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Comparative study of indoor gymnasium of universities of Malwa region of Punjab

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Abstract

Study Aim: The study would be helpful to universities for improvement like infrastructure (Track & field, Outdoor Grounds, Courts, Indoor Courts, Gymnasium Hall, Swimming pools, Velodrome) to provide better facilities for the bitterness of the players so that the players make a good positions/result. If the university have good infrastructure then the players give more time to develop skills towards their games.

Method: A survey type study has been designed to examine the facilities, organization and administration of physical education programme and sports in Punjab Private and Govt. universities.

Statistical Analysis: The responses obtained from different administrators of four universities were tabulated and item wise tallies given to responses. The frequencies were converted into percentage for the purpose of analysis and an interpretation of data.

Result: Two administrator from Guru Kashi University, Talwandi Sabo had expressed their normal satisfaction regarding availability of indoor gymnasium and four administrator from Punjabi University, Patiala. Not even 1% from Guru Kashi University, Talwandi Sabo, Sri Guru Granth Sahib World University, Fatehgarh Sahib, Punjab Agriculture University, Ludhiana, and Punjabi University, Patiala were found somewhat "dissatisfied" and "fully dissatisfied" regarding availability of indoor gymnasium.

Keywords: Sports infrastructure and indoor gymnasium

1. Introduction

Today sports in India have achieved a pinnacle viewing universality and as a calling of the decision. Olympics, Commonwealth Games, Asian Games, SAF Games, Wimbledon and various other world diversions rivalries view Indians as a champion among the most driving recreations of individuals on the planet. From Tendulkar, Paes, Bhupathi, Anand, Geet Sethi, Karthikeyan to Sania Mirza lead the present recreations period of India. Cricket, Hockey, Football, Weightlifting, Snooker, Kabaddi, Kho, and Archery are the recreations of India that have been significantly arranged into an Indian personality, paying little respect to whether of an amusements individual or a diversions sweetheart. Physical quality, power, and satisfaction and additionally a strong choice of beguilement; sports in India have cleared far towards the road of achievement and have made themselves a trademark in the domain of recreations

The Union Ministry of Education constituted a Central Advisory Board of Physical Education and Recreation in 1954 to teach the governing body as for different issues identifying with the headway of physical preparing. A national game plan of physical preparing and excitement was settled in 1956. It portrayed physical preparing, it focuses, and targets and its place in national life. The board contemplated the status of physical preparing in the country and proposed wanders for improvement.

Clarke` raised that physical preparing is one time of total direction process and that it utilized activity drives that are intrinsic in each individual to develop a man normally, neuro-forcefully, rationally and deep down. These outcomes are recognized at whatever point physical guideline practices are driven in such places as play areas, rec center and swimming pool.

In 1959, the Government of India constituted a board of trustees under the chairmanship of Dr. H. N. Kunzru to assess different plans for physical instruction and amusement. The Kunzru board of trustees prescribed incorporated program of instruction and physical training and to have one mandatory educational programs for all.

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The report of the All India Seminar on Physical Education for Principals of Physical Education tossed light on the points and targets of physical training and place of physical wellness in national life. It additionally recommended for the advancement of physical training in the Third Five Year Plan. The class likewise prescribed Physical Fitness Test to be directed as recommended in the national arrangement at different places in the nation to find out its legitimacy and to get standards for various age gatherings.

The course likewise prescribed approving Kraus-Weber and Canadian Fitness Tests for India with the goal that these tests could be utilized as standards.

An All India Seminar on Physical Education for State Inspectors and University Directors held at Mahabaleshwar talked about ways and means for advancing physical instruction. The suggestions incorporated that productivity in amusements and games ought to be considered as one of the elements in assessing the understudies. The class suggested including necessary and also discretionary exercises at all phases in the school programme.

National Physical Fitness Drive was propelled by the Government of India in 1960. The point of this program was to make cognizance among the majority for physical wellness and furthermore to survey their level of physical fitness.

The Education Commission Report expressed that there had been a propensity to stress physical wellness estimations of physical training and disregard its instructive values.

A panel on physical training announced that physical instruction ought to be given most elevated conceivable need in colleges and universities and it ought to be viewed as an indispensable piece of instruction for all-around improvement of the understudies. Physical training project ought to incorporate a most extreme number of students.

Jewett and Nixon say that physical instruction is the period of training that is worried about physical improvement and prosperity of the individual and through which the members are impacted, in his psychological, social and good characteristics. The main qualification between physical training and instruction lies in the way that physical instruction is concerned generally with kind of circumstances and reactions described by the solid action. This announcement does not imply that physical training is concerned just with strong relations and resultant physiological and anatomical changes in the people yet ought to be worried about all parts of life.

Physical instruction and game as a basic measurement of training and culture must build up the capacity, resolve and self-restraint of each person as a completely incorporated individual from society. The congruity of physical movement and routine with regards to wear must be guaranteed all through life by methods for a worldwide, long lasting and democratized education.

Physical training is a fundamental part of general instruction, in which physical exercises help in teaching or adjusting a man for better and more full living. In this manner, there is a cozy connection between physical instruction and general training. Physical instruction is a vital region of any program of good training. It's anything but a different or halfway related field. It is a suitable subsystem of our instructive framework and endeavors to distinguish the issues of understudies and endeavor to offer healing recommendations and down to earth clues for health improvement of understudies. The capacity of training and physical instruction goes as an inseparable unit. The classroom educating and

commonsense guidelines will influence the understudies to partake in more prominent numbers and develop methodically. Physical instruction has walked from extracurricular to co-curricular and now as the curricular piece of training. The new term physical training is an unquestionable requirement for each person at all age levels for having a sound existence.

