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## REVIEW ARTICLE

# A COMPARATIVE STUDY OF THE LEVELS OF SPORTS PARTICIPATION IN SENIOR SECONDARY SCHOOLS OF KURUKSHETRA DISTRICT

# A Comparative Study of the Levels of Sports Participation in Senior Secondary Schools of Kurukshetra District

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## INTRODUCTION:

Modern age is the age of machinery. Every walk of life is covered by automatic machines and instruments. So, Men have to do very little physical work. It is the bio- logical principle that if any organ of the body is not used then the growth and development of that organ is ceased. Many scholars have stated that if mental growth remains the same but the care is not given for physical health, the day is not far away when the existence of body will be in the form of mind only. Rousseau also used to believe that body should be strong enough so that it can obey the orders of mind.

Games, Sports and other physical activities improve the muscular strength, muscular grith , size and vascularization , improve the circulatory system , respiratory system , excretory system etc. and thus , make the body strong. Moreover, the goal of socialization of individuals can also be achieved through games and sports. Role of games and sports in promoting national integration is also important.

Interest in games and sports among the students should be developed at school level because good health, good habits begin from the childhood. Child is like clay and one can make the model what he wants from it. It is the time when students have maximum energy, leisure- time and maximum capacity to gain. At this juncture, we can mould the students through sports towards the socialization.

Today, we are the second largest population in the world but our performance in games and sports at world level is not satisfactory. In fact, it is the defect in our administrative system. Facilities are not provided at the school level. The present paper is to examine what are the factors at school level which are responsible for backwardness of sports activities at root-level.

## RESEARCH METHODOLOGY:

The required data related to academic year 2010-11 has been collected from the offices of 48 Senior

Secondary schools of Kurukshetra district through schedules. List of all Senior Secondary schools was taken from D.E.O. office and then these were classified in 6 strata. Strata-I includes 6 Private Senior Secondary Schools (Cat. I) governed by country-wide, famous and prestigious educational committees like D.A.V. Educational Committee, Hindu Shiksha Samiti etc. Strata II includes 6 Government Senior Secondary Schools of urban area. Strata III includes 9 Government Senior Secondary Schools of rural area. Strata IV includes 9 Private Senior Secondary Schools (Cat-II) of urban area, which are administered by local and poor management.

Strata V includes 12 Private Senior Secondary Schools (Cat.II) of rural area, which are administered by local and poor management. Strata VI includes 6 Senior Secondary Schools for girls of any type. Then sample required was taken i.e. stratified random sampling has been used.

The main reason behind the selection of stratified type of sampling is that the Senior Secondary schools of the studied area differ a lot in the administration, management and environment. So considering all these aspects, schools have been divided into stratas and then from each strata samples were taken with the help of lottery system.

Here, difficult statistical techniques have not been used but the analysis has been done with the help of total number of participants in each strata. Percentages of athletes has also been calculated from out of total number of schools students to study the level of sports participation and co-efficient of co- relation have been calculated to find out co- relation between area availability for play-ground in the schools(independent variable) and number of students participated in sports(dependent variable) and between

## Analysis and Interpretation

**Table - I**

**PARTICIPATION OF VARIOUS SCHOOLS OF KURUKSHETRA DISTRICT IN THE SPORTS ACTIVITIES**

Category of the Schools	Total No. of Students	Block Level		District Level		State Level	
		Total No. of Participants in Sports	Percentage of Athletes out of total Students in Schools	Total No. of Participants in Sports	Percentage of Athletes out of total Students in Schools	Total No. of Participants in Sports	Percentage of Athletes out of total Students in Schools
Private Senior Secondary School (Category - I)	7570	922	12.1	252	3.3	85	1.3
Govt. Senior Secondary School (Urban)	5430	722	13.2	170	3.1	52	0.9
Govt. Senior Secondary School (Rural)	4260	635	14.9	108	2.5	30	0.7
Private Senior Secondary School (Category - II) (urban)	3542	153	4.3	0	0	0	0
Private Senior Secondary School (Category - II) (Rural)	2537	56	2.2	0	0	0	0
Senior Secondary School for Girls	6250	-	-	97	1.5	-	-

