

**A SOCIOLOGICAL STUDY OF THE PROBLEMS FACED BY COLLEGE  
SPORTS STUDENTS IN COCHIN CITY.**



**Submitted by**

**BINCY V ROZARIO**

**Reg No :SAFF10166072**

**ST.TERESA'S COLLEGE**

**ERNAKULAM**

**MARCH-2013**

**A SOCIOLOGICAL STUDY OF THE PROBLEMS FACED BY  
COLLEGE SPORTS STUDENTS IN COCHIN CITY**

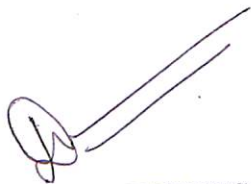
**A Thesis submitted to the Mahatma Gandhi University in Part Fulfillment of**

**The requirements for the Degree of**

**BACHELOR OF ARTS**

**DEPARTMENT OF SOCIOLOGY**

**ST. TERESA'S COLLEGE, ERNAKULAM**



**STAFF SUPERVISOR**

**ERNAKULAM  
MARCH 2013**



*Claramma.*

**HEAD OF DEPARTMENT**

*Dr. CLARAMMA THOMAS  
Head. Dept. of Sociology  
St. Teresa's College  
Ernakulam*

## DECLARATION

I, **BINCY V ROZARIO** ,hereby declare that the thesis titled,"**A SOCIOLOGICAL STUDY OF THE PROBLEMS FACED BY COLLEGE SPORTS STUDENTS IN COCHIN CITY**", submitted to **Mahatma Gandhi University, Kottayam**,in fulfillment of the requirements of the degree of Bachelor of Arts in sociology is a bonfire work carried out in the guidance ofAssistantProfessorSmt.DoraDominic **ST. TERESA'S COLLEGE, ERNAKULAM**, and that it has not foundbasis for award of any degree or diploma course

**Ernakulum**

**March 2013**

**BINCY V ROZARIO**

*Bincy v*

**CERTIFICATE**

I hereby certify that the thesis prepared and submitted by Ms. BINCY V ROZARIO  
“ASOCIOLOGICAL STUDY OF THE PROBLEMS FACED BY COLLEGE SPORTS  
STUDENTS IN COCHIN CITY” is the original investigation which she and her team carried  
out under my guidance and supervision.



**Staff Supervisor**

Smt. Dora Dominic

Assistant Professor  
Department Of Sociology

St. Teresa's College

Ernakulum

## ACKNOWLEDGEMENT

Words are inadequate to express my whole hearted gratitude to God Almighty, the source of all wisdom and power, for guiding me kindly through each and every stage of this research initiative.

I would specially thank Miss. Dora Dominic, my research guide for her constant guidance and inspiration throughout the study.

I am extremely grateful to the Principal, Rev. Sr. Teresa, and Head of the Department of Sociology Dr. Claramma Thomas for giving me the opportunity to conduct this study.

I take this opportunity to thank the librarians of St. Teresa's college and others who have helped me in everyway.

Last, but not the least, I wish to thank my parents, friends and relatives without whose co-operation I would not have been able to complete this project.

ST. TERESA'S COLLEGE  
ERNAKULAM

BINCY V ROZARIO

**CONTENT**

CHAPTER 1 INTRODUCTION

CHAPTER 2 REVIEW OF LITERATURE

CHAPTER 3 METHODOLOGY

CHAPTER 4 ANALYSIS AND INTERPRETATION

CHAPTER 5 FINDINGS AND CONCLUSION

BIBLIOGRAPHY

APPENDIX

## LIST OF TABLES

<b>Table Number</b>	<b>Page Number</b>
1. Table showing the Age of the student	36
2. Table showing the Gender of the Respondents	37
3. Table showing the Occupation of the parent	37
4. Table showing the Monthly income of the family	38
5. Table showing the Specialization of the respondents	38
6. Table showing the Specialized Item	39
7. Table showing the Reason for Interest	40
8. Table showing the Stream chosen for degree	41
9. Table showing that Sports as a burden	45
10. Table showing the Family enrollment towards sports	46
11. Table showing the Family response to join in sports	46
12. Table showing the Involvement of Family members in sports	46
13. Table showing the Relation with sports mates	49
14. Table showing the Ambition of the respondent	54

## LIST OF FIGURES

Figure Number	Page Number	Page Number
1. The piedigram Showing theMain factors that attracted to sports		39
2. The pie diagram Showing the enjoyment of participation in spots		40
3.Thepiediagramshowing the difficulties of science student		41
4 The pie diagram showing choice ofasubject		42
5. The pie diagram showing the difficulties faced by respondents		42
6. The pie diagram showing missing of classes		43
7. The pie diagram showing the occasion		43
8. The pie diagram showing the way of class management		44
9. The pie diagram showing the difficulties in time management		44
10.Thepiediagram showing the attitude of teachers towards participation in sports		45
11. The pie diagram showing frequency of sports practice		47
12. The pie diagram showing the time of practice		47
13. The pie diagram showing the method of maintain stamina		48
14. The piedigram showing the relation between sport coach		48
15. The pie diagram showing whether they have injuries		49



**Figure Number****Page Number**

16. The piedigram showing attitude of authority towards stimulates	50
17. The pie diagram showing the difficulties of girls students	50
18. The pie diagram showing the management of sport with menstrual cycle	51
19. The pie diagram showing the attitude of college authorities	51
20. The pie diagram showing the sports based scholarship	52
21 .The piedigram showing the name of scholarships	52
22. The pie diagram showing the benefits of scholarships	53
23 The pie diagram showing respondents satisfaction with sport related activities	53

# CHAPTER - I

## INTRODUCTION

The word sport comes from the old French word 'deported' which means to divert, amuse, please, play. According to the dictionary, the word sport has been used since the 1400s. It is interesting to see in this definition that the word was originally used especially for hunting, shooting and fishing. These activities would have been essential for early man to get their food, but as time went on people (especially the rich) took up these activities for fun. They didn't need to do them to survive. There is only a less evidence that people participating in sports.

The early history of sports often involved the preparation and training for war or hunting. Hence there were sports games that involved the throwing of spears, stakes, and rocks, and of course lots of play-fighting.

Ancient Greece introduced formal sports, with the first Olympic Games in 776 BC that included sports such as human and chariot races, wrestling, jumping, disk and javelin throwing, and more. We all know that there are many more sports than hunting, shooting and fishing and most of them don't involve animals. The ancient Greeks had the Olympic Games which were held every four years (like the modern Olympic games) and began over 2,700 years ago! They included sports like running, wrestling and the javelin.

### Definition

Sport is an activity which is pleasurable; there has to be an element of physical skill or interaction.

OR

It is an activity in which players or team compete against each other that involves physical effort

OR

Sport is an activity must be 'winnable'

So in conclusion, sport has been with us for thousands of years, but we didn't start calling it sport until around the 1400s (we have the French to thank for the word). The kind of sports you play depends on the technology that you have available and we think that a real sport has to have some element of physical skill or interaction

### **Importance of sports**

Sports have an important role in our life as it helps us to remain fit and live longer. They shape and tone our body muscles in such a way that possibilities of muscular sprains are minimized. We all as young people should have no problem in playing outdoor sports and doing exercises to live a healthy life. Apart from giving a proper shape to our body sports and exercises are also good sources of recreation and they give us some kind of freshness in our mind and in our heart. And a point not to forget is there is not only a single kind of sport that one must practice but there are infinite sports namely football , long jump , swimming , wrestling , etc. Different people have different choice so there are enough sports to fit in everyone's choice. Many people have become great due to their deep interest in this sports field .So it is a fact that sports and exercises play a vital role in anyone's life.

### **Benefit of sports**

To Participating in sports, is good for our mind, body, and spirit. Furthermore, team sports are good for learning accountability, dedication, and leadership; among many other traits. Putting it all together by playing a sport is a winning combination.

#### **1. ITHelps forBetter academic:**

Playing a sport requires a lot of time and energy. Sports require memorization, repetition, and learning, these are very relevant to class work. Also, the determination and goal-setting skills sports require can be transferred to the class -room.

#### **2. Sports teach team-work and help achieve goals:**

Fighting for a common goal with a host of other players, coaches, managers, and community members teaches you how to

Build a collective team synergy and effectively communicate the best way to solve problems en route to a victory. This will be very helpful in life when encountering problems in the work force, at the home-front, or in any arena.

### 3. Sports offer many health benefits, some less obvious:

Clearly, sports will improve your fitness and weight goals. However, they also encourage healthy decisions such as not smoking or drinking and offer hidden health benefits such as a lower chance of getting osteoporosis or breast cancer later in life.

### 4. Sports boost self-esteem:

Watching your hard work pay off and achieving your dreams brings about tons of self-confidence. If you can achieve something in a sport or with a fitness goal, then you know you can achieve any other goal you set. This is a very rewarding and exiting process.

### 5. Playing a sport cuts down on pressure and stress:

Exercising is a natural way to loosen up and let go of stress. Also, you will most likely make many new friends on the team who can be there for you as a support system. When you find you are having a lot of stress, you can call up team mates and head to the gym to talk it out and play it out.

For all of these reasons, doing sports is the far most accepted way to keep you healthy directly and it is always a great decision to get involved in the sports arena.

## **Sociology of sport**

Sociology of sport, alternately referred to as sports sociology, is a sub-discipline of sociology which focuses on sports as social phenomena. It is an area of study concerned with various socio-cultural structures, patterns, and organizations or groups involved with sport.

There are many perspectives through which sport can be viewed. Therefore, very often some binary divisions are stressed, such as: professional — amateur, mass — top-level, active — passive/spectator, men — women, sports - play (as an antithesis to organized and institutionalized activity). Following feminist or other reflexive and tradition-breaking paradigms sports are sometimes studied as contested activities, i.e. as activities in the centre of various people/groups interests (connection of sports and gender, mass media, or state-politics).

