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Editorial



Independent Director

PVAI VPO

COMPANY SUPERVISING MONITORING VALUATION APPROVED BY CENTRAL GOVERNMENT

Since its onset, the COVID-19 pandemic has spread to almost all countries of the world. Social and physical distancing measures, lockdowns of businesses, schools and overall social life, which have become commonplace to curtail the spread of the disease, have also disrupted many regular aspects of life, including sport and physical activity. This policy brief highlights the challenges COVID-19 has posed to both the sporting world and to physical activity and well-being.

In the face of COVID-19, many millions of jobs are therefore at risk globally, not only for sports professionals but also for those in related retail and sporting services industries connected with leagues and events, which include travel, tourism, infrastructure, transportation, catering and media broadcasting, among others. Professional athletes are also under pressure to reschedule their training, while trying to stay fit at home, and they risk losing professional sponsors who may not support them as initially agreed.

The global outbreak of COVID-19 has resulted in closure of gyms, stadiums, pools, dance and fitness studios, physiotherapy centers, parks and playgrounds. Many individuals are therefore not able to actively participate in their regular individual or group sporting or physical activities outside of their homes. Under such conditions, many tend to be less physically active, have longer screen time, irregular sleep patterns as well as worse diets, resulting in weight gain and loss of physical fitness. Low-income families are especially vulnerable to negative effects of stay at home rules as they tend to have sub-standard accommodations and more confined spaces, making it difficult to engage in physical exercise.

In spite of all odds against sporting activity is started in some places with physical presence of spectators watching the game and in many places without.

The 2020 Summer Olympic Games take place between August. The Paralympic Games are due to run between 24 August and 5 September. The Games were postponed last year because of Covid. The Olympics will feature 33 sports at 339 events across 42 venues. The Paralympics will feature 22 sports at 539 events across 21 venues. Most events are in the Greater Tokyo area, although some football games and the marathon will take place in the northern city of Sapporo.

The India cricket team are touring Sri Lanka in July 2021 to play three One Day International (ODI) and three Twenty20 International (T20I) matches. The ODI series formed part of the inaugural 2020–2023 ICC Cricket World Cup Super League. All the matches are scheduled to take place at the R. Premadasa Stadium in Colombo. Originally, the tour was scheduled to take place in June 2020, but was moved back to August 2020 due to the COVID-19 pandemic, before being postponed. On 9 July 2021, following an outbreak of COVID-19 cases in the Sri Lankan camp the series was postponed from 13 to 18 July.

The tour overlaps with India's participation in the 2021 ICC World Test Championship Final and a Test series against England. Therefore, the Board of Control for Cricket in India (BCCI) named Shikhar Dhawan and Bhuvneshwar Kumar as India's captain and vice-captain respectively for the matches against Sri Lanka. Sri Lanka Cricket (SLC) named Dasun Shanaka as the captain for tour, with their selectors releasing Kusal Perera from his captaincy role.

Characteristics of the Respiratory Function Recovery Process of High Level Table Tennis Athletes of Vietnam in Average Capacity Exercising

M. S Nguyen Quoc Tram: Phu Yen University

M.S Nguyen Huu Tri: Can Tho University

Summary:

Using regular scientific research methods, the research group has assessed the characteristics of the respiratory function recovery process of high-level table tennis athletes when exercising in average capacity on Kostex Metamax 3B system at multiple stages: before exercising, after warming up, while exercising, 10 minutes after exercising and 24 hours after exercising.

Keywords: recovery, respiratory function, table tennis athletes, average capacity exercising, etc.

Question:

Studying the progression of the recovery process is of great significance in determining the impact moment of the next exercise in the training process, as well as a basis for assessing exercise levels and preventing pathological conditions from happening due to over exercising. Up to now, although the rules and parameters for recovery after physical exercising have been established by foreign scientists, it is impossible to apply every recovery parameter into the practice of Vietnam. This is because Vietnamese athletes have their own morphological characteristics and body functions... Therefore, studying there every characteristics of athletes in each exercising intensity is an urgent matter in Vietnam at the moment.

Research Method:

Research process using these methods: Method of analyzing and synthesizing documents, interviews method, pedagogical examination and medical examination methods (conducted on the Kostex Metamax 3B system), mathematical statistics method.

Research Results and Discussion:

The study was conducted on 20 level-1 table tennis athletes and grandmasters, including 14male athletes aged 17-19 and 5 female athletes aged 15-16. The exercise selected to represent the average capacity is: 10,000m running (min). We proceeded to take the data to evaluate the characteristics of the respiratory function recovery process of high-level table tennis athletes when exercising in average capacity at multiple stages: before exercising (before athletes start exercising), after warming up (after completing general and professional warm-ups), while exercising (10 seconds after finishing exercising), 10 minutes after exercising (10 minutes after finishing exercising) and 24 hours after exercising (24 hours after finishing exercising).

The specific research results are as below:

1. Characteristics of the indicators reflecting the respiratory function of high-level table tennis athletes before exercising.

Respiratory function plays an important role in exercising activities. It determines the physical capacity of the body not only in the role of coordinating to provide oxygen for metabolism and energy metabolism, but also participating in the elimination of CO₂, avoiding poisoning for the body. The ability to provide O₂ not only specifies the aerobic capacity but also determines the anaerobic capacity, which has been recognized in theory and practice.

Using 06 selected indicators, we assessed the respiratory function of table tennis athletes before exercising in large capacity. Results are presented in Table 1.

Table 1. Characteristics of the respiratory function of high-level table tennis athletes before exercising

No.	Indicator	Male (aged 17-19) (n = 14)		Female (aged 15-16) (n = 05)	
		\bar{x}	σ	\bar{x}	σ
1	Respiratory rate (times/min)	17.2	1.86	17.1	1.73
2	Vital capacity (liters)	3.18	0.24	3.11	0.21
3	Forced vital capacity (%)	87.63	6.85	82.07	6.54
4	Relative VO ₂ (ml/min/kg)	5.53	0.54	5.27	0.46
5	Relative VCO ₂ (ml/min/kg)	4.53	0.44	4.37	0.42
6	Respiratory quotient	0.82	0.08	0.83	0.09

Table 1 shows: Before exercising, all the evaluating characteristics of the respiratory function of high-level table tennis athletes are at the normal threshold of healthy people. However, compared with average people of the same age and gender, high-level table tennis athletes have a fairly better respiratory function according to Vietnam athletes standard (Criteria for assessing the level of training in sports selection and training).

2. Characteristics of the indicators reflecting the respiratory function of high-level table tennis athletes after warming-up.

After the athletes performed all general and professional warm-up exercises to prepare for establishing the average capacity test, the research tested the athletes using the selected indicators. Results are presented in Table 2.

Table 2. Characteristics of the respiratory function of high-level table tennis athletes after warming up

No.	Indicator	Male (aged 17-19) (n = 14)		Female (aged 15-16) (n = 05)	
		\bar{x}	σ	\bar{x}	σ
1	Respiratory rate (times/min)	18.65	1.81	18.23	1.82
2	Vital capacity (liters)	3.49	0.35	3.41	0.33
3	Forced vital capacity (%)	91.76	8.89	91.52	9.01
4	Relative VO ₂ (ml/min/kg)	8.12	0.82	8.40	0.83
5	Relative VCO ₂ (ml/min/kg)	6.90	0.67	7.14	0.71
6	Respiratory quotient	0.85	0.08	0.85	0.09

Table 2 shows: After warming up, the respiratory function characteristics of high-level table tennis athletes have a significant change in the direction of becoming more adapted to the exercising activities. Specifically, the measured indicators tend to increase much higher than those measured before exercising. The increase is approximately 10%. The research used the indicators measured after warming up as a milestone to evaluate the athletes' recovery process.

3. Characteristics of the indicators reflecting the respiratory function of high-level table tennis athletes while exercising in average capacity.

The research took data of respiratory indicators and air analysis of athletes 10 seconds after the athletes completed the test on the Kostex Metamax 3B system. Results are presented in Table 3.

Table 3. Characteristics of the respiratory function of high-level table tennis athletes while exercising in average capacity

No.	Indicator	Male (aged 17-19) (n = 14)			Female (aged 15-16) (n = 05)		
		\bar{x}	σ	% Change	\bar{x}	σ	% Change
1	Respiratory rate (times/min)	57.12	6.12	206.27	59.23	6.07	224.90
2	Vital capacity (liters)	3.08	0.31	-11.75	3.01	0.26	-11.73
3	Forced vital capacity (%)	93.27	9.13	1.65	93.19	9.15	1.82
4	Relative VO ₂ (ml/min/kg)	65.52	4.08	706.90	62.73	4.08	646.79
5	Relative VCO ₂ (ml/min/k)	68.14	4.42	887.55	65.87	4.23	822.50
6	Respiratory quotient	1.04	0.13	22.35	1.05	0.14	23.53

Table 3 shows: While exercising in average capacity, the characteristics of the respiratory function of high-level table tennis athletes had significant changes, specifically:

- The respiratory rate was rapid to increase the supply of oxygen while exercising in average capacity in all tested athletes. Specifically, the increase reached 206.27% in male athletes and 224.90% in female athletes. The reason for the sharp increase in the respiratory rate while exercising is to repay oxygen right during the exercising process. This is also the exercising capacity where athletes can achieve maximum VO₂.
- The vital capacity and forced vital capacity tend to decrease significantly in both male and female subjects.
- The most significant increase occurred at relative VO₂ and relative VCO₂, however, the increase levels of these two indicators were similar, so the measured respiratory quotient did not increase as high as while exercising in large capacity. The respiratory quotient achieved in large intensity areas was 23.35% for male athletes and 23.53% for female athletes.