It is evident from the Table -I that Private Senior Secondary Schools (Cat-I) are at the leading position as regards to total number of participants in sports at block level followed by Government Senior Secondary Schools of urban and Government Senior Secondary Schools of rural areas. But , if we look at percentage figures Govt. Senior Secondary Schools of rural area are at the leading position at Block level , followed by Government Senior Secondary Schools (urban) and Private Senior Secondary Schools (Cat - I) respectively. Participation of Private Senior Secondary Schools (Cat- II) is negligible.

In the sports activities at district and state level similar situation is prevailing. Number of selected students from Private Senior Secondary School (Cat-I) were 252 followed by 170 and 108 students from Government Senior Secondary Schools of urban and Government Senior Secondary Schools of rural areas respectively to play at district level. For State level sports , 85,52 and 30 students were selected from above mentioned institutions respectively. Private Senior Secondary Schools(Cat. II) have nil participation. Sports activities of various Girls Senior Secondary Schools cannot be said satisfactory at any level.

From the above discussion, it can be concluded that all the institutions differ in their sports participation significantly. Private Senior Secondary School (Cat-I) are at leading positions in sports, almost at all the levels.

Two facilities related to sports viz. availability of land for play-ground and number of physical education

teachers have also been studied to enlighten the causes of difference in the level of sports participation in various institutions although there are so many other factors responsible for these differences.

**Table – 2**

**Average Area Available in Schools for Play-ground**

Category of the Schools	Average area of Play-ground in acres
Private Senior Secondary Schools ( Cat- I)	5.0
Govt. Senior Secondary Schools ( Urban)	5.5
Govt. Senior Secondary Schools ( Rural)	6.5
Private Senior Secondary Schools ( Cat- II) (Urban)	0.5
Private Senior Secondary Schools ( Cat-II) (Rural)	0.5

From the Table 2, it can be analyzed that average land occupied by the Private Senior Secondary Schools of ( Cat.II) for the play ground is half an acre. This figure is 5 acres in case of Private Senior Secondary Schools ( Cat.-I) and 5.5 and 6.5 acres in Govt. Senior Secondary Schools (urban) and Govt. Senior Secondary Schools ( rural) respectively.

**Table 3**

**Number of Physical Education Teachers Available in Schools**

Category of the Schools	No. of Schools	Total No. of Physical Education Teachers
Private Senior Secondary Schools ( Cat- I)	6	15
Govt. Senior Secondary Schools ( Urban)	6	12
Govt. Senior Secondary Schools ( Rural)	9	13
Private Senior Secondary Schools ( Cat- II) (Urban)	12	04
Private Senior Secondary Schools ( Cat-II) (Rural)	10	02

From the Table – 3 , it can be found that number of physical education teachers in 6 Private Senior Secondary Schools (Cat- I) is 15. It is 12 and 13 in 6 Govt. Senior Secondary Schools (urban) and 9 Govt. Senior Secondary Schools (rural) respectively. This number is 04 in 12 Private Senior Secondary Schools (Cat- II) (Urban) and 02 in 10 Private Senior Secondary Schools ( Cat-II) (Rural) respectively.

Co-relation has also been established between play ground area(independent variable) and number of participants in sports(dependent variable) and between number of physical education teachers in the schools (independent variables) and number of participants in sports (dependent variable).

**Table 4**

**Co-relation between Playground Area and Number of Participants in Sports**

Level	Degree of Co-relation	Co-efficient of determination value	Unexplained Variance in Percent
Block	0.90	0.81	19
District	0.81	0.65	35
State	0.73	0.53	47

When the co-relation was calculated between availability of play-ground area (independent variable) and number of participants in sports (dependent variable) , it was found that there exists a high degree positive co-relation .