The emergence of the sociology of sport (though not the name itself) dates from the end of the 19th century, when first social psychological experiments dealing with group effects of competition and pace-making took place. Besides cultural anthropology and its interest in games in the human culture, one of the first efforts to think about sports in more general way was Johan Huizinga's "Homo Ludens" or Thorstein Veblen's "Theory of the Leisure Class".

#### **Function :**

The aims of the sociology of sport are:

1. To critically examine the role, function and meaning of sport in the lives of people and the societies they form;
2. To describe and explain the emergence and diffusion of sport over time and across different societies;
3. To identify the processes of socialization into, through, and out of modern sport;
4. To investigate the values and norms of dominant, emergent and residual cultures and subcultures in sport;
5. To explore how the exercise of power and the stratified nature of societies place limits and possibilities on people's involvement and success in sport as performers, officials, spectators, workers or consumers;

6.To examine the way in which sport responds to social changes in the larger society;

7.To contribute both to the knowledge base of sociology more generally and also to the formation of policy that seeks to ensure that global sport processes are less wasteful of lives and resources.

The sociology of sport also seeks to critically examine common sense views about the role, function and meaning that sport has in different societies. By challenging 'natural' and taken-for-granted views about sport, sociologists seek to provide a more social and scientifically adequate account that can inform both the decisions and actions of people and the policy of governments, NGO's and sport organizations.

Although, as in sociology more generally, there are several different perspectives from which to examine the relationship between sport, cultures and societies, sociologists of sport do have certain assumptions in common. For example, sociologists, whether they examine the 'micro' or 'macro' aspects of sport, seek to embed their research in the wider cultural and structural context.

In the context of sport sciences, sociologists of sport seek to generate knowledge that will contribute to 'human development' as opposed to 'performance efficiency'. That is, they seek to critically examine the costs, benefits, limits and possibilities of modern sport for all those involved, rather than focus on the performance efficiency of elite athletes. Those sociologists working with sociology departments examine sport in the same way they would examine religion, law or medicine - to highlight aspects of the general human condition.

Sociology of sport, then, seeks not only to contribute to its parent discipline, but also to changing the sports world .With respect to the latter, research seeks to 'debunk' popular myths about sport, critically appraise the actions of those more powerful groups involved in sport, and inform social policy towards sport.

### **Key problems facing sports today**

Management is of utmost importance in today's sports. In modern days of keen competition success depends upon management skills of high grades. Management indicates execution or implementation for the sake of attaining predetermined objectives of Sports associations.

The success of any sport depends upon on three factors – Organization, Management and administration. Of these, Management is the most important as it is concerned with planning and programming, policy formulation and coordinating activities. It also includes control or work performance and maintenance of discipline for a purpose of maintaining a satisfactory quality of the sport.

The Key Problems in Sports revolve around the above-mentioned paragraph, and the following is a summary of the problems

1. Management: The problems that are seen at management level can be dubbed as the root of all problems in sports today.

There are numerous sports governing bodies in many countries, which operate very unprofessionally. This is a very common problem in developing countries. In India politicians who have no interest in developing the sport occupy top positions in sports associations. They are all given honorary positions and since they have no experience in the sport due to which the growth of that sport hampers.

Sports associations and governing bodies should change their mindset and should issue serious job roles with ex sports men on decision-making posts.

National associations and federations must stop whining about the governmental support and work towards developing a saleable product.

2. Economic: Economics of scale is a major talking point in the sports today. Inequality in the finances is a major threat to popular sports like Football. Economic imbalances in football leagues are a major drawback in the sport today. Issues of differences in salaries across sports is causing a very evidential competitive imbalance which will have a near term disadvantage which may result in declining popularity of the sport amongst the fans.

3. Developmental: The development of sports in the country needs a change in the basic mindset and evolution of the new culture. There is a need for sports associations and marketers to change the face of marketing by Professional methods, Packaging the sport well, Present the concepts better and position the sport confidently.

4. Grass Roots: Development of Sport at grass root level should be a focus of all sports governing bodies across the world, unfortunately only the popular sports, which are country specific, manage to flourish at grass root levels, there are success stories of grass root development which nations and sports associations can boast off example International Tennis Federation's Mini Tennis Promotion and US Soccer's Grassroots' development program, which has made soccer a popular sport in a country that has popularized their national sports in the world. Development of grass root sports is the starting point of disciplined and structured atheism of the future.

5. Disciplinary: Discipline in Sports is a major problem in the past and even consists today. That's the reason why there is negligence in the case of Doping, Match fixing, biased selection procedures, violence in sports. These are key problems that are hampering sports.

Games and sports are indispensable part of education system all over the world at each level of studies. Sports activities are essential to develop a healthy and constructive attitude towards life. In fact, sports lend a rhythm to life of students and provide the best co - curricular activity for them. However, it is found that in the present system of education the students do not get time to pay any attention towards their extracurricular activities.

Parents and teachers both do not encourage students to take keen interest in sports. Most of the time school and college authorities failed to provide the basic facilities to students for developing their interest in various games. Government is also not providing sufficient funds to institutions for establishing necessary infrastructure in their schools and colleges for sports. They also have limited opportunities and programmes for participation, training and competition. Lack of good relationship with coach, lack of fund and scholarship are the common problems.



### Sports and academics

Students who participate in sports or physical activities may have greater academic performance. Participation in sports does not make the child more intellectual, it supports the child's overall development. This includes the development of the brain, which in turn, can subsequently lead to better overall academic performance.

In the past we may have thought or heard that kids are either good in sports or academics, but not both. But we may have also referred to a child as a being either a "brain" or a "jock." This distinction is often no longer the case. Kids can excel in both sports and academics. In fact, youth sports and academics often complement each other.

K. J. Linder, who wrote about pediatric exercise science, presented data illustrating that brain function, which impacts academic performance, is supported through time spent outside of class. Time outside of a classroom setting is often when physical activities, such as youth sports, take place. This may include physical education as well as after school athletic programs. When a child participates in sports, he may experience increased levels of energy and reduced classroom boredom. This contributes to better student attention in academic settings. Linder also reported that kids who consider themselves outstanding academic performers are generally more likely to be active in sports and physical activities.

Youth sports and physical activity influence students in positive ways. According to Live Science, physical activity increases the brain's function, supports brain nourishment, leads to greater energy levels and contributes to the ability to concentrate. Youth sports can also improve a child's self-esteem, leading to improvements in overall behavior.

Carl Cotman, the director of the Institute for Brain Aging and Dementia at the University of California - Irvine, has shown that participating in youth sports can stimulate the gray matter of the child's brain. When this stimulation occurs and neurotransmitters are released, brain neuron

development is promoted and neuronal connections are enhanced. This contributes to an increase in brain function that can potentially positively affect academic performance. In addition, when a student participates in a sport or physical activity, specific chemicals, such as dopamine, increase throughout the body. These chemicals improve focus, reduce impulsive behavior and have calming effects.

Charles Hillman, associate professor of kinesiology at the University of Illinois, says that kids who participate in youth sports may be more likely to have a lower body mass index (BMI). BMI is a measurement that compares body weight to height. When you compare physically active children to less active children, active children may have greater overall body flexibility and core body strength. The California Department of Education found that more physically active students not only tend to have a better overall level of fitness, they also performed significantly better on academic tests vs. the less physically fit kids.

While exercise may not directly influence the development of a student's intellect, there is a cumulative benefit for a student's overall development and academic performance. Students can be both a "jock" and a "brain," participating in youth sports and academics.

### **Sports in India**

Sports in India dates back to the ancient times with references found in the Vedas and Indus Valley Civilization. Archaeological excavations of Mohenjodaro and Harappa reveal that people indulged in some sort of physical activities and also played a variety of games using marbles, balls and dice. Hunting, swimming, boating and boxing were also some of the major sports played and nurtured in India in ancient times.

Sports In India, delved or the body-way is defined as "one of the ways to full realization." In the day and age of the Rig-Veda, Ramayana and Mahabharata men of stature and circumstance were expected to be competent in chariot-racing, archery, horsemanship, military tactics, wrestling, weight-lifting, swimming and hunting

The guru-shishya (teacher-pupil) relationship has always been an integral part of Indian sport from time immemorial. The gurus would take their shishyas under their custody and introduce them to archery, chariot racing, wrestling, hunting, horse riding, weight lifting, swimming and military tactics. The weapons of war, for instance, the javelin (toran) and the discus (chakra), were frequently used in sports.

The present scenario of coaches is also a part of traditional sports. Indian sport reached a peak of excellence when Buddhism held sway here. In Villas Mani Majra, Tiruvedacharya describes many fascinating games, namely, archery, equitation, hammer-throwing and chariot-racing. In ManasOlhas (1135 A.D.), Someshwar writes about bhrashram (weight-lifting), bhramanshram (walking) and also about Mall-Stambha (wrestling).

Yoga was an integral part of ancient Indian culture. Yoga was practiced by almost every school thought to achieve spiritual and mental peace. The people forgot it but now people have once again realised the importance of yoga

Games like chess, snakes and ladders, playing cards, polo, the martial arts of judo and karate had originated in India and it was from here that these games were transmitted to foreign countries, where they were further developed.

Chess originated in ancient India and was known as Chatur-anga – meaning four limbs. It represents four-fold division on the ancient Indian army – infantry, war elephants, cavalry and chariots. Chaturanga is the direct ancestor of shatranj, which was played by the Pandavas and the Kauravas.

The popular game of cards originated in ancient India and was known as Krida-patram. It was one of the favorite pastimes of Indians in ancient times. This game was patronised especially by the royalty and nobility. In medieval India, playing cards was known as Ganjifa cards which were played in practically all royal courts..

