

IMPACT FACTOR : 6.123

ISSN 0975-5020



# ENTIRE RESEARCH

Vol- XIV, Issue- I, March 2022, Price- ₹ 1000



**Multi-Disciplinary**

**International Research Journal**

**INDEXING WITH ISRA**  
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## Editorial



*Dr. Santosh Dharma Rathod*

*Professor of English, IDOL, University of Mumbai.*

### *A Glimpse of Non- Mainstream Literature Today*

*Adivasi literature, indigenous literature, marginalized literature, dalit literature, literature of nomads, literature of native people, subaltern literature and several others form a body of multilingual literary discourse on and around the similar kind of consciousness. They resemble in their creative use of language, style and attitude. They are directed to a history, society and culture of particular group. It is perhaps because of these common properties shared by above appellations, the literary scholars loosely take them as synonyms, though they are distinct from each other. This literary tradition is grabbing the attention of global readers. It is becoming the important part of University curricula, though not as a core but elective courses. The literary festivals are carving out the independent sessions on these literatures. Separate selves or counters are setup in the book exhibitions and book stalls. A new breed of scholars are engaged in exploring and carrying out research abundantly and broadening the horizons of this flock of literary productions. It is thus not only forming new trends in Indian literature and world literature but also fostering interests of intellectuals. They are by all means going to contribute to the enrichment of world literature in terms of new language, new images, new social patterns, new forms and the like. Perhaps the 21st century could be known as the century of these studies. Let's study these marginalized literatures and see to which direction and to what extent they grow in the days to come.*

## **Organizational Diagnosis of Sports in Azad University of Shiraz through Employing Weisbord's Model**

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**Dr. Mahdi Soleimani Farrokh:** Assistant professor, FLAME University, India.

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**Hasan Jabradinni:** Physical Education Teacher in Schools of Gerash, Iran.

### **Abstract:**

The present study aims to study the Organizational Diagnosis of Sports in Azad University of Shiraz through employing Weisbord's Model.

### **Methodology:**

The descriptive – survey method was employed. The population consists of all faculties (400), staff (365) and students (19000) Azad University in Shiraz province. The Krejcie and Morgan Table used to determine the sample size. 196 Faculties, 191 staff and 377 students were selected randomly as the research sample. The data gathering tool in this research was a questionnaire with 30 questions, whose questions were designed based on the Weisbord's model.

### **Findings:**

One-sample t-test was used to analyze the research data by using SPSS software version 20. The results showed that sports in all components including purpose, structure, relationships, helpful mechanism, rewards and leadership from the perspective of faculties staff and students is below the average level of 3, which indicates the unfavorable situation.

**Keywords:** Diagnosis, Sports, Leadership, Organizational Structure, Islamic Azad University

### **Introduction:**

Exercise and physical activity, is an important component of a healthy lifestyle (Ziaieian, 2016). Physical activity, beyond physical effects, causes positive social and psychological consequences among individuals. (Salehi and Haftadar, 2016). Linking people to physical activity and sports has positive effects on physical fitness, well-being, and health. (Mohebbi and Mohammadi, 2011). With these interpretations, it is not surprising that the policies of developed countries tend to expand physical activity in their communities. (Ziaian, 2016).

To improve sports in society, educational centers, including universities and schools, have a decisive role in education and sports (Zare et al., 2015). This means that universities and schools have a vital role for people as they can direct them to institutionalize physical activity and sports throughout their lives (Shafiee and Hami, 2016).

Although educational centers, universities, and schools must play a decisive role, the world health organization (WHO) annual reports indicate that the lack of physical inactivity is the four-leading cause of death globally.

According to this reports, lack of physical activity is the cause of 6% of world deaths, followed by high blood pressure (3% of world deaths), smoking (9% of world deaths), and high blood sugar (6% of all deaths in the world).

Also there are 3.2 million deaths due to lack of activity, and out of every three adults in the world, only one is sufficiently active in sports (Salehi and Haftadar, 1395).

