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## A study of sports training facilities and its impact in the colleges of Varanasi

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### Abstract

In the last couple of decades, sports activities have been gaining a great momentum in India. The performance of India in the Olympics has always been a pathetic one. One of the major reasons is the poor encouragement of sports at the school and college levels. The lack of facilities is a major detrimental factor in the development of sports culture in the colleges. The present study is an attempt to review the status of the sports facility and its impact on the colleges of Varanasi district. The researcher himself is a Lect. of Physical Education and Sports by profession and also a player of Athletic and completed our Master degree of Physical Education and M.Phil in (Phy. Edu.) From CCS University Meerut Uttar Pradesh. During this period the researcher faced plenty of difficulties with respect to the proper availability of sports facility like infrastructure, equipment and proper kit. In the current research work the researcher would like to emphasize on financing, structure of the institution, location of the institution, strength of the institution, economic impact, views of Management in providing sports facility to the students as compared to other activities. The researcher is of the opinion that facilities should be studied from three perspectives: Urban, rural and students' involvement. Sports are timeless activities; ones those humans have enjoyed since at least ancient times, as exemplified by the Greek Olympic Games. Indeed, ethnographic and archaeological evidence such as cave paintings and the accounts of early European explorers indicate sports may well go back to the very beginning of humankind India - known for its fanaticism for cricket and hockey; started its sports odyssey long back during the great Vedic Era of India. The purpose of the study will be to "a study of sports training facilities and its impact in the colleges of Varanasi" The above study has been undertaken by me researcher with the help of interviews and questionnaire method if these causes would be located, the researcher will suggest the measures for more sports facilities to be adopted in the colleges. The objectives of the current research are as follows-1-To examine the existing sports training facility and its impact on the senior colleges of Varanasi district. ( Universities of Varanasi)2-To find out the ratio of the available sports facility in the senior colleges of Varanasi district,3-To find out the impact of available sports facility on their sports performance in the colleges This research will be helpful to bring on record the existing sports training facilities available in the colleges of Varanasi District. This study will help to suggest effective sports facilities for more participation of the students in the sports this study will help to increase the interest of students in sports through their participation. It will also be helpful to the institutions like Government University Colleges and other institutions to suggest the measures for better sports facilities. The present study makes use of the Survey method (Descriptive) Sources of Data For the study data will be collected from the affiliated colleges of University of Banaras, Varanasi district with the help of questionnaire prepared in consultation with existing sports field authorities. Statistical procedure we will use the following tools which contain Mean, Median, Mode and Standard deviation through SPSS computer software tools.

**Keywords:** Sports training facilities, college of Varanasi, etc.

### Introduction

In the last couple of decades, sports activities have been gaining a great momentum in India. Although cricket is the most passionately in India, other sports like football, hockey, volleyball, basketball, badminton, kabaddi, kho-kho and table tennis too are popular among the youth today. The performance of India in the Olympics has always been a pathetic one. One of the major reasons is the poor encouragement of sports at the school and college levels. The lack of facilities is a major detrimental factor in the development of sports culture in the colleges. The present study is an attempt to review the status of the sports facility and its impact on the colleges of Varanasi district. The researcher himself is a Lect. of Physical

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### **History of Sports**

Sports are timeless activities; ones those humans have enjoyed since at least ancient times, as exemplified by the Greek Olympic Games. Indeed, ethnographic and archaeological evidence such as cave paintings and the accounts of early European explorers indicate sports may well go back to the very beginning of humankind. Many of the sports played and celebrated today, such as football, even have their roots in various kicking and running ball games played throughout medieval Europe. Sports such as golf and horse racing were also played among the European aristocratic classes, especially those of Britain.

Of course ancient Olympics, medieval aristocrats, cave people, and hordes of peasants kicking a ball from one village to the next is, despite the genealogy, rather far removed from sports as we know them today. The development of modern sports is tied very much to the history of the industrial revolution and the creation of the first public schools, the latter of which sought to incorporate physical activity in the curriculum. The net result of this process was to cleanse (as in reduce violent elements) and codify various games such as soccer or rugby and of course later on, basketball and football, both of which were very much shaped on college campuses in the late 1800's and early 1900's, at least in the United States.

### **History of Indian sports**

India - known for its fanaticism for cricket and hockey; started its sports odyssey long back during the great Vedic Era of India. Initially, the development of sports (games) in India gathered momentum after its important role, in maintaining the physical health, was coined by the people of India. Hunting, swimming, boating, archery, horse riding, wrestling and fishing mark the stage of infancy of Indian Sports (Games). Then comes the Martial Arts which were also a strong way of self defence apart from a vigorous physical exercise.