Ancient India claims to have been the origin of judo and karate. Kerala's martial art form Kalaripayate is similar to karate. Those who practice it have to develop acrobatic capabilities, when using swords or knives to attack their adversaries, and even an unarmed exponent.

## Popular Sports in Present India :

### **1.Hockey:**

Hockey is the national game of India. It has made India stand tall and has proved itself to the world, in spite of being under political suppression. Hockey is a team game, which is played by two teams of eleven players. Either team tries to hit the ball with the hockey stick into the goal, and also tries to prevent the opponent from doing so.

The game of hockey is played widely across India. It is popular and is played by both men and women. The origins of the game can be traced back to the earliest civilizations of the world.

The rules of hockey are very similar to the rules of football except that players must use sticks instead of their feet to play the ball.

### **2.Cricket:**

Cricket is a team game, which is played between two teams of eleven players each. It's a bat-and-ball game. In India, cricket is by far the most popular sport and almost practiced like a religion. The cricket field consists of a large circular or oval-shaped grassy ground.

The pitch where the batsmen have to face the bowler is 22 yards. The objective of the game is to score more runs than the opposing team. The team bowling first tries to bowl out the batting side, and then out score them. Batting and bowling are thus alternated.

India won the 1983 Cricket World Cup under KapilDev and finished as runner-up in the 2003 World Cup under SouravGanguly.In 2011 India got world cup under the leader ship of M.S Dhoni

### **3. Kabaddi :**

The game of Kabaddi is played across the length and breadth of India. This popularity can be ascribed to the simplicity of the game and the fact that it requires no sophisticated equipment. Since Kabaddi is an Indian game, India has been at the forefront of promoting the game at the international stage. India played a pivotal role in laying down standard rules and procedures for Kabaddi in the 1950s. The Indian Amateur Kabaddi Federation president Janardhan Singh Gehlot was instrumental in establishing the International Kabaddi Federation (IKF) in 2004 and he was elected the first president of IKF.

The popularity of kabaddi has increased over the passing years, from being a popular game in the rural India to a sport recognized at the national level. A number of championships, both at the national and international level, have been organized for kabaddi, wherein the Indian national kabaddi team has delivered remarkable performances. The introduction of Federation Cup Kabaddi matches in India in 1981 is a milestone in the history of kabaddi in India. India touched another milestone in 2004, when she hosted the first ever Kabaddi World Cup, in Mumbai. The country won the World Cup, as well. She has produced a number of talented Kabaddi players, so far, who have earned international recognition and brought laurels to the country.

### **4. Volleyball:**

Volleyball in India is a popular sport that is played in various regions of India both in urban as well as rural India. It is a popular recreation sport. Indian ranked 5th in Asia and 27th in the world. Currently, an Volleyball comprises energetic body movements as well as rapid jumps and leaps. Being a fairly affordable sport, volleyball is played in all parts of the country around the year. Volleyball in India is played by several educational institutions and the armed forces also. The Indian Volleyball team secured third place and the bronze at the Asian games in 1958 at Tokyo, the year in which the game was first introduced in the event.

Several reputed Volleyball tournaments are also organized as well. important problem for the sport is the lack of sponsors.

### **5.Tennis:**

Tennis is the game in which two opposing players (singles) or pairs of players (doubles) use tightly strung rackets to hit a ball of specified size, weight, and bounce over a net on a rectangular court.

Points are awarded to a player or team whenever the opponent fails to correctly return the ball within the prescribed dimensions of the court.

One of the distinguishing factors, which make tennis more special among all other sports, is its simplicity of rules. A player's objective is to make the opponent discontinue the rally.

### **6.Football:**

Football is one of India's most popular sports, next to cricket. Traditionally it has enjoyed popularity in the states West Bengal, Goa, Kerala and the entire North-East India, especially Manipur, Meghalaya, Mizoram and Sikkim.

Having been Asian champions twice, the standard of Indian football has degraded due to a lack of investment and proper planning. While standards of other Asian nations in which football is the most popular sport improved, Indian football was largely neglected in preference to cricket in which the national team is among the top 10 countries in the world. In September 2006, India and Brazil signed an agreement formalizing a scheme to train Indian footballers and coaches.

Today India's top domestic league, the I-League, is one of the most popular sports league in the India, and is home to some of India's most famous football clubs

### **7.River rafting:**

River rafting is done using a raft on whitewater or different degrees of rough water, in order to have some thrill and excitement. In India, one can enjoy river rafting on the Ganges.

The most popular river rafting places in India are Garhwal and Kumaon Himalayas in Uttaranchal, Kullu valley in Himachal, Melli Bazaar in Sikkim, and Ladakh in Jammu & Kashmir. The famous rivers are Ganga, Bhagirathi, Zanskar, Beas, Teesta, Kosi, Ramganga,

Saryoo, and Kali. The holy river Ganga is world famous for its river rafting sports, along with many challenges. Ganga offers both the professional as well as amateur rafting possibilities. Rishikesh is the main rafting and camping centre

### **8. Rock climbing:**

Rock climbing is an interesting adventure sport that is undertaken quite sportingly in India. Major reason for this is: one – people want to do something that are out of routine, second – there is ample opportunity for rock climbing in India, given the country's ideal topography

It is a sport in which a person loves to climb a steep rock. People use gears and safety equipments while climbing. This is a physically exhausting sport and is very much challenging. Manali Valley in Uttar Pradesh is an excellent place for rock climbing.

### **9. Trekking:**

This includes walking through the mountains and exploring some of the hidden cultures and living styles of India. Just walk through mountains and streams.

Some of the other adventure sports in India are paragliding, skating, skiing and rappelling.

One can also visit the forests and deserts and enjoy the animal's safari, jeep safari and stay in the camps.

Now days, government is also promoting sports by different means. Sports awards are given by the Sports Ministry of India to honour the players who have performed very well in their field of sport.

It is done so as to enhance the player's spirit and recognize his or her achievements. It is also intended to help and support sportspersons with outstanding caliber. In future, India will also have name in the world of sports.

### **National sports policy**

The national sports policy focuses attention on directions to be followed and objectives to be achieved. The policy resolution is based on :

1. A time bound program to provide infrastructure of sports and physical education in village and towns and appropriate equipment to sportsman women ;
2. Efforts of governmental level to preserve playfields and open space;
3. Availability of nutritional diet to the sportsman and women;
4. Identification and nurturing of talent from an early age;
5. Integration of sports and physical education with school curricular as a regular subject.
6. Provision of adequate incentives for achieving excellence in sports;
7. Special consideration to sports persons of eminence in employment
8. Involvement of voluntary organization for promotion of sports
9. Implementation through national sports federation of effective training and competition program for preparation of national team to participate in international competition after such participants has achieved the required qualifying standard.
10. Encouraging competition in the disciplines recognized for Olympic games, Asian games And Commonwealth game for those disciplines in which world federations exist,
11. Involvement of mass media for spreading sports consciousness in the country.

### **Promotion of women sports**

National sports championship for women (NSCW) first organized in 1975, has now become a significant national event. The program is organized by sports Authority of India. National level championship is preceded by lower level competition which are conducted by State level and Districts level .Financial assistance is given to the tune of rupees 1,000 per block, Rupees 3000 per district ,Rupees 10,000 per division and Rupees 10,000 per State level tournament for bigger states and Rupees 5000 for other.



### **Promotional incentives**

Incentives are provided for promotion of sports activities under two type's schemes

A) Incentives scheme for promotion of sports and game in schools through prize money and award are given to sports persons /person/team wining major international sports events.

### **National welfare fund**

It's for sports persons was constituted by government in 1982 for giving financial assistance to outstanding sports persons ,who are no longer active in sports and are in indigent circumstance.

### **Travel grants**

Under the scheme international passage cost is provided to sports scholars and research workers for specialized trainings and research abroad. It aims at encouraging research and specialized study in maulers relating to sports in 1988-89 seven persons received such assistance.

### **Scholarship for training of specialist and outstanding sports person**

Thus is new scheme in operation from 1989.Under it, scholarship are given to

- A) Specialist for training abroad in sports /adventure programs and
- B) Achieve outstanding sports persons for specialized coaching /training abroad.

### **Sports Awards in India**

sports Awards in India are bestowed by the Sports Ministry, Government of India to various sports personalities in different fields for their accomplishments and outstanding performances. These awards include the Arjuna Award, the MaulanaAbulKalam Azad (MAKA) Trophy, the Rajiv Gandhi KhelRatna Award, the Dronacharya Awards and the Dhyan Chand Award. Initially, the Government used to confer these awards to the sportspersons for their performances in all types of competitions. However, from the year 2001, the Sports award is given only in those disciplines that fall under the categories like the Olympic Games or the Asian Games or Commonwealth Games or the World Cup or World Championship disciplines and also in Cricket. These awards are also given for the Indigenous competitions and for the Sports for the Physically Challenged.

### **1.Arjuna Awards**

The Government of India established the Arjuna Awards in India in the year of 1961 for the outstanding performance from the sportspersons in sports and games. The Government has modified the format of Arjuna Award very recently and as per the revised schematic guidelines a sportsperson must have very good consistent performances for the previous 3 years at the international level to be considered as eligible for the Award. The person should also have excellence in his or her respective field of sport for the year for which the Award is recommended he or she should show some extraordinary qualities like the leadership, sportsmanship and a sense of discipline in his or her own field throughout his or her career. The Government gives a statuette of the legendary warrior Arjuna, a scroll of honor, a ceremonial dress and also a cash award of an amount of Rs.3 lakhs to the Awardees.

