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## PRESENT POSITION OF COACHING FACILITIES IN SCHOOLS OF HIMACHAL PRADESH (INDIA)

Dr. Sanjay Kumar

### ABSTRACT

**T**he present study was delimited to find out the present Status of coaching facilities in the senior secondary schools of Himachal Pradesh. The information related to study was gathered through questionnaire for administrators, experts, players, interviews, physical



verifications, office records and spot verifications. The information was tabulated item wise in the form of frequencies in case of each questionnaire separately. A sample of 60 administrators (five from each districts of H.P.) and 120 experts (ten from each districts) and 120 players has been drawn to collect relevant

information and after analyzing the data, the conclusions were drawn.

**KEYWORDS** : coaching facilities, interviews, physical verifications.

### INTRODUCTION

Today Sports and Physical education activities play an important part in the nation's schools and colleges which may be categorized as Nursery Schools (L.K.G. and U.K.G), Primary schools, High Schools, Senior Secondary School, colleges and universities. Sports and Physical education programme should be based on sound philosophy, a meaningful aim and significant objectives. The programme should really encompass the total person his spiritual, mental, individual, social, cultural and physical and all the stages of his life right from birth. It should have a direct effect on the attitude and aptitude towards fitness. Programme should reach all sportsmen and it should include health and recreation, strength, flexibility, endurance, agility etc. and also develop skills and help achievements. The participation in the Physical education activities contributes to the development of self-confidence,

reduction of anxiety level and outgoing tendency or extra version such as proficiency leads to success in the Physical activities, which is highly valued in one group. The success of sports activities in childhood and adolescence enhances - esteem. The process of acquiring motor skills and using them in sports help to acquire academic proficiency to boost up their personality structure whereas, obese and weak individuals who have neither proper prospective of physical activities nor power avoid physical activity and become socially withdrawn.

In Himachal, there are many personalities dedicated to games and sports. There is a long lineup of national and international players hailing from Himachal Pradesh. Himachal's status in the national sports arena has been relatively much low but with the passage of time and active involvement of its people the gap has considerably been reduced. Having realized the importance of sports in the process of nation and character building of the government of Himachal Pradesh constituted the state sports council to advise them on all matters concerned sports and games in the Pradesh and also to function as a coordinating agency between various voluntary organizations. The State Government has also given various facilities to Youth Clubs in rural areas for the upliftment of the sports under the various sports schemes. Special attention has been paid to uplift of sports at school and college level. Because schools, colleges and universities are the workshops producing budding sports persons for any nation. Himachal Pradesh has produced many international players for the nation . Government schools of Himachal Pradesh since their inception and laid emphasis on promotion of sports. Besides, almost the state government has a department dedicated to promoting sports and youth affairs. There are a number of agencies which are established in the state with a view to promote sports are various levels

Keeping in view the significance of sports and after going through the above discussion, the researcher arrived at the conclusion that sufficient work has not been done on coaching facilities in the state and studies on such matter especially at school level has been explored by the researchers systematically. Hence researcher has selected this problem for investigation which is stated as under :- "Present Position Of Coaching Facilities In Schools Of Himachal Pradesh (India)"

### **SIGNIFICANCE OF THE STUDY**

The results of the present study will be of great help in following areas:

1. At present there does not exist any systematic study sports coaching facilities in Himachal Pradesh. The study will help the sports planners for the progress of sports in Himachal Pradesh.
2. It will help to know the facts regarding the status, frequency and satisfaction regarding the different coaching camps in Govt. Senior Secondary Schools of Himachal Pradesh.
3. Education Deptt. of Himachal Pradesh will be able to develop new guidelines to improve existing facilities, on the basis of contemporary work in the field of sports.

### **OBJECTIVES OF THE STUDY**

For the present study the researcher had formulated the following objectives:

1. To study the present status of sports coaching facilities at school level in Himachal Pradesh.
2. To find out the level of satisfaction of administrators, experts and players regarding above mentioned objective.