In India, sports (games) is seen as 'a way of realizing the body potential to its fullest'; also known as "Dehvada" in ancient India. The philosophical foundation of the sports (games) in India lies in the history of India dating back to Vedic Era in which the Atharva Veda said: "Duty is in my right hand and the fruits of victory in my left". These words in the traditional mantra hold the same spirit as that of the Olympic oath that implies: ".....For the Honour of my Country and the Glory of Sport." The history of India also beckons of an interesting link between Greece (The Motherland of Sports in the world) and India which dates back to 975 B.C. when both the nations pioneered in the sports (games) like chariot racing and wrestling.

The golden history of sports in India is also evident in the immortal Indian epics like Ramayana, Mahabharata etc.

Whereas during the period of Ramayana; hunting, archery, horse riding, swimming were the royal games; Mahabharata made a mark in the sports like dicing, gymnastics, wrestling, chess (Shatranj) and gulli danda. Puranas mention about the threatening game of rope fighting. The archeological excavations of Harappa and Mohanjodaro along with the religious manuscripts like Puranas and Vedas are the standing testimonials of this glorious history of Indian sports.

The historians believe that many sports (games) like hockey, archery, wrestling and chess originated in India, which are synonymous to strength and speed nowadays. In the late Vedic Era, besides sports; the Yoga and Meditation, the inevitable parts of the toughest "Yogashastra" made India, acquire the seat of spiritualism, all over the world. This dignified discipline of Indian Sports finds its place in Bhagwat Gita too.

Today sports in India have achieved a zenith in terms of popularity and as a career option. Olympics, Commonwealth Games, Asian Games, SAF Games, Wimbledon and many other world sports tournaments see Indians as one of the most leading sports participants in the world. From Tendulkar, Paes, Bhupathi, Anand, Geet Sethi, Karthikeyan to Sania Mirza lead the present sports generation of India. Cricket, Hockey, Football, Weightlifting, Snooker, Kabaddi, Kho Kho and Archery are the sports of India that have been deep seated into an Indian psyche, whether of a sports person or a sports lover. Not only physical strength, power and satisfaction but also a strong alternative of recreation; sports in India have paved a long way towards the road of success and have made themselves a hallmark in the world of sports

### **Statement of the Problem**

The purpose of the study will be to "a study of sports training facilities and its impact in the colleges of Varanasi"

The above study has been undertake by me researcher with the help of interviews and questionnaire method if these causes would be located, the researcher will suggest the measures for more sports facilities to be adopted in the colleges

### **Delimitation**

The scope of the present study will be delimited to the following aspects:

1. This study will be delimited to the senior colleges of Varanasi District only.
2. This study will be delimited to sports facilities and infrastructure.
3. This study will be delimited to the availability of answers given by Sports Directors of the colleges of Varanasi District only.

### **Limitation**

The researcher would have certain limitations of this study as mentioned below:

1. Researcher can't control prejudiced answers to the questions in the questionnaire by the respondent.
2. No motivational techniques will be adopted to motivate the subjects.
3. Researcher will depend on the answers of the subjects there is no method to judge whether the subject is giving correct answer.
4. This study is limited to the Varanasi Dist. Colleges only.
5. As the researcher cannot visit all the affiliated colleges personally, the related data supplied by various Directors of physical education of colleges and concerned

Principals through questionnaire will be collected and the acquired data will be totally dependent on the colleges concerned.

6. The opinions expressed by the respondents would in relation to the responsibility undertaken by them and such differences are likely to arise in the responses which ultimately might affect the findings of this project.

### Objectives of the Research

The objectives of the current research are as follows

1. To examine the existing sports training facility and its impact on the senior colleges of Varanasi district. (Universities of Varanasi)
2. To find out the ratio of the available sports facility in the senior colleges of Varanasi district with the enrolled students for the current academic year.
3. To find out the impact of available sports facility on their sports performance in the colleges.
4. To find out the utilization of sports facility in the colleges of Varanasi district.

### Hypothesis

**Ho1:** There is a positive impact of sports facility on performance of the senior College students of district Varanasi.