### **2.Dronacharya Award**

There is another award in India that is named as the Dronacharya Award and the Government of India instituted this honorable award in the year of 1985. The award is named after the very famous archery coach, mentioned in the epic of India known as the Mahabharata. This very award is not related with the sportspersons who are still playing in the field; instead this is related to those eminent coaches of any particular sport. These Coaches are selected by their performance of being successful to train the sportspersons or teams and also help them to achieve the outstanding results in the international competitions. The person, who gets the award, receives a statuette of the great Guru Dronacharya, a scroll of honour, a ceremonial dress and also a cash prize.

### **3.Dhyan Chand Award**

The award that is given to the veteran sportspersons of India for their lifetime achievement in their respective field of sport is named as the Dhyan Chand Award for Life Time Achievement in Sports and Games. This is new award that is instituted by the Government of India in the year of 2002. The main objective of the award is to show honour to those sportspersons who have

contributed a lot to their respective sports by their performance and still continue to contribute to the promotion of sports even after their retirement from the active sporting career

#### **4.Rajiv Gandhi KhelRatna Award**

The Rajiv Gandhi KhelRatna is the highest honour bestowed to a sportsperson for his/her achievements in India. The award was instituted in the year 1991-92 to provide honour a supreme national accolade to various achievers in the field of sports. The words KhelRatna, literally mean Sports Gem in English. The award is named after the former Prime Minister of India, late Rajiv Gandhi. The award comprises a medal, a scroll of honour and a substantial cash component.

#### **Significance of the Study**

Sports are an important mental and physical activity that can mould the personality of the individual as it can foster a better organizing power, confidence and concentration .These aspects are important for spots students for good performance. In Kerala Sports and related activities are encouraged by the government and educational institutions promote sports with academics. In spite of all this students involved in sports are facing many difficulties. They also have limited opportunities and programmes for participation, training and competition. Lack of good relationship with coach,lack of fund and scholarship are the common problems. So the researcher found it necessary to investigate various problems that students involved in sports face.

## CHAPTER II

# REVIEW OF LITERATURE

Justin (2003) states that ,Sports are an incredibly important contributor to human nature in our pacified society. The lack of responsibility and risk taking swells to the point where people avoid any kind of competitive activity because of the inherent risk of failure. Participating in sport at any level will replace the necessary competitive edge in an individual and kindle the fire of dedication, hard work, and almost reckless intensity

The Australian Sports Foundation (ASF) defined that, Sports is a human activity capable of achieving a result requiring physical exertion and/or physical skill, which, by its nature and organization, is competitive and is generally accepted as being a sport.

Dr. Sylvia Rimms(2007) analysis that, sports activities and interests provide many positive opportunities for children .However, they can also cause some problems. Many parents believe that participation in sports will enhance children's school accomplishments, while others believe that sports get in the way of their children's achievement. Whether they help or distract from achievement depends on the extent of children's involvement and the type of experiences they have.

Good sportsmanship provides guidelines that can be generalized to classroom and lifelong achievement. Participation in challenging sports contests teaches children to love classroom challenge. It also teaches children to function in a competitive society.

Our society is competitive, and we should teach our children to function in competition and how to both win and lose as good sports. Children must learn that winning and losing are both temporary, and that they can't give up or quit. Learning to become a team player is also important for children who may prefer to be the center of attention.

The domain of the sports has for a long time belongs mainly to males with so much to be learned from sports, it is surely unfair to resource that opportunities only for boys.Feamale teams now

abound in many schools and communities. Forty percent of the basketball teams in school are now girl's team. Girl's participation in sports should increase their confidence, risk taking, and their ability to function in competition. Girls lesser experience in sports, compared to boys , may underlie some of the career problems women cope with in business , industry, science or the art where the ruler of team sports often prevail.

Ankan Banerjee (1992)has point out that; Today sport emerges as an important component economic development of country .The active participation in sports improves community health medical expenses,imbibes discipline in character and enhances social cohesion. The execution of a mega spiting event helps in developing infrastructure, generating, employment, securing inflow of foreign capital and thus contributes significantly to the economic development of a country.

The government plays a crucial role in promoting sports in a country. The government and governmental organizations constitute the public sector of the sports industry, which is responsible in making sports policies, allocating grants for developing infrastructure, nurturing talents and designing specialized programmers for overall development of sports.

The year 1982 was significant in the history of sports in India. In that year, India organized the Asian Games for the first time. Prior to that, not much emphasis had been given to sports in public policies.

Despite these efforts, the performance of Indian athletes at the international level is not very convincing. Therefore, a few steps may be recommended to make these initiatives more comprehensive. First, the allocation of funds, as the percentage of budget, should be increased to broad-base sports in the country. Second, sports should be made as an integral part of the education system to inculcate sports culture from the school level. Third, the effectiveness of the developmental projects should be evaluated periodically. Fourth, uniformity should be maintained in sports specific activities of various states of India to provide equal participation opportunity to its citizens. Finally, a structure of good governance should be incorporated to make the system transparent and accountable.

To revive sports culture, the government should revisit the sporting framework of India. Otherwise, the immense potential of the country in sports can never be realized. It can be

expected that the government will play a proactive role in promoting sports in India to establish the country as a sporting nation.

AdwaitKulkarni states that, The disappointing performance of the Indian athletes and players in the Olympic, has produced the people to assume about the condition of sports in India. Despite our substantial size in terms of population, we have not been capable to leave our impact on international sports. Otherwise also Indian sports has not been capable to obtain the regular which they had been supposed to achieve. Athletes have been significantly beneath the normal and considering the fact that the Olympic games began India has been capable to bag hardly a handful of gold medals. Moreover, most of the medals have been bagged either by our Hockey team or by our wrestlers. Does it imply that the people in India have no interest in sports and games.

In reality it has been once again and once again pointed out that politics in the Sports Organizations of India has spoiled the sports. The selections are mainly based on favoritism and some of the outstanding sports persons are just ignored simply because they do not take place to be associated to some influential person. Some of the Ministers and the political leaders want to be at the helm of affairs so that they could possibly be in a position to embezzle sports funds.

Another explanation for the decline of sports in India is that we have been mostly concentrating upon the young persons living in the cities. We have ignored the villagers, the tribal individuals and other individuals. In reality those who reside in the cities commonly do not delight in fantastic well being considering of the polluted atmosphere and filthy atmosphere. As they are brought up in the lap of luxury they can not be hardily consumers. But in order to draw the interest of the villagers to sports we will have to have playgrounds as well as the facility for playing games in the villages. Competitions amongst the villages really should be arranged periodically.

Sports persons in India have to suffer as a result of they are not given correct facilities. Sportspersons require exceptionally wealthy diet program and also specific other situations which may well develop their talent appropriately. Some of the major sportsmen or ladies are offered jobs in effective firms but the sportspersons of the reduced grade are entirely ignored.

When they retire from active sports they do not have anything to fall back upon. No financial guide is given by any institution. This discourages the young individuals from taking part in sports.

India is nearly generally at the bottom in the Olympics medal tally since of the lack of facilities supplied. The dreams of sportspersons of winning medals for India at the Olympics are shattered as they are not provided with appropriate resources. India nevertheless lacks high quality coaches, correct infrastructure and other helpful schemes which the government can produce, therefore the failure to acquire medals.

Uditnarayan(2005) explains that, A wide range of sports and games are played in India. Undoubtedly, Indian sports have made a remarkable contribution at the international level, most importantly cricket, which has left such an impact on the minds of people that they worship it with full devotion. Despite the facts and records, the present condition of sports in India, except for cricket, is nevertheless pathetic. Cricket undoubtedly gets the best management and sponsors of the country, probably due to its popularity and craze among the people. But the question is- Are other sports getting what they deserve and demand? The answer is obviously a big NO. Cricket players are given so much attention by the media and advertising companies that it has made them millionaires. India wins one match against Pakistan or Australia and there goes the line of cash prices and cheques being showered on them by ministers and state governments. Even in terms of incentives, the other sportsmen lag far behind the cricketers. Hockey is our National sport, but the way it has lost importance in the past few years makes it difficult to digest the previous statement. It even failed to qualify for the Beijing Olympics. Not only hockey, but tennis, football, golf, badminton; all share the same pathetic condition. Neither the sponsors are interested in financing them, nor does the government raise enough funds. The Hockey team receives a meager Rs. 1000/- for every goal that they score, whereas those given to the cricketers do not require a mention. The infrastructure and proper training is also missing in other sports. Ace shooter AbhinavBindra had the financial backing of his parents, but some of his other contemporaries just missed by a whisker, only due to lack of training. It is not that the other sports do not have good sportsmen, but the fact is that they are very scarce in number.

Alexei Goodenov Point out that, The Management is of utmost importance in today's sports. In modern days of keen competition success depends upon management skills of high grades. Management indicates execution or implementation for the sake of attaining predetermined objectives of Sports associations.

The success of any sport depends upon on three factors – Organization, Management and administration. Of these, Management is the most important as it is concerned with planning and programming, policy formulation and coordinating activities. It also includes control or work performance and maintenance of discipline for a purpose of maintaining a satisfactory quality of the sport.

Jack Anderson Analysis that, 21<sup>st</sup> century sports do not resemble what your father watched back in the '60s and '70s. It has been a wild ride full of steroids, scandals, crime, and the overall degeneration of athletes. True viewers are able to witness faster, stronger athletes participate in sports, thus making for higher quality entertainment—but at a price.

Today's athletes are spoiled, selfish prima donnas solely focused on the next endorsement or payday. Present day athletes are all about themselves and their "me first, team second" attitude leads to issues in every area. Athletes will do anything, even if it leads to eventual trouble, in order to separate themselves from the competition. They take illegal substances so that they can maximize their performance on the playing field.



# CHAPTER III

## METHODOLOGY

### **Title of the problem**

A sociological study of the problems faced by college sports students in Cochin city.