### **HYPOTHESIS OF THE PROBLEM**

For the present investigation it was hypothesised that the frequency, duration and overall status of coaching facilities in Govt. Senior Secondary Schools of Himachal Pradesh is not satisfactory.

## DELIMITATION OF THE STUDY

### The study will be delimited in terms of following aspects:-

- 1.The investigation have been delimited to all the twelve districts of H.P. and its affiliated govt. senior secondary schools .
- 2.The study have been delimited to get the latest information aat school level in Himachal Pradesh in terms of sports coaching facilities .
- 3.The records available with in the Govt. schools of all Districts of Himachal Pradesh and Directorate of Education Deptt. has been incorporated in the data figures for various academic years.
4. Sample of administrators, selected for the purpose to gather information regarding the research problem have been delimited to 60 and experts 120 and the sample of players have been restricted to 120 including those who have at least participated in Himachal Pradesh school state games.

## LIMITATIONS

- I.Due to non-availability of the records of a few years , they could not be made part of this research project.
- II.Data regarding facilities and establishment of schools existing before 1970 is not available in Directorate of Education.

## METHODOLOGY

A survey type of study has been designed aimed to find out the thepresent Status of coaching facilities in the senior secondary schools of Himachal Pradesh. To accomplish this goal three type of self constructedquestionnaires, were used to collect the data on tournament environment and by correspondence in terms of three major objectives of the study. The obtained data were organized with reference to specify objectives of the study so that data could be subjected to appropriate analysis and interpretation.

## TOOLS USED

For collection of data in the present research work , the following tools were used:-

- (1) Questionnaire
- (2) Office records.

## SAMPLE

A sample of 60 administrators (five from each districts of H.P.) and 120 experts (ten from each districts) and 120 players has been drawn to collect relevant information regarding the present Status of coaching facilities in the senior secondary schools of Himachal Pradesh.

## STATISTICAL ANALYSIS

In the present study Chi-square test was applied because this test describes the magnitude of difference between observed frequencies and a frequency expected under certain assumption . The equation of chi-square is stated as follows:-

$$\chi^2 = \sum \frac{(O - E)^2}{E}$$

Where O referred to the observed frequencies, E refers to the expected frequencies ,  $\chi^2$  is a

symbol for Chi-square test,  $\Sigma$  refers to sigma.

**Table –5.1**

**Percentage Responses of 60 Administrators and Value of Chi-Square regarding Level of satisfaction towards various coaching camps.**