Therefore, the present study aims is to study the Diagnosis of Extracurricular Courses of Sport in Azad University of Shiraz through employing Weisbord's Model.

Seven sub-questions are indicated below to answer the main research question.

1. Does the organizational goal (Purpose) in sports of the Islamic Azad University of Shiraz in good condition?
2. Does the organizational structure in sports of the Islamic Azad University of Shiraz branch in good condition?
3. Does the organizational relation in sports of the Islamic Azad University of Shiraz in good condition?
4. Does the helpful mechanism in sports of the Islamic Azad University of Shiraz in good condition?
5. Does the leadership in sports in the Islamic Azad University of Shiraz branch in good condition?
6. Does the payment and reward in sports in the Islamic Azad University of Shiraz branch well?
7. Dose sports in the Islamic Azad University of Shiraz in good condition?

### **Methodology:**

The descriptive – survey method was employed. The population consists of all faculties (400), staff (365) and students (19000) Azad University in Shiraz province. The Krejcie and Morgan Table used to determine the sample size. 196 Faculties, 191 staff and 377 students were selected randomly as the research sample. The data gathering tool in this research was a questionnaire with 30 questions, whose questions were designed based on the Weisbord's model.

After distributing the questionnaires, 359 questionnaires among students, 187 questionnaires among faculties, and 170 questionnaires among staff were collected and analyzed.

In this study, the Weisbord questionnaire was used to collect the data. The questionnaire consists of 30 questions in 6 sections including leadership (5 questions), reward (5 questions), helpful mechanism (5 questions), structure (5 questions), purpose (5 questions), and relationships (5 questions).

**Table 1. Cronbach's alpha is used to assess the reliability of a questionnaire**

<b>Title</b>	<b>Coefficient of Cronbach's alpha</b>
Leadership	0.82
Reward	0.84
Helpful Mechanism	0.87
Structure	0.86
Purpose	0.88
Relationships	0.84
All together	0.83

Descriptive statistics and inferential statistics were used to analyze the research data. In descriptive statistics, frequency, percentage, mean and standard deviation were used, and in inferential statistics, Kolmogorov-Smirnov methods were used to determine the normality of the data. Also, a one-sample t-test was used to evaluate the status of the identified Organizational Diagnosis of sports. The output data were analyzed by utilizing IBM SPSS Statistics 20 software.

### Findings:

#### Description of demographic characteristics

##### A. Demographic characteristics of students:

60.1% of students in the present study were men and 39.3% were women. Also, 68.2% of the research samples were Associate Degree and bachelor students, 23.4% were post graduate (master) students and 8.4% were PhD students. The results showed that 63.8% of students were single and 36.2% were married.

##### B. Demographic characteristics of professors:

75.4% of the professors in the present study were men and 24.6% were women. Also, 55.1% of the professors in the present study had a doctoral degree, 19.3% were pursuing their PhD and 25.7% had a master's degree. The results of the present study showed that 87.2% of professors were single and 12.8% were married.

##### C. Demographic characteristics of employees:

75.3% of the staff was male, and 24.7% were female. Also, 32.9% of the staff in the present study had a diploma, 33.5% had an associate degree, 21.2% bachelor's degree, and 12.4% master's degree and above. The current study results showed that 89.4% of employees were single, and 10.6% were married.

**Table 2. Purpose in Sports of Azad University of Shiraz**

Point of view	Mean	Standard Deviation	t	Sig	Status
Students	2.17	0.350	44.620	0.001	Undesirable
Staff	3.36	0.979	4.900	0.001	Favorable
Faculties	2.46	0.548	13.294	0.001	Undesirable

The finding of Table 2 shows that from the perspective of students and faculties, the "Purpose" in sports of the Islamic Azad University of Shiraz is unfavorable. Still, from the staff's perspective, the "Purpose" is in a favorable condition.

