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# **GRT** A STUDY OF THE EFFECTIVENESS OF VARIOUS SPORT COMPETITIONS CONDUCTING BY VARIOUS INSTITUTION TO IMPROVE THE INTEREST AND PARTICIPATION IN HOCKEY

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**Abstract:-** *“Physical fitness Is not only one of the most important keys to healthy body,. It is the basis of dynamic and creative intellectual activities. The relationship between the soundness of the body and the mind is subtle and complex. Much is not yet understand. BUT We do know that the Greeks knew- that intelligence and skill can function at the peak of their capacity only when the body is healthy and strong; that hardy and tough mind usually inhabit sound bodies[1]......”*

**Keywords:** Empirical Science , Physical fitness , Nature Of Motivation , motivational cycle .

## **INTRODUCTION**

**The modern behaviorist’s view :  
it’s the observable behavior that Counts**

Psychology as a scientific endeavor is often call an Empirical Science. The term Empirical means that information – in this case, information about human & animal behavior- has been gained by controlled experiments and observations rather than by more subjective of intuitive methods.

Traditionally, a strict adherence to the empirical approach to psychology has provided the basis for the viewpoint known as Behaviorism.

Modern behaviorism is essentially a philosophy of science concerned with the subject matter and method of psychology. Behaviorism do not believes that conscious experiences or other mental event should be considered the subject matter of psychology. A Behaviorist would not attempt to explain a person’s behavior as being a result of inner feeling, motives, states of awareness, of expectations. He would say that discussions of mental events stand in the way of more effective means of analyzing mean’s behavior.

## **THE NATURE OF MOTIVATION –**

Motivation is not easy to define in a few words. But we can say that It refers to states within a person of animal that drive behavior toward some goal. In order words, motivation has three aspects: (1) a driving sate within the organism, (2) the behavior aroused and directed by this state, and (3) the goal toward which the behavior is directed. The three components of motivation are part of the motivational cycle[4].

## **MOTIVATIONAL CYCLE –**

The motivational cycle is illustrated in figure below. The first stage, the driving state, has many names. Drive is most often used in specking of animal motivation, particularly when we are sure that the motive state has a biological, or physiological, basis. Drive is regarded as impelling a person of animal to action. Drives are said to originate in things an organism lack- in the needs. For instance, a women who lacks sleep is said to need in, and this need causes a drive for sleep. A heroin addict who has missed his last fix has a need for the drug which arouses a

drives to get heroin. Sometimes when psychologist speaks human motivation, they use the term need almost as a synonym for drive. For instance, especially when the social motives are under discussion, people are said to have a need to achieve, a need to affiliate with others, or a need to be aggressive.

The second stage of the motivational cycle is the behavior that is instigated by the motive.

### **SPORTS PSYCHOLOGY –**

It involves the study of how psychology factors affects performance and how participation in sports and exercise effect psychological and physical factors. In addition to instruction and training of psychological skill for performance improvement applied. Sports psychology may include work with athletics, coaches and parent regarding injury, rehabilitation, communication, team building and career transition.

In the games and sports, psychological and physiological factor play an important role in determining the performance level.

### **HISTORY OF HOCKEY IN INDIA –**

A Popular English school game, hockey was introduced in India by British Army regiments and the game soon found to be favor among the native Indians.

### **ACHIEVEMENT OF INDIAN HOCKEY –**

Talking in India, the first Hockey club came up in Calcutta in 1885-86 and soon Bombay and Punjab followed suit. Making its Olympic debut at the 1928 Amsterdam games, Indian Hockey teams cruised home to its first Olympic gold, without conceding a single goal. The hallmark of this ruthless domination was the wizardry of Indian hockey legend- Dhyani Chand, who mesmerized the Amsterdam crowd with his dazzling skills. From 1928 to 1956, the Indian Hockey juggernaut won six straight Olympic gold medals, while winning 24 consecutive matches. During this time, India scored 178 goals conceding only 7 in the process.

Talking about some of the legendary and outstanding players of Indian Hockey, Dhyani Chand, Dhanraj Pilly and Dilip Tirkey are some names that come to mind instantly. Thanks to their exceptional gaming techniques and enduring enthusiasm, the position of India in the field of Hockey achieved new heights.

### **2- BACKGROUND FOR THE SELECTION OF THE PROBLEM :-**

People who are interested in sports often like to ask questions regarding recent failure in Barcelona. This disturbing issue has motivated the researchers to go in for the causes of the failure. Taking into considerations our previous experiences about; successive failures in the Field of sports, an attempt has been made to search for the psychological determinants of success and failure in this study. It is an earnest hope that such a study may provide certain guidelines to overcome our national and personal drawbacks in respect of sports.

