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Role of family and coaches in grooming a rising star: A case study on Arjuna Awardee Manpreet Singh

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Abstract

The purpose of the study was to know the Role of Arjuna awardee Manpreet Singh's family and coaches for making him hockey star. Which would be a great source of inspiration to the present and future of sports generation related with hockey. Data or information for this investigation was derived from the primary sources i.e., personal records, pictorial records, published material, interview, official records and secondary sources. To have insight on various aspects of personality of Manpreet Singh a self-designed questionnaire was prepared. After collection of data about the role of family and coaches in making him a shining star it is concluded that Manpreet's entire hockey career has grown and reached only with the help of family and luckily, he has been fully supported by very experienced coaches. The first coach of Manpreet's hockey career was Baldev Singh Debi who convinced his elder brother Sukhraj Singh to play hockey for Manpreet, besides Surjit Hockey Academy coaches Surjit Singh Mitha, Jhilmin Singh Maan and Avtar Singh pushed hard to improve Manpreet's skills. These coaches motivated him well and as a result Today, Manpreet became a shining star of hockey.

Keywords: Coach, hockey star, achievements, family, Arjuna award

Introduction

Games and sport imperative to make us solid and fit for work. These are exceptionally fundamental piece of our life. It additionally shows understudies the estimation of order. Games give us decent exercise which makes us truly solid and builds our endurance and strength. Normal game exercises make us dynamic and lead to great wellbeing. Sports are perhaps the most engaging and joyful exercises that have numerous positive view points. Sports advantage the major parts in an unexpected way. At the point when we take part in individual or group game we experience colossal rush, however character assembling likewise happens. We all have heard popular idiom, for example, 'A sound mind lives in a sound body'. Sports and games are without a doubt the structure squares of the wellbeing and character of kids. Sports give us numerous qualities and ideals. The main worth is a feeling of control. All games are time bound exercises. They start at fix time, proceed for a predefined measure of time and afterward there is continually finishing time. Sports also show us collaboration and participation. A player needs to play in a joint effort with other team members. He figures out how to change and adjust in connection with others. This capacity to work in a group of players is exceptionally fundamental in the current occasions. Later on, life one needs to works consistently in a group, at work, research projects or any sort of work, it is all collaboration. So cooperation one learns the best having an effect on everything ground. Games additionally show us to acknowledge rout and further personal development. So, sports in a roundabout way help us assemble a solid character.

Team players are constantly working with the help of other experienced players, many of whom can become positive role models. Team Sports offers parenting advice between older players and younger players, coaches and athletes, and more. Coaches play an especially important role in the sporting life of a young athlete. Junior players or teams who have good and experienced sports mentors or coaches when they are young are more likely to seek out influential role models throughout their lives. Because soft skills are the personal qualities of a person that do not cause problems in forming positive social relationships. Team sports are an excellent source of developing soft skills, as they allow athletes to progress in a supportive environment.

Here it is clear that everything is possible with teamwork and cooperation with others is necessary to reach a common goal. Experienced personalities and scenarios will help our athlete to be adaptable, persistent, honest and obedient. Team sports teach collective and individual responsibility as well as the spirit of winning and the spirit of struggle.

The history of sports goes back to the ancient human past. Sports are vital and essential part of cultures and are one of the oldest forms of human social phenomena. Sports are a powerful expression that we have personal control over. Key features of sports include concern for results, chance, imagination, competition, different time and place, affirmative agreement on rules, personal enjoyment, set goals and objectives. Sports are associated with a player's cultural and social side and were important as a means of education and a marker of social status. Sports reveal the cultural views and worldview of the players and pass them on to future generations. As pastimes of royalty and the elite, some games have become culturally common features. Games such as the senate and the Mesoamerican ball game were often imbued with mythic and ritualistic religious significance. In 1938, Homo Ludens, the Dutch cultural historian Johan Huizinga argued that sports were a basic and specific unit of generation of human cultures. Huizinga sees sport as something that is "old and cultural, for culture, however ill-defined.

Historical aspects of hockey

The history of hockey is deeply rooted in antiquity. Numerous historians have tried to understand the question of who invented hockey game but sadly, no clear answer has been found. Therefore, the exact date of hockey is not officially known, but the game is considered one of the oldest civilizations, making it one of the oldest sports histories in the world. Games like hockey related to sticks and balls have been played for thousands of years. The game of hockey is believed to have originated from the time of early civilization. According to some facts, the origin of the game of hockey dates back to long years ago. Although the game was known by different names, the original purpose of the game was the same. Thus, according to historical reports, various names for hockey have emerged, such as "Paganica" by the Romans, "Hurling" by the Irish, and "Shinty" by the Scots. The word "hockey" was first used in Ireland in 1527 and probably comes from the French word "Hoguet". Field hockey has developed in more than hundred countries, including India, Pakistan, England and Australia. It is also a popular sport in Canada, played mainly in clubs by men and women. As a result, the field became the second largest team sport in the world, after football. So today field hockey is played in every continent, in which many countries have participated in three major competitions - Olympic Games, World Cup and Champions Trophy. Today the game is played in many schools, colleges, universities and also as professionals. The sport provides lifelong social opportunities and facilities for players, officials and administrators.

Hockey in India

It is clear that hockey is proud to be India's national sport. It is believed that hockey has been played in India since ancient times and many other theories have been given about the history of hockey but it was the British Army regiments which introduced the first version of hockey in India. The game soon became popular among the natives of India. After cricket, it became the favourite sport of the British. Between 1885-86, the first professional hockey club was established in Calcutta. Soon clubs were formed in Bombay and Punjab. India's first hockey association was called 'Bengal Hockey'.

