Contribution of Uttar Pradesh in Development of Indian Gymnastics

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Abstract
The purpose of this study was to determine contribution of Uttar Pradesh in development of Indian Gymnastics. For this study total Five hundred (Male = 500) subjects were selected as the sample from Uttar Pradesh. A sample of 500 respondents was selected for the study. The sample comprised of: Principals of colleges and school, Directors of Physical Education, Office Bearers of State Sports Association, Administrators, Physical Educators teachers, Coaches/Trainers, Present and Former International Players in different games and sports. The significance of the study was explained to the respondents and they were requested to all the statements honestly and sincerely. After receiving information/questionnaire from various subjects, the data comprising of scores for each question in questionnaire were analyzed by converting raw score into percentage. This percentage was then analyzed to obtain a clear understanding of sports facilities and their utilization in gymnastic of Uttar Pradesh. Further Chi-Square (χ²) was calculated to show the significant difference of responses. Significant of the entire variable was kept at .05 levels. It has been observed from the analysis of given data and interpretation of finding. The results of the study showed that Uttar Pradesh provides the good facilities, equipment, qualified coaches, and financial support for gymnastic programmes in Uttar Pradesh. This all factor helped for the improvement of gymnastic in Uttar Pradesh due to which most of the Indian Gymnast belong to Uttar Pradesh and get the medal for the country at International level.

Key words: Gymnastics

Gymnastics was introduced in early Greek civilization to facilitate bodily development through a series of exercises that included running, jumping, swimming, throwing, wrestling, and weight lifting. Many basic gymnastic events were practiced in some form before the introduction by the Greeks of gymnazein, literally, "to exercise naked."
Physical fitness was a highly valued attribute in ancient Greece, and both men and women participated in vigorous gymnastic exercises. India, being the second most populated and the 7th Largest Country of the world, the Gymnastics Federation of India is an important Unit of the Federation of International gymnastics (FIG), Commonwealth Gymnastics Confederation (CGC) and Asian Gymnastics Union (AGU). The Federation was registered with the Registrar of Societies Delhi under Societies Registration Act, 1957 in the year 1966.

The Gymnastics Federation of India has become activity association with the Olympic Movement and has started participant in the Olympic Games, the Commonwealth Games, and the Asian Games and in the recognized International Championship/ Cup/ Competition in gymnastics. The Gymnastics Federation of India stared activity from its inception when it sent two gymnasts Mr. Khushi Ram & Mr. Veer Singh to represent India in 1952 Helsinki Olympic Games. Popular sports in Uttar Pradesh can be divided into two groups: traditional sports and modern sports of mainly European origin (Gymnastics). Traditional sports, now played mostly as a pastime, include wrestling, swimming, kabaddi, and track- or water-sports played according to local traditional rules and without modern equipment. Some sports are designed to display martial skills such as using a sword or ‘Pata’ (stick). Due to lack of organised patronage and requisite facilities, these sports survive mostly as individuals’ hobbies or local competitive events. Among modern sports, field hockey is popular and Uttar Pradesh has produced some of the finest players in India, including Dhyan Chand and, more recently, Nitin Kumar and Lalit Kumar Upadhyay. Currently there is tremendous interest in sports in Uttar Pradesh. However, improvements that have occurred are inadequate compared to the overall development of sports at international level. The government’s role in developing and managing sports has been confined to those functions carried out by the Ministry of Youth and Sports, the National Sports Council. Mass Sport is a relatively recent phenomenon in the Uttar Pradesh and the priority of the Ministry of Youth and Sports recently has been to provide facilities for mass sports. Sports facilities have developed through the years from functional facilities, adapted facilities, state-of-the art facilities, to centre-of-business and area-regenerating facilities. In the recent past, sports facilities have been constructed along with the development of city life. They complement a mix of residential, commercial, retail, dining, and entertainment spaces to form a real life centre with a 365-day use. Further, by focusing on non-game elements, they allow the flexible facility to work in different ways all year and thus develop the revenues in the sports facility and surrounding.

Keeping in view the rich history of organising successfully several international and national gymnastics championships, the National Sports Academy has been authorised by Uttar Pradesh Gymnastics Association to
organise the 53rd Junior National Gymnastics Championships at Khelgaon Public School, Khel Gaon, Allahabad from March 29 to 31. Dr A K Bansal organising secretary said Allahabad had the distinction of being the only city in the country which has two indoor gymnastics Halls built by NGO the Allahabad Gymnastics Association, where about 300 gymnasts are being trained free every day. Allahabad is the best gymnastics centre of the country winning 1,469 international and national medals in the past 15 years. Dr. U. K. Mishra organising secretary said the junior national championship would be conducted according to the new code of points adopted by the International Gymnastics Federation, Switzerland. The start value would carry maximum 10 marks. The B Jury would judge, out of the maximum 10 marks, the actual execution of the exercises performed by the competitor. Thus, a gymnast would be entitled to get marks out of the maximum 20 i.e. 10 for the degree of difficulty and another 10 marks for the execution. So far, only single jury had evaluated the gymnasts out of the Maximum 10 marks.