### **Statement of the problem**

The present study set out to address 3 aspects regarding this topic : This includes the motivating factors that attracted the respondents to sports, The supporting factors which encourage them to continue and the major problems that they face.

### **Function of hypothesis**

Female sports students face more problems than male sports students.

### **General Objective**

- To study about the major problems faced by sports students

### **Specific objectives**

- To find out the physical problems and health condition of the sports students
- To assess the training and facilities provide by institutions
- To compare the difficulties of male and female sports students
- To compare the difficulties of male and female sports students

## **Definition of concept**

### **1. Sports**

- **Conceptual Definition :**

A sport is an activity involving physical exertion and skill. That is governed by set of rules or customs

- **Operational Definition :** Sport is an activity which is pleasurable; there has to be an element of physical skill or interaction

### **2. Sports Students**

- **Operational definition :** Students who are in the colleges involved in sports activities regularly.

## **Identification of variables**

Age, Sex, Religion and income of the parent are the independent variables of this study.

## **Research design**

The present study conducted by the researcher adopts descriptive research design.

## **Pilot study**

After the topic selection, pilot study was conducted to understand the different problems of sports students.

## **Population / Universe**

The college sports students in Cochin City

### **Sampling Technique**

50 students both male and female students will be selected through Random Sampling Method.

### **Tools of data collection**

Questionnaire was used as the tool of data collection.

## CHAPTER -IV

### **ANALYSIS AND INTERPRETATION**

The analysis and interpretation of data is the heart of any research report. After the data has been collected the researcher focused on analysis and interpretation. Analysis means critical examination of assembled data and the purpose of interpretation is to highest the meaning of research findings by linking them to other available knowledge.

The study is conducted to find out he motivating factors that attracted the respondents to sports, The supporting factors which encourage them to continue and the major problems that they face. The respondents are from various college in Cochin City .

**Table 1**

Age of the student

Age of the student	Frequency	Percentage
17-20	40	80.0
21-23	8	16.0
24-26	2	4.0
Total	50	100.0

The above table shows that, 80% of students are from the age group 17 to 20 age group.16% are from 21to23 age group and only 4% are from the age group 24-26.

Table 2

Gender of the Respondents

Gender	Frequency	Percentage
Male	12	24.0
Female	38	76.0
Total	50	100.0

In the present study 76% of the sports students were females and 24% were males.

Table 3

Occupation of the parent

Occupation	Frequency	Percentage
Farmer	10	20.0
Cooley	15	30.0
privet sector	20	40.0
Govt employee	5	10.0
Total	50	100.0

This table shows that, 40 % of the parents are working in private sector and 30 % are cooley works and 20% are farmers and only 10 % are govt employees. This shows that most of the students are economically backward.

Table 4

Monthly income of the family

Monthly Income	Frequency	Percentage
Less than 5000	21	42.0
5000-10000	14	28.0
Above 10000	15	30.0
Total	50	100.0

This table indicates that, 42 % of family's monthly income is less than 5000 thousand and 30% family's income between 5000 -10000 thousand and 30% Of family's income is above 10000 thousand.

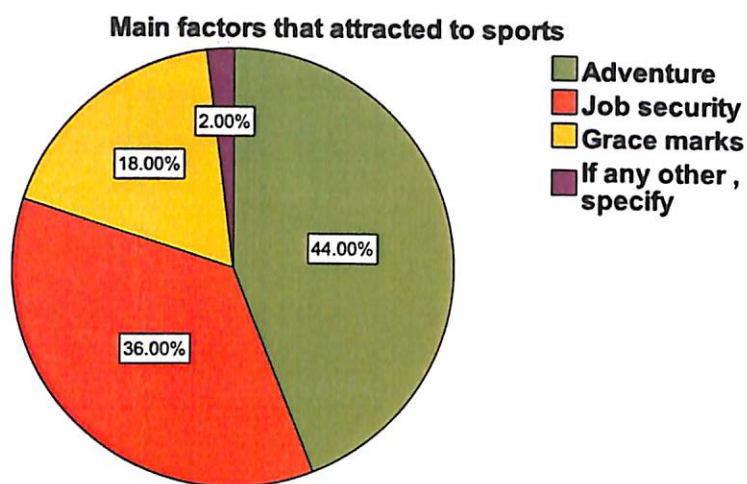
Table 5

Specialization of the respondents

Specialization	Frequency	Percentage
Games	38	76.0
Athletics	11	22.0
Both	1	2.0
Total	50	100.0

The above table shows that, 76% of the students are specializing in games and 22% are specializing in athletics and only 2 % are participate in both games and athletics.

Figure 1



The above figure reveals that, Major factor that attracted students to sport is adventure. 44% are attracted by Adventure in the sports activities and 36% are attracted by job reservation in government sectors which is very helpful to get a job. 18% are attracted by grace marks for improve their grade points and 2% are doing it as hobby or entertainment

Table 6

Specialized Item

Specialization	Frequency	Percentage
Cricket	2	4.0
Foot ball	3	6.0
Javelin throw	11	22.0
Hand ball	6	12.0
Volley ball	14	28.0
Kabadi	5	10.0
Basket ball	2	4.0
Racing	7	14.0
Total	50	100.0

It is found that 28% of the respondents are specialized in volley ball and 22% are specialized in Javelin throw. 14% are specialized in racing.12% are specialized in handball.10% are specialized in Kabadi.6 % are specialized in foot ball.4% are in cricket & basket ball.

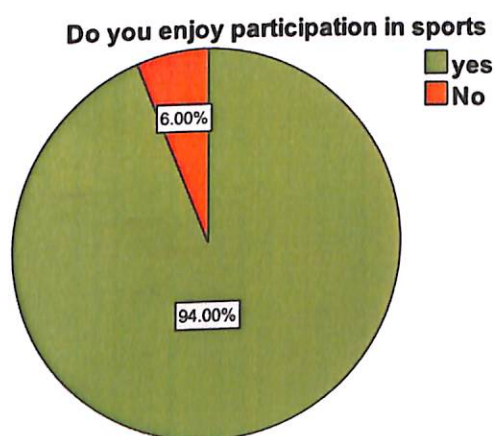
Table 7

Reason for Interest

Reason	Frequency	Percentage
Satisfaction	16	32.0
Passion	28	56.0
Being compelled by parents	4	8.0
If any other specify	2	4.0
Total	50	100.0

56% of the respondents said that they are interested by passion and 32% are interested by satisfaction and 8 % are compelled by parents and 4% have some other reason.

Figure 2





The Study reveals that, 94% of the respondents are enjoying their participation in sports and 6 % are not enjoying it. This shows that students have interest in sports and they are enjoying being involved in sports.

Table8

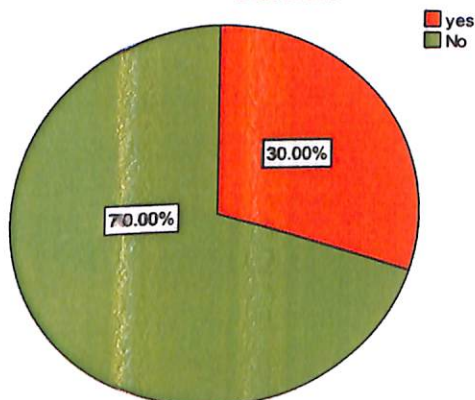
Stream chosen for degree

Stream	Frequency	Percentage
Arts	35	70.0
Science	10	20.0
Commerce	5	10.0
Total	50	100.0

It is found that,70 % students have chosen arts subject and 20 % of the students have chosen science subjects and only 10 % have chosen commerce.

Figure 3

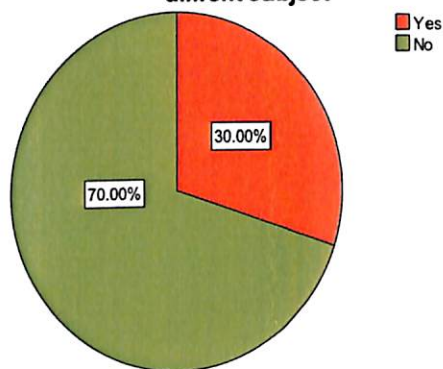
**If you are a science student,have you face any difficulties to manage practice session**



Above figure indicates that,70 % of respondents can manage the studies with practice session and only 30 % are facing difficulties

Figure 4

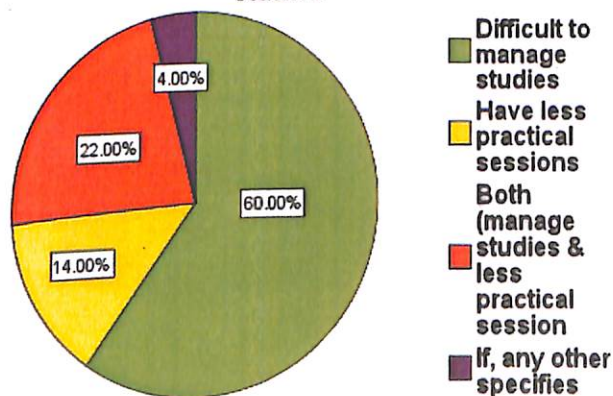
**If yes ,Did you feel that you would have chosen different subject**



From the study it is found that, 70% of the respondent (science students ) who has face difficulties to manage studies with practical session never feel to choose different subject .but 30 % of the respondents has feel to choose another subjects.

