

## A STUDY ON IMPLEMENTATION OF SPORTS POLICY IN SCHOOLS IN INDIA

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### ABSTRACT

*India is a developing country but is looking behind in sports and games. There is a lack of care and consideration in formulation and implementation of a better programme and policy. One of the most important fields which need special attention for a developing country like India is physical education and sports. Sports activities do acquire special significance in the context of giving positive channels to the frustration amongst youth as there is an imminent need of proper channelization of energy of the youth. The present study is devoted to implementation of Sports Policies in the schools in NCT Delhi, India. The analysis included a total of 60 schools from all over Delhi 30 private aided and 30 government aided schools. Therefore using the self developed opinionnaire was implemented separately on Principals, Physical education teacher. The percentage of implementation of policy & availability of facility & resources was revealed. Thus, it brought the loopholes like improper auditing, requirements of focus on sports achievements, organization of various sports tournaments, etc., in the schools in NCT Delhi.*

*Keywords: Physical Education, Policy, Government aided, Privately aided*

### INTRODUCTION:

Sports have occupied significant place in almost every society. General interest and enthusiasm for sports further got a fillip with people becoming health conscious. Some supporting events like cricket, soccer, and tennis have carved out international achieved over-reaching capabilities with the help of the electronic media.

As well as know that India is developing country, and it has a poor background in all aspects including sports and games. That is why; India is also looking behind in the sports and games. In India, sports and games are not considered as a ritual or part of the society. People did not

consider it for a profession till recently. There is a lack of participation in the games and sports in India. Due to this people who are in authority do not care the programme and policy.

Since 1984 sports policies are being proposed by the government but there seem to be no proper controlling mechanism for the implementation of these policies.

Need of the hour is to review the policies and prepare plans concerning various fields of sports. One of the most important fields which need special attention for a developing country like India is sports education. Within education itself, the development has been lopsided. Lot has been done by the government in the field but nothing constructive has been achieved so far, thus it is imperative to review the implementation of the sports policies.

Physical education and sports are considered integral part of education, hence physical education and sports were included in the National Sports Policy in 1984 which was exclusively prepared by the government of India to give more emphasis on sports and physical education in the school education for the improvement in sports as the main goal and promotion of health and physical fitness of citizens as imperative accompanying goals. Physical Education is precondition for using national standards in games and sports. The record of performance of Indian teams in various tournaments shows a picture of light and shade.

Games not only give training for event of games and sports, but are an excellent channel for harnessing the vigor and the spirit of adventure of the young. The young have an abundance of energy which in the absence of an out-let often gets channelized in destructive activities. Sports activities do acquire special significance in the context of giving positive channels to the frustration amongst youth as there is an imminent need of proper channelization of energy of the youth. Sports can provide that much needed outlet and educators must start realizing its significance towards the overall development of students.

#### OBJECTIVES:

The purpose of the study was to provide a threadbare of the sports policy implementation by appraising The status of the same in schools of Delhi, assess various measures taken by schools to implement the government sports policies, examine the status of sports of schools of Delhi and

finally recommend some effective steps for enhancing the implementation of the government sports policy in the schools in NCT Delhi.

#### RESEARCH METHODOLOGY:

The study was confined to 60 schools from NCT Delhi, India, 30 private aided and 30 government aided schools. Each category of schools included both the Principal and the Physical Education Teacher. For the present study, Selection Of The Variables were made in light of the management of sports facilities and sports achievement among the schools of Delhi, the sports facilities were considered under the following variables.

- Total sports books in library.
- Availability of track.
- Sports competition.
- Coaches' appointment.
- Budget for maintenance of sports goods.
- Total playing fields.
- Availability of courts and fields.
- Facilities of first-aid.
- Indoor Facilities.

For the collection of data on selected variables a self developed questionnaire was administered. The questionnaire consisted of 18 questions for the above mentioned variables. The data obtained were converted in percentage with regard to various questions in the questionnaire.

#### FINDINGS:

The result pertaining to the study is presented in the tables 1 to 20. The results pertaining to different questions were also shown in the figures 1 to 20, which comprise pie and bar diagrams.

TABLE-1

Response of schools for availability of different games in Numerical and in Percentages, out of a total of 30 Sports of DSP

S.NO	GAMES	Number of Schools having provision for the sport	PERCENTAGE OF THE SCHOOLS out of 60 schools studied
1	ARCHERY	3	5%
2	BASKETBALL	40	66%
3	BOWLING	0	0%
4	EQUESTRIAN	0	0%
5	BOXING	7	12%
6	CYCLING	0	0%
7	ATHLETICS	53	89%
8	FOOTBALL	43	72%
9	GYMNASTIC	10	17%
10	HAND BALL	17	29%
11	HOCKEY	29	49%
12	JUDO	27	45%
13	ROWING	0	0%
14	SHOOTING	4	7%
15	SWIMMING	7	12%
16	TABLE TANIS	25	42%
17	VOLLEY BALL	47	78%
18	WEIGHT LIFTING	3	5%
19	WINTER GAME	0	0%

20	WRESTLING	1	2%
21	YACHTING	0	0%
22	CANOEING	0	0%
23	FENCING	0	0%
24	HOCKEY WOMEN	8	14%
25	KABADDI	32	54%
26	KHO KHO	40	66%
27	LAWN TANIS	15	25%
28	TAIKANDO	11	19%
29	TRIATHLON	0	0%
30	BAD-MINTON	49	82%

It is evident from Table 1 that Athletics and Badminton are the most common sports available in schools of Delhi. Eighty nine percent of schools are having facilities for Athletics and 82% schools are having facilities for Badminton. They, in descending order, are followed by Volleyball, Football, Basketball, Kho-Kho and Kabbadi with 78%, 72%, 66%, 66% and 58% respectively.