4. Characteristics of the indicators reflecting the respiratory function of high-level table tennis athletes 10 minutes after exercising in average capacity.

We proceeded to get data of the respiratory function evaluation tests of high-level table tennis athletes 10 minutes after exercising in average capacity, and compared the results obtained with the test results of the characteristics of the respiratory function of athletes before conducting the test. The results are shown in Table 4.

Table 4. Characteristics of the respiratory function of high-level table tennis athletes 10 minutes after exercising in average capacity

No.	Indicator	Male (aged 17-19) (n = 14)			Female (aged 15-16) (n = 05)		
		\bar{x}	σ	% Recovery	\bar{x}	σ	% Recovery
1	Respiratory rate (times/min)	36.12	4.09	54.59	36.89	4.08	54.49
2	Vital capacity (liters)	3.32	0.35	58.54	3.25	0.32	60.00
3	Forced vital capacity (%)	92.05	8.46	80.79	91.87	8.56	79.04
4	Relative VO ₂ (ml/min/kg)	30.11	3.37	61.69	39.42	3.32	42.90
5	Relative VCO ₂ (ml/min/kg)	29.51	3.45	63.08	39.03	3.47	45.71
6	Respiratory quotient	0.98	0.12	31.58	0.99	0.13	30.00

Table 4 shows that: 10 minutes after completing exercising in average capacity, the respiratory function characteristics of athletes have recovered quite a lot, but were still at a high level compared to before exercising, specifically:

- Respiratory rate recovered about 54.59% compared to the time after warming up. At this point, the respiratory rate is still high to repay oxygen after exercising in average capacity.
- The vital capacity measured at this point is higher than that after warming up and the recovery level was approximately 60.00%.
- Forced vital capacity, Relative VO₂ and Relative VCO₂ are the slowest recovery indicators. In which, relative VO₂ recovered much more slowly than relative VCO₂. This has brought the respiratory quotient to near the level calculated at the time after warming up. The respiratory quotient indicator has recovered about 30.00% at this point.

5. Characteristics of the indicators reflecting the respiratory function of high-level table tennis athletes 24 hours after exercising in average capacity.

We proceeded to get data of the respiratory function evaluation tests of high-level table tennis athletes 24 hours after exercising in average capacity, and compared the results obtained with the test results of the characteristics of the respiratory function of athletes before conducting the test. The results are shown in Table 5.

Table 5. Characteristics of the respiratory function of high-level table tennis athletes 24 hours after exercising in average capacity

No.	Indicator	Male (aged 17-19) (n = 14)			Female (aged 15-16) (n = 05)		
		\bar{x}	σ	% Recovery	\bar{x}	σ	% Recovery
1	Respiratory rate (times/min)	21.15	2.10	93.50	21.08	2.11	93.05
2	Vital capacity (liters)	3.51	0.35	104.88	3.47	0.33	115.00
3	Forced vital capacity (%)	91.57	9.01	112.58	91.23	9.12	117.37
4	Relative VO ₂ (ml/min/kg)	5.42	0.54	104.70	5.61	0.56	105.14
5	Relative VCO ₂ (ml/min/kg)	4.66	0.47	103.66	4.77	4.51	104.04
6	Respiratory quotient	0.86	0.09	94.74	0.85	0.08	100.00

Table 5 shows that: 24 hours after completing exercising in average capacity, the respiratory function characteristics of athletes have recovered to the level before exercising, so the respiratory function evaluation indicators of the athletes have recovered completely.

Conclusion:

1. Before exercising, the characteristics of the respiratory function of high-level table tennis athletes are at optimal level of average people of the same age and gender.
2. After warming up, all respiratory function evaluation indicators of the athletes had a significant change in the direction of increasing highly, showing the adaptation to exercising activities. The increase achieved is approximately 10%.
3. While exercising, the respiratory rate increased rapidly; The vital capacity and forced vital capacity tended to decrease significantly in both male and female subjects; the increases in Relative VO_2 and relative VCO_2 , however, were similar, so the measured respiratory quotient did not increase as high as while exercising in large capacity. The respiratory quotient achieved in large intensity capacity area was 23.35% for male athletes and 23.53% for female athletes.
4. 10 minutes after exercising, the respiratory rate had recovered to about 54.59%; The recovered vital capacity was approximately 80.79; The vital capacity measured at this point is higher than that after warming up and the recovery reached approximately 60.00%, in which relative VO_2 recovered much more slowly than relative VCO_2 . This has brought the respiratory quotient to near the level calculated at the time after warming-up.
5. 24 hours after completing exercising in average capacity, the respiratory function characteristics of the athletes have recovered to the level before the exercise. So, the indicators of the respiratory function of athletes have recovered completely.

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A Study of Emotional Maturity of Inter Collegiate Kabaddi Players on Relation to Age, Gender and Area

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Abstract:

This piece of research study goes through a method of survey research that involved systematic compilation, explanation, analysis, and reporting of relevant facts concerning a population of inter-collegiate Kabaddi players belonging to a specialized area. The basic rationale is to select the research design to establish present practices, conditions or the effectiveness of the inter-collegiate players in order to provide scientific guidance to development of the present status of emotional maturity of the selected players. The present study has dealt with the status of emotional maturity among the inter-collegiate Kabaddi players. Although standard procedure was followed to conduct this study, With the objectives, to assess the personality, emotional maturity and anxiety and to compare the personality, emotional maturity and anxiety of the inter-collegiate Kabbadi players according to their age (19 to 22 years), gender (male & female) and area of living (rural & urban). 360 inter-collegiate Kabaddi players, age ranges from 19 to 22 years, residing in urban areas (n1=180 from urban area i.e., 90 male and 90 female) and rural areas (n2=180 from rural area i.e., 90 male and 90 female) respectively. Thus, total number of area-wise subjects was 360 (i.e., urban = 180 and rural = 180), and the same total number (n=360) was distributed equally gender-wise i.e., male = 180 and female = 180.

Keywords: Emotional Maturity, Inter Collegiate Kabaddi Players, Age, Gender, Area.

The present study has dealt with the status of emotional maturity among the inter-collegiate Kabaddi players. Although standard procedure was followed to conduct this study, this chapter described the method of research, nature of the design, population and sample, tools used for research, apparatus or instruments employed, statistical tools and procedures, systematically.

The Objectives of the Study:

To assess the emotional maturity of the selected inter-collegiate Kabbadi players.

To compare the emotional maturity of the inter-collegiate Kabbadi players according to their age (19 to 22 years), gender (male & female) and area of living (rural & urban).

Research Design:

This piece of research study goes through a method of survey research that involved systematic compilation, explanation, analysis, and reporting of relevant facts concerning a population of inter-collegiate Kabaddi players belonging to a specialized area. The basic rationale is to select the research design to establish present practices, conditions or the effectiveness of the inter-collegiate players in order to provide scientific guidance to development of the present status of the selected players. This research design helped to know

“how to suggest changes in training or alterations in strategic planning for coaching or improvement in the existing sports training exclusively for Kabaddi players. This research design aims to describe the status of the phenomenon at a particular point of time especially for inter-collegiate Kabaddi players. This technique, in fact, has been adopted in this study.

Population:

In this investigation, the population is the entire inter-collegiate Kabaddi players from 131 colleges (government and private) located in rural and urban areas of the Nanded district and affiliated to SRTM University, Nanded (Maharashtra). The approximate population of inter-collegiate Kabaddi players in the Nanded district may be one thousand five hundred seventy two (N=1572).

The Sample:

The present researcher had conveniently selected 20% of the population i.e., 360 inter-collegiate Kabaddi players, age ranges from 19 to 22 years, residing in urban areas (n1=180 from urban area i.e., 90 male and 90 female) and rural areas (n2=180 from rural area i.e., 90 male and 90 female) respectively. Thus, total number of area-wise subjects was 360 (i.e., urban = 180 and rural = 180), and the same total number (n=360) was distributed equally gender-wise i.e., male = 180 and female = 180. The detail of the sample is presented in Table 1.

Table 1. Distribution of Subjects (age-wise, sex-wise and strata-wise)

Distribution of Data		No. of Subjects	Total Sample (n=360)
Age-wise (A)	19 to 20 years (A1)	120	360
	19 to 20 years (A2)	120	
	20 to 21 years (A3)	120	
Gender-wise (B)	Male (B1)	180	360
	Female (B2)	180	
Strata-wise (C)	Urban (C1)	180	360

Variable: Emotional Maturity

Tools used and Criterion Measures:

Emotional Maturity was assessed with the help of a questionnaire as developed by Singh and Bhargava (1990).

Procedure:

For conducting survey on selected variables, all the 360 intercollegiate Kabaddi players were selected randomly from the different colleges situated in urban and rural areas, and affiliated to SRTM University, Nanded (Maharashtra). The subjects were then advised to take their time to fill up the questionnaire though there was no time limit set to respond to the questions. The data collected were scored, analyzed and interpreted as per the test-manual and finally, the data were interpreted as per the objective of this study.