+Ve<.....N.....>-Ve

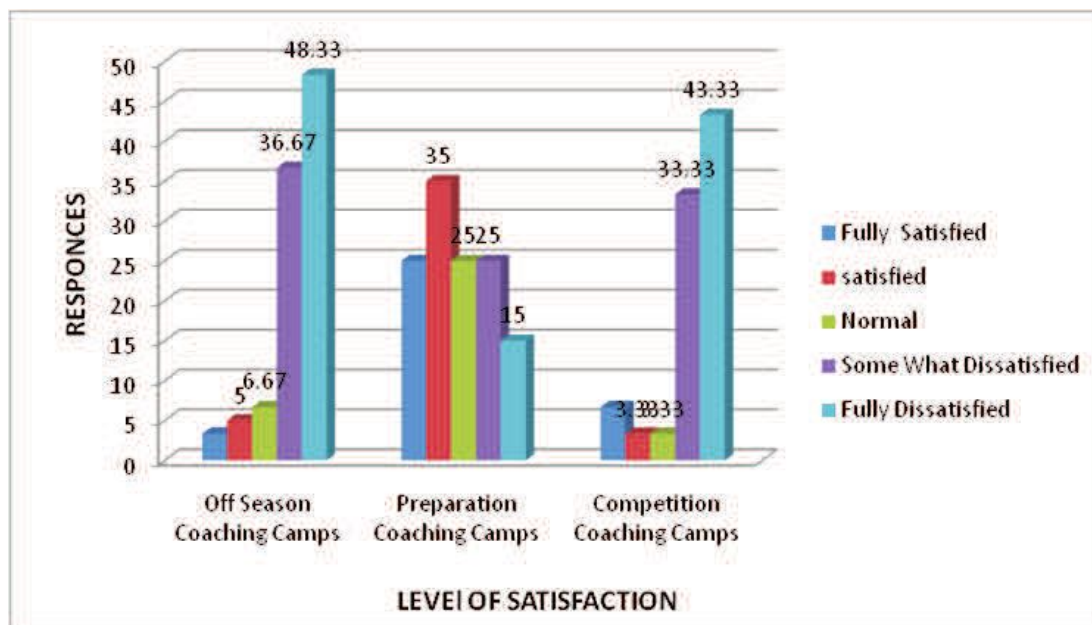
**Responses**

S.No.	Name of Item	Fully Satisfied	Satisfied	Normal	Somewhat Dissatisfied	Fully Dissatisfied	$\chi^2$
1	Off Season Coaching Camps	3.33	5.00	6.67	36.67	48.33	52.833**
2.	Preparation Coaching Camps	25.00	35.00	0.00	25	15	4.800
3.	Competition Coaching Camps	6.67	3.33	3.33	33.33	43.33	36.667**

\*Significant at 0.01 level

**FIGURE –5.1**

**Percentage Responses of 60 Administrators and Value of Chi-Square regarding Level of satisfaction towards various coaching camps.**



it is evident from the table 5.1 and figure 5.1 that the value of  $\chi^2$  came out to be significant at 0.01 level of confidence ( The table value of  $\chi^2$  at 0.01 level for 4 df = 13.277) in case of offseason



coaching camps and competition coaching camps. The analysis of the table reveals that concentration of frequency exhibiting the level of satisfaction for the sample of sixty administrators with respect to the coaching facilities lies towards the negative side of the scale. From this it may be interpreted that significantly higher number administrators are not satisfied with the coaching facilities provided to the players.

The other hand the value of  $\chi^2$  did not come out to be significant in case of preparation coaching camps. From this it may be interpreted that the frequencies exhibiting level of satisfaction of the selected sample of administrators are evenly distributed and no definite opinion emerged in any direction.

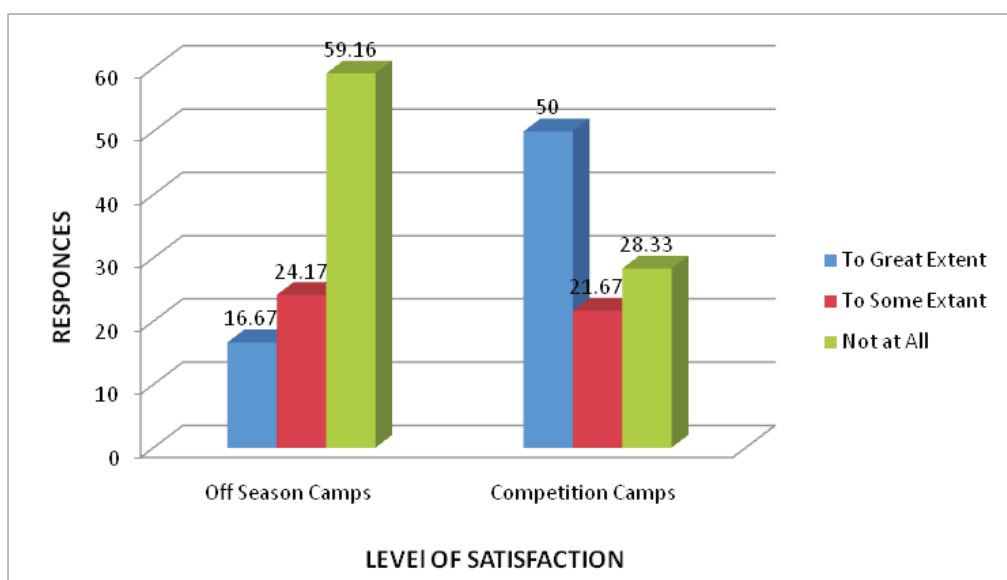
**TABLE – 5.2**

**Percentage Responses of 120 Experts and Chi-Square Value Regarding Frequency of Coaching Camps. +Ve<.....N.....> -Ve Responses**