TABLE NO 2

Percentage responses of schools of the questions regarding the sports policy in the schools

S.No	Questions	Responses in Percentage (%)	
		Yes	No
1.	Are Physical education/sports period allotted for every class in the	95%	5%

	schools		
2.	There are zero periods allotted for the sports in the schools.	77%	23%
3.	No. of schools that participated in two or more games.	87%	13%
4.	School inform to student's parents for their good performance in schools.	70%	30%
5.	Sports facility available for the handicap students.	52%	48%
6.	Performance of the school in sports	87%	13%
7.	Performance of school in sports included in the ACR of the school principal / head-master.	77%	23%
8.	Two specified for participation in inter zonal competition as mentioned in Delhi sports policy.	84%	16%
9.	School has physical education exams like those of the other subjects	74%	26%
10.	School mentioned the marks of physical education in the report card	82%	18%
11.	4 Periods per week for P.E in the schools.	75%	25%
12.	School organise in service education program for P.E.T and	62%	38%

	coaches.		
13.	School organise seminars for motivation of first aid, balance diet and health.	60%	40%
14.	Good sports books available in the school library.	84%	16%
15.	School maintains reports for every student for their performance in the sports.	70%	30%
16.	Schools give financial help to the poor children for their proper diet.	57%	43%
17.	Facility of the indoor games available in the school.	50%	50%
18.	School have copy of Delhi Government sports policy.	75%	25%

TABLE NO 2 indicates that only 95% of schools says that there is a period allotted to every school and 5 % schools don't have sports period to every class. Also indicates that only 23% of schools have no zero periods allotted for the sports in the schools and 77% of schools have zero period allotted for the sports in the school out of 60 schools. 13% of schools have not participated in two or more games in the schools and 87% of schools have participated in the sports in the school out of 60 schools and 30% of schools have not informed to student's parents for their good performance in sports and only 70% of schools have informed to student's parents for their good performance in sports out of 60 schools. It indicates that 48% of schools have no sports facility available for the handicap students and 52% of schools have sports facilities for the handicap students out of 60 schools, 13% of schools have not given the performance of the school in sports, mentioned in annual magazine of the school and 87% of schools have given the performance of the school in sports, mentioned in annual magazine of the schools out of 60



schools, 23% of schools have not given performance of school in sports included in the ACR of the school and 77% of schools have given performance of school in sports included in the ACR of the school and 16% of schools did not give name of the two specified for participation in inter zonal competition as mentioned in Delhi sports policy and 84% of schools gives name of the two specified for participation in inter zonal competition as mentioned in Delhi sports policy. Further the table indicates that 26% of schools have not physical education exams like those of the other subjects and 74% of schools have physical education exams like those of the other subjects, 18% of schools have not mentioned the marks of physical education in the report card and 82% of schools have mentioned the marks of physical education in the report card, 25% of schools have not periods per week for P.E in the schools and 75% of schools have periods per week for P.E in the schools, 38% of schools have not organize in service education program for P.E.T and coaches and 62% of schools have organize in service education program for P.E.T and coaches and 40% of schools have not organize seminars for motivation of first aid, balance diet and health and 60% of schools have organized seminars for motivation of first aid, balance diet and health. It was indicated that Indicates that 84% schools have good books in the schools and 16% schools lacks good books, 70 % maintained reports for their interest and performances in the sports/physical fitness and 30% not maintain reports for the same, 57% schools are financially help children for their proper diet and 43% schools are not are financially help children for their proper diet, 50% of schools have indoor games available in the school and 50% of schools don't have indoor facility in the schools and 75% of schools have copy of Delhi government sports policy and 25% of schools do not have copy of Delhi government sports policy.