Test Administration and Reliability of Data:

Prior to administration of the tests, the investigator clarified doubts - how to score the questions as included in the above mentioned psychological tests. They also explained the nature of questions available in the questionnaires with a view to the fact that it would not

affect the validity and reliability of each component. The researcher personally administered them in a favorable atmosphere with the consent of the subjects. Moreover, as the questionnaire as stated above was reliable, the data collected here seems to be reliable.

Statistical Analysis:

The descriptive data of this study were analyzed considering the following statistics:

The data as obtained in terms of the responses from the questionnaires were analyzed the status of the selected variables. Further, descriptive statistics (mean, standard deviation etc.) were employed.

Since there were multiple strata (age-wise, gender-wise, and living-place-wise) for analysis, the comparison of the subjects' strata-wise-status in accordance with the achievement scores in the psychological test (personality) was performed by employing a Mixed or Multiple analysis of variance (MANOVA) followed by Scheffe's post hoc test.

The relationship of the strata-wise subjects' scores obtained in the psychological variables was established by using Pearson's Product Moment correlation method.

Major Findings:

1) Age-wise emotional maturity status

1. Emotional instability score of the players of 19-20 yrs age group was lower than the players of 20-21 yrs (CD=0.30, $p<0.05$). Similarly, this score of the players of 19-20 yrs age group was less than 21-22 yrs (CD=0.34, $p<0.05$). Further, there was no significant difference in emotional instability between the players of 20-21 yrs and 21-22 yrs age groups (CD=0.14, $p>0.05$). Thus, the level of emotional stability is found more that increases with the ages of the Kabaddi players.
2. In case of emotional regression, the score the players of 19-20 yrs was lower than the 20-21 yrs age groups (CD=0.26, $p<0.05$). Similar result was evident in case of 19-20 yrs and 21-22 yrs age groups (CD=0.29, $p<0.05$). However, no statistically significant change in emotional regression was seen between the players of 20-21 yrs and 21-22 yrs age groups (CD=0.13, $p>0.05$). Thus, the level of emotional regression increases with the increase in the ages of the Kabaddi players.
3. For social maladjustment, the scores of the players of 19-20 yrs age group was lower than the players of and 20-21 yrs (CD=0.23, $p<0.05$). Similar trend of result was also evident among the players of 19-20 yrs& 21-22 yrs (CD=0.26, $p<0.05$) and 20-21 yrs& 21-22 yrs age groups (CD=0.17, $p>0.05$) respectively. Thus, the level of social adjustment increases with the increase in the ages of the Kabaddi players.
4. In case of personality disintegration, the players of 19-20 yrs was lower than 20-21 yrs age groups (CD=0.27, $p<0.05$). Similar trend was found in personality disintegration score among the players of 19-20 yrs& 21-22 yrs (CD=0.29, $p<0.05$). No statistically significant change was seen between the players of 20-21 yrs& 21-22 yrs age groups (CD=0.11, $p<0.05$). Thus, the level of personality integration increases with the increase in the ages of the Kabaddi players.
5. Statistically significant decrease trend in lack of independence was evident between the players of 19-20 yrs& 20-21 yrs (CD=0.28, $p<0.05$) and 19-20 yrs and 21-22 yrs age groups (CD=0.31, $p<0.05$) respectively. However, no significant difference was evident in lack of independence among the players of

20-21 yrs and 21-22 yrs age groups (CD=0.10, $p>0.05$). Thus, trend of independency seems to be higher with the increase of ages among the players.

6. In case of overall emotional maturity, the players of 19-20 yrs was lower than 20-21 yrs age groups (CD=0.38, $p<0.01$) and 21-22 yrs age groups (CD=0.40, $p<0.01$) respectively. Similar trend was evident among the players of 20-21 yrs and 21-22 yrs age groups (CD=0.12, $p>0.05$). Thus, the level of overall emotional maturity improves with the increase in the ages of the Kabaddi players.

2) Gender-wise emotional maturity status

1. In case of emotional stability, the score of female players of 19-20 yrs was significantly higher than the male Kabaddi players (CD=0.23, $p<0.05$). Similar trend of result was seen for 20-21 yrs age-group (CD=0.21, $p<0.05$). However, no difference was seen in emotional stability between male and female players of 21-22 yrs age-group (CD=0.13, $p>0.05$). Overall result indicates that the emotional stability score of female players was significantly higher than the male Kabaddi players (CD=0.22, $p<0.05$). Thus, emotional stability of female players was higher than the males.
2. The emotional regression score of female players was significantly higher than the male Kabaddi players among the ages 19-20 yrs (CD=0.29, $p<0.05$) and 20-21 yrs (CD=0.25, $p<0.05$), but no difference is seen between male and females of 21-22 yrs age group (CD=0.14, $p>0.05$). However, overall scores of female players on emotional regression was significantly higher than the male Kabaddi players (CD=0.24, $p<0.05$). Finally, the level of emotional regression of female Kabaddi players was higher as compared to the males.
3. Social adjustment score of female players was significantly higher than the male Kabaddi players with age groups of 19-20 yrs (CD=0.27, $p<0.05$) and 20-21 yrs (CD=0.25, $p<0.05$) respectively. Amazingly, for 21-22 yrs age-group, no difference in social adjustment scores was evident between male and female Kabaddi players (CD=0.16, $p>0.05$). Finally, total social adjustment score of female players was significantly higher than the male Kabaddi players (CD=0.23, $p<0.05$).
4. The score of independence of female players was significantly higher than the male Kabaddi players for the ages 19-20 yrs (CD=0.28, $p<0.05$) and 20-21 yrs (CD=0.25, $p<0.05$), but no difference was found between males and females for the age group 21-22 yrs (CD=0.17, $p>0.05$) including overall scores (CD=0.23, $p<0.05$) in independence ability. Thus, significant difference in independence ability was evident between male and female Kabaddi players.
5. The score of overall emotional maturity of female players was significantly higher than the male Kabaddi players for the ages 19-20 yrs (CD=0.28, $p<0.05$) and 20-21 yrs (CD=0.30, $p<0.05$) and 21-22 yrs (CD=0.33, $p<0.05$) including overall scores (CD=0.29, $p<0.05$) in independence ability. Thus, the level of overall emotional maturity of female Kabaddi players was higher than the male players.

3) Living area-wise emotional maturity status

1. The score of emotional stability of rural players was significantly higher than the urban Kabaddi players for the ages 19-20 yrs (CD=0.42, $p<0.05$) and 20-21 yrs (CD=0.37, $p<0.05$) and 21-22 yrs (CD=0.30, $p<0.05$) including overall scores

- (CD=0.26, $p<0.05$) respectively. Thus, the level of overall emotional stability of the rural Kabaddi players was higher than the urban players.
2. In case of emotional regression, the score of Rural players was significantly higher than the Urban Kabaddi players of ages 19-20 yrs (CD=0.38, $p<0.05$), 20-21 yrs (CD=0.35, $p<0.05$) and 21-22 yrs (CD=0.30, $p<0.05$) respectively including overall emotional regression score (CD=0.32, $p<0.05$).
 3. The social adjustment score of Rural players was significantly lower than the Urban Kabaddi players for the ages For 19-20 yrs (CD=0.32, $p<0.05$), 20-21 yrs (CD=0.29, $p<0.05$) and 21-22 yrs (CD=0.26, $p<0.05$) respectively including overall social adjustment (CD=0.28, $p<0.05$). It seems the adjustment ability of the Rural players was better than the Urban Kabaddi players.
 4. In case of independence, the score of Rural players was significantly higher than the Urban Kabaddi players for the age groups 19-20 yrs (CD=0.27, $p<0.05$), 20-21 yrs (CD=0.25, $p<0.05$) and 21-22 yrs (CD=0.22, $p<0.05$) respectively including overall scores (CD=0.24, $p<0.05$). This helps to interpret that Rural players are more independent than the Urban players.
 5. The overall emotional maturity score of Rural players was higher than the Urban Kabaddi players for the age groups 19-20 yrs (CD=0.24, $p<0.05$), 20-21 yrs (CD=0.27, $p<0.05$) and 21-22 yrs (CD=0.30, $p<0.05$) respectively. Thus, the level of overall emotional maturity of Rural Kabaddi players was better than the Urban players.

This investigation could warrant the following conclusion:

a) Strata-wise emotional maturity for Kabaddi players

The higher level of players' emotional maturity is possible due to the increased status in their ages.

The level of emotional maturity of female Kabaddi players was higher than the male players.

The level of emotional maturity of the rural players was better than the urban players.

b) Strata-wise relationship with emotional maturity

There exists significant relationship of emotional maturity with the different age-groups of the players. This suggests that age factor may play a role to differentiate the players' emotional maturity.

There exists significant relationship of emotional maturity with the different sex-groups of the players. This suggests that gender factor may play a role to differentiate the players' emotional maturity.

There exists significant relationship of emotional maturity with the different living areas (rural and urban) of the players. This suggests that factor of living areas (rural and urban) may play a role to differentiate the players' emotional maturity.

c) Conclusion on relationship between the major variables

There exists significantly high positive correlation between emotional maturity and personality.

There was significantly high negative relationship between the scores of anxiety and personality.

