



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2019; 4(1): 1393-1395

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www.theyogicjournal.com

Received: 21-11-2018

Accepted: 23-12-2018

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## Study on the support system & sports facilities utilization for performance enhancement

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### Abstract

The excellence in sports depends on many factors such as infrastructure, equipment, finance, adequate environment, trained coaches etc. and absence of one of the aspect may obstruct the achievement. However, infrastructure and support system is the base to train the athlete in order to achieve the milestone in the field of sports. No performance can be achieved in sports in the absence of appropriate infrastructure and proper support system. Talent can be searched and trained in any of the area whether a city or village, urban area, school, university, colleges etc. so it is essential to provide the sports infrastructure in the close proximity. The play grounds, indoor and outdoor play fields of different sports/games in all those areas are required and essential to be provided for the public/communities. A total of 600 students from different colleges were randomly selected for the purpose of the study. They were asked to fill the inventory prepared by the scholar after trial run. The response were collected from the students and tabulated. Mean and Standard Deviation was used to analyze the data. It is concluded that the coaching camp were conducted throughout the session for sports students in almost every college and the adequate refreshment were provided on the regular basis to all the sports students. The medical facilities and training equipments were inadequate; however relaxation in attendance has been given to the sports persons. In the light of the facts, it can be stated that only few colleges were paid enough attention towards the facilities and its utilization to the greater extent. Other needs to be attentive and motivated.

**Keywords:** Support system, sports facilities, performance, utility

### Introduction

Sports infrastructure attracts and encourages the people to participate and practice in sports arena. Sports infrastructure helps in bringing up the sports culture among the people of the country. The standard marked facilities and infrastructure helps to produce the players of international standard.

Looking upon the importance of infrastructure, Government of India launched many schemes, programmes, planning to develop and provide the well-built and standardized sports infrastructure to the people to boost and encourage participation in sports.

SAI (Sports Authority of India) also provide funds for developing the stadiums and play field on the behalf of ministry. Many policies and schemes are introduced by the government to upgrade and maintain the existing facilities and develop new sports infrastructure, to provide the coaching camps/ training camps for the sports players and the optimum utilization of the existing facilities for the production of competent players.

Schemes/ programme like PYKKA (Panchayati Yuva Krida Aur Khelo Abhiyan Scheme) village and Block Panchayat Scheme, NPF AI (National Playing Fields Association of India) state level look into the development of play fields up to the internationally acceptable standards. The funds are provided to the training of sports players. SAI (the premier sports body) search the talented students and train them at the grass root level and further they are moved to NCE (National Centre of Excellence) where they are trained according to the high level competitions. These centers are equipped with the international standard facilities and spots infrastructure for the players. The main aims of these centers are to train the players properly and help to enhance their performance as well as to reach the international standard. The different programmes are introduced in fostering sports participation for public/communities.

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Chinese government in 1995 planned and introduced the programme to foster the public and to promote sports culture and sports excellence by develop the infrastructure.

Government of India launched many schemes like NSDF (National Sports Development fund 1998) under charitable Endowment Act 1890, and was notified in 1998 to provide facilities and developed of infrastructure of promotion of sports. Out of many objectives, one is to construct and maintain infrastructure for the promotion of sports and games. Government should involve the CSR (Corporate Social Responsibility) fund for the development of more and more infrastructure for sports, like Sports Revitalization Action Plan laid by Niti Ayog for boosting private sector's participation in development of sports infrastructure. Multipurpose sports facilities should be developed focusing many games with international standard facilities. Government should encourage investment by PPP Public private Sectors for the development of infrastructure and training and high performance centers.

The sports universities and sports training/ coaching centers should be opened and equipped with adequate /proper infrastructure along with advance technology / latest equipments to give the training to the athletes and enhancement of their performance.

Sports and games play a very significant role in the life of the people. Sports are not the means of entertainment only but are very beneficial for the health and fitness of the individual. Sport helps to maintain the healthy weight as well as reduces the risk of lifestyle diseases such as diabetes, cardiovascular diseases, obesity, cancer, hypertension, stress, depression etc. Participation in sports burns the extra calories/fat, develops the muscles and keeps the individual fit. Sports contribute to the all-round development of the individuals including physical, mental, social, psychological etc.