As the game became popular in the country, many more associations were formed. Indians gradually became interested in hockey and it became a favourite sport of children and adults. Indian hockey dates back to 1895, So British Army played important role in planting hockey, like cricket, in India.

The Indian hockey team's growth and popularity began with the 1928 Olympic Games in Amsterdam as the Indian team won its first gold. After this victory, 1928-1956 became the golden and historic period for the Indian hockey team there is no doubt that Indian players have great skills and unparalleled talent. This skill and great technique has made the whole world think that Indian hockey players have some kind of black magic

Concept of case study

A case study is a research method, commonly seen in the social and life sciences. There is no single definition of case study research. But still very simply 'a case study can be defined as an intensive study of an individual, group of people or entity, with the aim of generalizing to a number of entities. A case study is also described as an intensive, systematic investigation of a single person, community and group, or other entity in which the researcher examines data in depth related to multiple variables. Researchers explain how case studies examine difficult phenomena in the natural environment to enhance their understanding. Furthermore, by describing the steps taken using the case study approach, this method of research allows the researcher to take on a complex and broad topic, and thereby narrow it down to manageable research questions. While collecting qualitative or quantitative data about the phenomenon the researcher understands the phenomenon more deeply than would be achieved using only one type of data. (Heale R 2017) [8].

When to use a case study

case study research should be considered when the main purpose of the study is to answer the "why", "where", and "how" questions. You cannot change the behaviour of the individual or group involved in the study. You want to cover contextual situations related to the subject because a researcher feels they are relevant to the phenomenon under study or because some relationship between the phenomenon and the context is undecided. (Baxter et. al 2008) [2].

- A case study is a research method that is primarily used in the social sciences.
- A case study is a research strategy and empirical investigation that examines a phenomenon in all its real-life aspects.
- Case studies are based on an in-depth examination of an individual, group or event to explore the underlying theories.
- A case study is a detailed descriptive and exploratory analysis of a person, group or event.
- Case study research can be one or more cases, involving quantitative evidence that relies on multiple sources of evidence and benefits from the preliminary development of theory-based propositions.
- Case studies are analyzing of individuals, groups, decisions, periods, events, policies, institutions or other aspects that are studied in depth by one or more methods.

Methodology

A case study was designed to know a supreme Role of Arjuna awardee Manpreet Singh's family and coaches for making

him a rising hockey star. Data or information for this investigation was derived from the primary sources i.e., personal records, pictorial records, interview, official records and secondary sources. The research scholar was personally contacted Arjuna Awardee Manpreet Singh's family before conducting the interview. To have insight on various aspects of personality of Manpreet Singh a self-designed questionnaire was prepared. The statements of the questionnaire was modified according to the suggestions given by the experts. An extensive review of literature and research studies conducted on case studies was used for assortment of the matter of questionnaire. The interview focused on the role of his family and coaches who contributed to making him a hockey star in the form of a player and captain.

Results and Discussion

To know Role of Arjuna awardee Manpreet Singh's family and coaches for making him hockey star a self-designed questionnaire was equipped. After collecting the data, it was found that Manpreet Singh was born on 26 June, 1992 at Mithapur, Jalandhar. His father's name is Late Sh. Baljeet Singh and his mother's name is Smt. Manjit Kaur. Arjuna Awardee Manpreet Singh belongs to a middle-class family. In the beginning, the economic conditions of the family were full of difficulties. Among the three brothers, Manpreet is the youngest brother in the family, the two elder brothers Amandeep Singh and Sukhraj Singh were also hockey players, seeing which Manpreet also developed a desire to play hockey and the desire became a passion and today Manpreet has become a hockey star. In the beginning, the entire family was against Manpreet's hockey game and once Manpreet was even locked in the room but when the praises of Manpreet's game started to be heard from outside, Manpreet's mother and brothers had to bow down to his passion and started supporting Manpreet. His mother told an interesting thing that once Manpreet went out of the house to play a domestic tournament, he was very late at night, so I got angry with the senior boy who came to leave the house, and Manpreet secretly dared to give me 500 rupees. He put it on me and said, "Mom, take my first earnings." I hugged Manpreet tightly and tears came to my eyes. After this, the entire family started supporting him Such as his diet, equipment or other facilities. Arjuna awardee Manpreet Singh has been coached by many coaches for national and international level tournaments, but here is the mention of Manpreet's early-stage coaches, under whose coaching, guidance and direction, Manpreet took good decisions towards his career and progressed in hockey. When he caught hockey the first coach of Manpreet's hockey career was Baldev Singh Debi retired from Indian Army as a Captain, who convinced his elder brother Sukhraj Singh to play hockey for Manpreet, besides Surjit Hockey Academy coaches Surjit Singh Mitha now he settled abroad, Avtar Singh retired from Indian Navy and Jhilmin Singh Maan pushed hard to improve Manpreet's skills. After data collection, it was learned that Manpreet Singh was offered a job by the Punjab Police after 12th standard, but seeing his talent, Avtar Singh and other coaches advised him not to take the job, as they felt that in future he can do well in hockey. The position Manpreet is at today is only due to the right guidance of a good coaches. These coaches motivated him well and as a result Today, Manpreet Singh became a shining star of hockey.

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