**Ho2:** Existing sports facility and its impact increases the attitude towards the Involvement in the colleges

**Ho3:** More athletes are enrolled in colleges that have better sports training facility

**Ho4:** There is no relationship between sports facility and its utilization by the College Students

### Definitions

**University:** Universities are the organizations engaged in the advancement of knowledge, they teach, train examine students in a variety of scholarly; scientific and professional fields. Intellectual pursuits in universities define the highest prevailing levels of competence in these fields. The universities confer degrees and provide opportunities both for member of their teaching staff and for some of their students to do original research.

**Affiliated Colleges:** Means a college which has been granted affiliation by the University of Varanasi.

**Inter collegiate tournaments:** Tournaments of affiliated colleges of University of VARANASI, University which are organized by district zonal sports committee under auspices of Board of sports, Universities of Varanasi.

**Varanasi Zone:** Comprising of all institutes in Varanasi district.

**Urban:** - An Urban area is defined as follows:

- (a) All places with a Municipality, Corporation, Cantonment Board.
- (b) All other places which satisfy the following criteria:
  - i. A minimum population of 50,000.
  - ii. At least 75 percent of male working population engaged in non-agricultural pursuits.
  - iii. A density of population of at least 400 persons per sq. km.

**Rural:** - It will be noticed from the above definition that criterion (b) would generally include places which would otherwise have been considered as rural i.e. villages.

### Significance of the study

1. This research will be helpful to bring on record the existing sports training facilities available in the colleges of Varanasi District.
2. This study will help to suggest effective sports facilities for more participation of the students in the sports
3. This study will help to increase the interest of students in sports through their participation.
4. This will also be helpful to find out the exact cause for non-availability of sports facilities
5. It will also be helpful to the institutions like Government University Colleges and other institutions to suggest the measures for better sports facilities.

### Review of Literature

Researchers, academicians, sportsmen and sports psychologists have over the last few years studied the impact of sports training facilities in academic institutes with respect to development of sports activities and enrollment of students. In the present study some review of some significant and relevant studies has been carried out.

Bogar (2012) <sup>[4]</sup> studied the trends in the construction and design of recreational sports facilities in the colleges in the U.S. He observed that many new and renovated facilities have integrated important campus functions such as academics, health, wellness, and sport. These recreational sports facilities also contain unique features such as climbing walls, rooftop playing fields, food service, counseling centers, convenience stores, and campus police stations.

Robert (2012) <sup>[8]</sup> carried out a research on the impact of Campus Recreational Sports Facilities and Programs on Recruitment and Retention among African American Students. The study aimed to assess the impact of campus recreational sports facilities and programs on student recruitment and retention among male and female African American students. It was determined that 60% of the male students reported that the availability of recreational sports was important/very important in deciding to attend the college and 68% of the men reported that the availability of recreational sports was important/very important in deciding to continue attending the college. Men scored higher than women when it came to importance of the availability of recreational facilities and programs in deciding to attend the school, the importance of the availability of recreational facilities and programs in deciding to continue at the school, how important sports and fitness activities will be to them after graduation, and the total times per week they participate in active recreational sports pursuits.

Antón (2011) <sup>[1]</sup> carried out a study titled "How construction trends of Universities sport facilities will be affected by financial crisis". The results showed that a high percentage of the respondents agreed the use, construction and renewal of sport facilities in Spanish Universities would continue increasing for the next three years. They observed that with respect to the architectural trends, the wellness and recreational centres would be more successful than other options such as climbing walls or centres integrating sports and arts. They further observed that these trends are more affected by cultural and social factors than by the economy.

Zhou (2010) <sup>[7]</sup> studied the relationship between College Sports Facilities and Mass Sports. He feels that

industrialization of college sports facilities is a crucial problem that should be solved in Post-Olympic Era. He further suggests that college sports facilities should be open to the public to solve the following problems: to relieve the scarcity of sports facilities; to favor the development on mass sports; to be aware of the characteristic of college sports resources; to clear the relationship between the college sports resources and the development on mass sports; to strengthen the awareness on establishment of the society with its resources shared by the public; to service the public with the abundant resources in college; to establish a new cultural community of the public and the college.

Barghchi (2010) <sup>[3]</sup> conducted a research study on sports facilities construction in Malaysia. They observed that sports and sports facilities development have improved rapidly over the past years in Malaysia but feel that such improvement is inadequate compared to the overall development of sports at international level. Their study used the expert opinions of town planners, as key players in decision making in the Malaysian context. The findings from the research revealed that although, in Ninth Malaysia Plan (2006-2010) emphasis is placed on creating a sports culture among Malaysian, sports facilities have not gained new role as the global trends, yet. The researchers feel that there is still a need for a new perspective and a new approach to improve the existing sports facilities and for future development.

