



A COMPARATIVE ANALYSIS OF PHYSICAL PERFORMANCE IN SPORTSPERSONS FROM GOVERNMENT AND PRIVATE SECTOR SPORTS HOSTELS

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ABSTRACT

Sports has been making quick progress and is growing immensely as an industry. Values of sports cannot be undermined at any cost. It has multiple values for individual as well as from the National perspective. The Government has to take appropriate measures in promoting sports and achieve excellence. Sports talent identification and nurturing has to be taken care at different levels. Governmental and private sector organizations like sports hostels and other educational entities have to promote sports. Sports promotion needs to continue and a number of elements need to be strengthened including coaching and instruction facilities and equipment. The status of sportspersons and their performance, especially in sports hostels in Karnataka, is a potential topic of study. The purpose of the present study was to compare the physical performance of sportspersons belonging to Government and Private sector sports hostels of Karnataka. In order to achieve the purpose of the study Eighty-two male sportspersons from Government (N=30) and Private (N=52) sports hostels were selected. Their age ranged between 16 to 18 years. The subjects were studying during the academic year 2020-21 in various Pre-University colleges in the locality of their respective sports hostels. Physical performance of sportspersons was assessed through standard tests selected for

the purpose of the present study. Descriptive statistics like Mean and Standard Deviation were calculated. In order to compare the physical performance between sportspersons of Government and Private sports hostels, independent sample 't' test was calculated. There is no significant difference in physical performance of sports persons belonging to Government and private sector sports hostels. Both type of sports hostels are functioning in a similar way with no much differences elicited in terms of physical performance of sportspersons belonging to two different sports hostels.

Keywords: Sports hostels, Government sector, Private sector, Physical performance and Fitness.

INTRODUCTION

Sports have its existence in India since time immemorial. It has brought people together by means of participation amongst the different strata of people. Sport has evolved as a social change in bringing together the communities through the years. Sport has become an industry in India. It has been making quick progress and is growing immensely as an industry. consciousness about physical fitness and well-being and have taken sport to next level in recent days. Apart from benefits derived from sports in terms of health and physical fitness, it has become a career option with sportspersons taking up sport for



competition to achieve success and settle their life (Meghalaya sports policy, 2019).

Sport is used as a tool for social and economic development, and the promotion of positive values at all times under various circumstances. Values of sports cannot be undermined at any cost. It has multiple values for individual as well as from the National perspective. The Government has to take appropriate measures in promoting sports and achieve excellence. Sports talent identification and nurturing has to be taken care at different levels. Training of sportspersons and getting them ready for the competitions is the prime duty of Government (Pensgaard and Robers, 2002).

The sports system and its efforts to ensure technically sound programme has evolved significantly in recent years with wide spread effort on long term athlete development principles (Ahmadinejad, et. al., 2014). The education and recreation sectors play detrimental role in sports participation as both providers and partners in its effective dissemination. There are many academic and developmental benefits derived from sports participation. Sports is included in school and college curriculum in recent times and also a part of inter scholastic and intramural programmes. Governmental and private sector organizations like sports hostels and other educational entities have to promote sports participation, building and managing facilities, training leaders, officials, administrators and volunteers and conducting research and evaluation.

Private institutions are coming forward to promote sports in the present scenario. Their contributions are immense in training elite athletes in India. They take utmost care and interest in providing basic facilities needed to excel in sports. The Government and Private

sector hostels together are contributing for the promotion of sports in Karnataka as well. Department of Youth Empowerment and Sports (DYES) is running its sports hostel in Karnataka and has sheltered huge number of sportspersons since its inception. Private sports hostels like S.D.M. Education Society, Alvas Education Foundation and Chandragi sports hostels have been constantly giving their contributions for the development of every aspect of Sportspersons.

Sports promotion needs to continue and a number of elements need to be strengthened including coaching and instruction facilities and equipment. The status of sportspersons and their performance, especially in sports hostels in Karnataka, is a potential topic of study (Straus and Corbin, 1990). Government and sports organizations need to continue their effort to partner with the private sector in pursuit of common objectives. The functioning of Government and Private sector sports hostels can be understood by this study. In this direction, a study was intended to analyze the physical performance of sportspersons belonging to Government and Private sector sports hostels. Stronger alignment among the various elements of the system is essential to improve efficiencies and effectiveness.

METHODOLOGY

The purpose of the present study was to compare the physical performance of sportspersons belonging to Government and Private sector sports hostels of Karnataka. In order to achieve the purpose of the study Eighty-two male sportspersons from Government (N=30) and Private (N=52) sports hostels were selected. The details are given in table 1. Their age ranged between 16 to 18 years. The subjects were studying during the academic year 2020-21 in various Pre-



University colleges in the locality of their respective sports hostels. The sports hostels include in the present investigation were as follows (table 1).