There exists significantly high negative correlation between anxiety and emotional maturity.

Recommendations:

Since the status of emotional maturity of the Kabaddi players becomes higher if their age is increased, the implementation of personality development programme in early ages for the players is recommended.

As the female players could possess better status of emotional maturity than the male players, specific programme for personality development for male players is recommended.

Emotional maturity is achieved if the players' age is increased. Therefore, systematic training for development emotional balance exclusively from the lower age may be recommended. Similar programmes are also suggested for the male Kabaddi players belonging to urban areas.

Contribution to the Knowledge:

Research literature did not show any data of Maharashtra Kabaddi players in relation to emotional maturity with respect to their age, sex and area of living. The research revealed that status of emotional maturity of Kabaddi players differs according to age, sex and areas of living. Moreover, This investigation, thus, contributes to generate new data in this direction for enriching research literature exclusively for the Kabaddi players in Maharashtra.

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Systematic Review of financial behavior of MSME entrepreneurs in India

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Introduction:

Growth of any nation depends on its economy and MSME, MSME plays a very important role in the development of any nation's economy and growth of the nation's GDP. Especially in India MSME contributes a huge part in its GDP and its contribution is vital for the economic growth of India. MSME also contributes in job and employment generation and feeds a large population of India.

MSME sector has evolved from ancient time in India and it has been an integral part of Indian economy even since the Harrapan civilisation. MSME involved a large number of business activities from producing agricultural products from micro-entrepreneurs to automotive parts from medium-enterprises. MSME sector is spread from domestic to global market the social structure of MSME entrepreneurs' ranges from poor to well financially affluent. The operations of MSME sector is spread from small villages to global trade hubs (OECD, 2004)

Finance is the blood of any business and financial management and financial decisions are the very complex decision of nay business and they significantly impact the performance and growth of any enterprise. Financial management is all about optimal use of available financial resources to ensure its growth. Traditional financial theories suggest that investors are rational and there financial decisions are based on rationality but new researches suggest that investors are not rational all the time and there financial decisions are not based on rationality. Some time financial decision of investors and entrepreneur are influenced by their personal traits and psychological disruption that means the financial behaviour influence their financial decision.

Behavioral Finance:

Behavioral finance is a new area of study which enhances the previous standard theories of finance by integrating behavioral and psychological aspects in decision making process. It is necessary to understand the difference between traditional financial theories and behavioral financial theories to understand the behavioral finance. traditional financial theories assumes that the investors are rational and market is efficient but on the other hand behavioral finance assumes that investors are irrational at the time of financial decision making and markets are not always efficient. Behavioral finance also refers to economic anomalies and suggests that individual and investors use heuristics and biases to make their financial decisions.

Shefrin (2001) defines behavioral finance as "behavioral finance is the study of how psychology affects financial decision making and financial market. Lebon(1896), Reifa(1968), Kahneman and Tversky(1979) suggests that classical financial model could not able to explain and predict all financial decision because some time financial decisions are influenced by psychological behaviour and cognitive biases. Behavioral financial theory helps

in investigating psychological biases and emotional characteristics to explain various factors and irrational anomalies in financial decision making (Daiva Jureviaene, Olga Lvanova, 2013).

Behavioral financial integrates sociological, psychological, economics and financial theories, and analyses how and why investor takes their financial decisions. Sociology deals with the systematic study of human social behaviour and influence of social relationship on individual's attitude and behaviour. Psychology study deals with the scientific study of individual behaviour and mental processes which is influence by physical mental and external environment. Finance deals with the financial functions with determining values and decision making which includes acquisition and allocation (shindler, 2007). Economics deals with the economical function of market and their impact on market efficiency.

Behavioral finance is a rapidly growing area and other researcher has done affluent work in this area. In this study we will examine the influence of psychological disruptions and personal traits on the behaviour of entrepreneurs in decision making process.

For further understanding of this area we will break down the topic into two that are:-

Behavioral finance micro: to study the behaviour or biases of individual investors.

Behaviour finance macro: to study and describe the anomalies in the efficient market that may be explain by behavioral models.

Primarily we will focus on behavioral finance macro to study the behaviour and financial decision making process of individual investor. In this research we will study the psychological biases of individual investor and examine their affect on asset allocation decision, we will also study their financial decision process of individual investor in order to manage the effect of biases in their financial decisions.

Behavioral finance studies that how emotions and psychological disruptions of investors affects their financial and investment decisions. (Linter, 1998) defines behavioral finance as the study of human being how they interpret and act on information to make their financial decisions. (DE Bondtv, 2004) defines behavioral finance as a theory which explains the financial issues with the help of cognitive psychology. Behavioral financial sees the irrationality in financial decisions as heuristics and biases. biases include emotional biases and cognitive biases, emotional biases is based on what an individual feels and cognitive biases based on the way of thinking of and individual.

Method of Study:

Literature on Behavioral Finance:

Prior to comprehend the picture of behavioral finance in today's scenario, firstly the inception of this concept may be discussed. Kahneman and Tversky (1979) rigorously studied the concept of behavioral finance and recognised as the father of this hottest concept. They have presented a paper on the critique of expected utility theory which empirically found out that people underweight those outcomes that are just possible in comparison to the outcomes that are obtained with certainty.

Various affluent authors have contributed in the field of behavioral finance, most of them are active academician but they have been applying their research work in the real world situations which made their contributions worthy. Meir statman describe behavioral finance as "standard finance modelled people as rational whereas behavioral modal people are termed as normal". Behavioral finance explains that individual or investor takes their financial decision individually or collectively.

Most prominent authors in this field are Amos Tversky and Daniel Kahneman. They both have contributed more than 200 research papers in this field. Daniel Kahneman is considered as father of behavioral finance. He focused mostly on cognitive biases and heuristics in behavioral finance area. Amos Tversky and Daniel Kahneman has focused mainly on three areas- risk attitudes, mental accounting and over confidence.

There are two more dominant contributors in this area- Richard Thaler and Shiller. Combination of Thaler with Kahneman and Tversky made a harmonic blend of three theories – theories of economics and finance with psychology. This blend of theories contributes more in the field of behavioral finance and gave some new insight and knowledge in this field. Thaler's contribution enriched the concept of behavioral finance with his excellent work on empirical studies in this area. Shiller has also contributed in field of behavioral finance their studies of behavioral finance is mostly focused on stock market bubbles and feedback theory. He has also done an excellent work in the field of behavioral finance through his research in herd behaviour.

Behavioral finance emerged in 1980s with an approach based on concept of explaining behaviour through biases of brief information (Baker, 2010), French sociologist Lebon was the first who noticed irrational behaviour in financial decision making. Lebon (1896) described the impact of irrational behaviour on the decision making process of an individual. Langer (1975) described that the irrational decision of an individual are highly influenced by their over confidence on their ability to control events.

Daniel Kahneman and Tversky has made the most important change in the field of behavioral finance in 1979 as they came out with the research of prospect theory. These two predominant authors Daniel Kahneman and Tversky were awarded by Nobel Prize in 2002 for their contribution in this field. This theory suggests that the individuals view, gain and losses differently and loss makes a greater emotional impact on individual than gain.

At the beginning of behavioral financial research raised many questions and doubts on standard finance. Standard finance assumes that market is efficient and asset pricing models are adequate but psychological based finance research found that market was inefficient and asset pricing models are inadequate to understand the financial theories. Odean (1988,1999) described behaviour and decision making process of market participants and suggest that individual investors are loss averse, DeBondt and Thaler (1990) examine and analyse that analyst behave consistently to psychological view of human behaviour.

Ranjit Singh (2010) has done a considerable work in the area of behavioral finance and highlights the developments in building blocks of behavioral finance. Author describes behavioral finance as a better and effective decision making tool for decision making in the area of financial management.

Richard Thaler (1999) states that behavioral finance is no longer controversial as a subject because various financial economists are thinking about the role of human behaviour in financial decision making. The first research paper on behavioral finance was published by DeBondt and Thaler in 1994 and after that Shefrin and Statman published a research paper on disposition theory in the year 1995.

DeBondt, MuraDoglu, Shefrin and Staikouras has described clearly that behavioral finance has three main building blocks- Sentiments, behavioral preference and limits to arbitrage. Sentiment basically talks about investor error. Behavioral finance talks about the attitude of risk and return whereas arbitrage as a result of efficient pricing.

They have thrown prospect theory in which value is assigned to gain and losses rather than to final assets and probabilities are replaced by decision weights. In 1981, they introduced the concept of framing. They have presented that psychological principles that govern the perception of decision problems and to evaluate the probabilities and outcome produced predictable shift of preference when the same problem is framed in different ways. Further, Shiller (2003), commences to portray the evolution of the idea that efficient market might be feasible at micro level but not at macro level many years ago. It implies that movement in price of individual stock is more imperative as compared to the total stock market. Apart from above feedback model states that investors more often relate their trade-based off behaviour on the basis of other investors trade-based off behaviour rather than the information available in the market. This kind of behaviour creates bubbles in the stock market. Prospect theory believes that investment decisions must be based on the likely gain not merely on the efficacy of decision. It also states that several psychological factors have influence on the investor's decisions.