Arslan (2010) <sup>[2]</sup> conducted a research for recommendations to improve sports facilities in the University. They found that there were very little sports facilities in the University. There was a lack of proper sports facilities, well trained coaches, separate place for female sports and sports budget etc.

Feng and Humphreys (2008) <sup>[6]</sup> in their study examined the economic impact on residential housing values. Their results show that sports facilities have a "significant positive effect on the value of surrounding houses and this positive effect decreases as the distance from the facilities increases. They further add that a new sports facility constructed in the core of a large city as part of an urban redevelopment program might possibly cause residential property values within one mile of the facility to increase hundreds of millions of dollars. A new sports facility constructed outside of the center of a large city and unrelated to an urban redevelopment program will cause residential property values around the facility to increase tens of millions of dollars. According to them this might help to explain why cities continue to subsidize sports facilities even when much academic research suggests that they result in little or no tangible economic benefits.

Walia (1971) <sup>[12]</sup> conducted a survey of facilities of physical education and sports for the students of Higher Secondary Schools of Delhi State, and found that most of the schools did not have sufficient equipment for students to develop their sports. Lack of sports funds, equipment grounds was severely felt in schools. Sports fund was used in majority of schools for the purposes other than sports. It was also observed that whatever little was provided by the Government in budget was not properly utilized.

Sarao (1974) <sup>[9]</sup> conducted a survey entitled "A survey of Athletics (Track and field) Facilities in High and Higher Secondary Schools of Ropar District (Punjab)." He found that there were poor athletics facilities (Track & Field) in the schools of Ropar District. He also concluded that the facilities for other games were also very poor. There were no swimming and gymnastics facilities available in the schools of Ropar District. With respect to the availability of physical education personnel facilities there was 43.48% shortage of

D.P.Es and 31.0% excesses of N.D.S. and P.T.Is. There was no government grant or any other financial resource for running games and sports.

Gian (1976) conducted a study entitled "Critical Evaluation of Sports facilities available in the college of Punjab State. He made the following conclusion

1. The shortage of women physical education teachers was more than the male physical education teachers.
2. Under-qualified physical education teachers had been employed in most of the colleges.
3. Sixty five colleges out of seventy three respondent colleges fell short of 576 acres giving an average shortage of 9.3 acres play area per college.
4. The position of developed play fields in affiliated colleges of Punjab University was better than that of colleges in the other universities of Punjab.

Dabas (1982) <sup>[5]</sup> surveyed the facilities and equipments of sports and physical education in engineering colleges and concluded that the student teacher ratio in physical education was satisfactory and only one college had provided special coaching personnel for different games and sports. Out of five engineering colleges, three colleges had sufficient playground facilities as per minimum norms laid down by National plan of Physical Education and Recreation. The study revealed that all the engineering colleges did not possess sufficient number of equipment and playgrounds as per this students' strength.

### Methodology

The present study makes use of the Survey method (Descriptive)

### Sources of Data

For the study data will be collected from the affiliated colleges of University of Banaras, Varanasi district with the help of questionnaire prepared in consultation with existing sports field authorities.

### Questionnaire

The main tool of research for the study will be questionnaire which will contain the following heads

- a) General information of the college
- b) Location of the college
- c) Students strength of the college
- d) Area of sports field in the college
- e) Equipment (consumable and non-consumable) facility
- f) Aiding (funds availability year wise) self-funding / Government / University / Local
- g) Utilization of existing sports facility Professional and Government aided and non-aided)

### Assumption of the study

- 1) There are sports facilities in the senior colleges of Varanasi district.
- 2) Director of Physical education and Sports are appointed for development of Sports training facility in the senior college.

### Statistical procedure

We will use the following tools which contain Mean, Median, Mode and Standard deviation through SPSS computer software tools.

### Work plan

The proposed schedule of the current research work would be as follows.

- Reading of relevant literature, preparation of

questionnaire by discussing with experts and guide – Six months.

- Visit to colleges, distribution of questionnaires, interviewing of college authorities, sports staff and students. Collection of data through primary and secondary sources – Six months.
- Compilation, analysis and interpretation of data. Tabulation, discussions and recommendations – Six months.
- Report writing, typing formatting and final binding – Six months.

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