Firstly the less participation of Players in games & sports. Secondly, in a country like ours an issue of motivation of sportsmen has hardly been given attention. Thirdly due to lack of interest our sportsman is unable to show their real work and worth.

Similarly, there are other factors responsible for failure such as maladjustment problems of sportsmen. It has been observed that properly adjusted sportsmen always show the spirit adjustment, co-operation, unity (group mind) whereas maladjusted sportsmen lack these things which badly affect the moral of the total performance of the team.

Unhealthy participation is one more factor responsible for the failure.

### **3 - TITLE OF THE RESEARCH PROBLEM :-**

**“ A Study of the Effectiveness of Various sport Competitions Conducting by Various Institution to Improve the Interest and Participation in Hockey ”**

### **4- STATEMENT OF THE RESEARCH PROBLEM :-**

**More interest, More participation.**

**Less interest, Less participation.**

**Zero interest, Zero participation.**

Now a day the sports participation of boys & girls is vary less. The high school boys & girls is not participated in indoor of outdoor physical activity. “Health body, Health mind”, Health body, mind is improve the

efficiency of the high school students.

This research will light the three factor i.e interest, motivation, participation, which affect the competitions progress positively.

### **5- IMPORTANCE OF STUDY :-**

Sports are one of the enduring of all human activities. Virtually from the beginning of any written human record in civilization across the world, account of sports and sports related activities are found. Sports psychology is an important part of that scientific study.

In view of competitive sports gaining significance the Study of interest & motivation techniques assume importance that may be summarized in the following manner :

- 1)The study of individual sportsmen to determine his performance, and persistence are result of his motivation on his performance.
- 2)To study the important factor for future selection and coaching of sportsmen for national and international events.

### **6- OBJECTIVE OF THE STUDY -**

**The objectives of the present study are as under :**

- a)To know the relation between interest and Sports Participation of sportsmen of Solapur City.
- b)To find out the impact of competition programme on interest towards sports participation in Hockey, of high school boys of girls in Solapur City.
- c)To find out the impact of competition programme on Motivation towards sports participation in Hockey, of high school boys of girls in Solapur City.
- d)To prepare the programme of various competitions of Hockey in Solapur City.
- e)To find out the effect (Impact) of various Sports programme on Participation in Hockey.

### **7- HYPOTHESIS -**

The following hypothesis have been formulated and tested in the present study:

H1- There will be significant impact of competition programme on interest & motivation towards participation for hockey game.

H2- There will be significant impact of various sports competitions on Participation.

### **8- LIMITATION OF STUDY -**

- 1- This study will not consider out of the Jurisdiction of Solapur city hockey players.
- 2- This study will not think rather than hockey game.
- 3- This study will not look rather than High School hockey Players only.
- 4- The study will not considers rather than on participation, interest, motivation these three factors only.
- 5- The study will not consider about performance, training, achievement, etc these factors only.
- 6- No effort will be made either to control of assess the life- style, psychological stresses, and other factor, which are recognized as limitations of this study.

### **9- DE-LIMITATION OF STUDY –**

1. The study is delimited to the Jurisdiction of solapur city hockey players only.
2. The study is delimited to the hockey game only.
3. The study is further delimited to the High School hockey players.
4. The study is delimited to the only participation, interest, motivation these factors only.
5. The study is delimited to study for the one academic year duration.
6. The study is purely limited to the information available and information procured from the response given by the subject to questionnaires administered to them.

### **11- RESEARCH METHODOLOGY-**

The present survey cum Experimental pertaining to “ A Study of the Effectiveness of Various sport Competitions Conducting by Various Institution to Improve the Interest and Participation in Hockey ” is the

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frame work of ex-post facto research.

### 11.2- POPULATION –

In Solapur city, there are more than 632 aided & non-aided high schools & more than 20,000 high school boys & girls.

### 11.3- SAMPLING -

The samples consist of 21 schools among the solapur city. Attempt was made to categorize the sample equally on gender of boy & girls.

There will be 21 schools & 1,550 students which will select on purposive sampling method.

### 11.4- RESEARCH DESIGN -

The researcher was the visit the 21 schools which are selected by on purposive sampling method.

Single group design was used in this study. The school & students were selected purely on the basis of convenient sampling method. Then the initial test for all the students was taken by employing questionnaire developed in accordance with Thurston Technique.

