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A comparative study of study skills and habits among sports persons

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Abstract

Study skills and Habit have been the objects of empirical and theoretical investigation since that distant past. The main purpose of the study is to comparison the study skill and habit among sportsperson. For the present study 70 sportsperson (35 sportsperson from team game and 35 for individual game) from MDU by using sample random sampling. A questionnaire was used as a data collection tool. After the collection of data, the data is analyzed by using statistical technique t-test. The result revealed that no significant difference were observed between the players of team and individual game in their study skills and habit.

Keywords: Study skills, habits among sports persons

Introduction

Sports activities have been part and parcel of human life since time immemorial. A sport is a physical activity carried out under an agreed set of rules with a recreational purpose for competition or self- enjoyment or a combination of these. Sport is a highly ambiguous term having different meaning for different people. But in sport: Sport is a physical activity that is governed by a set of rules or customs and often engaged in competitively A particular form of this activity. An activity involving physical exertion and skill that is governed by a set of rules or customs and often undertaken competitively. Sports not only serve as an excellent physical activity to improve general fitness, but also sports offer unique benefits. Engaging in sports from a young age not only strengthens bones and muscles, but also tones your body. quickly, the event is considered a sport. Finally, sports are not work. With the exception of professional sports, sports are activities that people undertake for pleasure.

1. Structured
2. Goal oriented
3. Competitive
4. Contest Based

Definition of Study

According to Nagaraju (2004): Study means application of the mind to a problem a subjects a branch of Learning, an investigation of a particular subject.

Skill: Skill is the ability to perform a whole movement in known as a skill. It can be defined as automatization of motor action.

Study Skills

Study skills, academic skills, or study strategies are approaches applied to learning. They are generally critical to success in school, considered essential for acquiring good grades, and useful for learning throughout one's life.

Study Skills

Lists for study success, according to LC Tutors & PASS Leaders.

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Habits

Habit is a second nature, it is routine of a person what he or she does in every condition. It cannot be changed. It may be good or bad. It does not get affected by the changing of a place or schedules. A habit is something that is done on a scheduled. Regular, planned basis and that is not regulated to a second place or optional place in one's life.

Study habit

Study habits are learning tendencies that enable students to work privately. The term study habit can be as the student's way to study whether systematic, efficient or inefficient.

Statement of the Problem

“Study of study skill and habits among sports persons.”

Objectives

1. To compare the study skills and habit among sportsperson.

Hypothesis

1. There is no significant difference in study skills and habits status of the sportsperson.

Limitation

The study will be based on the responses of the subjects. It will be assumed that the respondents will provide truthful information to the researcher. So, the understanding of respondents towards questions would be limitation of this study.

Delimitation

1. The study was delimited to the sportsperson of few sports.
2. The study was further delimited to only the following selected Team and Individual sports:

Team Sports

- a) Hockey
- b) Kho- Kho
- c) Basketball
- d) Hand ball etc.

Individual sports: Archery, Shooting, Track and Field Event, Yoga, Gymnastic etc.

1. It was delimited only to the Maharshi Dayanand University sports persons.
2. The age of the samples was delimited to 18-27 year.

Significance

1. It will help to know about the awareness of the player towards their study.
2. It may helpful to know about the own study skill used during the Exam preparation time.
3. It may helpful to develop interest of sportsperson towards their Health habits.
4. It may helpful to develop interest of players towards their Time Management in their study.
5. It may helpful to maintain teaching schedule.
6. It may be helpful to remove sportspersons academic stress.

Definition and Explanation of Important Terms

Study Skill: Study skills are learning strategies that help students organize, process and use information effectively.

Study Habits: Study Habits are the behavior used when preparing for tests or learning academic material.

Health: Health is a state of complete physical, mental and social well being and not merely absence of disease of infirmity.

Health Habits: A Healthy Habits is any behavior that benefits your physical, mental and emotional health. These habits improve your overall well – being and make you feel good. Healthy habits are hard to develop often require changing your mindset.

Research process and methodology

Here an attempt has been made to have an idea of the structure and strategy that controls the investigation. It gives an overview of the sample, instrumentation, procedure of data collection and decision taken regarding the analysis of the data.

- a) Sample
- b) Tools
- c) Procedure of data collection
- d) Statistical analysis

Sample

The sample for the present study was selected by random sampling method from M.D.U Campus, both from urban and rural areas.

For accomplish the study we purposively selected 70 sports persons for the study.

- There are 35 sports persons who belong to team games and 35 sports persons who belong to individual games were randomly selected as sample.

Tools Used for data Collection

The main objectives of this study are to investigate the level of the Study Skills and Habits among sports person.

- 1) Tools: Study skill and Habits questionnaire.

Data Collection

Data Collection and data collected through questionnaire.

Scoring Method

The respondent is provided with five alternatives to give his responses ranging from most acceptable to least acceptable description of his self concept. The alternatives or responses are arranged in such a way that the scoring system for all the items will remain the same, i.e. 1,2,3,4,5, whether the items are positive or negative. If the respondent put (√) mark for first alternative score is 1, for second alternatives the score is 2, for third alternative score is 3, for the fourth its is 4 and for the fifth and last alternative the score is 5. The summated score of all the forty eight items provided the total self concept score of an individual.

A high score on this inventory indicates a higher self concept, while a low score shows low self concept.

Procedure for Data Collection and Scoring

The tests which are used in this study were administrated to a group of 50 students (male/ female) at a time as per the guidelines given in the manuals. The subjects were informed about the purpose of the instructions for each test. They were asked to read the instructions, which are given on front pages of booklets.

After getting confirmed that the subjects have no difficulty in giving the responses to the questions/ statements in each test, the actual administration of the test was carried out. The subjects were asked to read each statement in the given

booklet and make (✓) tick marks on separate answer sheet or in the booklet itself. For reading skills time factor is more important. Therefore times are recorded accurately. Generally the subjects did not take more than 2 hours to complete all the tests. In this way data was collected from 70 students of MDU Rohtak.

Scoring procedure

Scoring of all the tests was done as per the guidelines given by the authors in the manuals.

Statistical Technique

For Analysis of the data t- test was used.

Table 1: Comparison of study skills and habits between team games and individual games

Variable	Group	N	Mean	S.D	S.E.M	DF	't' value
	Team Games	35	206.60	29.38	4.96	68	.07**
Study Skills And Habits	Individual Games	35	206.05	28.04	4.73		

Table value at 0.05 level 2.00 with df 68

** Not significant at 0.05 level

The table 1

The Table value at 0.05 level 2.00 with df 68. Here 't' value (.07) is lower than the table value shows no significant difference at level 0.05. It means the hypothesis₁ that there is no significant difference in study skills and habits status of the sports person has been accepted.

Conclusions

The following conclusions were drawn after analysis the obtained results of the study:

- No significant differences were observed between the players of team and individual sports in their study skills and habits. It mean they have equivalent knowledge of study skills and habits of both groups.

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