**Table 3. Structure in Sports of Azad University of Shiraz**

Point of view	Mean	Standard Deviation	t	Sig	Status
Students	2.55	0.493	16.757	0.001	Undesirable
Staff	3.47	1.071	5.757	0.001	Favorable
Faculties	2.77	0.536	5.644	0.001	Undesirable

The finding of Table 3 shows that from the perspective of students and faculties, the "Structure" in sports of the Islamic Azad University of Shiraz is unfavorable. Still, from the staff's perspective, the "Structure" is in a favorable condition.

**Table 4. Relationships in Sports of Azad University of Shiraz**

Point of view	Mean	Standard Deviation	t	Sig	Status
Students	2.53	0.485	17.999	0.001	Undesirable
Staff	3.44	0.974	5.963	0.001	Favorable
Faculties	2.70	0.508	7.858	0.001	Undesirable

The finding of Table 4 shows that from the perspective of students and faculties, the "Relationships" in sports of the Islamic Azad University of Shiraz is unfavorable. Still, from the staff's perspective, the "Relationships" is in a favorable condition.

**Table 5. Helpful Mechanism in Sports of Azad University of Shiraz**

Point of view	Mean	Standard Deviation	t	Sig	Status
Students	2.23	0.385	37.798	0.001	Undesirable
Staff	3.31	1.067	3.851	0.001	Favorable
Faculties	2.41	0.441	18.135	0.001	Undesirable

The finding of Table 5 shows that from the perspective of students and faculties, the "Helpful Mechanism" in sports of the Islamic Azad University of Shiraz is unfavorable. Still, from the staff's perspective, the "Helpful Mechanism" is in a favorable condition.

**Table 6. Leadership in Sports of Azad University of Shiraz**

Point of view	Mean	Standard Deviation	t	Sig	Status
Students	2.29	0.277	48.389	0.001	Undesirable
Staff	3.51	1.058	6.289	0.001	Favorable
Faculties	2.39	0.357	23.061	0.001	Undesirable

The finding of Table 6 shows that from the perspective of students and faculties, the "Leadership" in sports of the Islamic Azad University of Shiraz is unfavorable. Still, from the staff's perspective, the "Leadership" is in a favorable condition.

**Table 7. Reward in Sports of Azad University of Shiraz**

Point of view	Mean	Standard Deviation	t	Sig	Status
Students	2.41	0.522	21.208	0.001	Undesirable
Staff	3.54	0.930	7.580	0.001	Favorable
Faculties	2.52	0.548	11.784	0.001	Undesirable

The finding of Table 7 shows that from the perspective of students and faculties, the "Reward" in sports of the Islamic Azad University of Shiraz is unfavorable. Still, from the staff's perspective, the "Reward" is in a favorable condition.

Organizational Diagnosis of Sports in Azad University of Shiraz has appropriate Model-Fit.

The result shows a perfect data to model fit and usefulness of the model to carry-out instant organizational diagnosis.



