not significant participation in the extra mural competition.” Maximum schools participate in the extra mural competition but some of schools less participation and few schools are not participate in the competition.

“Implementation of sports policy was not up to the mark.” This hypothesis was proved during the survey by the researcher and the aim of the Govt. of India, to promote the physical education and sports in our country and make a healthy nation. This aim was not followed completely by some of the schools of Marathwada.

It reveals from the study that due to the limited resources and infra structure in our secondary school and the salvation deal with competition for the time being during the secondary school day. We are only concerned about the objectives priorities and outcome participation and achievement. Studies have been done using a full range of ages among secondary school children of this age. However there is no evidence that the maturation process is affected significantly by programmers of the nature. It is also important to note that knowledge about physical education significantly correlates with behavior of the student and the attitude of the student towards participation in physical activities.

The investigator tabulated the data and calculated the percentage for accordingly and

analyzed the data to evaluate the development of physical education program facilities and sports participation and achievement. On the basis of the survey report, following aspects were observed by the investigator and shown in the graphical form and elaborated in Graph 1 to Graph 5. There is some evidence that an appropriate physical education programmed will also enhance the learning experience in other areas.

V. CONCLUSIONS:

The result of this learning seems to permit the following conclusions:

- a. The participation of the teams in the competition is less. It needs to increase the number of participation.
- b. Players need motivation and incentive training for the improvement of performance and participation.
- c. Need to develop coordination between organizer and parents.
- d. Required facilities may be made available to the players to participate in the competition.
- e. Accountability of the person concern responsible for participation and achievement.
- f. Non-availability of ground at secondary school.
- g. Non-availability of trained sports teacher.
- h. Boys' participation in the competition was more as compare to the girls.
- i. Less participation of girls' teams at secondary schools in the competition was less.
- j. It was observed that parents do not permit their daughter to participate in the competition.
- k. As compare to the other games / events, Football, Hockey, Basketball, have less participation because lack of ground and required material.
- l. It was observed during the survey that maximum schools have not appointed sports teacher, particularly who know and played various games.
- m. Maximum schools time table shows daily one period of sports in the school time table, but in realistic the same period uses for other school subjects.
- n. Minimum students play only for enjoyment, not for competition.
- o. Arrangements of trained coach of N.I.S qualified are not observed in secondary schools.
- p. Families whose economic condition is not good, their children engage in some other work for their survival , that's why they cannot participate in the competition
- q. Government not provides enough funds. Those who received this fund, it was insufficient.
- r. Less participation in the competition due to the lack of lady sports teacher.
- s. Lack of ground and required sports material is the foremost reason for less participation of the students.
- t. Schools cannot spend enough money on sports and on player.

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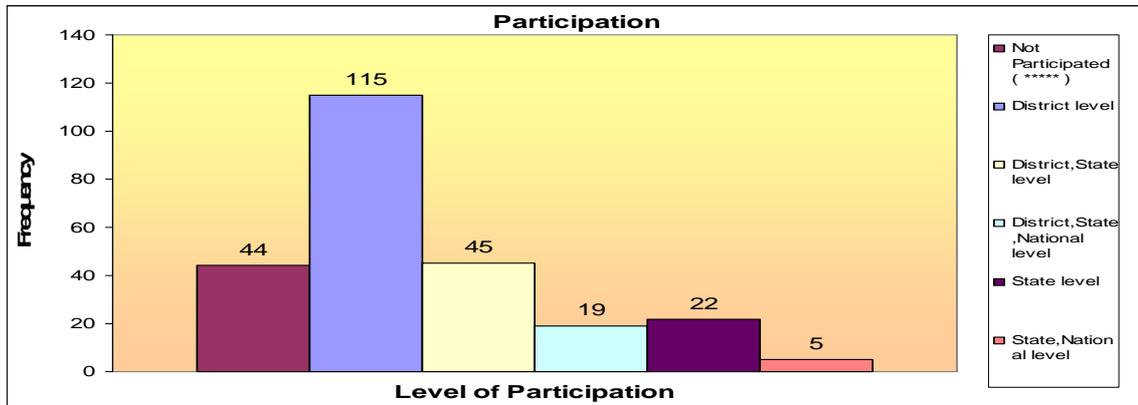
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Table: 1: Various Teaching Groups in Sports School

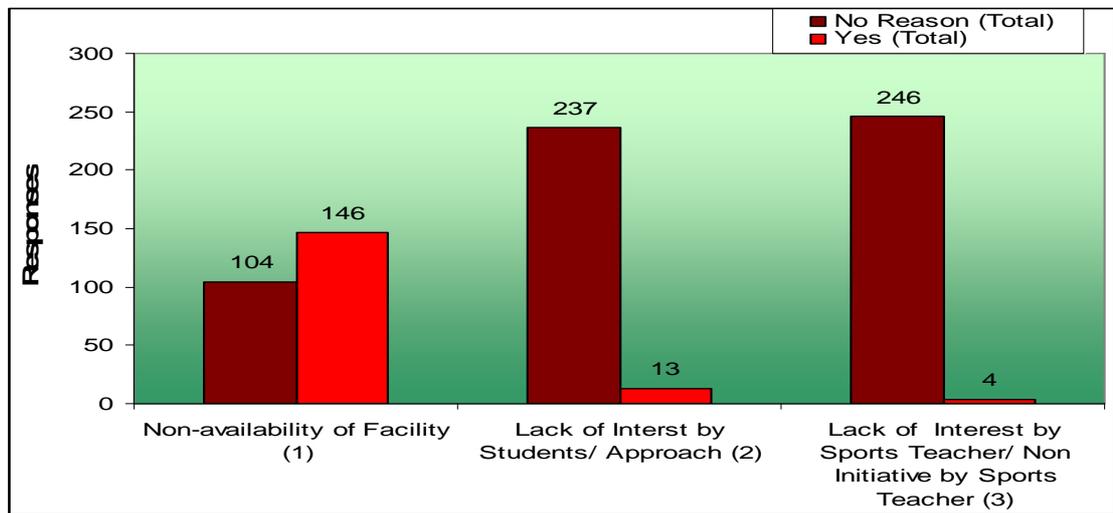
Various Teaching Groups	Age	No. of Students	Period	No. of Classes in a week	Continuation in hours	Max. No. of periods in a week
Preliminary group (beginners)	10-11	15-20	3 Months to 1 year	3	2	6
Sub – Juniors	11-12	12-15	1 year	3	2	6
Juniors	12-13	12-15	1 year	4	2-3	9
Sub – Seniors	14-16	10-12	Up to 2 years	4	2-3	11
Seniors	15-17	8-10	Up to 2 years	4	3	12
Youths	16-18	6-8	2-3 years	5	2.5-3	14

