



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2017; 4(6): 96-98
© 2017 IJPESH
www.kheljournal.com
Received: 22-09-2017
Accepted: 24-10-2017

Dr. Gulbahar Khan
Assistant Professor,
Noida College of Physical
Education, Noida,
Uttar Pradesh, India

A study of attitude of players towards the university coaching camps of CCS University Meerut

Dr. Gulbahar Khan

Abstract

Coaching is a process of guiding individual to enhance or to bring out the hidden quality of an individual through own personal efforts. In games and sports every team member and owner of team wants to win the competition. The purpose of organizing the coaching camp was to improve the player's playing technique, team coordination. Sports' coaching is a very difficult task because the nature of activity was different. Every university organizes different coaching camp every year and lot of layers participated in this coaching camp. During the university coaching camp players, coaches, officials and organizers faces many problems related to coaching camp and their attitude or expatiation towards the coaching camp was different.

Material and method: To find out the expectations and attitude of players towards sports coaching this study was organized on 720 players who was attended the coaching camp during the session 2010-11 and 2011-12. A self-prepared questioner was used to collect the information. This questioner contained 18 questions with 3 responses. Chi square $\{x^2\}$ was used to analyze the responses.

Result & conclusion: The result of the study was concluded that coaching was organized in both sessions and it must be for more than 15 days. Latest equipments and specific grounds are used for coaching. Latest rules and regulations were also discussed.

Keywords: Attitude of players, university coaching camps, latest equipments

Introduction

Coaching is a process of guiding individual to enhance or to bring out the hidden quality of an individual through own personal efforts. Scope of coaching was very wide and it was found in every step of life. Here we discuss some type or example of caching as Life Coaching (determining and achieving personal goals), Business Coaching: (providing support to an individual or group in order to improve the effectiveness of their business.), Personal Coaching (an agreement between coach and client based on the client's expressed interests, goals and objectives) Health Coaching (health and illness management), Relationship Coaching (improving success in dating and relationships), Conflict Coaching (matrimonial or other where client learns to improve conflict management skills and abilities), Project Coaching (management of teams), Situational Coaching (improvement of performance within a context) Transitional Coaching (between jobs or roles), Educational Coaching (improving academic success or family relationship and Sports Coaching (improving technique and performance)

In games and sports every team member and owner of team wants to win the competition. The purpose of organizing the coaching camp was to improve the player's playing technique, team coordination improve the technique and performance of the team or an individual. During the camp players know each other and also know their strong and weak points. Duration of every coaching camp, timing of coaching camp, and method of organizing camp was different to game to game. Sports' coaching is a very difficult task because the nature of activity was different. Every university organizes different coaching camp every year and lot of layers participated in this coaching camp. During the university coaching camp players, coaches, officials and organizers faces many problems related to coaching camp and their attitude or expatiation towards the coaching camp was different. To find out these researcher conduct the study with the title "Attitude of Players towards University Coaching Camp."

Sullivan and Hodge (1991) ^[5] use questions to examine the use and status of sport psychology in New Zealand. Sixty-eight elite athletes were complete a questionnaire.

Correspondence

Dr. Gulbahar Khan
Assistant Professor,
Noida College of Physical
Education, Noida,
Uttar Pradesh, India

They concluded that these results were extremely supportive of the perceived role of sport psychology in enhancing sporting success.

Francis (1992) [2] administered questionnaires to 99 male and 44 female collegiate soccer players that assessed their perceptions of the nature of psychology, sport psychology education, and attitudes about their relative use of sport psychological skills. He concluded that soccer player's perceptions of sport psychology are accurate but limited and that their attitudes toward sport psychology appear receptive but inquisitive.

Material and Method

Subject-The subject for the study were selected from the coaching camp organized by C C S University Meerut in the session 2010-11 and 2011-12.

Tool: A self-prepared questioner was used for gathering the information. This questioner contained 18 questions with 3 response i.e. Yes, No and Neutral (neither yes nor no).

Procedure: On the first day of coaching camp questioner was distributed to all players those were attended the camp then explained purpose of questionnaire and procedure for giving the response and last day of camp questioner was taken back. Total 600 players gave response.

Statistical: To measure players attitude towards university coaching camp chi square { χ^2 } were applied for each question.

Result

The finding of the study was represented in different tables –

Table 1: Environmental Condition

S. No	Environment of camp	Players Responses			
		YES	NO	Neutral	X ²
1	During coaching camp players are mentally relaxed.	53.89%	29.44%	16.67%	154.53*
2	During coaching camp relationship between coaches and players are healthy.	52.92%	19.31%	27.78%	132.01*
3	During coaching camp players hesitate to share their problem with their coach.	44.31%	27.92%	27.78%	39.01*
4	During coaching camp behavior of senior players towards junior players is friendly.	40.56%	40.28%	19.17%	65.03*

*Significant at 0.05 level

It is seen from table 1 that more than 50% of players accepted that they are mentally relaxed during the coaching camp, coach and player relations were healthy 40% players accepts

that behavior of senior players towards junior player were friendly and 40% players were disagree. 44.31% were hesitating to share their problems with their coach.

