**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, 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).

Participation in sports and allied activities leads to the development of certain sport-specific skills and attitude, improves the cardio respiratory endurance, target body composition, flexibility, strength and endurance of muscles, agility, physical and mental health, psycho-social well-being; acquiring and enhancing fundamental motor skills and cognitive ability. Specific preparation of sportspersons is the responsibility of Government and Private organizations. Such fitness programs shall be developed under the proper guidance of qualified professionals (Meghalaya sports policy, 2019).

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.

**OBJECTIVE OF THE 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.

**METHODOLOGY**

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 1. Information on Government and Private sector sports hostels selected for the study**

|  |  |  |
| --- | --- | --- |
| **Sl. 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 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 | Margaria 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 3. Descriptive results on physical performance of sportspersons from Government and private sports hostels**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variables** | **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 3. 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 | -.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**

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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