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## Enhancing university sports programs: An analysis of student perceptions

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### Abstract

This study evaluates the sports programs at the Directorate of Physical Education, University of Kashmir, through surveys conducted by different student groups. The survey, guided by structured questionnaires, focused on four key areas. The behavior and effectiveness of coaches, the sincerity of the University system towards sports promotion, the effectiveness of coaching camps in preparation for sports events, and the overall satisfaction of players and students with the University's sports organization. A total of 40 participants responded, providing feedback on a scale from highly satisfied to highly dissatisfied. Statistical analysis, including the calculation of mean scores and the application of ANOVA, indicated that the survey data conformed to a normal probability distribution. The results revealed a generally positive but varied perception of the University's sports programs, highlighting significant insights into areas of strength and potential improvement. This study provides valuable feedback for enhancing sports development and support strategies within the University.

**Keywords:** Sports programs, student perception, coach effectiveness, sports promotion, coaching camps, athlete satisfaction

### Introduction

The behavior and effectiveness of coaches are crucial for player development, team success, and overall performance (Ahmad & Faridi, 2022) <sup>[1]</sup>. Sincerity towards sports promotion involves a genuine commitment to the values and benefits of sports (Faridi & Wani, 2019) <sup>[2]</sup>. The effectiveness of coaching camps and preparation for sports events plays a crucial role in the performance and success of athletes. These aspects create an environment where athletes can develop their skills and achieve peak performance. Satisfaction among participants can vary widely based on factors such as facilities, coaching quality, team spirit, opportunities for participation, and overall organizational support (Faridi, Wani, & Singh, 2022) <sup>[4]</sup>.

### Materials and Methods

#### Subjects

The subjects for the study were selected from the Directorate of Physical Education at the University of Kashmir, specifically those involved in cricket, during the 2024 session.

#### Tools

A self-prepared questionnaire was used for gathering the information. The questionnaire focused on four key areas. The behavior and effectiveness of coaches, the sincerity of the University system towards sports promotion, the effectiveness of coaching camps organized in preparation for upcoming sports events, and the overall satisfaction of players and students with the University's sports organization.

#### Procedure

The questionnaire was distributed among 40 university students (players). Participants provided feedback on a scale of 1 to 5, ranging from highly dissatisfied to highly satisfied.

#### Statistical Analysis

Statistical analysis, including the calculation of mean scores and the application of ANOVA (Analysis of Variance), was conducted to evaluate the data.

## Results

The findings of the study are presented in the following Tables.

**Table 1:** Behavior and Effectiveness of Coaches (Q1)

Response Value	Frequency	Fx
5	5	25
4	15	60
3	16	48
2	4	8
1	0	0
Total	40	141

$$\text{Mean} = 141 / 40 = 3.52$$

The mean score of 3.52 indicates that participants generally rate the behavior and effectiveness of coaches positively, though not exceptionally high. The highest frequency of responses is at 3 and 4, suggesting that most participants find the coaches' performance to be good to very good.

**Table 2:** Sincerity of University System towards Sports Promotion (Q2)

Response Value	Frequency	Fx
5	5	25
4	1	4
3	25	75
2	4	8
1	5	5
Total	40	117

$$\text{Mean} = 117 / 40 = 2.92$$

The mean score of 2.92 indicates a more neutral to slightly positive perception of the University's sincerity towards sports promotion. The highest frequency of responses is at 3, showing a tendency towards neutrality, but there are also noTable responses at both extremes (1 and 5), indicating varied opinions among participants.

**Table 3:** Effectiveness of Coaching Camps (Q3)

Response Value	Frequency	Fx
5	1	5
4	10	40
3	21	63
2	6	12
1	2	2
Total	40	122

$$\text{Mean} = 122 / 40 = 3.05$$

The mean score of 3.05 suggests a generally positive perception of the effectiveness of coaching camps, with most responses clustered around 3 and 4. This indicates that participants find the coaching camps to be reasonably effective.

**Table 4:** Overall satisfaction with university's sports organization (Q4)

Response Value	Frequency	Fx
5	5	25
4	10	40
3	20	60
2	4	8
1	1	1
Total	40	134

$$\text{Mean} = 134 / 40 = 3.35$$

The mean score of 3.35 reflects a generally positive overall satisfaction with the University's sports organization. The majority of responses are at 3 and 4, indicating that participants are generally satisfied, with a small number expressing high satisfaction (5) and very few expressing dissatisfaction (1).