From Table – 4 , it can be seen that at block level, it is very high i.e. 0.90 and at district and state level it is 0.81 and 0.73 degree ,which is again high.

Value of co-efficient of determination was also found out to see how much change in dependent variable is due to the change in independent variable and how much change in dependent variable is not due to change in independent variable i.e. unexplained variance.

Unexplained variance is 19% at block level , 35% at district level and 47% at state level. Co-efficient of determination is also calculated to know about the explained variance.

**Table – 5**

**Co-relation between Number of Physical Education Teachers and Number of Participants in Sports**

Level	Degree of Co-relation	Co-efficient of determination value	Unexplained Variance in Percent
Block	0.92	0.84	16
District	0.85	0.72	28
State	0.79	0.62	38

From Table-5 , it can be observed that co-relation between number of physical education teachers in the school and number of participants in sports is positive and of high degree . It is 0.92 at block level , 0.85 at district level and 0.79 at state level.

Co-efficient of determination is also calculated to know about the explained variance. Unexplained variance is 16% at block level , 28% at district level and 38% at state level.

From the table 02 and 03 , it can be concluded that to some extent , particularly in the case of Private Senior

Secondary Schools (Cat - II) of both rural and urban areas , number of physical education teachers also depend on the vary basic facility i.e. the area availability for play-ground in the school. In fact, in the case of above - mentioned schools , there is very little land for play– ground , so these institutions do not appoint physical education teacher.

### **Main Findings:**

1. There is a significant difference in the level of sports Participation :-

A) Between Govt. Senior Secondary Schools (Rural) and Govt. Senior Secondary Schools (Urban)

B) Between Govt. Senior Secondary Schools (Rural) and Private Senior Secondary Schools (Cat-I) .

C) Between Govt. Senior Secondary Schools (Urban) and Private Senior Secondary Schools (Cat-I) .

D) Between Boys Senior Secondary Schools and Girls Senior Secondary Schools.

E) Between Govt. Senior Secondary Schools (Rural) and Private Senior Secondary Schools (Cat-II) of rural areas.

F) Between Private Senior Secondary Schools (Cat - I) and Private Senior Secondary Schools (Cat-II) of urban areas.

G) Between Private Senior Secondary Schools (Cat - I) and Private Senior Secondary Schools (Cat-II) of rural areas.

2) Private Senior Secondary Schools (Cat - I) are at leading position in sports participation followed by Govt. Senior Secondary Schools (Urban) , Govt. Senior Secondary Schools (Rural) , Private Senior Secondary Schools (Cat - II) of Urban areas and Private Senior Secondary Schools (Cat - II) of rural areas respectively.

3) Lack of land-available for playgrounds is important factors for backwardness of Private Senior Secondary Schools (Cat - II) in the sports.

The study has its educational implications for governing authorities, managements and organizations of educational institutions. It is helpful in reviewing of their plans for sports activities in different schools. The results obtained from the study are very important particularly for those institutions which are very backward in sports participation. The institutions which are very backward in sports are

Private Senior Secondary Schools (Cat - II) of both rural and urban areas. D.E.O.'s who make registration of such schools should examine; how many area, the schools have , to develop the sector of sports in the schools because in the modern age sports are very important for physical fitness , national integration and socialization of and individual.

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### **APPENDIX SCHEDULE**

#### **SPORTS PARTICIPATION IN SENIOR SECONDARY SCHOOLS:-**

1. Name of the school  
.....
2. Total no. of boys students from 6<sup>th</sup> to 12<sup>th</sup>  
.....
3. Total no. of students participated in sports activities in the academic year 2010 - 11.....
4. No. of students participated in different sports at various levels:-

Name of Sports	Number of Students participated in			
	School level	Block level	District level	State level
Kabbaddi Kho - kho Foot Ball Hand Ball Basket Ball Table Tennis Badminton Hockey Wrestling Boxing Athletics Any other				
<b>Total No.</b>				

5. Total area occupied for Playgrounds.
6. No. of Physical Education Teachers.
7. Any other information.