FIGURE 2 Graphical Representing Percentages responses of schools for the questions regarding the sports policy in the schools

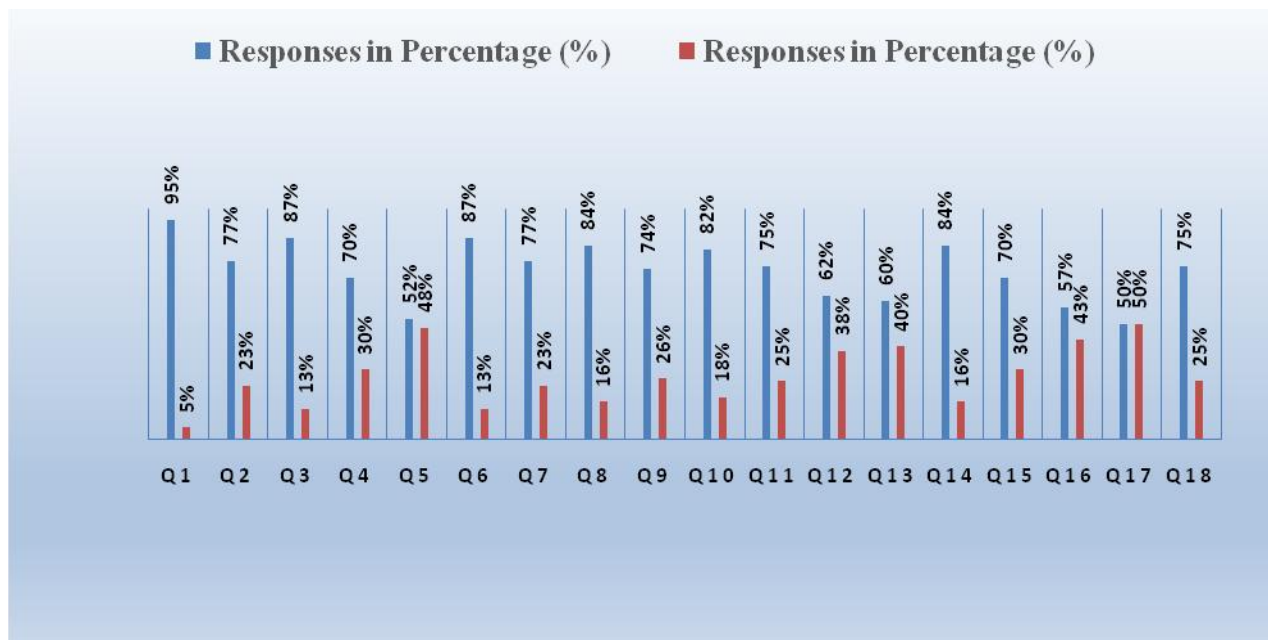


TABLE NO 3

Data representing response of schools regarding zero period facilities available in schools of Delhi.

Name of the activities	Response (yes) of the schools (Total Number of Schools=60)	percentage of the schools
(A) P.T.	58	97%
(B) Aerobics	15	25%
(C) Rhythmic	17	29%
(D) Gymnastic	18	30%
(E) Yoga exercise	35	59%
(F) Short games.	19	32%

TABLE NO3 and Fig.3 indicate that 97% of Schools have P.T activities in their zero periods: 25% of Schools have Aerobics activities in their zero period: 29% have rhythmic: 30% have gymnastic; 59% have yoga exercise, and 32% have short games during their zero period in school of Delhi. Further this result has been illustrated in figure no.3.

#### DISCUSSION OF FINDINGS:

- ❖ 95% school says that there is a period allotted to every school and 5% schools don't have sports period to every class.
- ❖ 23% of schools have no zero periods allotted for the sports in the schools and 77% of schools have zero periods allotted for the sports.
- ❖ 13% of schools have not participated in two or more games in the schools and 87% of schools have participated in the sports.
- ❖ 30% of schools have not informed to student's parents for their good performance in sports and only 70% of schools have informed to student's parents for their good performance in sports.
- ❖ 48% of schools have no sports facility available for the handicap students and 52% of schools have sports facilities for the handicap students.
- ❖ Only 23% of schools or 14 schools have not given performance of school in sports included in the ACR of the school and 77% of schools and 46 schools have given performance of school in sports included in the ACR of the school out of 60 schools.
- ❖ Only 16% of schools did not give name of the two specified for participation in inter zonal competition as mentioned in Delhi sports policy and 84% of schools give name of the two specified for participation in inter zonal competition as mentioned in Delhi sports policy out of 60 schools.
- ❖ 26% of schools have not physical education exams like those of the other subjects and 74% of schools have physical education exams like those of the other subjects.

- ❖ Only 18% of schools have not mentioned the marks of physical education in the report card and 82% of schools have mentioned the marks of physical education in the report card.
- ❖ 25% of schools have not periods per week for P.E in the schools and 75% of schools have periods per week for P.E in the schools out of 60 schools.
- ❖ 40% of schools have not organize seminars for motivation of first aid, balance diet and health and 60% of schools have organized seminars for motivation of first aid, balance diet and health.
- ❖ 84% schools have good books in the schools and 16% schools or 10 schools lacks good books.
- ❖ 70% school maintained reports for their interest and performances in the sports/physical fitness and 30% or 18 schools not maintain reports for the same.
- ❖ Only 50% of schools or 30 schools have indoor games available in the school and 50% of schools or 30 schools don't have indoor facility in the schools.

#### CONCLUSION:

The most significant results included that Athletics 89%, Badminton 82%, Volleyball 78%, Football 72%, Basketball 66% and Kho-Kho 66% are most common sports in the schools of Delhi. Thus, it is very evident that there is a lot of scope for improvement and it is necessary to implement the sports policy strongly in all the schools in Delhi.

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