For the successful conduct of the competition various committees have been formed. Devesh Chaturvedi Commissioner Allahabad Division is the organising chairman while district magistrate Raj Shekhar and DIG Mohit Agarwal are the executive vice chairman and the vice chairman of the organising committee, respectively. Executive vice chairman of the organising committee and district magistrate Raj Shekhar said the best boys and girl gymnasts of the states and union territories will be competing for 42 medals in the championship, which will be inaugurated by Governor of Uttar Pradesh B L Joshi on March 29 at 10am. Allahabad has already organised two international and five national level competitions successfully.

METHODOLOGY:
Five hundred (Male = 500) subjects were selected as the sample from Uttar Pradesh. A sample of 500 respondents was selected for the study. The sample comprised of: Principals of colleges and school, Directors of Physical Education, Office Bearers of State Sports Association, Administrators, Physical Educators teachers, Coaches/Trainers, Present and Former International Players in different games and sports. Questionnaire is one of the fundamental tools of the study. It was designed in such a way so that the target of the study could be achieved. The questionnaires were administered to various categories of respondents selected in the sample. After receiving information/questionnaire from various subjects, the data comprising of scores for each question in questionnaire were analyzed by converting raw score into percentage. This percentage was then analyzed to obtain a clear understanding of sports facilities and their utilization in gymnastic of Uttar Pradesh. Further Chi-Square (χ²) was calculated to show the significant difference of responses. Significant of the entire variable was kept at .05 levels.
Obeservation and Discussion:

Table

Responses of the Subjects for Particular Questions

<table>
<thead>
<tr>
<th>Item No.</th>
<th>Statements</th>
<th>SA</th>
<th>A</th>
<th>D</th>
<th>SD</th>
<th>$\chi^2$</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Sufficient numbers of coaches are available in the state.</td>
<td>39.6</td>
<td>30.6</td>
<td>20.0</td>
<td>9.8</td>
<td>100.11*</td>
</tr>
<tr>
<td>2.</td>
<td>The facilities are equipped with latest gadgets/equipment.</td>
<td>40.2</td>
<td>34.6</td>
<td>14.8</td>
<td>10.4</td>
<td>128.08*</td>
</tr>
<tr>
<td>3.</td>
<td>The financial aids from the Government are sufficient to run the Gymnastics programmes in the state.</td>
<td>40.8</td>
<td>44.4</td>
<td>9.6</td>
<td>5.2</td>
<td>251.04*</td>
</tr>
<tr>
<td>4.</td>
<td>The funds, incentives given by the Govt./Institutions/Departments are reaching to the deserving sportsman.</td>
<td>41.2</td>
<td>41.0</td>
<td>12.4</td>
<td>5.4</td>
<td>212.27*</td>
</tr>
<tr>
<td>5.</td>
<td>Sufficient incentives, prizes, honors are given to the players/Coaches/Concerned personnel.</td>
<td>46.2</td>
<td>33.8</td>
<td>13.2</td>
<td>6.8</td>
<td>199.47*</td>
</tr>
<tr>
<td>6.</td>
<td>There is sufficient support and encouragement for the promotion of gymnastic by the Uttar Pradesh Govt. /Private Agencies/Institutions/departments etc.</td>
<td>35.2</td>
<td>40.2</td>
<td>16.8</td>
<td>7.8</td>
<td>139.63*</td>
</tr>
<tr>
<td>7.</td>
<td>Parents play positive role in promotion of gymnastic.</td>
<td>31.0</td>
<td>38.8</td>
<td>20.2</td>
<td>10.0</td>
<td>94.89*</td>
</tr>
<tr>
<td>8.</td>
<td>Media is giving due weightage to gymnastic in the state.</td>
<td>38.8</td>
<td>39.4</td>
<td>14.4</td>
<td>7.4</td>
<td>163.98*</td>
</tr>
<tr>
<td>9.</td>
<td>Uttar Pradesh has produced gymnastic player of high caliber in good numbers.</td>
<td>42.8</td>
<td>46.2</td>
<td>8.8</td>
<td>2.2</td>
<td>309.71*</td>
</tr>
</tbody>
</table>

Significant at 0.05*

Chi-Square ($\chi^2$) .05(3) = 7.82

For all the statements the chi-square values are 100.11, 128.08, 251.04, 212.27, 199.47, 139.63, 94.89, 163.98, 309.71, which are found to be significant at 0.05 level. For the descriptive status most of the people are strongly agree which are 39.6%, 40.2%, 42.8%, 41.2% 46.2%, 35.2%, 31.0%, 38.8%, 42.8%.

Conclusion

The results of the study showed that Uttar Pradesh provides the good facilities, equipment, qualified coaches, and financial support for gymnastic programmes in Uttar Pradesh. This all factor helped for the improvement of gymnastic in Uttar Pradesh due to which most of the Indian Gymnast belong to Uttar Pradesh and get the medal for the country at International level.
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