Table 2: Behavior of Coach

S. No	Behavior of coach	Players Responses			
		Yes	No	Neutral	X ²
1	During coaching camp coaches pay more attention towards a particular player.	63.75%	27.78%	8.47%	340.01*
2	During coaching camp coaches neglect weak players.	61.53%	23.33%	15.14%	264.81*
3	During coaching camp behavior of coaches toward injured players is sympathetic.	66.25%	23.33%	10.42%	369.08*
4	During coaching camp coaches considered the players suggestions.	53.61%	18.33%	28.06%	143.43*

*Significant at 0.05 level

Table no 2 clear indicated that 63.75% players think that coaches pay more attention towards a particular player. 61.53% players also accept that coach neglect the weak

players. Maximum 66.25% players accept that behavior of coaches toward injured players was sympathetic and coaches were considered the players suggestions.

Table 3: Coaching Method

S. No	Training Method	Players Responses			
		Yes	No	Neutral	X ²
1	During coaching camp importance is given on player's skills part.	69.31%	16.25%	14.44%	419.61*
2	During coaching camp coaches discuss strategies.	78.75%	10.97%	10.28%	668.36*
3	During coaching camp emphasis is given on tactical part.	64.31%	27.78%	7.92%	353.41*
4	During coaching camp new or changed rules and regulations are discussed.	42.92%	39.86%	17.22%	85.11*
5	During coaching camp coach use latest technique for training.	35.56%	52.50%	11.94%	179.23*

*Significant at 0.05 level

It is clear from table no3 that 63.31% players agreed that importance was given on player's skill part. Maximum 78.75% player accepted that coach discuss strategies and emphasis on tactical part. Only 42.92% players accept that

latest rule and regulations were discussed. 52.50% players says that coaches were not used latest technique for training and coaching.

Table 3: Administration Based

S. No	Administration	Players Responses			
		Yes	No	Neutral	X ²
1	Before competition 15 days coaching camps duration is sufficient.	11.11%	64.44%	24.44%	332.80*
2	Coaching camp should be organized in both morning and evening session.	62.36%	17.50%	20.14%	273.76*
3	Coaching camps of various games are organized on specified grounds.	52.50%	23.19%	24.31%	119.16*
4	Experienced coaches or specialist is appointing for coaching in coaching camps.	51.67%	35.97%	12.36%	169.11*
5	During coaching camp only standard equipments are used.	10.97%	80.28%	8.75%	714.56*

*Significant at 0.05 level

Table – 4 shows that a majority of 64.44% players accepted that duration of 15 days for coaching camp was not sufficient only 11.11% players accept that duration of 15 days for coaching camp was sufficient. 62.36% players suggest that coaching camps should be organized in both sessions. 52.50% players accepted that camps were organized in specified grounds and 51.67% players accepted that specialist was appointing for coaching. A majority of 80.28% players says that standard equipment was not used in coaching camps.

Discussion

In overall the environmental condition of camp was pleasant because players were feels comfort and new players were little uncomfortable with seniors and coaches because they were not familiar with coach and senior players. During the coaching camp behavior of coach was good and they considered the senior players suggestion for a coach it is not possible to considered the suggestion of all players. Most of players accept that coach pay more attention towards a particular players and neglect weak players, the reason for this problem is due to the short time duration of coaching camp. Within this time period it is not possible for a coach to pay equal attention on each players so he concentrate on particular palers. Coaching method was good but players were not satisfied with the training method. The reason for this problem was may be the selection of same coach for every year. During coaching camp coaches were not discuss latest rules and regulation because they were not also aware with latest rules. Players accept that 15 days coaching was not sufficient and training was conducted in both sessions so that they learn more and good coordination was developed between the players. Maximum players accept that standard equipments were not used during the camp. Day by day new equipments were designed and their cost was very high. Purchasing process of any item was very long so university was unable to provide these equipment within time and it was very difficult to fulfill all the desires of player.

Conclusion

Coaching is organized in both sessions and it must be for more than 15 days. Latest equipments and specific grounds are used for coaching. Latest rules and regulations were also discussed.

References

1. Clark H. Harrison. Application of Measurement to Health and Physical Education, New Jersey: Englewood Cliffs.
2. Francis NC. Collegiate soccer players' perceptions of sport psychology, sport psychologists, and sport psychology services. Unpublished master's thesis, University of North Carolina, Greensboro, 1992.
3. Allport GW. Handbook of social Psychology G. Lindzey, Wessley, 43-44.
4. James Deese. General Psychology, Attitude and Inter Personal Relations (Brown Publisher), 491
5. Sullivan J, Hodge KP. A survey of coaches and athletes about sport psychology in New Zealand. The Sport Psychologist. 1991; 5:140-151.
6. Verma J Prakesh. A Text Book on Sports Statistics, Gwalior: Venus Publication, 2000.