



International Journal of Education

VOLUME 1 - Honor 1
JULY 2017
ijedupr.net.edu



385	MENTAL TOUGHNESS AMONG THE HOCKEY PLAYER OF STATE AND NATIONAL LEVEL Dr. Vijay Francis Peter And Mr. Ravindra Koushik	1587-1592
386	A COMPARATIVE STUDY OF GROUP COHESION BETWEEN UNIVERSITY AND NATIONAL KABADDI MALE PLAYERS Dr. Vijay Francis Peter and Dr. Akhlesh Sharma	1593-1594
387	NATIONAL GAMES 2015: A COMPARATIVE ANALYSIS OF PRINT MEDIA COVERAGE IN THE HINDU AND THE TRIBUNE Gurwinder Singh And Vishwjeet Singh	1595-1601
388	ANALYSIS ON THE EFFECTS OF DIFFERENT INTENSITIES OF BOLLYFIT DANCE TRAINING TOTAL CHOLESTEROL AMONG MIDDLE AGED WOMEN Habtemu Hailemichael Godebo, Dr. K. Sunil Kumar , Dr. A. Kaleemulla And Dr. Y. Kalyan Kumar	1602-1605
389	STUDY OF OPTIMISTIC AND PESSIMISTIC ATTITUDE IN RELATION TO MENTAL HEALTH OF COLLEGE SPORTS STUDENTS Rahul Magdum	1606-1609
390	IMPACT OF PARTICIPATION IN KHO-KHO ON ACADEMIC PERFORMANCE Mandeep Kumar	1610-1611
391	MOTOR ABILITY OF VOLLEYBALL AND HOCKEY PLAYERS IN RELATION TO THEIR LIFESTYLE Prof. Amritpal Singh And Baljit Kaur	1612-1616
392	ANALYSIS ON THE EFFECTS OF MEDIUM INTENSITY AEROBIC TRAINING ON LDL CHOLESTEROL AMONG THE ENGINEERING FEMALE STUDENTS Dr.K.Sunil Kumar, Afeework Asale And Dr.Y.Kalyan Kumar	1617-1619
393	COMPARISON OF WILL TO WIN AND MENTAL TOUGHNESS AMONG JUNIOR NATIONAL PLAYERS AND NORTH ZONE INTERVARSITY BASKETBALL PLAYERS Chamkaur Singh, Ajay Pal Bhadu And Manoj Sahu	1620-1623
394	PHYSICAL ACTIVITY AND AGEING Deepak M P And Arun K E	1624-1627
395	INFLUENCE OF INDUCED FEAR ON THE PERFORMANCE OF PHYSICAL ACTIVITY AMONG THE TAEKWONDO PLAYERS OF CHANDIGARH Ghuri, Deepshikha And Chaturvedi, Pradeep Kumar	1628-1631
396	AN ANALYTICAL SURVEY OF ESTABLISHING BASKETBALL PROFESSIONALISM IN RAJASTHAN Dr. Mohammad Mustakeem Ansari	1632-1641
397	LEAVE NO ONE BEHIND: WELL BEING OF DISABLED PERSON Dr. Kavita Verma, Dr. Biswajit Sardar And Ms. Anjita Verma	1642-1644

Impact of Participation in Kho - Kho on Academic Performance

Rahul Dilipkumar Magdum

Director of Physical Education, Department of Physical Education
Shivraj Mahavidyalaya, Sahitya, Commerce and D.S. Kadam Science Mahavidyalay,
Gadhinglaj Dist. Kolhapur (Maharashtra)

(Received 11 October 2017 – Accepted 19 October 2017)

Abstract

Background: The objective of the study was to find out the Impact of participation in Kho-Kho on academic performance (To find out significant difference between the academic performance of Kho - Kho Players and Non Sports Persons),

Methods: The subjects for this study were selected from Kho-Kho players and non sports persons. All the subjects were selected randomly (Stratified random sampling) from Shivaji University, Kolhapur total of forty subjects were selected. Age of the subjects was ranging from 18 to 25 years. The selected variable was academic performance and recorded in ordinal scale. To compare academic performance of the players of Kho-Kho, Mann-Whitney-U Test was used since academic performance of both the groups was recorded in ordinal scale, percentage of Marks converted in to ranks.

Results: Analysis of data revealed that no significant difference was found between the Kho-Kho players and non sportspersons with respect to academic performance.

Key Words: Kho-Kho, Academic Performance.

Conclusion: No significant differences were found between the students' pre-season and postseason grades, which suggest that participating in school-sponsored sports activities did not affect the academic achievement for the participating rural high school students. While insignificant difference was found between the Kho-Kho players and non sportspersons with respect to academic performance.