Then the group was assign to perform the activities include in selected program related to Hockey. After execution of this program a post test was employed and the result of pre and post tests were compared to investigate the effectiveness of the selected program

### 3.8- SOURCES OF DATA COLLECTION –

The researcher selected various activities like organizing of introduction Program, practices session, Intra-mural, extra- mural, invitational competition, open competition, contacting training camp for Hockey, district association contacting competitions for various ages, etc. to construct the selected program for the research. The selected programs are elaborated in brief as following.

#### 1-INTRODUCTION PROGRAM FOR HOCKEY-

#### 2-PRACTICES SESSION-

#### 3-INTRA-MURAL COMPETITIONS –

#### 4-EXTRA- MURAL COMPETITION-

#### 5-INVITATIONAL COMPETITION-

#### 6-PRATICE MATCHES -

#### 7-CLOSED COMPETITIONS –

#### 8-OPEN COMPETITION-

#### 9- CONDUCTING TRAINING CAMP FOR HOCKEY –

#### 10- DISTRICT ASSOCIATION CONDUCTING COMPETITIONS FOR VARIOUS AGES-

**TABLE OF THE STRUCTURE OF QUESTIONNAIRE**

Sr. No	Factor	No. of Items	Weightage (Max Score=5)
1	Interest	10	50
2	Willingness	10	50
3	Self Improvement	10	50
4	Oppor tunities	10	50
Total		40	200

The level of participation and motivation is identified on the basis of this data. For this purpose questionnaire was applied as pre test as well as post test.

The questionnaire is designed and developed according the Thurston techniques.

**TABLE OF TASKS INVOLVED IN THE DATA COLLECTION PROCEDURE**

Sr. No.	Task	Particulars
1	Study of previous record	1- The previous records of the school regarding students participation in Hockey were gathered from sports teacher
2	Pre Testing	1- Selection of the students for experimental study. 2- A Questionnaires based on five points Thurston scale was employ for measurement of level of participation and motivation toward Hockey. The score generated from this measurement has been used as Pre-Test score for further study.
3	Post Testing	1- The questionnaire used for Pre-Test was again employed to measure the effect of program on the subject.

**11.6- STATISTICAL TOOLS –**

Following Statistical Tools will be use data analysis.

- 1-Percentage
- 2-Graph (Histogram)

**6.2- FINDINGS OF THE STUDY-**

The present study deals with the Effectiveness of Various Sport Competitions Conducting by Various Institution to Improve the Interest and Participation in Hockey. In this study total 1550 students from 21 schools are selected to conducts the survey cum experiment with single group Pre-test design.

**The finding based on data analysis are as following:**

1- It is hypothesized that there would be significant effect of various competition on interest & participation factor of hockey. the result related to this hypothesis have shown that In Prior to study, there were 922 student applied for the hockey participation. Out of the the same 154 (16.70%) student were selected for the same game.

Whereas In after the experiment, there were 922 student applied for the hockey participation. Out of the same 234 (25.37) student were selected for the same game.

Thus, the treatment given by researcher has significant effect in interest & participation in hockey.

2- It is hypothesized that there would be significant effect of various competition on Conducting by various institution to improve the interest & participation in hockey with respect to Selection of the hockey game. The result related to hypothesis have shown that In Prior to study, there were 628 student applied for the hockey participation. Out of the same 84 (13.37%) student were selected for the same game.

Whereas In after the experiment, there were 628 student applied for the hockey participation. Out of the same 132 (21.02%) student were selected for the same game.

Thus, the treatment given by researcher has significant effect on interest & participation in Hockey regarding to Selection of the hockey game.

3- It is hypothesized that there would be significant effect of various competition on Conducting by various institution to improve the interest & participation in hockey with respect to Boys & Girls Participation. The result related to hypothesis have shown that Participation of students in Hockey in Per Test & post Test.

In Pre Test Boys participation is 154 (16.70%) and Girls Participation is 84 (25.37%). Whereas, in Post Test Boys participation is 234 (13.37%) and Girls Participation is 132(21.02%). however the size of sample was 1550.

Thus, the treatment given by researcher has significant effect on interest & participation in Hockey regarding to Boys & Girls Participation.

4- It is hypothesized that there would be significant effect of various competition on Conducting by various institution to improve the interest & participation in hockey with respect to Interest. The result related to hypothesis have shown that No. of students (Boys & Girls) Participation in Hockey regarding Interest in Pre-Test & Post Test.

In Pre Test, Students (Boys & Girls) Participation in Hockey regarding Interest is 1731(11.17%). Whereas, in Post Test, Students (Boys & Girls) Participation in Hockey regarding Interest is 4589 (29.61%).