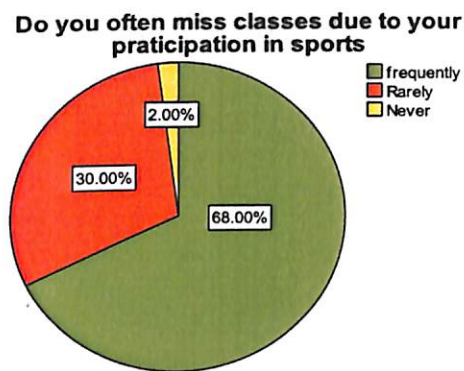
Figure 5

**What are the difficulties that you face as science /arts student**



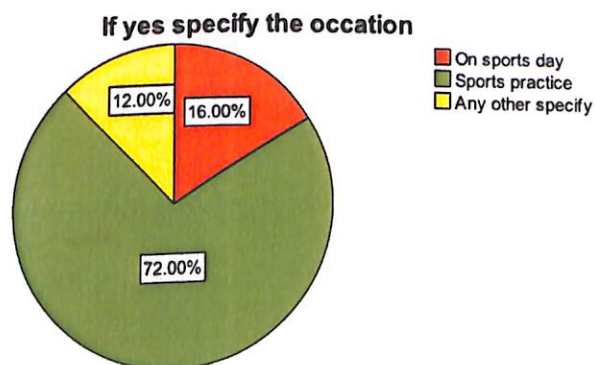
This figure shows that, 60% of students has said, that they face various difficulties to manage their studies. And 22% of the student has said they have face difficulties to manage studies & they get only less practical session. 14 % has said they have only a less practical sessions. And 4% has faced some other problems.

Figure 6



From this study, It is found that 68% of respondents has frequently miss their classes and 30% respondent has rarely miss classes and only 2% are never miss their classes.

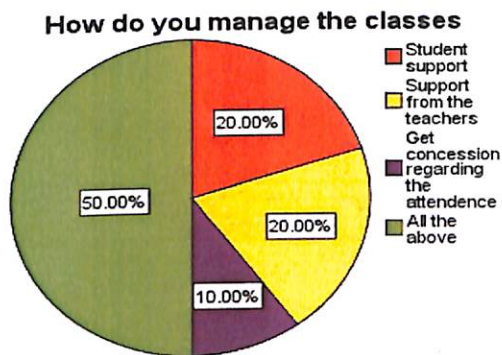
Figure 7





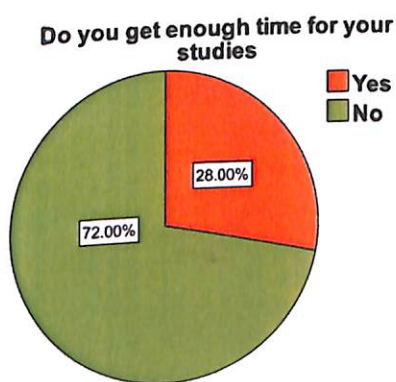
This diagram shows that, 72% of students miss their classes due to sports practice and 16 % miss their classes on sports day due to some other reasons.

Figure 8



Above diagram reveals that,50% of the students get supports from teachers ,students and even get concession regarding attendance and 20 % get support from only teachers another 20% get supports from only other students and 10 % students has get concession regarding attendance only.

Figure 9



This diagram indicates that, 72% of students didn't get enough time for studies and only 28 % students has get enough time for studies. It is evident that sports students are facing difficulty in managing their studies along with the practice.

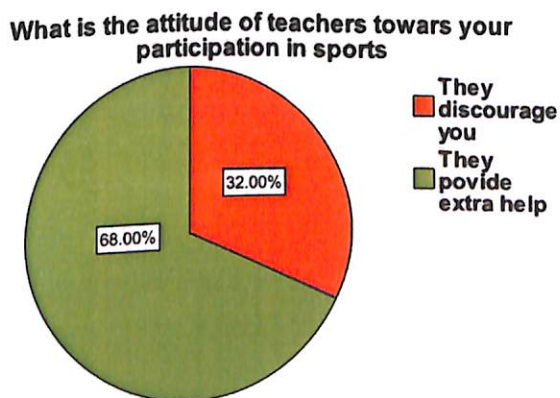
Table 9

Sports as a burden

Sports as a burden	Frequency	Percentage
Yes	25.0	26.0
No	71.2	74.0
Total	96.2	100.0

Above table reveals that, 74 % respondents has never felt sports as a burden but 26 % of respondents has felt sports as a burden.

Figure 10



It is found that, 60% of the respondents receive help from teacher and 32 % respondents are discouraged by them.

Table 10

Family enrollment towards sports

Family enroll	frequency	Percentage
Yes	26	52.0
No	24	48.0
Total	50	100.0

Its is found that, 52% of the respondents are enroll by family and 48 %are not enroll by family

Table 11

Family response to join in sports

Response	Frequency	Percentage
Very encouraging	28	56.0
Left the decision to you	18	36.0
No,supprot	4	8.0
Total	50	100.0

The data shows that, 56 % of the respondent gets support from the family and 36 % got chance to take decision by them and 8% don't get supports from family.

Table 12

Involvement of Family members

involvement	Frequency	Percentage
Yes	22	44.0
No	28	56.0
Total	50	100.0

From this study, 50 % of the respondent has said no one in their family is involved in sports but 44 % has said , some of their family members are involved in sports .

Figure 11



This study reveals that, 78% of the students has do practices on daily basis and 22 % are not doing it.

Figure 12

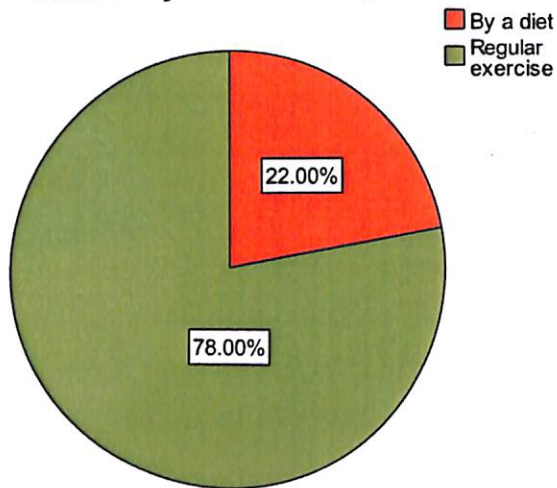




The above pie chart shows that, 38% of the respondent spent 2 hr for practice and 32% spent 1 hr and 24 % take several minutes and only 3% are spent 3 hrs for practice

Figure 13

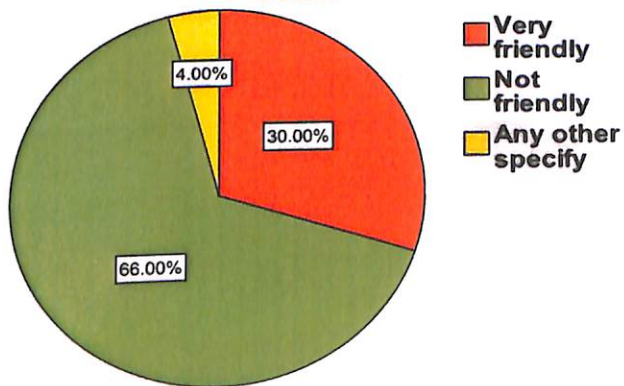
### How do you maintain your stamina



From this above diagram, majority has that is 78% are maintaining their stamina by regular exercise and 22 % are by diet.

Figure 14

### How is the relation between you and your sports coach





Form this diagram, it is evident that 66% of respondents are not friendly with their coach they keep formal relation and 30 % are very friendly .The students are having difficulty in maintaining good relation with coach.

Table 15

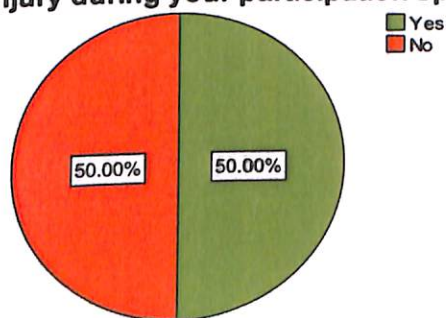
Relation with sports mates

Relation	Frequency	Percentage
Friendly	30	60.0
Healthy	8	16.0
Competitive	12	24.0
Total	50	100.0

This table indicates that,60% of respondents are friendly with their sports mates and 24 % are competitive and only 16 % are maintaining healthy relations with their sports mates.

Figure 15

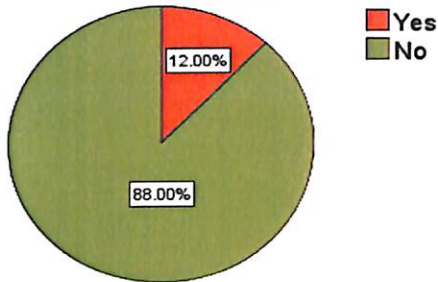
**Have you ever had to face any serious injury during your participation sports**



From this figure ,50% of the respondents has face serious injury during their participation in sports and another 50 % not face any serious injuries.

Figure 16

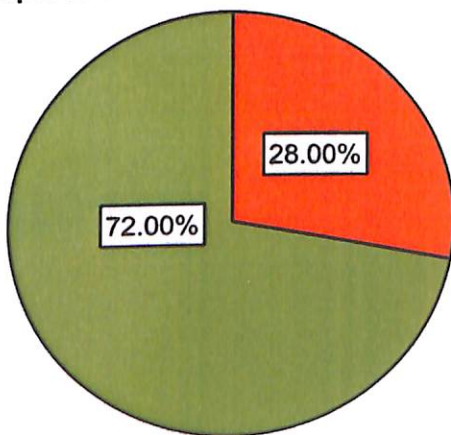
**Are you ever forced by coach or authority to stimulates**



Above figure reveals that, 88 % of the students claimed that they were not force to take stimulates by authority or coach and 12 % claim that they were force to take stimulates.