TABLE NO. 1
INFORMATION ON GOVERNMENT AND PRIVATE SECTOR SPORTS HOSTELS SELECTED FOR THE STUDY

S. No.	Government	Private
1	Department of Youth Empowerment and Sports (DYES), Vidyanagara	S.D.M. Education Society, Ujire
2	Department of Youth Empowerment and Sports (DYES), Shantinagara	Alvas Education Foundation, Moodbidre
3	--	Chandragi sports hostels, Rampura

Physical performance of sportspersons was assessed through standard tests selected for the purpose of the present study. The details of variables and tests are provided in table 2.

TABLE NO. 2
DETAILS OF PHYSICAL PERFORMANCE VARIABLES, TESTS AND UNITS OF MEASUREMENT

Variable	Tests	Units
Balance Ability	Stork Balance Test	In seconds
Agility	Hexagon Agility Test	In seconds
Core Strength	Bent Knee Sit ups	In counts
Power	Margarita Kalamen Stair climb test	In Watts
Reaction ability	Stick drop test	In Centimeters
Body Composition	Body Mass Index	Formula: Weight (in kgs)/ Height (in meters)

Standard testing procedures were adopted for the purpose of assessing physical performance in terms of various variables selected for the present study. Descriptive statistics like Mean and Standard Deviation were calculated. In order to compare the physical performance between sportspersons of Government and Private sports hostels, independent sample 't' test was calculated.

FINDINGS OF THE STUDY

Mean and standard deviation were calculated for various physical performance variables selected for the present investigation. The results are given in table 3.

TABLE No. 3
DESCRIPTIVE RESULTS ON PHYSICAL PERFORMANCE OF SPORTSPERSONS FROM GOVERNMENT AND PRIVATE SPORTS HOSTELS

	Type of Sports Hostel	Mean	Std. Deviation	Std. Error Mean
Standing Height	Government	172.36	7.52	1.37338
	Private	171.50	5.88	.81488
Body Weight	Government	58.63	7.28	1.32828
	Private	60.23	9.69	1.34327
Body Mass Index	Government	19.76	2.28	.41584
	Private	20.49	3.17	.44021
Balance Ability	Government	22.66	9.14	1.66896
	Private	20.06	10.82	1.50012
Agility	Government	16.41	3.88	.70780
	Private	15.23	2.95	.40858
Core Strength	Government	34.97	8.59	1.56799
	Private	38.94	9.84	1.36466
Power	Government	1244.63	142.51	26.01898
	Private	1224.81	260.68	36.14998
Reaction Ability	Government	17.90	3.80	.69373
	Private	16.65	3.74	.51806

From table 3 it is clear that the scores on various aspects of physical performance are normally distributed with acceptable homogeneity expressed in terms of standard deviation. The raw data were further subjected to independent sample 't' test for comparing means of physical performance variables. The results are given in table 3.



TABLE NO 4
SUMMARY OF 'T' TEST BETWEEN SPORTSPERSONS
FROM GOVERNMENT AND PRIVATE SPORTS
HOSTELS ON PHYSICAL PERFORMANCE

Var	't'	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Balance ability	1.106	80	.272	2.59676	2.34809
Agility	1.555	80	.124	1.18132	.75979
Core Strength	1.844	80	.069	3.97564	2.15650
Power	.384	80	.702	19.82564	51.61517
Reaction ability	1.446	80	.152	1.24615	.86184
Body Composition	-1.115	80	.268	0.73646	.66070

From table 3 it becomes clear that there is no significant difference between sportspersons from Government and Private sport hostels in terms of physical performance variables. The obtained 't' value in Balance ability (1.106); Agility (1.555); Core Strength (1.884); Power (.384); Reaction ability (1.446); and Body Composition ((1.115) is lower than the tabulated 't' value (1.664) for significant at .05 levels of significance.

DISCUSSION OF FINDINGS

The results of the present investigation make it clear that there is no significant difference in physical performance between sportspersons from Government and Private sector sports hostels. The results clearly point to the fact that the Private sector sports hostels are functioning on par with Government sector sports hostels in the present context. In a similar study by Cherian, et. al., (2020) considered nutrition as key to performance and consumption of higher animal protein as important.

CONCLUSION

There is no significant difference in physical performance of sports persons belonging to Government and private sector sports hostels. Both type of sports hostels are functioning in a similar way with no much differences elicited in terms of physical performance of sportspersons belonging to two different sports hostels.

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