Thus, the treatment given by researcher has significant effect on Motivation & participation in Hockey regarding to Interest.

5- It was hypothesized that there would be significant effect on the Effectiveness of Various Sport Competitions Conducting by Various Institution to Improve the Interest and Participation in Hockey with respect to Willingness. The result related to this hypothesis have shown that No. of students (Boys & Girls) Participation in Hockey regarding Willingness in Pre-Test & Post Test.

In Pre Test, Students (Boys & Girls) Participation in Hockey regarding Willingness is 1673 (10.79%). Whereas, in Post Test, Students (Boys & Girls) Participation in Hockey regarding Willingness is 5095 (32.87%). Thus, the treatment given by researcher has significant effect on interest & participation in Hockey regarding Willingness.

6- It was hypothesized that there would be significant effect on the Effectiveness of Various Sport Competitions Conducting by Various Institution to Improve the Interest and Participation in Hockey with respect to Self Improvement. The result related to this hypothesis have shown that No. of students (Boys & Girls) Participation in Hockey regarding Self Improvement in Pre-Test & Post Test.

In Pre Test, Students (Boys & Girls) Participation in Hockey regarding Self Improvement is 2304 (14.86%). Whereas, in Post Test, Students (Boys & Girls) Participation in Hockey regarding Self Improvement is 4494 (28.99%).

Thus, the treatment given by researcher has significant effect on interest & participation in Hockey regarding Self Improvement.

7- It was hypothesized that there would be significant effect on the Effectiveness of Various Sport Competitions Conducting by Various Institution to Improve the Interest and Participation in Hockey with respect to opportunities. The result related to this hypothesis have shown that No. of students (Boys & Girls) Participation in Hockey regarding opportunities in Pre-Test & Post Test.

In Pre Test, Students (Boys & Girls) Participation in Hockey regarding Opportunities is 1904 (12.28%). Whereas, in Post Test, Students (Boys & Girls) Participation in Hockey Opportunities is 3904 (25.19%).

Thus, the treatment given by researcher has significant effect on interest & participation in Hockey regarding Opportunities.

8- It was hypothesized that there would be significant effect on the Effectiveness of Various Sport Competitions Conducting by Various Institution to Improve the Interest and Participation in Hockey. The result related to this hypothesis have shown that No. of students (Boys & Girls) Participation in Hockey regarding Participation in Hockey in Pre-Test & Post Test.

In Pre Test, Students (Boys & Girls) Participation in Hockey is 7612 (12.28%). Whereas, in Post Test, Students (Boys & Girls) Participation in Hockey is 18082 (29.16%).

Thus, the treatment given by researcher has significant effect on interest & participation in Hockey.

### 6.3- CONCLUSION OF THE STUDY -

The year wise frequency of participation in Hockey is shown that during the year of period of research work has shown increase in the participation of secondary school student.

1- The various competition programs has significant effect on the motivation & participation of secondary school student in Hockey.

2- The various competition programs has significant effect on the interest & participation of secondary school student in Hockey regarding the interest.

3- The various competition programs has significant effect on the interest & participation of secondary school student in Hockey regarding the willingness.

4- The various competition programs has significant effect on the interest & participation of secondary school student in Hockey regarding the self improvement.

5- The various competition programs has significant effect on the interest & participation of secondary school student in Hockey regarding the self opportunities.

6- There is no effect of sex on motivation, towards Hockey and participation in Hockey. the various competition are effective for boys and girls students irrespective in their sex.

### 6.4- RECOMMENDATIONS-

Present study shown that the interest and participation level of the student in Hockey can be raised due to input of program. Thus it is recommended to state government and other agencies to initiate such program for Hockey and other game also.

The focus of this study was toward interest and participation level but further studies are essential which keep their focus on factors like socio-economic status of parents, scholastic achievement, locality, physical fitness.

The present study was subject to school student. It is essential to extend it for university student of different facilities.

The sampling of the study, was related to urban area but it is essential to extend it towards the rural students.

In Indian context, there are various restrictions on the girls for participation in the sports / games. Thus the program for awareness amongst the girls and their parents are required at large and the state government should take interest in it.



There are various games which require the awareness. Motivation amongst the students for increasing their participation because, in general popular game focused by media are preferred by student.

Schools are suggest to enhance the equipment in good quality and adequate quantity.

Hockey events must be organized continuously on local level.

The interviews of the national, inter-national Hockey player should be organized frequently.

The awards, incentive, scholarship to the participant should be given on school level.

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