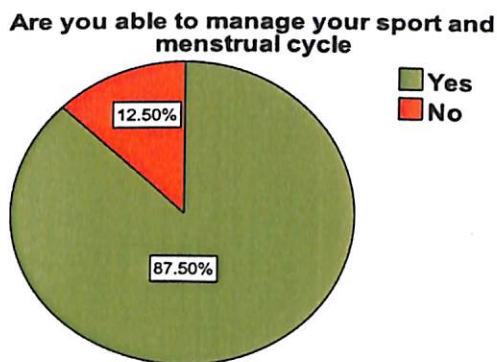
Figure 17

**If you are a girl do you find any difficulties to wear sports uniform in front of a crowd**



This figure shows that, 72% of the girls are facing difficulties to wear sports uniform in front of a crowd and 28% donotface any difficulties .

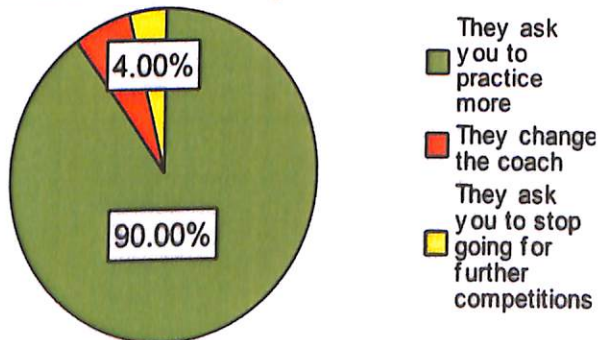
Figure 18



This study shows that,87% of the girls can manage their sports and menstrual cycle and 12% girls cant manage both.

Figure 19

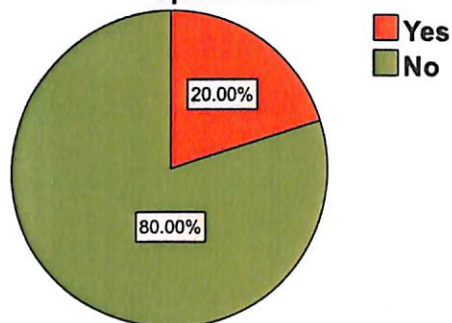
**If you fail a match what is the attitude of college authorities**



From this study, 90% of the students claim that, college authorities have asked them to practice more if they lose at match. And 4 % claim that their authorities asked to change coach and only 4 % asked them to stop going further competitions.

Figure 20

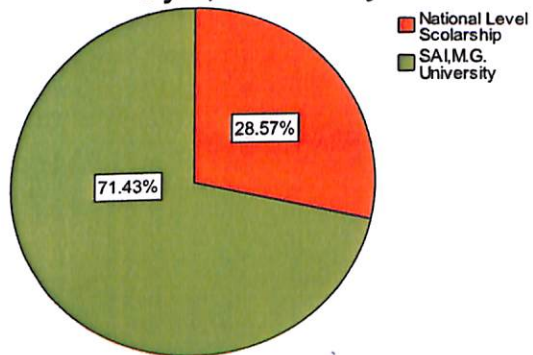
**Do you have any scholarship on the sports basis**



This study reveals that, 80% of the sports students haven't get scholarships that why they need to spend more money and only 20% have get.

Figure 21

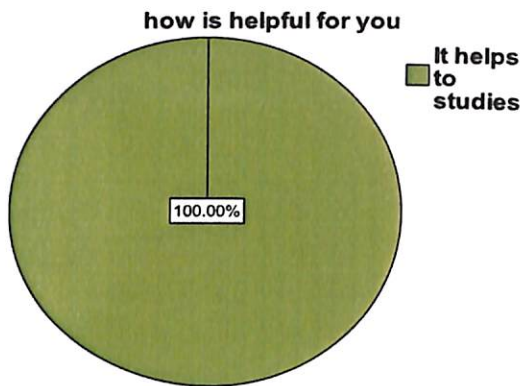
**If yes, what are they**



Above figure indicates that, 71% of the students have get SAI, MG University scholarship, but 28 % of the respondent have got National level scholarships.

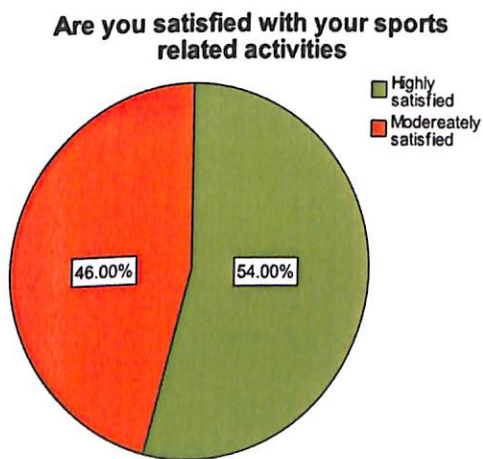


Figure 22



Above figure shows that, 100% of the students claims that scholarships are helpful to their studies.

Figure 23



Above figure reveals that, 54% of the students are highly satisfied with their sports related activities and 46% are moderately satisfied.

Table 16

Ambition

Ambitions	Frequency	Percentage
Lawyer	3	6.0
Teacher	7	14.0
National Player	17	34.0
Govt Employee	20	40.0
Social worker	3	6.0
Total	50	100.0

This table reveals that,40% of the respondents wants to get Govt employments 34% are wants to become National players and 14% are wants to become Teacher and only 3% wants to become social worker.

## CHAPTER -VI

### CONCLUSION

Sports have an important role in our life as it helps us to remain fit and live longer. To Participating in sports, is good for our mind, body, and spirit. Moreover, sports are good for learning accountability, dedication, and leadership; among many other traits. Putting it all together by playing a sport is a winning combination. Sports are an incredibly important contributor to human nature in our pacified society. Participating in sport at any level will replace the necessary competitive edge in an individual and kindle the fire of dedication, hard work, and almost reckless intensity.

The early history of sports often involved the preparation and training for war or hunting. Hence there were sports games that involved the throwing of spears, stakes, and rocks, and of course lots of play-fighting. Ancient Greece introduced formal sports, with the first Olympic Games in 776 BC that included sports such as human and chariot races, wrestling, jumping, disk and javelin throwing, and more. The main benefits of sports are , IT Helps for Better academic ,teach team-work and help to achieve goals,it offer many health benefits,boost self-esteem.

Playing a sport cuts down on pressure and stress.

There are many perspectives through which sport can be viewed. Therefore, very often some binary divisions are stressed, such as: professional — amateur, mass — top-level, active — passive/spectator, men — women.

Emergence of the sociology of sport dates from the end of the 19th century, The sociology of sport also seeks to critically examine common sense views about the role, function and meaning that sport has in different societies.

Sports in India dates back to the ancient times with references found in the Vedas and Indus Valley Civilization. Hunting, swimming, boating and boxing were also some of the major sports

played and nurtured in India in ancient times. A wide range of sports and games are played in India. Undoubtedly, Indian sports have made a remarkable contribution at the international level, most importantly cricket, which has left such an impact on the minds of people that they worship it with full devotion, as if it is the fifth religion.

The decline of sports in India is that we have been mostly concentrating upon the young persons living in the cities. We have ignored the villagers, the tribal individuals and other individuals. In reality those who reside in the cities commonly do not delight in fantastic well being considering of the polluted atmosphere and filthy atmosphere.

The present study disclose that, sport students at college level has face various problems. 44% of the respondent says that adventure is the major factor that attracted them into sports. 60% of the arts and science students face various difficulties to manage their studies 72 % of the respondent opinion that they miss their class for practice even though they don't get enough time for practice and it will negatively affecting their studies. participation in sport has also facilitate them to maintain their stamina 78% of the student has do practice on daily basis. Another important problem is, 66% of the students are not friendly with their coach. Majority keep formal interaction with their coach. 50% student face serious injuries during participation in sports In fact they felt that ,it had to improved their organizing power ,concentration and confidence level. Unlike the male students ,female student (72% )has facing difficulties to wear uniform in front of crowd and it affecting their confidence level. From this study one thing is noted that 80% of students ~~do~~ not get scholarship only 29% have got. Lack of proper support form govt, good portion of the student <sup>are</sup> not ready to choose sports as a profession



## BIBLIOGRAPHY

### Books

Arnold, PJ(1990) sports ,ethics &education London ,cassell

AntherJ(2003)Encyclopedia of social science

Baker.W J (1982) sports in the western world, Rowman and little field,Totowan.J

Bandura.A (1966) social foundation of thought and action: A social cognitive Theory,Englewoodcliff,N J.presstice Hall.

Coakly,jay (1986) sports is society-issues and controversies, timesmirror,mosbycolleage publishing,missori.

Coleman,V.S (1961),The adolescent society, The free press, New York.

ChaudhuriArunava. "The Indian National Team's World Cup qualifying". Indianfootball.de. Retrieved 2013-03-01.

Coakley, Jay J. 1998. "Sport in Society. Issues and Controversies" 6th ed. Boston: McGraw Hill, "Countries – India". Olympic.org. International Olympic Committee.Retrieved 2 February 2012.

Dolamontsara (1980) The sociology of woman-An introduction on,George Allen and unwin Ltd.

Guttman, Allen. 1994. Modern Sports and Cultural Imperialism. Columbia University Press, New

Guttman, (1878) from ritual to record-The nature of modersports,Columbia university press.Newyork

Giulianotti , Richard (2005). "Sport: A Critical Sociology" Oxford, UK; Malden, MA: Polity.

John ,W.Loy ,R(1980)Sports culture and society .a reader on the sociology of sports ,lea and febizer ,Philadelphia.

Jay Johnson, and Holman Jean Margery (2004). "Inside the World of Sport Initiations and Hazing Canadian Scholars' Press Toronto, Canada?

Jarvie, Grant and Maguire, Joseph. 1994. Sport and Leisure in Social Thought. London: Routledge, ISBN 0-415-07703-6 .OCLC 30030487.