INTRODUCTION

Kho-kho is a game of speed, stamina, endurance, strength and skill. Dodging and controlled sprinting makes the game exciting. In our country the competition on Kho-Kho are being held in school, College level interuniversity level, all India interuniversity level occasionally attempts are being made to include this Kho- Kho game in the area of competitive Sports at the international level. Traditionally the Kho - Kho game is played by Indian because it involves less financial requirement & small play field area. Moreover, many participants can play the game together as a team sports & can in rich health & fitness. Kho-Kho and Sports have an important place in India. Researchers in India decided to study the playing Kho-Kho being the traditional game. (Dhondge S. R., 2011) A person who lives a sedentary lifestyle may colloquially be known as a couch potato. It is commonly found in both the developed and developing world. Sedentary activities include sitting, reading, watching television, playing certain video games, and computer use for much of the day with little or no vigorous physical exercise. A sedentary lifestyle can contribute to many preventable causes of death. (en.wikipedia.org/wiki/Sedentary_lifestyle) The researcher in the aforesaid research studied the Impact of participation in Kho - Kho on academic performance and impact of sedentary lifestyle of sedentary persons on academic performance and the comparison between the kho-kho players and non sports persons.

Objective of the Study

The objective of the study was to find out the Impact of participation in Kho - Kho on academic performance. (To find out significant difference between the academic performance of Kho - Kho Players and Non Sports Persons).

METHODOLOGY

The subjects for this study were selected from kho-kho players and non sport persons. All the subjects were selected randomly from Shivaji University, Kolhapur. A total of forty subjects were selected. Age of the subjects was ranging from 20 to 25 years. twenty subjects were selected from kho-kho and 20 subjects were selected from non sport persons.

RAW SCORES OF KHO-KHO PLAYERS AND NON SPORTS PERSONS (% of marks in High School Exam)

S.N.	Kho-Kho Players	Non Sports Persons)
1.	78.8	64.0
2.	85.0	65.5
3.	84.8	57.8
4.	55.6	60.0
5.	63.0	57.3
6.	84.6	55.0
7.	47.5	64.0
8.	69.4	65.3
9.	73.8	66.3
10.	86.4	59.5
11.	85.2	62.1
12.	57.0	52.5
13.	64.2	52.8
14.	55.4	65.3
15.	49.0	55.5
16.	63.0	57.3
17.	78.2	59.0
18.	61.4	59.5
19.	54.4	47.6
20.	51.5	65.0

Variables

The selected variable was academic performance and recorded in ordinal scale.

Selection of Groups

1. Kho-Kho Players
2. Non Sports Persons

Statistical Analysis

To find out the Impact of participation in Kho - Kho on academic performance (To find out significant difference between the academic performance of Kho - Kho Players and Non Sports Persons), Mann-Whitney-U Test was used since academic performance of both the groups was recorded in ordinal scale, percentage of Marks converted in to ranks (Black Ken, 2009). Large sample case of Mann-Whitney-U Test was used ($n_1, n_2 > 10$) a level of .05 (two tailed) was adopted to test the hypothesis.

Mann-Whitney Test and CI: Kho-Kho Players, Non Sports Persons

	N	Median
Kho-Kho Players	20	63.60
Non Sports Persons	20	59.50

Point estimate for ETA1-ETA2 is 5.80

95.0 Percent CI for ETA1-ETA2 is (-1.90, 18.30)

W = 462.0

Test of ETA1 = ETA2 vs ETA1 not = ETA2 is significant at 0.1636

The test is significant at 0.1635 (adjusted for ties)

Discussion of Findings

Analysis of data revealed that no significant difference was found between the Kho-Kho players and non sportspersons with respect to academic performance. Feng S. Din (2006) conducted a study to determine whether participating in sport activities had any impact on students' academic achievement in rural high schools. The participating students (N=225) were selected from four rural high school districts. The participants' immediate pre-season grades in English, math, science and social science were compared with their immediate postseason grades in the same courses. The independent variable was participating in school-sponsored sport activities and the dependent variable was the participants' postseason grades. The comparisons were conducted on a course-by-course and team-by-team basis. Results of data analyses indicated that no significant differences were found between the students' pre-season and postseason grades, which suggest that participating in school-sponsored sports activities did not affect the academic achievement for the participating rural high school students. Insignificant difference was found between the Kho-Kho players and non sportspersons with respect to academic performance. The reason might be the level, age and sex of selected players of Kho-Kho and activeness towards the physical activity. Another reason might be, Kho-Kho played in rural regions frequently than the urban areas and the subjects of the study belong to urban areas. Result of the present study support the study conducted by Feng S. Din (2006).