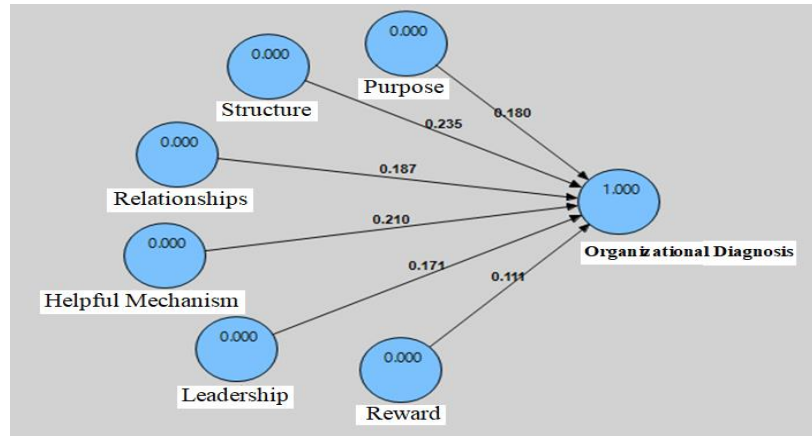


Figure 1. Model-Fit

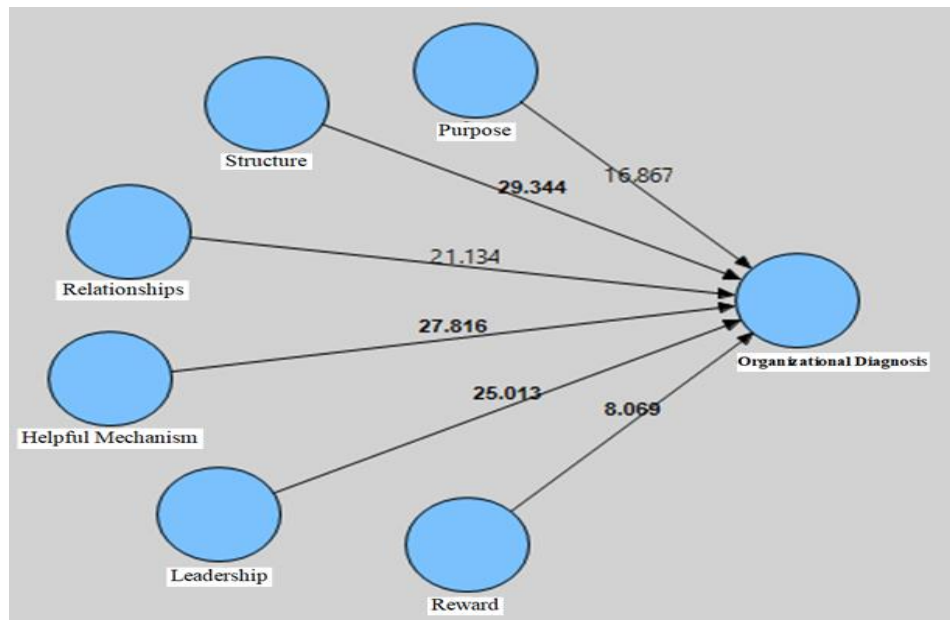


Figure 2: Significance coefficients t

The results of the present study showed that the organizational structure with an impact rate of 0.235 is the most crucial factor in Organizational Diagnosis of Sports at Azad University of Shiraz.

**Discussion and Conclusion:**

The result of the first question of the research showed that from the perspective of students and faculties, the "Purpose" in sports of the Islamic Azad University of Shiraz is unfavorable. The results of this hypothesis also showed that the "Purpose" is in a favorable condition from the staff's perspective. The research results are consistent with some researches in the country (Shafiee and Hami, 2016). In interpreting this result, we can say that the lack of showing and presenting purpose in sports of the Islamic Azad University of Shiraz has caused students to be unfamiliar with the mentioned purpose. This has caused them to evaluate the purpose in sports as undesirable.

As Staffs are more familiar with sports programs, this has caused them to evaluate the purpose of the University's sports in favorable conditions. Still, due to their busy schedules and conflicts, the faculties are not familiar with the sports goals, so from their point of view, the purpose of sports in the University is unfavorable conditions.

The result of the second question of the research showed that from the perspective of students and professors, the structure in sports of the Islamic Azad University of Shiraz is unfavorable. The results of this hypothesis also showed that from the employees' point of view, the structure in sports of the Islamic Azad University of Shiraz is favorable. In some research, the lack of a coherent system for sports development in the university is identified as one of the most important problems (Zare et al., 2015; Bell et al., 2018).