Jarvie, Grant. 2006 Sport, Culture and Society. An Introduction, London: Routledge,

Jay, Kathryn (2004). More than just a Game: Sports in American Life since 1945. New York, NY: Columbia University Press.

Johnson, Jay and Margery Jean Holman (2004). Making the Team: Inside the World of Sport Initiations and Hazing. Toronto, Canada: Canadian Scholars' Press.

Rodman Dave (2010-04-02). "Compton fights frustration with big-picture thinking - Apr 2, 2010". Nascar.Com.

"Sports Authority of India, Ministry of Youth Affairs and Sports - Government of India".Sportsauthorityofindia.nic.in.

Leohard, wm (1980) A sociological perspective of sport, Burgers publishing co.Minnacopolis

Parson J (1996) societies – Evolutionary and comparative perspective, Englewood chiffs.N.J prentice hall

Synder .E.E & speritzer (1983) Social aspects of sports, Prentice hall inc,Englewoodcliff,NJ

The world Book Encyclopedia-volume-18, World Bark-child craft international,Inc,USA-1982.

The New Indian Express-Express October 6, 2008.

Yiannakis, Andrew and Merrill J. Melnick (2001). Contemporary Issues in Sociology of Sport (Revised edition ed.). Champaign, IL: Human Kinetics.

## **WEBSITE**

<http://www.sportskeeda.com/2012/12/18/sports-fanaticism-in-india-history-and-where-are-we-today/#>

<http://mostpopularsports.net/in-india>

[http://www.indianetzone.com/39/history\\_traditional\\_sports\\_india.htm](http://www.indianetzone.com/39/history_traditional_sports_india.htm)

<http://www.indianmirror.com/games/gam1.html>

<http://www.facts-about-india.com/sports-in-india.php>

<http://www.hhp.txstate.edu/hper/faculty/pankey/1310/SptSoc.htm>

<http://sportsnexus.wordpress.com/2010/03/16/key-problems-facing-sport-today/>

[http://books.google.co.in/books/problems of sports in India](http://books.google.co.in/books/problems%20of%20sports%20in%20India)

[http://www.indianetzone.com/6/sports\\_ awards\\_ india.htm](http://www.indianetzone.com/6/sports_awards_india.htm)

[http://en.wikipedia.org/wiki/Indian\\_ honours\\_ system](http://en.wikipedia.org/wiki/Indian_honours_system)

[http://sports.indiapress.org/incentives\\_for\\_promotion\\_of\\_sports\\_activities.php#top](http://sports.indiapress.org/incentives_for_promotion_of_sports_activities.php#top)

<http://www.un.org/womenwatch/daw/public/Women%20and%20Sport.pdf>

<http://www.healthguidance.org/entry/15885/1/Balancing-Sports-and-Academics.html>

<http://www.livestrong.com/article/225787-how-do-youth-sports-help-kids-in-academics/>

<http://www.crystalinks.com/indiasports.html>

# APPENDIX

## QUESTIONNAIR FOR SPORTS STUDENTS

### PART-1

(1) NAME :  (2) AGE :

(3) SEX : MALE  FEMALE  (5) OCCUPATION OF THE PARENT

(6) MONTHLY INCOME OF THE FAMILY:

---

### PART-2

(1) IN WHICH CATEGORY ARE YOU SPECIALIZED?

(A) GAME  (B) ATHLETICS

(2) WHICH ARE THE MAIN FACTORS THAT ATTRACTED YOU TO SPORTS?

(A) ADVENTURE  (B) JOB SEQRITY  (C) GRACE MARKS  (D) IF ANY OTHER SPECIFIES:

(3) IN WHICH ITEM ARE YOU SPECIALIZED?

(A) CRICKET  (B) FOOT BALL  (C) JAVLIEN THROW  (D) IF ANY OTHER SPECIFIES:

(4) THE REASON BEHAIND YOUR INTEREST IN SPORTS?

(A) AS A HAPPY  (B) PASSION  (C) BEING COMPELD BY PARENTS  (D) IF ANY OTHER SPECIFY:

(5) DO YOU ENJOY PARTICIPATION IN SPORTS EVENTS?

(A) YES  (B) NO

(6) WHICH STREAM HAVE YOU CHOOSEN FOR DEGREE?

(A) ARTS  (B) ARTS  (C) B.COM

(7) IF YOU ARE SCIENCE STUDENT, DO YOU FIND IT DIFFICULT TO MANAGE WITH YOUR PRACTIES SESSION?

(A) YES  (B) NO

IF YES, IT MADE YOU FEEL THAT YOU WOULD HAVE CHOOSEN ARTS SUBJECTS OR B.COM ?

(A) YES  (B)NO,  . IF YES, WHY?

(A) DIFFICULT TO MANAGE BOTH  (B) DON'T GET ENAGH TIME TO PRACTICE  (C) BOTH

(D) IF ANY OTHER, SPECIFY:

**(8) DO YOU OFTEN MISS CLASSES DUE TO YOUR PARTICIPATION IN SPORTS?**

(A) YES  (B) NO  . IF YES, SPECIFY THE OCCASION:

(A) ON SPORTS DAY  (B) SPORTS PRACTICE  (C) ANY OTHER, SPECIFY:

**(9) HOW DO YOU MANAGE THE CLASSES?**

(A) CLASSES ARE CO-OPERATE  (B) FULL SUPPORT FROM THE TEACHERS

(C) GET CONCESSION REGARDING THE ATTENDENCE  (D) ALL THE ABOVE  (E) ANY OTHER, SPECIFY:

**(10) DO YOU GET ENOUGH TIME FOR YOUR STUDIES ?**

(A) YES  (B) NO

**(11) HAVE YOU EVER FELT SPORTS AS A BURDEN ON YOUR STUDIES ?**

(A) YES  (B) NO

**(12) WHAT IS THE ATTITUDE OF TEACHERS TOWARDS YOUR PARTICIPATION IN SPORTS?**

(A) THEY DISCOURAGE YOU  (B) THEY SIT WITH YOU FOR EXTRA HELP

(C) TELL YOUR CLASSMATES TO COPY NOTES FOR YOU  D. IF ANY OTHER SPECIFY :

**(13) DID YOUR FAMILY ENROLL YOU INTO A SCHOOL THAT GIVE MORE IMPORTANCE TO SPORTS ?**

(A.) YES  (B) NO

**(14) WHAT WAS THE RESPONSE OF YOUR FAMILY WHEN YOU DECIDED TO JOIN SPORTS?**

(A) VERY ENCOURAGING (B) LEFT THE DECISION TO YOU  (C) ANY OTHER SPECIFY :

**(15) HAVE YOU GOT ANY ONE IN YOUR FAMILY WHO HAVE SPORTS REPUTATION?**

(A) YES  (B) NO

IF YES, DID THEY INFLUENCE YOU TO JOIN IN SPORTS?

(A) YES  (B) NO  . IF YES, HOW DID THEY INFLUENCE YOU ?

**(16) DO YOU PRACTICE ON A DAILY BASIS?**

(A) YES  (B) NO  . IF YES, HOW LONG YOU PRACTICE?

(A) 1 hr  (B) 2 hr  (C) 3 hr  (D) ANY OTHER SPECIFY :

**(17) HOW DO YOU MAINTAIN YOUR STAMINA?**

(A) BY A DIET  (B) REGULAR EXERCISE  (C) USE STIMULIZERS  (D) OTHER SPECIFY :

**(18) HOW IS THE RELATION BETWEEN YOU AND YOUR SPORTS COACH?**

(A) VERY FRIENDLY  (B) GIVE AND TAKE REPEAT BASIS  (C) NOT FRIENDLY  (D) ANY OTHER SPECIFY :

**(19) HOW IS THE RELATION WITH YOUR SPORTS MATES?**

(A) FRIENDLY (B) ENEMITY  (C) HEALTHY  (D) COMPETITIVE  (E) IF ANY OTHER SPECIFY :

**(20) HAVE YOU EVER HAD TO FACE ANY SERIOUS INJURY DURING YOUR PARTICIPATION IN SPORTS?**

(A) YES  (B) NO

**(21) YOU EVER FORCED BY COACH OR AUTHORITY TO TAKE STIMULEZES ?**

(A) YES  (B) NO

IF YES,  OF WHAT KIND AND WHY, SPECIFY:

**(22) IF YOU ARE A GIRL DO YOU FIND ANY DIFFICULTIES TO WEAR SPORTS UNIFORM INFRONT OF A CROWD?**

(A) YES  (B) NO

IF YES, YOU HAVE ANY SUGGESTION TO OVERCOME THESE DIFFICULTIES:

IF YES, WHAT ARE THE PROBLEM SPECIFY :

ARE YOU ABLE TO MANAGE YOUR SPORTS AND MENSTRUAL CYCLE?

(A) YES  (B) NO

**(23) IF YOU FAIL A MATCH WHAT IS THE ATTITUDE OF COLLEGE AUTHORITIES?**

(A) THEY ASK YOU TO PRACTICE MORE  (B) THEY CHANGE THE COACH

(C) THEY ASK YOU TO STOP GOING FOR FURTHER COMPETITIONS  D. ANY OTHER SPECIFY :

**(24) HAVE YOU GOT ANY SCHOLARSHIP ON THE SPORTS BASIS?**

(A) YES  (B) NO  (C). IF YES, WHAT ARE THEY?

HOW IS IT HELPFUL FOR YOU?

**(25) HOW DO YOU MANAGE TO CONTINUE PARTICIPATION IN SPORTS?**

(A) OWN ENTHUSIAM  (B) WITH THE HELP OF CLASSMATES  (C) WITH THE SUPPORT OF FAMILY

(D) IF ANY OTHER SPECIFY:

**(26) WHAT IS YOUR AMBITION ?**

**WHY DO YOU STICK ON TO IT?**

---