In the modern era of science and technology, machines has transferred the physical workload and burden of humans to intellect and turned the life into sedentary lifestyle which is followed by the different dreadful diseases.

Sports fulfill the life with positive attitude towards life and converts negative energy, anger, aggression into the positive energy. It inculcates the sportsman spirit qualities into the individuals, which means dedication, devotion, enthusiasm, patience, hard work, care, fitness, energy which leads to live a quality life. Looking at the merits of sports, it becomes important for every people to participate in physical activities and sports. However, the excellence in sports depends on many factors such as infrastructure, equipment, finance, adequate environment, trained coaches etc. and absence of one of the aspect may obstruct the achievement. However, infrastructure and support system is the base to train the athlete in order to achieve the milestone in the field of sports.

To promote participation and enhance the performance in sports, it is essential to focus on all the aspects and upgrade the existing facilities and built the new sports infrastructure to provide the facilities to the players to practice properly.

No performance can be achieved in sports in the absence of appropriate infrastructure. Talent can be searched and trained in any of the area whether a city or village, urban area, school, university, colleges etc. so it is essential to provide the sports infrastructure in the close proximity. The play grounds, indoor and outdoor play fields of different sports/ games in all those areas are required and essential to be provided for the public/ communities.

Various studies had been conducted on the availability of the sports system for sports facilities in the educational

institutions. Mc Karty surveyed the Junior colleges regarding the facilities and programmes employed in the colleges. He found that the facilities and programmes were above the average whereas the curriculum was found below average.

### Procedure & Methodology

A total of 600 students from different colleges were randomly selected for the purpose of the study. They were asked to fill the inventory prepared by the scholar after trial run. The response were collected from the students and tabulated. The well-accepted descriptive statistics were the measures of central tendency and variability. Keeping in view the nature of the collected data (normally distributed), Mean as the strongest measure of central tendency and Standard Deviation as the strongest measure of variability, as well as the compatibility to each other were selected.

**Table 1:** Descriptive Statistics of the Responses by the Students on Facilities Programmes and Support System in the Selected Colleges of University of Delhi

S. No.	Code	Mean	SD.	Range	Min	Max.
1.	SQ-1	102.00	17.00	64	56	120
2.	SQ-2	92.93	15.25	60	40	100
3.	SQ-3	93.40	5.96	21	79	100
4.	SQ-4	70.33	14.45	42	38	80
5.	SQ-5	45.87	20.12	68	20	88
6.	SQ-6	47.87	21.80	68	20	88
7.	SQ-7	51.37	21.58	73	20	93
8.	SQ-8	46.83	21.31	69	20	89
9.	SQ-9	46.17	17.34	63	20	83
10.	SQ-10	37.03	5.24	26	14	40
11.	SQ-11	73.40	21.99	76	24	100
12.	SQ-12	52.30	32.70	99	20	119
13.	SQ-13	37.87	24.03	89	20	109
14.	SQ-14	33.57	19.21	92	20	112
15.	SQ-15	36.80	15.64	30	00	80
16.	SQ-16	75.73	19.80	60	40	100
17.	SQ-17	42.17	16.75	75	20	95
18.	SQ-18	46.27	6.01	21	38	59
19.	SQ-19	68.03	9.82	41	52	93
20.	SQ-20	83.40	8.89	31	68	99
21.	SQ-21	89.63	9.58	33	67	100
22.	SQ-22	50.33	17.00	68	20	88
23.	SQ-23	70.00	22.00	74	26	100
24.	SQ-24	63.13	19.64	68	29	97
25.	SQ-25	57.63	18.99	76	23	99

N=600; Min/min= Minimum Value; Max./max. Maximum Value; S.D. = Standard Deviation. SQ= Questions for students.

The analysis of data in Table-3 related to the descriptive statistics of the responses by the students from the selected colleges (women and co-educational colleges) of University of Delhi on facilities programmes and support system reveal that the mean value of SQ-1 found to be 102 (SD. =  $\pm$  17.00, range = 64, min. value = 56 and the max. value = 120); the mean value for SQ-2 was 92.93 (SD. =  $\pm$  15.25, range = 60, min. value = 40 and the max. value = 100); the mean value for SQ-3 was 93.40 (SD. =  $\pm$  5.96, range = 21, min. value = 79 and the max. value = 100); the mean value for SQ-4 was 70.33 (SD. =  $\pm$  14.45, range = 42 min. value = 38 and the max. value = 80); the mean value for SQ-5 was 45.87 (SD. =  $\pm$  20.12, range = 68, min. value = 20 and the max. value = 88); the mean value for SQ-6 was 47.87 (SD. =  $\pm$  21.80, range = 68, min. value = 20 and the max. value = 88); the mean value for SQ-7 was 51.37 (SD. =  $\pm$  21.58, range = 73, min. value = 20 and the max. value = 93); the mean value for SQ-8 was 46.83 (SD. =  $\pm$  21.31, range = 69, min. value = 20 and