References

- Black, K. (2009). *Business Statistics*. Delhi: Sharda Offset Press.
- Coe, Dawn Podulka at. Al. (2006). Effect of Physical Education and Activity Levels on Academic Achievement in Children. *Medicine & Science in Sports & Exercise*, (38).
- Dhondge, S. R. (2011). Co-relation of kho-kho playing ability with health fitness and motor fitness of boys. *Golden Research Thoughts*; Vol.1, Issue.I, pp.1-4.
- Feng, S. Din (2005-06). Sport Activities Versus Academic Achievement for rural high school students. *National forum of applied educational research journal-electronic*.3E(19).
- Hardayal Singh (1991). *Science of Sports Training*. New Delhi: D.V.S. Publication
- Verma, J. P. (2000). *A Text Book on Sports Statistics*. Gwalior: Venus Publications.
- www.en.wikipedia.org/wiki/Sedentary_lifestyle.

2018

आंतरविद्याशाखीय बहुभाषिक शोध पत्रिका

विद्यावार्ता™



National Conference on
**SPORTS & LIBRARY
SCIENCE 2018**



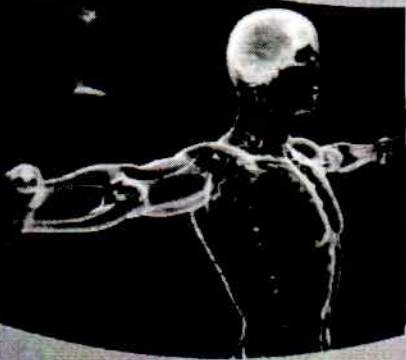
**A HOLISTIC APPROACH TO ENHANCE HUMAN KNOWLEDGE, PERFORMANCE
AND HEALTH THROUGH SPORTS AND LIBRARY SCIENCES**

24 th FEBRUARY 2018

Organised by

Pandit Deendayal Upadhyay Education Society's

**SHRI SANT SAVTA MALI GRAMIN
MAHAVIDYALAYA, PHULAMBRI**



Chief Editor

Dr. Sandeep Jagtap

Convener

Dept. of Physical Education

Special Issue

ISSN - 2319 9318

Reg.No.U74120 MH2013 P



Marshwardhan Publication Pvt.Ltd.

At.Post.Limbaganesh,Tq.Dist.Beed

Pin-431126 (Maharashtra) Cell:07588057695,09850203295

harshwardhanpubli@gmail.com, vaidyawarta@gmail.com

All Types Educational & Reference Book Publisher & Distributors

68)	SPORTS ANXIETY AND TRADITIONAL THERAPY Prin. Dr. V.K. Kadam, Gadhi -Dr. Santosh Wangujare, Ashti	300
69)	IMPORTANCE OF HEALTH EDUCATION Prof. Ambadas Phatangare, Ambajogai -Dr. Gajamal N.B., Hingoli	305
70)	ROLE OF SPORTS PSYCHOLOGY FOR PERFORMANCE ENHANCEMENT ... Dr.Bipin S Patil, Shirpur, -Prof. N. M. Sonawane, Jalgaon	291
71)	TRENDS IN SPORTS DRINK FORMULATIONS Prof. Mahendra Nagrale, Nardana	312
72)	COMPARATIVE STUDY OF ATTITUDE OF TEACHERS AND DOCTORS TOWARDS.... Prof. Namdev Vishnu Phatangde, Kondava, Pune	314
73)	MEDITATION FOR ADOLESCENT Ms.Paurnima Balawant Karale, Nasarapur	318
74)	ROLE OF YOGA FOR ENHANCEMENT OF SPORTS PERFORMANCE Prof. Pradeep H. Shende, Dharni	321
75)	A STUDY OF DIFFERENT YOGA CENTERS AND THEIR CONTRIBUTION TOWARDS ... Prof. Pradeep Atmaram Waghmare, Manmad	323
76)	NEED AND SCOPE OF RESEARCH IN YOGA Prof. Priti Daware, Pune	326
77)	METHODS TO MANAGE AROUSAL & ANXIETY Prof. Rahul Patil, Shindhkheda	330
78)	COMPARATIVE STUDY ON HEALTH RELATED FITNESS COMPONENTS AMONG Prof. Rajendra Telure, Nashik	336
79)	SPORTS PSYCHOLOGY FOR ATHLETIC MOTIVATION AND PERFORMANCE Prof. Rathod N. S., Shirpur	343
80)	BENEFITS OF EXERCISES Prof. Rohit Bhairvanath Adling, Adinathnagar	347
81)	EFFECT OF PLYOMETRIC AND SPEED TRAINING ON KINETIC ENERGY AND ... Prof. Shobha Shinde, Dapodi, Pune	351
82)	A RELATIONSHIP BETWEEN SPORTS ACHIEVEMENT MOTIVATION AND SPORTS ... Tousif Shoukat Mirza, Nashik	354
83)	YOGA A WAY OF HEALTHY LIFESTYLE Prof. Vijay Deshmukh, Pathardi	356
84)	SOCIO-ECONOMIC STATUS OF MEN AND WOMEN ATHLETICS PLAYERS Rahul Magdum, Dr. Rajeshwar Deshmukh	360