S.No	Name of Item	To great extent	To some extent	Not at all	$\chi^2$
1.	OffSeason Camps	16.67	24.17	59.16	37.050**
2.	Competition Camps	50.00	21.67	28.33	15.800**

\*\*Significant at 0.01 level

**Figure – 5.2**  
**Percentage Responses of 120 Experts and Chi-Square Value Regarding Frequency of Coaching Camps.**



It is evident from table 5.2 and figure 5.2 that the value of  $\chi^2$  come out to be significant at 0.01 level of confidence (the table value of  $\chi^2$  at 0.01 level of confidence for 2 df = 9.210) in case of off season camps and competition coaching camps. The analysis of table reveals that the concentration of the

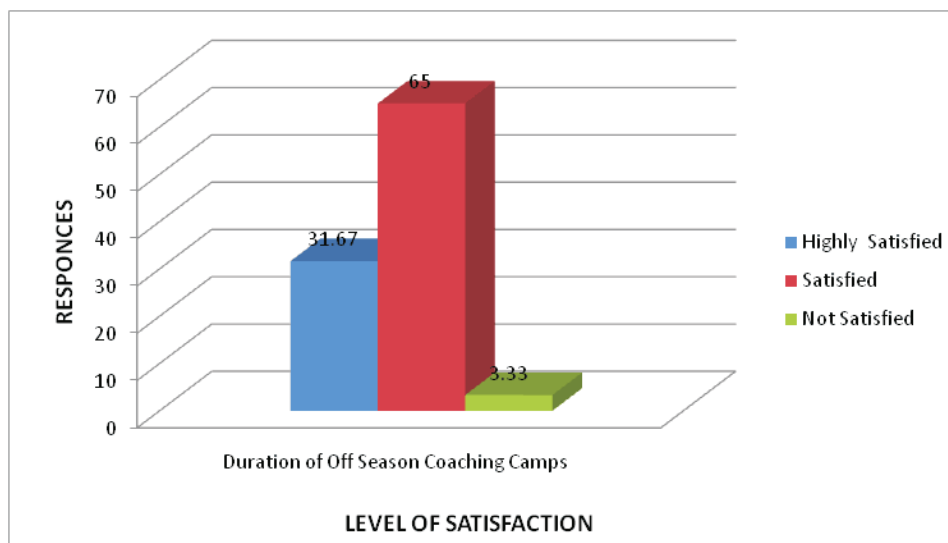
frequency exhibiting the level of satisfaction for the sample of 120 experts with respect to the off season camps lies towards the negative side of the scale, while in case of competition camps concentration of the frequency exhibiting the level of satisfaction lies towards the positive side of the scale. From this it may be interpreted that significantly the higher number of experts are not satisfied with the off season camps organized by the concerned institutions to the players and it may also be interpreted that significantly the higher number of experts satisfied with the competition coaching camps provided to the player by the concerned institutions.

**Table – 5.3**  
**Percentage Responses of 120 Players and Chi-Square Value Regarding Holding of Off Season Camps**  
**Ve<.....N.....> -Ve Responses**

S.No.	Name of Item	Highly Satisfied	Satisfied	Not Satisfied	$\chi^2$
1	Off Season Camps and competition coaching camps	31.67	65.00	3.33	68.600**

\*\*Significant at 0.01 level

**Figure – 5.3**  
**Percentage Responses of 120 Players and Chi-Square Value Regarding level of satisfaction with Duration of Off Season Camps**