It has been observed that people are more risk reluctant in the bullish period but less risk reluctant in bearish period. Thaler, who was the theorist in finance proposed the idea of economic and finance theory which was crucial to relate prospect theory with financial market. These three researchers are called founding father of behavioral finance because they have contributed a lot in the development of this concept. The majority of established financial theories do not state that investor's decisions are based on risk aversion factor and models. Whether abstract or empirical theories all are based on the concept of efficient market hypothesis which means investors frequently agree to the former belief of risk aversion like Capital Asset Pricing Model (CAPM) and the mean variance model. Due to the above consequences an alternative theory was introduced called Prospect theory which is a replacement of expected utility theory, rational expectations theory and the efficient market hypothesis. Prospect theory hypothesizes that decision maker's favour definite conclusion over viable result and this is called the certainty effect. This effect mounts toward risk aversion whilst investors confront persuaded gains and risk seeking as they confront specific losses (Kahneman and Tversky, 1979).

Without any doubt it can be concluded that novel prospect theory and its expansion discloses to facilitate the effects of framing, nonlinear preferences, dependency on source and loss aversion dominates investor's rational decision (Tversky and Kahneman, 1992). Nevertheless, prospect theory does not recommend that response of the market or revelation of any explicit economic event will affect the investor's decision. It merely states that person's risk taking approach in any known circumstances depends on the individual's precise economic analysis and if the incident is sighted positively then the individual be inclined to be more risk averse or vice versa (Bovi, 2009). Besides, the conclusions of the expected utility theory concerning the investor's risk aversion/seeking behavior are still used in prospect theory. Risk aversion/seeking as per expected utility theory is one and the same concept as diminishing/increasing marginal utility. It is also a foremost constraint of expected utility theory and prospect theory. The majority of the investors expects ideal returns on their investment and depends on elementary analysis of company to make their investment decisions. It was found that risk averse behaviour of investors invokes them to trade in gaining shares initially as compared to loss making shares. Investor's perceptions are greatly influenced by the past performance of stock market (Sahni, 2012).

There are two factors of personality known as openness and neuroticism which improves the financial trading frequency after acquiring information or financial opinion from professionals. One additional trait of personality is extravert conscientious which shrinks trading frequency in stock market. Findings suggests that WOM has a positive impact on trading frequency when investors have personality traits such as extravert and agreeable. On the other hand, specialised press information suggests some further corrections in the portfolio of investors who have conscientious personality trait (Tauni and Fang et al., 2016). It was analysed from past researches that male investors are more open to overconfidence and herding biases. Information hunt has a positive relation with demand identification. It has been found that male investors have a positive relation amid information source and assessment of alternatives as compared to female investors. However, no considerable relation was found between occupation of investors and the irrational decision making (Kumar and Goyal, 2016).

Studies of Riff and Yagil (2016), points out that respondent tends to take less risk in case of foreign, unfamiliar and non-fluent assets as compared to local, familiar and fluent assets. It was found that home bias amplified during bearish periods. The outcomes show that the respondents are willing to take additional risk in case of local assets. Shen et al. (2017), discovered that the commodity specific emotions like optimism, fear and joy have remarkable influence on individual commodity returns other than not on commodity market index returns. It was concluded that commodity specific emotion variables are not trustworthy to foresee market composite index returns. However, they can be used to envision the next five days' individual commodity returns. Psychology is unspoken on the degree of the biases and whether the results of the biases are unvarying over time and/or are homogeneous crossways individuals (Bovi, 2009). It was concluded from the study (Jullisson et al. 2005), that individuals basically invests their time, money and efforts in taking decisions regarding the securities for which they sense committed and these decisions are based on irrational escalation of commitment. Additionally, when people consider accountable for the sunk costs, time, money and efforts spent on a project they have a propensity to take risky decisions.

It is pragmatic that sometimes decisions of the investors could be prejudiced by how the individual feels. Outcomes point out that age, socioeconomic status and cognitive abilities influences decision making of investors (Bruine et al., 2007). Apart from this there are some more facts which hold the notion that older adults have a preference of less choice than younger adults (Reed et al. 2008). Ricciardi and Simon (2000), argued that those who invest in stock market and mutual funds are directed by the behavioral finance to stay away from common "mental mistakes and errors" and helps to widen their effective investment strategies. Behavioral finance has a narrow scope in its shaping years. It is not a separate discipline but as an alternative of conventional finance. Statman (1995), found that investors are affected by their behaviour and psychology while taking investment decisions. Cognitive and emotional aspects have a major sway on the decision making process of individuals, groups and organisations as explained in behavioral finance (Ricciardi and Simon, 2000). It was found that knowledge of the concept can transform the working practices of investors so that they can perform efficiently like use of feedback model and transform in the technique information is presented can get better forecasting performance (Harvey and Bolger, 1996). Bloomfield et al. (2000), found that prices and value estimates under react additionally when the trustworthiness of information boosts besides this new information will obviously lead to momentum and drift in the market over time example; post-earnings announcement. Hence, flow is coupled with more steady information in an orderly and predictable manner.

Brown and Kagel (2009), found that as long as participants keep on assessing their existing stocks with the available choices they do not furnish the way to the disposition effect and as a result investors usually seize their better performing stocks whilst selling poor performing stocks. It has been observed that there was a price clustering in technology vis-a-vis non-technology stocks. Price clustering is strikingly higher in tech stocks rather than in non-tech during rise in stock market and it also depends on specific segment and investors' sentiments. It was also stated that vector of auto-regression process examines the urge of responses for price clustering against exogenous shocks with investors sentiment.

Future Directions:

As apparent from the literatures, behavioral finance has been the topic of curiosity for researchers predominantly in USA and few other countries since 1997. Bulk of studies narrates the notion of behavioral finance and stock returns along with its contrast with traditional measures of financial investment. Other than this there are countless essential areas which grab the attention of researchers and these areas are presented in the following section. It has been found from the existing literatures that numbers of studies conducted on behavioral finance are almost negligible in the north region of India. It has been observed that demographic factors were considered in previous literatures but all the factors in response are not taken into consideration that's why it is not possible to establish appropriate relationship with cognitive factors. In reviewed literatures it has been found that researchers included partial cognitive factors in their studies so that scope has been left to broaden the relationship between investor's behaviour and unfolded cognitive factors. It is also promising to enlarge the sample size of respondents as earlier sample sizes were mostly less than 500 therefore there is a dire need to increase this number. Exploratory researches evidenced that developing countries exist only because of the development in the field of behavioral finance. Readily available information promotes the idea of behavioural finance.

Conclusion:

Behavioral finance is a renowned concept nowadays as it is an important instrument of investment measurement all over the world. This concept is mostly used in advanced economies as these economies are adopting it as a prominent strategy. Moreover, there exist varied evidences about the supremacy of behavioral finance over traditional methods of investment. When the country specific evidences are compared with other residual investment metrics they are unable to provide lucid results. In this review paper efforts have been made to assess the relevant literatures. It is encouraging to note that in last some years, particularly from 1975 to 2019, there has been incredible boost in the number of researches on the notion. By analysing the literatures it could be concluded that there is need for additional research in the field of behavioral finance in respect of its execution issues. In order to test the feasibility of the concept it should be kept in mind that data pertaining to extended durations should be considered rather than the data of little period which usually gives erroneous results. Hence, there is a scope for future research on the idea. Consequently, efforts should be made towards mounting the applicability of this useful concept in today's investment pattern. Nowadays, investment environment is influenced by a large number of micro and macro variables like inflation, demand and supply, money supply, regulatory authorities etc. Apart from the above mentioned factors psychologies of investor also have an immense impact on investment decisions. Large numbers of psychological factors are listed and among them some are

exhaustive like herding behaviour, overconfidence, disposition effect, mental accounting, anchoring etc.

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A Comparative Study of Sportsman Spirit between Physically Disabled Male and Female Sportsperson

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Abstract:

The aim of the present study was to compare sportsman spirit among physically disabled sportsperson on the basis of gender. To conduct the study, 50 physically disabled male sportspersons (Av. age 21.40 yrs) were selected as sample. Similarly 50 physically disabled female sportspersons (Av. age 22.12 yrs) were also selected as sample. The criteria for selection of physically disabled sportspersons was participation in any sporting event organized for physically disabled at national level. Sportsman spirit of selected subjects was assessed by Sportsman Spirit Questionnaire prepared by L.N. Dubey (1988). Result reveals statistically non-significant difference in sportsman spirit between physically disabled male and female sportsperson. It was concluded that gender has no influence on sportsman spirit of physically disabled sportsperson.

Keywords: Physical disability, sportsman spirit, gender.

Introduction:

Sportsman spirit is used for behaviour within the limits of sport. It is also a notion for fair play. It denote ethos of sport. Sportsman spirit expresses an ambition or philosophy that the activity will be enjoyed for its own sake, with proper consideration for fairness, morals, admiration, and a sense of fellowship with one's competitors. The other definition of sportsman spirit is treating the people you play with and against as you'd like to be treated yourself.

Sportsman spirit has long been point of discussion about its definition and area. In general terms it is a norm that is set for proper behaviour in sports or for that matter any other field or circumstances in life. Sportsman spirit in itself encompasses psychological qualities such as determination, discipline, open hearted etc.

Sportsman spirit has been analyzed by so many researcher. Notable among them are Konstantinos, L. et al (2003), Miltiadis, P.M. et al (2006). Despite extensive research sportsman spirit of sportsperson belonging to special category i.e. physical disability has not been paid attention to in the light of gender.