SOCIO-ECONOMIC STATUS OF MEN AND WOMEN ATHLETICS PLAYERS

Rahul Magdum

Research Scholar, Shivaji University, Kolhapur

Dr. Rajeshwar Deshmukh

Research Guide, Nagnath Arts, Commerce and Science College, Aundha Nagnath

Introduction

Socio-economic status:

Socio-economic status is an important factor in selection of sports. An individual's socio-economic status may influence his opportunity, his desire to excel, his choice of activity and his success. The home environment often influences his motivation to succeed in sports and the degree to which success in this endeavor leads to inner satisfaction. Socioeconomic status (SES) is an economic and sociological combined total measure of a person's work experience and of an individual's or family's economic and social position in relation to others, based on income, education and occupation. When analyzing a family's SES, the household income, earners' education, and occupation are examined, as well as combined income, versus with an individual, when their own attributes are assessed.

STATEMENT OF THE PROBLEM:

"Socio-Economic Status of Men and Women Athletics Players"

OBJECTIVES OF STUDY:

This Paper aims to provide an insight regarding the following objectives: to Socio-Economic Status of Men and Women Athletics Players.

To Study the Socio-economic status of Men and Women Athletics players

DEFINITION

SOCIO-ECONOMICS STATUS:

Socioeconomics (also known as socio-economic or social economics) is the social science that studies how economic activity affects and is shaped by social processes. In general it analyzes how societies progress, stagnate, or regress because of their local or regional economy, or the global economy.

LIMITATION OF THE STUDY

This study is limited to the following and Facts.

- 1) Only male Athlete were selected from Kolhapur District.
- 2) Questionnaire method for collecting information from the sample was employed for data collection.

3) Athlete at The age group between 20-40 are considers for the present study.

HYPOTHESIS

H1 : The economically sound Athlete participate in athletics.

SAMPLING

The sample of this study will be select through purposive sampling technique. The data will be collect from Maharashtra of the age group of 20 to 40 years and only those Athlete will be select who are employed as well as who didn't earn money from any business / Job and depends upon parents and participated in district, state or in National level tournament.

COLLECTION OF DATA

The subject was selected from the various collegies

Statistical Method:

The collected data is Non-parametric data chi-square test is used.

Chi-square is calculated with the following formula,

$$\chi^2 = \sum (O_{ij} - E_{ij})^2 / E_{ij}$$

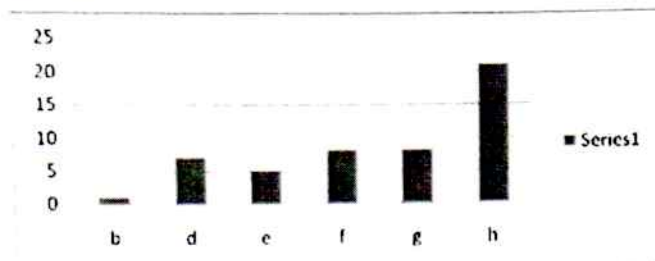
Family income per month of the Athlete

- A) Rs 1200-less than that B) Rs 1201-2500 C) Rs2501-4000
D) Rs4001-6000 E) Rs 6001-8000 F) Rs 8001-12000
G) Rs12001-15000 & H) Rs15001-and above

Table shown the observed & expected frequency of the above

	Observed N	Expected N
B	1	8.3
D	7	8.3
E	5	8.3
F	8	8.3
G	8	8.3
H	21	8.3
Total	50	

Graphical Analysis



The table depicts the following facts.

1. 42 % Men Athletes have family income more than Rs 15000/-
2. 16 % Men Athletes have family income more than Rs 12001 - 15000/-
3. 16 % Men Athletes have family income more than Rs 8001-12000/-
4. 10 % Women Athletes have family income more than Rs 4001-8000/-
5. 14 % Women Athletes have family income more than Rs 2501-4000/-
6. 2 % Women Athletes have family income more than Rs 1201-2500/-

Discussion: For question 1

The table value of χ^2 for 7 degree of freedom at 0.05 level of significance is 11.070 the calculated value of χ^2 is 27.280 which is higher than the table value. Hence it is clear from the statistical finding that there exists significant difference for family income per month.