## Summary

- **Behavior and Effectiveness of Coaches (Q1):** Generally positive (Mean = 3.52)
- **Sincerity of University System towards Sports Promotion (Q2):** Neutral to slightly positive (Mean = 2.92)
- **Effectiveness of Coaching Camps (Q3):** Generally positive (Mean = 3.05)
- **Overall Satisfaction with University's Sports Organization (Q4):** Generally positive (Mean = 3.35)

The data suggest that while the sports programs at the Directorate of Physical Education, University of Kashmir, are generally well-received, there are areas such as the University's commitment to sports promotion that may require further improvement. The varied responses indicate a need for a more consistent approach to enhance the overall experience for participants.

**Table 5:** ANOVA Calculation

Source of Variation	Sum of Squares (SS)	Degrees of Freedom (df)	Mean Square (MS)	F-Ratio
Between Groups	9.050	3	3.016	3.578
Within Groups	131.588	156	0.843	
Total	140.638	159		

The ANOVA results indicate that there are significant differences in the perceptions of the four surveyed areas (behavior and effectiveness of coaches, sincerity of the University system towards sports promotion, effectiveness of coaching camps, and overall satisfaction with the University's sports organization). This suggests that the participants' ratings of these aspects are not uniform, pointing to potential areas of strength and areas needing improvement within the University's sports programs.

## Discussion

The results of the survey indicate a generally positive but varied perception of the University's sports programs. The statistical analysis, including mean scores and ANOVA, reveals significant insights into areas of strength and potential improvement:

### 1. Behavior and Effectiveness of Coaches (Q1)

- **Mean Score:** 3.52
- **Interpretation:** The mean score of 3.52 suggests that students generally view the behavior and effectiveness of coaches positively. However, there is room for improvement to elevate these ratings further.

### 2. Sincerity of University System towards Sports Promotion (Q2)

- **Mean Score:** 2.92
- **Interpretation:** The mean score of 2.92 indicates a neutral to slightly positive perception of the University's commitment to sports promotion. This suggests a need for more visible and impactful efforts to promote sports

within the University.

### 3. Effectiveness of Coaching Camps (Q3)

- **Mean Score:** 3.05
- **Interpretation:** With a mean score of 3.05, participants find the coaching camps to be reasonably effective. This indicates that while the camps are beneficial, there may be opportunities to enhance their effectiveness.

### 4. Overall Satisfaction with University's Sports Organization (Q4)

- **Mean Score:** 3.35
- **Interpretation:** The overall satisfaction score of 3.35 reflects a generally positive perception of the University's sports organization. Nevertheless, the University can work on improving this satisfaction level.

### ANOVA Analysis

The ANOVA analysis further supports these observations, indicating significant differences in perceptions across the four areas surveyed:

- **F-Ratio:** 3.578
- **Interpretation:** The F-ratio suggests that there are significant differences between the groups, implying that students have varied experiences and opinions regarding the different aspects of the sports programs.

### Recommendations

Based on the survey findings, the following recommendations are made to improve the sports programs at the University:

#### 1. Enhance Coach Training and Development

Provide additional training and professional development opportunities for coaches to improve their effectiveness and positively impact player development and team performance.

#### 2. Increase Promotion of Sports Programs

Implement more robust and visible initiatives to promote sports within the University. This could include marketing campaigns, increased funding, and support for sports events, as well as incentives for student participation.

#### 3. Improve Coaching Camps

Review and refine the structure and content of coaching camps to make them more engaging and beneficial for participants. Consider gathering detailed feedback from participants to identify specific areas for improvement.

#### 4. Boost Overall Satisfaction

Address factors that contribute to overall satisfaction, such as facilities, team spirit, and organizational support. Regularly assess and address the needs and concerns of students to enhance their overall experience.

#### 5. Conduct Further Research

Undertake further research with larger sample sizes and more detailed questionnaires to gain deeper insights into specific areas needing improvement. This will help tailor strategies more effectively to the needs of the students.

### Conclusion

The survey provides valuable feedback for the Directorate of Physical Education at the University of Kashmir. The overall positive ratings highlight the effectiveness of current efforts, particularly in coaching and camp organization. However, the

varied responses and neutral ratings for the University's sincerity towards sports promotion indicate areas where further enhancement is necessary.

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