At the individual level, physical instruction and game add to the upkeep and change of wellbeing, give a healthy recreation time occupation and empower man to conquer the downsides of present-day living. At the network level, they improve social relations and grow reasonable play, which is basic to brandish itself as well as to life in the public eye.

2. Methodology

The procedure of the study has been described the following systematic way

Design of the study

- A survey type study has been designed to examine the facilities, organization and administration of physical education programme and sports in Punjab Private and Govt. universities.

Selection of subjects

Administrators: 20(Twenty) administrators including Vice Chancellors, Registrars, Deans, Directors, and Secretaries were taken from different universities of the Punjab state for the study. Most of them were selectively taken, where as others were randomly drawn from whom the data was collected. The breakup of these administrators is given below:

- Five administrators of University of Guru Kashi University, Talwandi Sabo.
- Five administrators of Sri Guru Granth Sahib World University, Fatehgarh Sahib
- Five administrators of Punjab Agriculture University, Ludhiana.
- Five administrators of Punjabi University, Patiala

Data collection

- The questionnaire developed by Prasad (1993) was used to collect the data from administrators of various Universities of Malwa Region of Punjab.

Statistical treatment of data

- The responses obtained from different administrators of four universities were tabulated and item wise tallies given to responses. The frequencies were converted into percentage for the purpose of analysis and an interpretation of data.

3. Result

The data collected through the set of questionnaire from administrators, Non parametric type based on Frequencies, was organized and tabulated which was subsequently presented.

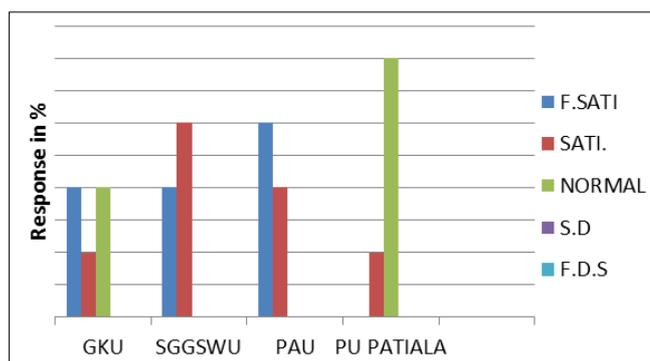
Responses of Administrators

- Responses of administrators of Punjab state universities regarding their level of satisfaction of various sports facilities had been presented in different tables for their interpretation.

Table 1: Responses of Administrators of Punjab State University regarding their satisfaction about Indoor Gymnasium

S. No	University	No.		F. Satisfied	Satisfied	Normal	S.D.	F.D.S
1	GKU	5	No	2	1	2	0	0
			%	40	20	40	00	00
2	SGGSWU	5	No	2	3	0	0	0
			%	40	60	00	00	00
3	PAU	5	No	3	2	0	0	0
			%	60	40	00	00	00
4	PU PATIALA	5	No	0	1	4	0	0
			%	00	20	80	00	00

The data presented in Table No. 1 Regarding the opinion about indoor gymnasium of five administrators belonging to Guru Kashi University, Talwandi Sabo. Indicates that two, which becomes 40% of administrators were fully satisfied, one administrator i.e. 20%, was satisfied and two out of five administrators which become 40%, were normal satisfied about indoor gymnasium in their university. None of the administrator was somewhat dissatisfied and fully dissatisfied about existing gymnasium facility in the Guru Kashi University, Talwandi Sabo. In case of Sri Guru Granth Sahib University, Fatehgarh Sahib. Two administrators out of five which become 40%.were fully satisfied and three administrators i.e., 60% were satisfied. And none of the administrators was found either normal, somewhat dissatisfied or fully dissatisfied about the existing indoor gymnasium facility in their university. In case of Punjab Agriculture University, Ludhiana. Three administrators out of five was fully satisfied regarding indoor gymnasium facility, whereas two out of five administrators which becomes 40% of the population were satisfied, None was normal, somewhat dissatisfied and fully dissatisfied about the indoor gymnasium facility in this university. In case of Punjabi University, Patiala, none of the administrator was fully satisfied regarding indoor gymnasium facility. One out of five i.e. 20% of the total population, were satisfied regarding existing indoor gymnasium facility in this university. Four out of five administrators i.e., 40% were from 3rd level of normal, and none was somewhat dissatisfied and fully dissatisfied about indoor gymnasium facility in their university.

**Fig 1:** Responses of Administrators of Punjab State University regarding their satisfaction about Indoor Gymnasium

4. Conclusion

The data presented graphically in the fig. 1 result of the study revealed the percentage of fully satisfied administrator were 40 percent from Guru Kashi University, Talwandi Sabo. 40 Percent from Shri Guru Granth Sahib World University, Fatehgarh Sahib. 60 percent from Punjab Agriculture University, Ludhiana. The percentage of satisfied administrators were 20 percent from Guru Kashi University,

Talwandi Sabo. 60 percent from Punjab Agriculture University Ludhiana. 20 percent from Punjabi University, Patiala. Two administrator from Guru Kashi University, Talwandi Sabo had expressed their normal satisfaction regarding availability of indoor gymnasium and four administrator from Punjabi University, Patiala. Not even 1% from Guru Kashi University, Talwandi Sabo, Sri Guru Granth Sahib World University, Fatehgarh Sahib, Punjab Agriculture University, Ludhiana, and Punjabi University, Patiala were found somewhat “dissatisfied” and “fully dissatisfied” regarding availability of indoor gymnasium.

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