HYPOTHESIS OF THE TEST

As 42 % Athlete whose family income is greater than Rs 15000 /- the set hypothesis is accepted on the basis of statistical finding.

CONCLUSIONS

There is a difference in the Socio-Economic Status among the Athlete at Kolhapur District.

BIBLIOGRAPHY

1. 2012 " Socio-Economic Status of Team and Individual Game Players: Variorum Multi-Disciplinary e-Research Journal Vol.,-03, Issue-II, November
2. "A Comparative Study Of Socio-Economic Status In Intercollegiate Participation of Kabaddi And Football Players Indian Streams Research Journal, Vol. 2 Issue 12, Drenowatz Clemens,
3. Joey C Eisenmann, Karin A Pfeiffer, Greg Welk, Kate Heelan, Douglas Gentile and David 2012 "Socio-Economic Status of Team and Individual Game Players: Variorum Multi-Disciplinary e-Research Journal Vol.,-03, Issue-II, No

श्री शाहू छत्रपती शिक्षण संस्थेचे
श्री शहाजी छत्रपती महाविद्यालय, कोल्हापूर
व
शिवाजी विद्यापीठ मराठी विभाग,
शिवाजी विद्यापीठ मराठी शिक्षक संघ (शिविम)
यांच्या संयुक्त विद्यमाने महाराष्ट्र शासनाच्या मराठी भाषा संवर्धन
पंधरवड्याचे औचित्य साधून
एक दिवसीय आंतरविद्याशाखीय राष्ट्रीय चर्चासत्र
शुक्रवार दि. १२ जानेवारी २०१८

- विषय -

'आजच्या संदर्भात वैचारिक साहित्याची प्रस्तुतता'

'आज के संदर्भ में वैचारिक साहित्य की प्रासंगिकता'

'The Relevance of the Contemplative Literature of the Present Time'



- संपादक -

डॉ. राजेखान शानेदिवाण

आयुषी	श्री. राहु दिल्पकुमार शिवराज, दि. १२ जानेवारी २०१८, कोल्हापूर	ISSN 2349-638x Impact Factor 3.025
-------	---	---------------------------------------

Motivational Quotes Useful for Self Inspiration of Players

Dr. Dhananjay Jasingrao Patil

Director of Physical Education, Ideal College of
Architecture, Kondigre, Taluka Shirol, Kolhapur

Rahul Dilpkumar Magdum

Director of Physical Education, Shivraj College
Gadhinglaj, Dist. Kolhapur

Introduction

Indian sports sector is very promising with their achievements In International level Team and Individuals sports perform with Gold, Silver and Bronze with sports events like Hockey, Wrestling, Kabbadi, Football, Cricket, etc. There is lot of local and International sports are organized by Indian Government with the help of School Game Federation of India. All India University, Indian Olympic Association from Taluka to National level sports Meet, Indian Universities conduct the zonal, Inter zonal, West zone, all Indian Tournaments.

CHAMPIONS BELIVE IN THEMSELVES EVEN NO ONE ELSE. Quotes like this are build their courage and thinking positive towards self. Success is the word that all the world spend all the entire life. Success In all sectors of life or any field it define the path to you and others in sports the success converts the history of sports person, his coach, his country. Achievement in any sports event is not easy or by luck its long faith to self and believe during your path towards success because failure in your practice and computation is not final. The Motivation is very meaningful in the face of unsuccessful in particular events. the legend of basket ball Michal Jordan says "I have failed over and over again in my life, that's why I Succeeded Michal Phelps, 22 Olympic medalist says that." If you want to be the best, you have do things that other people aren't willing to do. Do not stop when you are tired stop when you are done make your life improving in all aspect your health your wealth, relationships, your grind stay focus and get where you want. The motivational words, speech by coach, family members, friends give move towards success.

Object Of The Study

1. This study will help to Sports related all aspects to motivate the players.
2. This study will help to is the motivational quotes are important for players.
3. This will help to set up an 'expected achievement' of sports personality to develop.
4. The results of this study will initiate further research in this area of investigation.

Statement Of The Problem

The purpose of this study was to find "MOTIVATIONAL QUTOES USEFULFOR SELF INSPIRATION OF PLAYERS".

Conclusions

Subject to the limitations of this study, the investigator made the following conclusions:

1. The motivation is most meaningful thing in players life
2. All players need motivation.
3. The motivation by coach family friends social aspects are more important
4. The motivational quotes are also most useful to self inspiration success is most valuable thing in players life.