Qualified athletes (state or national level)	17-19	4-6	2-3 years	5	3-3	16
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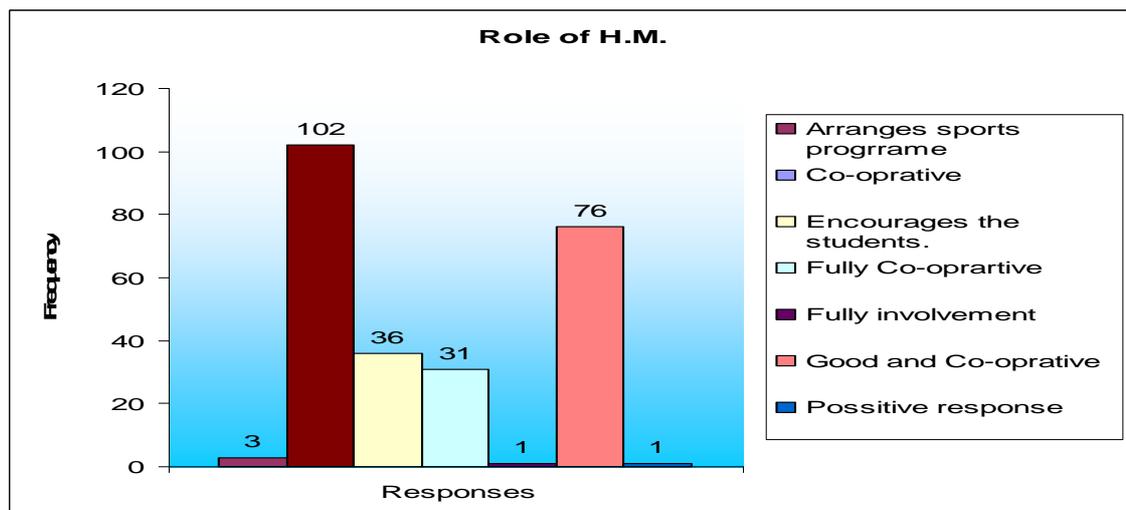
Graph: 1: Analysis for Level of Participation.



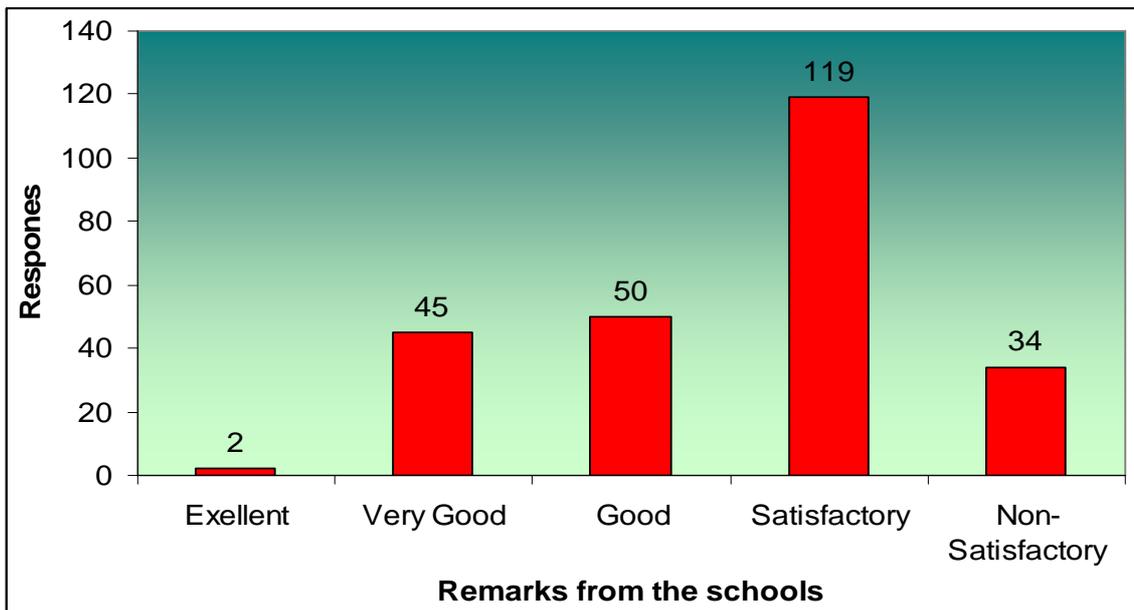
Graph: 2 : Showing the details of Boys and Girls Participation in Sports Competition in School



Graph: 3: Showing the Tabulation for Arrangement of Intra Murals and the role of H.M in the participation in the competition



Graph: 4.: Showing the details of participation in the sports competition and their achievement Position / Level of School in Sports Competition and Arrangement of Intramurals Competition



Graph: 5: Showing the details of sports grant received by the school