Convention on the Rights of Persons with Disabilities, 2008 denotes that a person with disabilities include those who have long-term physical, mental, intellectual or sensory impairments which, in interaction with various barriers, may hinder their full and effective participation in society on an equal basis with others.

Use of sports as medium to address the psycho-social problems of physically challenged people dates back from 1800. The sports therapy for physical disabled was originated in Sweden. In modern times scientific studies in this regard were carried by

Benczúrné (2000), Zarandi (2011), Agashe and Tiwari (2015). These studies have explored the role of sports in enhancement of psycho-social qualities in physically disabled people. Since societies are more biased towards physically disabled women, it was decided to compare sportsman spirit of male and female sportsperson in the present study. This will highlight the efficacy of competitive sports in terms of enhancement of sportsman spirit among physically disabled people on the basis of gender.

Hypothesis:

It was hypothesized that physically disabled male sportsperson will shown significantly more magnitude of sportsman spirit as compared to physically disabled female sportsperson.

Methodology:

The following methodological steps were taken in order to conduct the present study.

Sample:

To conduct the study, 50 physically disabled male sportspersons (Av. age 21.40 yrs) were selected as sample. Similarly 50 physically disabled female sportspersons (Av. age 22.12 yrs) were also selected as sample. The criteria for selection of physically disabled sportspersons were participation in any sporting event organised for physically disabled at national level.

Tools:

Sportsman Spirit Questionnaire:

To assess sportsman spirit among selected physically disabled sportsperson, Sportsman Spirit Questionnaire prepared by Dubey (1988) was preferred. The questionnaire consist of 40 questions. The reliability of this questionnaire is 0.82 while its validity coefficient is 0.70 respectively.

Procedure:

Prior consent was obtained from all the subjects that their participation in this study is voluntary and there is no pressure to participate in the present study. Sportsman Spirit Questionnaire prepared by Dubey (1988) was administered to each subject in a peaceful corner. The response on each statement was evaluated as per author's manual. After arranging data in two study groups, 't' test was used for comparison. The analysis of data is shown in table 1.

Result and Discussion:

Table 1. Comparison of sportsman spirit between physically disabled male and female sportsperson

Groups	Sportsman Spirit		Mean Diff.	't'
	Mean	S.D.		
Male Sportsperson (N=50)	69.40	6.46	4.14	2.50*
Female Sportsperson (N=50)	65.26	9.72		

$t(df=98) = 2.33$

Results presented in table 1 indicate sportsman spirit in physically disabled male (M=69.40) and physical disabled female sportspersons (M=65.26) differ significantly with each other. Mean difference of 4.14 and calculated $t=2.50$ implies that sportspersons spirit in physically disabled male sportspersons was found to be higher as compared to physically disabled female sportspersons at .01 level.

Results clearly showed that sportsman spirit which encompasses characters such as determination, dedication, concentration along with morality, respect for others, admiring the others work etc. are in more magnitude in physically disabled male sportspersons as compared to physically disabled female sportspersons. It shows that even after participating in competitive sports physically disabled females are unable to get rid of inferiority complex. This may be associated with social stigma due to societal norms for women in society. It means that physically disabled males benefits more in terms of sportsman spirit after participating in sports as compared to physically disabled female sportspersons (Javadi and Kadivar, 1995).

Conclusion:

It was concluded that sportsman spirit of physically disabled sportsperson is not influenced by gender. It may also be concluded that participation in sports teaches both male and female physically disabled sportsperson to conduct behaviour according to rules of the game.

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A Study of Anxiety of Inter Collegiate Kabaddi Players in Relation Age, Gender and Area

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Abstract:

The present research study was done with a objective to assess the anxiety of the selected inter-collegiate Kabbadi players and to compare the anxiety characteristics of the inter-collegiate Kabbadi players according to their age (19 to 22 years), gender (male & female) and area of living (rural & urban). The present study has dealt with the status of Anxiety among the inter-collegiate Kabaddi players. The present researchers had conveniently selected 360 inter-collegiate Kabaddi players, age ranges from 19 to 22 years, residing in urban areas (n1=180 from urban area i.e., 90 male and 90 female) and rural areas (n2=180 from rural area i.e., 90 male and 90 female) respectively. Thus, total number of area-wise subjects was 360 (i.e., urban = 180 and rural = 180), and the same total number (n=360) was distributed equally gender-wise i.e., male = 180 and female = 180. Although standard procedure was followed to conduct this study, The questionnaire method was used as a tool for survey. To assess the Anxiety level, a questionnaire developed by Spielberger (1977) was administered for data collection. The Researcher described the method of research, nature of the design, population and sample, tools used for research, apparatus or instruments employed, statistical tools and procedures, systematically.

Keywords: Anxiety, Inter collegiate kabaddi players, Age, Gender, Area.

The present study has dealt with the status of Anxiety among the inter-collegiate Kabaddi players. Although standard procedure was followed to conduct this study, this chapter described the method of research, nature of the design, population and sample, tools used for research, apparatus or instruments employed, statistical tools and procedures, systematically.

Objectives of the Study:

To assess the anxiety of the selected inter-collegiate Kabbadi players.

To compare the anxiety characteristics of the inter-collegiate Kabbadi players according to their age (19 to 22 years), gender (male & female) and area of living (rural & urban).

Hypothesis:

H₁: There may be significant difference in state and trait anxiety scores among the Kabaddi players for age groups 19-20, 20-21 and 21-22 years.

H₂: There may be significant difference in anxiety between male and female inter collegiate kabaddi players.

H₃: There may be significant difference in anxiety between rural and urban inter collegiate kabaddi players.

Research Design:

This piece of research study goes through a method of survey research that involved systematic compilation, explanation, analysis, and reporting of relevant facts concerning a population of inter-collegiate Kabaddi players belonging to a specialized area. The basic rationale is to select the research design to establish present practices, conditions or the effectiveness of the inter-collegiate players in order to provide scientific guidance to development of the present status of the selected players.

This research design helped to know “how to suggest changes in training or alterations in strategic planning for coaching or improvement in the existing sports training exclusively for Kabaddi players. This research design aims to describe the status of the phenomenon at a particular point of time especially for inter-collegiate Kabaddi players. This technique, in fact, has been adopted in this study.

Population:

The entire group, from which the sample is drawn, is known as population. In this investigation, the population is the entire inter-collegiate Kabaddi players from 131 colleges (government and private) located in rural and urban areas of the Nanded district and affiliated to SRTM University, Nanded (Maharashtra). The approximate population of inter-collegiate Kabaddi players in the Nanded district may be one thousand five hundred seventy two (N=1572).

The Sample:

As it was not possible to cover the whole population, the investigators had to collect data on a representative sample from the population. Considering the factors (size of the sample, sampling error, expenses for data collection) and feasibility, the present researcher had conveniently selected 20% of the population i.e., 360 inter-collegiate Kabaddi players, age ranges from 19 to 22 years, residing in urban areas (n1=180 from urban area i.e., 90 male and 90 female) and rural areas (n2=180 from rural area i.e., 90 male and 90 female) respectively. Thus, total number of area-wise subjects was 360 (i.e., urban = 180 and rural = 180), and the same total number (n=360) was distributed equally gender-wise i.e., male = 180 and female = 180. The detail of the sample is presented in Table 1.

Table 1. Distribution of Subjects (age-wise, sex-wise and strata-wise)

Distribution of Data		No. of Subjects	Total Sample (n=360)
Age-wise (A)	19 to 20 years (A1)	120	360
	19 to 20 years (A2)	120	
	20 to 21 years (A3)	120	
Gender-wise (B)	Male (B1)	180	360
	Female (B2)	180	
Strata-wise (C)	Urban (C1)	180	360
	Rural (C2)	180	

Variable: Anxiety**Tools used and Criterion Measures:**

The questionnaire method was used as a tool for survey. To assess the Anxiety level, a questionnaire developed by Spielberger (1977) was administered.

Procedure:

For conducting survey on selected variables, all the 360 intercollegiate Kabaddi players were selected randomly from the different colleges situated in urban and rural areas, and affiliated to SRTM University, Nanded (Maharashtra). The subjects were then advised to take their time to fill up the questionnaire though there was no time limit set to respond to the questions. The data collected were scored, analyzed and interpreted as per the test-manual and finally, the data were interpreted as per the objective of this study.

Test Administration and Reliability of Data:

Prior to administration of the tests, the investigators clarified doubts - how to score the questions as included in the above mentioned psychological tests. They also explained the nature of questions available in the questionnaires with a view to the fact that it would not affect the validity and reliability of each component. The researcher personally administered them in a favorable atmosphere with the consent of the subjects. Moreover, as the questionnaire as stated above was reliable, the data collected here seems to be reliable.

Statistical Analysis:

The descriptive data of this study were analyzed considering the following statistics:

The data as obtained in terms of the responses from the questionnaires were analyzed the status of the selected variables. Further, descriptive statistics (mean, standard deviation etc.) were employed.

Since there were multiple strata (age-wise, gender-wise, and living-place-wise) for analysis, the comparison of the subjects' strata-wise-status in accordance with the achievement scores in the psychological test (personality) was performed by employing a Mixed or Multiple analysis of variance (MANOVA) followed by Scheffe's post hoc test.