**Interpretation**

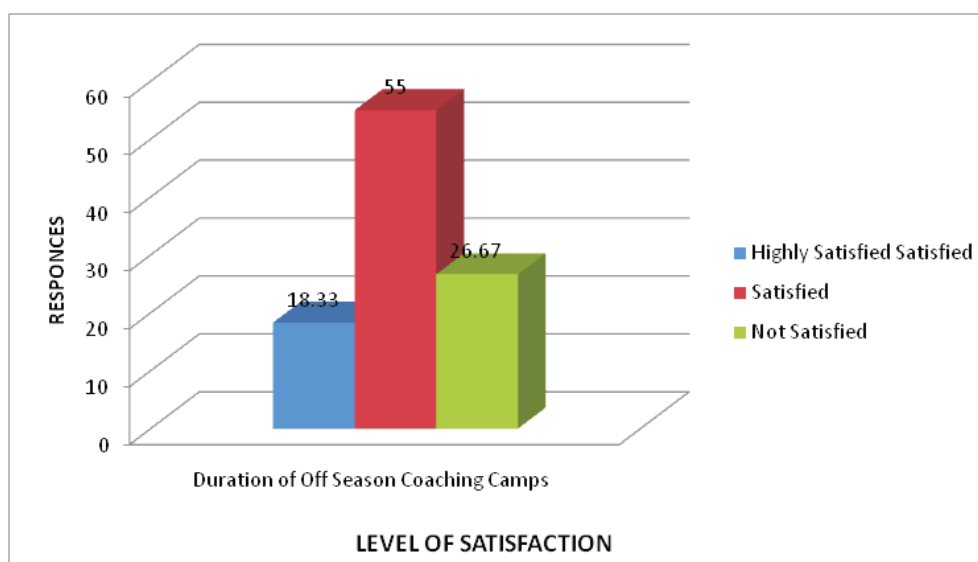
It is evident from table 5.3 and figure 5.3 the value of  $\chi^2$  come out to be significant at 0.01 level of confidence (the table value of  $\chi^2$  at 0.01 level of confidence for 2 df = 9.210) in case of off coaching season camps and competition coaching camps . The analysis of table reveals that concentration of the frequency exhibiting the level of satisfaction for the sample of 120 players with respect to the off season camps lies towards the centre of the scale . From this it may be interpreted that significantly the higher number of players are agree with the opinion that only sometimes the off season camps and competition coaching camps are organized by concerned institutions .

**Table – 5.4**  
**Percentage Responses of 120 Players and Chi-Square Value Regarding level of satisfaction with Duration of Off Season Camps**  
 <.....N.....> -Ve Responses

S.No.	Name of Item	Highly Satisfied	Satisfied	Not Satisfied	$\chi^2$
1.	Duration of Off Season Coaching Camps	18.33	55.00	26.67	26.600**

\*\*Significant at 0.01 level

**Figure – 5.4**  
**Percentage Responses of 120 Players and Chi-Square Value Regarding level of satisfaction with Duration of Off Season Camps**



It is evident from table 5.4 and figure 5.4 the value of  $\chi^2$  come out to be significant at 0.01 level of confidence (the table value of  $\chi^2$  at 0.01 level of confidence for 2 df = 9.210) in case of off season