the max. value = 89); the mean value for SQ-9 was 46.17 (SD. =  $\pm 17.34$ , range = 63, min. value = 20 and the max. value = 83); the mean value for SQ-10 was 37.03 (SD. =  $\pm 5.24$ , range = 26, min. value = 14 and the max. value = 40); the mean value for SQ-11 was 73.40 (SD. =  $\pm 21.99$ , range = 76, min. value = 24 and the max. value = 100); the mean value for SQ-12 was 52.30 (SD. =  $\pm 32.70$ , range = 99, min. value = 20 and the max. value = 119); the mean value for SQ-13 was 37.87 (SD. =  $\pm 94.03$ , range = 89, min. value = 20 and the max. value = 109); the mean value for SQ-14, was 33.57 (SD. =  $\pm 19.21$ , range = 92, min. value = 20 and the max. value = 112); mean value for SQ-15 was 36.80 (SD. =  $\pm 15.64$ , range = 80, min. value = 0 and the, and the max Value = 80); the mean value for SQ-16 was 75.73 (SD. =  $\pm 19.80$ , range = 60, min. value = 40 and the max. value = 100); the mean value for SQ-17 was 42.17 (SD. =  $\pm 16.75$ ; range = 75, min. value 20 and the max. value = 95); the mean value for SQ 46.27 (SD. =  $\pm 6.01$ , range 21, min. value = 38 and the max. value = 59); the mean value for SQ-19 was 68.03 (SD. =  $\pm 9.82$ , range = 41, min. value = 52 and the max value 93); the mean value for SQ-20 was 83.40 (SD. =  $\pm 8.89$ , range = 31, min value = 68 and the max. value = 99); the mean value for SQ-21 was 89.63 (SD. =  $\pm 9.58$ , range= 33, min. value = 67 and the max. value = 100); the mean value for SQ-22 was 50.33( SD = $\pm 17.00$ , range = 68, min. value = 20 and the max. value = 88); the mean value SQ 23 was 70.00 (SD. =  $\pm 22.00$ , range = 74, min. value = 26 and the max. value=100); mean value for SQ-24 was 63.13 (SD. =  $\pm 19.64$ , range = 68, min. value = 29 and the max. value = 97) and the mean value for SQ-25 was 57.63 (SD. =  $\pm 18.99$ , range =76, min. value = 23 and the max. value = 99).

It is observed microscopically that all the above recommendations/suggestions in various reports, planning commissions, seminars, policies, objectives, charter of demands etc. vide questions from 1 to 25 are strongly corroborated to the findings of the present study and are pivoting around facilities, programme, support system and trained personnel. As per the part of above recommendations, the university system should adopt N.S.O programmes to promote the youth culture through stimulating mass participation of the youth and should take out the best potential in the process of nation building through participation in games and sports in order to attain the objective of physical education i.e. ultimately the objectives of education.

The objective of the study was to appraise the sports facilities and its extent of utilization in the colleges of University of Delhi. The findings pertaining to facilities substantiated by the different studies and reports.

### Conclusion

It is concluded that the coaching camp were conducted throughout the session for sports students in almost every college and the adequate refreshment were provided on the regular basis to all the sports students. The medical facilities and training equipments were inadequate; however relaxation in attendance has been given to the sports persons. The teams were accompanied by the physical education teachers of the college and the captaincy of the team were decided amicably. The provision for fee concession, scholarships was very less and limited to very few students only in the few colleges. The workload of physical education lectures were very heavy and open sports programme for all the students of the college was organized once in the academic calendar. The Annual Sports Day of the college was also celebrated to encourage the

meritorious students. In the light of the facts, it can be stated that only few colleges were paid enough attention towards the facilities and its utilization to the greater extent. Other needs to be attentive and motivated.

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