The relationship of the strata-wise subjects' scores obtained in the psychological variables was established by using Pearson's Product Moment correlation method.

Findings:**1) Age-wise state anxiety status**

The players of 19-20 yrs age group had lower level of state anxiety than the 20-21 yrs age groups (CD=0.24, $p<0.05$). Similarly, the players of 19-20 yrs possessed lower state anxiety level than 21-22 yrs age groups (CD=0.26, $p<0.05$). Eventually, the players of 20-21 yrs had lower level of state anxiety than 21-22 yrs age group (CD=0.22, $p<0.05$). This infers that the level of state anxiety becomes higher with the increase in the ages of the Kabaddi players.

No statistically significant change in trait anxiety was evident between the players' age groups 19-20 yrs and 20-21 yrs (CD=0.12, $p>0.05$), 19-20 yrs and 21-22 yrs (CD=0.16, $p>0.05$) and 20-21 yrs and 21-22 yrs (CD=0.14, $p>0.05$) respectively.

Thus, the level of trait anxiety remains unchanged even though there is increase in the ages of the Kabaddi players.

2) Gender-wise state anxiety status:

The state anxiety score of female players was significantly higher than the male Kabaddi players irrespective of their age groups ranges from 19-20 yrs (CD=0.31, $p<0.05$), 20-21 yrs (CD=0.28, $p<0.05$), and 21-22 yrs (CD=0.25, $p<0.05$) respectively including

overall scores of state anxiety ($CD=0.27$, $p<0.05$). Thus, the level of state anxiety of female Kabaddi players was higher as compared to the male players.

In case of trait anxiety, the score of female players was significantly similar to the male Kabaddi players ages 19-20 yrs ($CD=0.14$, $p>0.05$), 20-21 yrs ($CD=0.12$, $p>0.05$), and 21-22 yrs ($CD=0.11$, $p>0.05$) respectively including overall scores in trait anxiety ($CD=0.13$, $p>0.05$).

Thus, the level of trait anxiety of female Kabaddi players was similar to the male players. This suggests that there is no difference in trait anxiety between the male and female players.

3) **Living area-wise state anxiety status:**

The state anxiety score of Rural players was significantly lower than the Urban Kabaddi players ages 19-20 yrs ($CD=0.36$, $p<0.05$), 20-21 yrs ($CD=0.32$, $p<0.05$), and 21-22 yrs ($CD=0.31$, $p<0.05$) respectively. This infers that the overall state anxiety score of Rural players was significantly lower than the Urban Kabaddi players ($CD=0.33$, $p<0.05$).

Thus, the level of state anxiety of Urban Kabaddi players was higher than the Rural players. Thus, there is significant difference in state anxiety between Urban and Rural Kabaddi players.

The trait anxiety score of Rural players was also significantly lower than the Urban Kabaddi players ages 19-20 yrs ($CD=0.38$, $p<0.05$), 20-21 yrs ($CD=0.33$, $p<0.05$), and 21-22 yrs ($CD=0.28$, $p<0.05$) respectively including overall score in trait-anxiety ($CD=0.30$, $p<0.05$).

Thus, the level of trait anxiety of Urban Kabaddi players was higher than the Rural players. This infers that there is significant difference in trait anxiety between Urban and Rural Kabaddi players.

Strata-wise anxiety for Kabaddi players:

The status of the players' state anxiety becomes higher with the increase in the ages, whereas trait anxiety remains unchanged even though there is increase in their ages.

The status of the players' state anxiety of female Kabaddi players was higher as compared to the male players, whereas trait anxiety remains unchanged for both males and females.

The status of state anxiety of the rural players was significantly lower than the urban and same result was evident in case of trait anxiety level. Thus, there is significant difference in state- and trait- anxiety between urban and rural Kabaddi players.

Strata-wise relationship with anxiety:

There was significantly positive relationship of anxiety (low to medium level) with the different age-groups of the players. This suggests that age factor may play a role to differentiate the players' anxiety levels.

There exists significantly positive relationship of anxiety (low to medium level) with the different gender-groups of the players. This suggests that gender factor may play a role to differentiate the players' anxiety levels.

There was significantly positive relationship of anxiety (low to medium level) with the different rural and urban groups of the players. This suggests that the rural players may disintegrate their anxiety better than the urban Kabaddi players.

Recommendations:

This investigation, based on the findings and conclusion, recommends the followings:

Since the status of anxiety of the Kabaddi players becomes higher if their age is increased, the implementation of personality development programme in early ages for the players is recommended.

As the female players could possess better status of anxiety than the male players, specific programme for personality development for male players is recommended.

As the level of anxiety (low) of Rural Kabaddi players was found better, the specific personality development programme for the urban players is also recommended.

Contribution to the Knowledge:

Research literature did not show any data of Maharashtrian Kabaddi players in relation anxiety with respect to their age, sex and area of living. The research revealed that status of anxiety of Kabaddi players differs according to age, sex and areas of living. Moreover, prediction of the players' personality is possible on the basis of the achievement scores in anxiety. This investigation, thus, contributes to generate new data in this direction for enriching research literature exclusively for the Kabaddi players in Maharashtra.

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The Growth of E-market place a Revitalization for rural handicraft products in India

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Abstract:

“I would say that if the village perishes India will perish too. India will be no more India. Her own mission in the world will get lost. The revival of the village is possible only when it is no more exploited. Industrialization on a mass scale will necessarily lead to passive or active exploitation of the villagers as the problems of competition and marketing come in. Therefore we have to concentrate on the village being self-contained, manufacturing mainly for use. Provided this character of the village industry is maintained, there would be no objection to villagers using even the modern machines and tools that they can make and can afford to use. Only they should not be used as a means of exploitation of others.” - *M.K.Gandhi*

According to census 2011, 68.84% of the total population of India lives in villages, therefore any strategy for national development must be associated with the development of its rural areas. Rural Development is a process, which aims at improving the well-being and self-realization of people living in rural areas through collective process. Indian villages have a great number of handicraft artists, as each and every community and region possesses unique characteristics which can be shaped in to small scale or cottage industries. The term “Handicraft” encompasses a wide range of artifacts. The Office of the Development Commissioner (Handicrafts) offered a workable definition in the Eighth Plan: “Items made by hand, often with the use of simple tools, and generally artistic and/or traditional in nature. They include objects of utility and objects of decoration”. Simply, handicrafts are classified into two categories: a) Articles of everyday use and b) Decorative items. Indian handicraft sector represents a rich cultural heritage of nation. Rural Sectors are very prosperous in terms of art and craft having various handicraft players residing on this land. Handicraft of rural sectors includes weaving, embroidery, dyeing, printing, Bandhej (Tie-Dye), leather-work, pottery, wood-work, stone-work, bead-work, brass-work, coir-work, etc. Though various government and non-government projects, research studies, training programmes and financial/marketing assistance schemes are in practice to protect the interest of artisans involved in preserving such heritage of India in the form of handicraft, the result is yet not satisfactory.

About 75% of India’s population lives in 62000 villages and nearly, about 62% of villagers earn their livelihood through agriculture, handicrafts such as- Chikan work, Zari work, Wooden toys and furniture, clay toys, dari, carpet, silk, brassware and but still resist on agriculture and handicrafts as their main occupation. India’s growth story in various sectors such as-industry, services, mining and power particularly since the dawn of new millennium has not been inclusive because rural areas are yet not developed. No sign of growth and development is seen.

To see India in the list of developed countries, the first and foremost thing, which has to be overcome, is poverty. Alleviation of poverty will increase the standard and capacity to

buy, which in turn will lead to growth and prosperity. BIMARU states such as- Bihar, Madhya Pradesh, Rajasthan, Jharkhand and Uttar Pradesh are still in grab of poverty. The other areas where need of management arises for growth and development of rural areas are as follows:

- Low Income
- Food problems
- Illiteracy
- Health issues
- Unemployment
- Gender inequality
- Living standard

These problems can be overcome by adopting suitable strategies; for this we need to focus on agriculture and handicraft products because all these issues are related and they are also inter-related.

“To Manage Is To Forecast And Plan; To Organize Is To Command, To Co-Ordinate And To Control.”- **Henry Fayol**

With the help of management, the concept of rural Marketing has been evolved and evaluated for bringing in growth, prosperity and development in rural areas, by eliminating poverty and over-dependency on agriculture and handicraft products. E-Marketing (Electronic Marketing) are also known as Internet Marketing, Web Marketing, Digital Marketing, or Online Marketing. E-marketing is the process of marketing a product or service using the Internet. E-marketing not only includes marketing on the Internet, but also includes marketing done via e-mail and wireless media. It uses a range of technologies to help connect businesses to their customers.