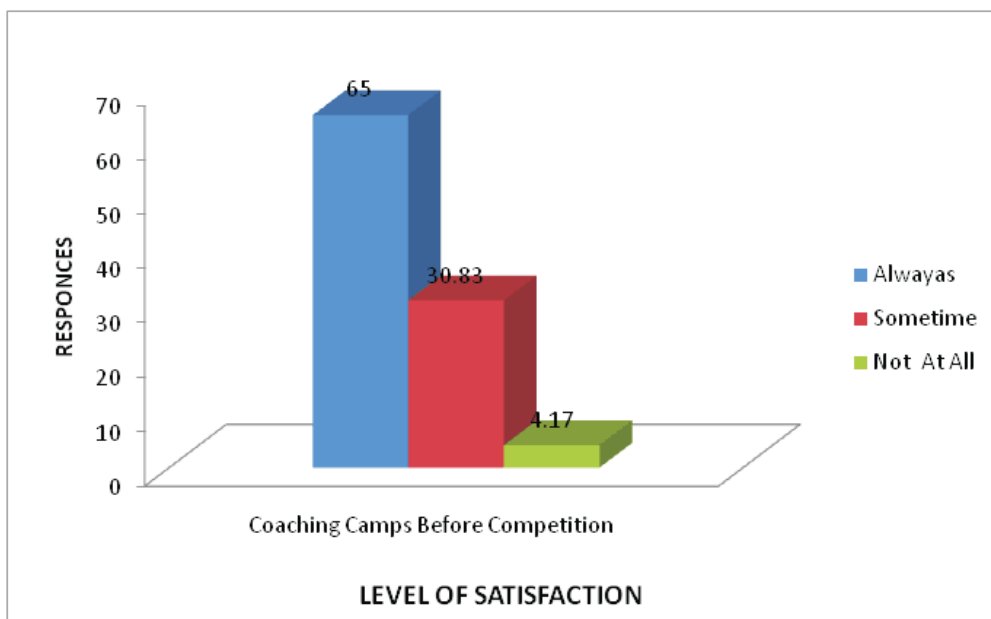
camps . The analysis of table reveals that concentration of the frequency exhibiting the level of satisfaction for the sample of 120 players with respect to the off season camps lies towards the centre of the scale . From this it may be interpreted that significantly the higher number of players are satisfied with the duration of the off season camps organized by their concerned institutions .

**Table – 5.5**  
**Percentage Responses of 120 Players and Chi-Square Value Regarding Holding of Coaching Camps By Institution Before Competitions**  
**+Ve<.....N.....> -Ve**  
**Responses**

Name of Item	Always	Sometimes	Not At All	$\chi^2$
Coaching Camps before Competitions	65.00	30.83	4.17	66.95**

\*\*Significant at 0.01 level

**Figure – 5.5**  
**Percentage Responses of 120 Players and Chi-Square Value Regarding Holding of Coaching Camps By Institution Before Competitions**



It is evident from table 5.5 and figure 5.5 the value of  $\chi^2$  come out to be significant at 0.01 level of confidence (the table value of  $\chi^2$  at 0.01 level of confidence for 2 df = 9.210) in case of off season camps . The analysis of table reveals that concentration of the frequency exhibiting the level of satisfaction for the sample of 120 players with respect to the coaching camps before competition lies towards the positive side of the scale . From this it may be interpreted that significantly the higher number of players are agree with the statement that coaching camps before the competition are

always organized by their concerned institutions .

### CONCLUSIONS:-

On the basis of analyses and interpretation of data discussed earlier, it is concluded that majority of respondents from the sample of administrators under study expressed their dissatisfaction with coaching facilities regarding holding of offseason coaching camps and competition coaching camps. While experts are dissatisfied with holding of offseason coaching camps and in case of competition coaching camps experts are satisfied.

On the other hand Majority of respondents from the sample of players under study expressed their satisfaction with the view that offseason coaching camps and competition coaching camps are organized only sometimes by the concerned institutions . Players were also asked to express their satisfaction regarding duration of holding offseason coaching camps and regarding holding coaching camps before actual competition . Majority of respondents from the sample of players were satisfied with the duration of holding offseason coaching camps and regarding holding coaching camps before actual competition by the concerned institutions.

### RECOMMENDATIONS

The intensive survey reflects that Offseason coaching and training camps are an essential prerequisite for school players. These preparation camps would prove very beneficial for the players. And for national level players coaching camp of minimum one month is an essential; pre- requisite. If an institution is running short of funds to organize such camps then the heads of the institution should be able to arrange the finance by diverting funds from other sources and by exhorting different agencies to provide funds for this purpose.

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