Theoretical Framework:

The craftsmanship sector in Portugal still relies on “human-centric subsystems” in which selling is taking place at the places of production, craft fairs or, more recently, on electronic commerce exclusive landing presence in e-marketplaces, textile (apparel) and ceramics (decoration) are the categories displaying the most activity. A push towards ethical consumerism with low environmental impact and fair wages also benefits local artisans as their business model effortlessly matches these values. Particularly keen on social issues, younger generations look for sustainable alternatives, and seem willing to pay more for an ethically sourced product. These statements resemble the characterization of the modern craft consumer as being a “selective, conscious of the social, cultural and environmental values associated with handcrafted products and local production that looks for products with an identity value, being aware of the techniques and quality of the products and contemporary aesthetic”

Handmade products are classified as fair trade since they are manually produced with local materials, on a much smaller scale than machine-made products, with adequate price tags. Therefore, this seems fulfils the ideologies of ethical consumerism, endorsing the livelihood of local communities and independent handcrafters for more social equality. due to the challenge of supporting numerous sellers in building their online presence, there is a need to create a digital platform where every one of them, regardless of their abilities or qualifications, can sign up and sell their products: In this case, an e-marketplace.

E-market place:

The e-marketplace is an online infrastructure that allows a community of merchants to conduct commercial transactions, such as selling goods or services. This model allows both sellers and buyers to connect in the same digital ecosystem that works as a meeting point or a virtual place and facilitates the communication and efficiency of transactions between both parties. These e-marketplaces are often Business to Consumer (B2C) virtual markets, although they also work for Business to Business (B2B) and Consumer to Consumer (C2C) that operate as a neutral intermediary between two parties; the business model is based on charging fees within the platform. These charges, defined by each e-marketplace, can be product listing fees, commissions per sale, processing fees, sign up fees, advertisement (such as paid promotions), subscription plans, or events, workshops, and partnerships.

Kawa and Wał ęsiak listed a series of advantages to the sellers, such as the “marketplace brand recognition” that helps build trust, the “higher number of clients” concentrated in one place, the “additional channel of sales and source of revenue” for handcrafters, “better conditions to promote products” for not being required to invest in Search Engine Optimization (SEO) or advertising, and “access to innovative solutions and analytical and benchmarking data. In this same study, Kawa and Wał ęsiak also mention advantages for buyers, such as “higher safety transaction, higher credibility of sellers, possibility to compare prices and offers of various suppliers, feedback on the seller from previous customers”. However, these authors also discuss a series of disadvantages for sellers, such as disproportionate competition from numerous merchants in one place, frequent changes of fees or service costs, and restrictive requirements concerning guidelines with the risk of having their store shut down unexpectedly. Possibly, sellers frequently neglect the option of growing their own e-commerce website on the side, even if performing well within the e-marketplace. From the perspective of a buyer, the main disadvantage is having “shipments from different sellers” that incur in additional fees and different delivery times. Wise and Morrison reinforce these disadvantages because, in this context, the high level of competition might lead to rivalries and lower prices in order to compete against other offers; this might lead to challenges of sustenance.

Advantages of E-marketing for Rural Handicrafts workers:

Certain advantages of e-marketing are discussed as below:

1. Much better return on investment from than that of traditional marketing as it helps increase their Earning
2. E-marketing will help them to integrate with other workers.
3. It will helps them to promote their products globally.
4. With the use of E-marketing their profitability and earning will increase which upgrade their standard of living.
5. With the use of E-marketing the sales will be increases which may further provides employment opportunities to more people related to these skills.
6. E-marketing will not only help them to increase their earning and living standards they can also learn new technology to make their better products.

One of the objectives is to increase the participation of Micro, Small and Medium Enterprises. There are government policies related to efforts to encourage the achievement of these objectives. They are- provide opportunities to Micro, Small Business and Medium

Enterprises, use of information and communication technology and electronic transactions, and develop E-marketplaces in the form of electronic catalogs, online stores, etc.

The role of handicraft Industries in rural Indian economy is very important and its contribution towards the rural economy is increasing steadily. The Ministry of Rural Development and the Ministry of Rural Economy, under Government of India are the two main governing authorities, which draft and implement policies for the handicraft industries in rural sector. The handicraft industry of India comes under the unorganized sector of India.

In the presence of Internet increases in rural areas, rural India will yield more E-commerce business. This situation can be viewed as positive environment providing e-commerce opportunities to the rural handicrafts artisans. Ecommerce is one of the most promising channels in today's marketing scenario for selling handicrafts through 1) B2B - Fashion industry, Real estate business, Home decorators and Interior designers; 2) B2C - Local and Global customers and 3) B2G - Government organizations, etc.

The main products that are manufactured by the rural handicrafts industry of India are as follow-

- Art metal wares
- Wood wares
- Hand printed & textiles & scarves
- Embroidered & crocheted goods
- Shawls as art wares
- Zari and zari goods
- Imitation jewelry
- Miscellaneous handicrafts

The Handicraft Industries in rural sector is witnessing steady growth over the last five years but its growth is plagued by certain bottlenecks, like -

- The manufacturing process does not compliments with orders of such products
- Usage of old technology
- Increasing manufacturing cost
- Poor quality of products
- Product design and development to be aligned with the background and history of the craft, the producer and the market requirements
- Poor standard of raw materials
- Lack of standardized vendor and suppliers
- Lack of standardized raw materials
- Improper pricing of finished products
- Absence of proper incentives and schemes by the Government of India
- Unorganized investment patterns
- lack of regular investors
- Lack of proper marketing channels
- Inaccessible to urban markets

Role of E-Commerce in the Development of Rural Handicraft Artisans:

Indian cultural diversity provides remarkable art and craft products. Carpets, woodware, bamboo products, marble sculpture, bronze sculpture, leather products, paintings,

zari goods, embroidered goods and jewelry are few of the most desired handicraft products from India. Rising demand of Indian handicrafts in US, Britain, Canada, Germany, Italy, etc. provide great opportunity. Each industry need handicraft such as fashion industry, real estate, home decor etc. For Internet tech savvy buyers online is the easiest way to find and shop for various handicrafts. Also E-commerce is one of the most promising channels in today's marketing scenario for selling handicrafts. It makes sure easy availability of goods at global level. E-commerce (Electronic Commerce or EC) is the buying and selling of goods and services, or the transmitting of funds or data, over an electronic network, primarily the Internet. These business transactions are categorized into Business to Business (B2B), Business to Consumer (B2C), Consumer to Consumer (C2C), Consumer to Business (C2B). Now new E-governance concepts have also been evolved, i.e., Business to Government (B2G), Government to Business (G2B), Consumer to Government (C2G), Government to Consumer (G2C) and Government to Government (G2G). E-commerce processes are conducted using applications, such as E-mails, Fax, Online Catalogues and Shopping Carts, File Transfer Protocol, Electronic Data Interchange, Web Services, etc. Like any digital technology or consumer-based purchasing market, E-commerce has evolved over the years. As mobile devices became more popular, mobile commerce has become its own market. With the rise of sites like Facebook, Twitter and Pinterest, social media has become an important driver of E-commerce. India has experienced remarkable growth in information technology and E-commerce. The online market is offering different goods and service ranging from tour and travels, movies, hotel reservation, matrimonial service, electronic gadget, fashion accessories and groceries. According to the ebay census guide 2011, India is home to 3311 E-commerce hubs, 1267 rural hubs, 391 export hubs and 2217 import hubs. The emergence of Information Technology in the last century as a prime driver and facilitator of change in the socio-economic development of the people has revolutionized lives across the globe. With the advent of Internet, international boundaries have melted away and the dream of a global village is eventually becoming a reality. Electronic Commerce or E-commerce is becoming a very attractive proposition for any entrepreneur including the rural poor, as internet offers the equal growth opportunities to small and big businesses. The advantages of conducting business over the web are many. The ones that specifically appeal to the problem domain at hand are outlined below: The major advantage that the Internet offers for a business is its global availability. Even a little known enterprise can realize the vision of expanding its market reach beyond geographic boundaries and local customer segments. Global and local E-commerce participants have launched websites that offer Indian consumers a range of products. The Internet allows an enterprise to conduct its business at a very low cost. The cost for operating and service support can be reduced greatly through the use of internet. It facilitates greater visibility; once the enterprise and its products are better known, more business flows in. Consumers are more willing to experiment with new forms of retail purchase and feel confident to search for and buy goods online. Internet penetration, the use of broadband, etc. are making it easy for consumer to shop online. Accuracy, speed, convenience and availability have remained prominent characteristics of the various elements of IT and Internet framework.

Conclusion:

Indian economy mostly depends on agriculture, as millions of people are directly or indirectly dependent on agriculture. Besides agriculture, rural arts and crafts give a gainful

occupation to a large number of rural populations. They also serve as subsidiary occupation to agriculture and increase their rural income substantially. Major population of our country belongs to rural areas. Any strategy for national development must be associated with the development of its rural areas. Indian villages are full of handicraft artists, as each and every community and region possesses unique characteristics which can be shaped in to small scale or cottage industries. The following efforts can push the growth of such artisans. Individual level efforts: An individual handicraft artisan can develop his/her own website or with the help of Cybermediaries, they can start e-commerce activity; Group level efforts: At village level artisans can organize themselves in to Clusters, Co-operatives or Self-Help Groups and start e-commerce activities collectively; NGO and other private institutions can help handicraft artisans to market their products online; Government level efforts: There must be an effective and efficient implementation of various programmes and schemes boosting e-commerce activities for handicraft artisans; Corporate level efforts: Under the head of Corporate Social Responsibilities (CSR), companies can focus on providing e-commerce platform to rural handicraft artisans; Thus, E-commerce can provide such artisans an opportunity to reap the advantage of widened markets beyond the limits of geographical boundaries.

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