The reason for the findings of this study is the lack of familiarity with the structural programs of the Islamic Azad University and the lack of accurate, comprehensive, and timely information to students and even professors. Employees have a favorable view due to more familiarity and being in the organizational structure

The result of the third question of the research showed that from the perspective of students and professors, communication in sports in the Islamic Azad University of Shiraz is in an unfavorable situation. This hypothesis also showed that relationships in sports at the Islamic Azad University of Shiraz are favorable from the employees' point of view. Some studies with similar findings have shown that relationships in universities are weak in all areas, which is due to the existence of public relations a problem (Sinki et al., 1390; Galvin 2015). In interpreting this hypothesis, it should be noted that the Islamic Azad University of Shiraz staff has more use of the University's sports facilities than students and professors. Due to the presence of employees in sports activities, the communication situation was in a favorable condition from their point of view.

On the other hand, students and professors have perceived the condition of relationships in sports of the University as unfavorable due to the lack of regular participation in sports activities.

The result of the fourth question of the research showed that from the perspective of students and professors, the helpful mechanism in sports of the Islamic Azad University of Shiraz is in an unfavorable situation. The results of this hypothesis also showed that the helpful mechanism in sports of the Islamic Azad University of Shiraz is favorable from the employees' point of view. Some researchers consider the lack of coordination in sports as one of the most critical problems of university sports (Parida et al., 2018, Shafiei and Hami, 2016). In interpreting this result, we can say that due to the continuous presence in the University, the staff should have complete information about sports programs and coordination regarding sports in the Islamic Azad University of Shiraz. This issue has caused the helpful mechanism in sports to be favorable from the staff's perspective. On the other hand, students and professors do not have sufficient and complete information about the status of helpful mechanisms in sports of the University due to the lack of sports programs and their regular participation in sports activities.

The result of the fifth question of the research showed that from the perspective of students and professors, the leadership in sports of the Islamic Azad University of Shiraz is in an unfavorable situation. This hypothesis also showed that from the staff's perspective, the leadership in sports of the Islamic Azad University of Shiraz is in a favorable position. Several studies confirm this result (Sinki and Seyed Naghavi, 2016; Gary 2016). In interpreting this result, we can say that the uncertainty of the organizational structure in sports

of the Islamic Azad University of Shiraz has caused the leadership situation in sports of this university to have ambiguous conditions. This issue has forced students and professors not to have complete information about the leadership status in sports of the Islamic Azad University of Shiraz Branch and to report these unfavorable conditions because they do not regularly participate in the sports activities of the university. Also, due to participation in the university's sports programs, the employees should understand the situation better, which ultimately leads to the point that the leadership in sports of the Islamic Azad University of Shiraz is in a favorable condition from their point of view.

The findings of the sixth question of the research showed that from the perspective of students and professors, reward in sports of the Islamic Azad University of Shiraz is unfavorable. The results of this hypothesis also showed that the reward in sports of the Islamic Azad University of Shiraz is favorable from the employees' point of view. Some studies confirm this result and believe that reward in the University's sports is an essential need for sports development and needs further planning and improvement (Smallowitz, 2014; Phillips, 2013). In interpreting this hypothesis, we can say that the lack of appropriate reward in the University have caused rewards in sports to be in unfavorable conditions. Staff due to their greater participation in the University's sports programs, has a better understanding of the reward in sports. This matter has led to the point that the reward in sports of the Islamic Azad University of Shiraz is favorable from the staff's perspective.

Organizational Diagnosis of Sports in the Azad University of Shiraz has appropriate Model-Fit.

Organizational structure with an impact of 0.235 is the most crucial factor in Organizational Diagnosis of Sports in the Azad University of Shiraz. The organizational structure due to the creation of organizational discipline and the vital role in improving organizational planning in sports causes enhancement in the sport of Islamic Azad University of Shiraz.

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## **The Actual Status of the University of Fire Fighting and Prevention's Men's Volleyball Team's Short Spiking Technique**

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**Bui Nhan Duc:** Faculty of Military, Martial Arts, Sports

### **Abstract:**

Based on the assessment of the actual status of the University of Fire Fighting and Prevention's men's volleyball team's short spiking technique, the topic selects 3 evaluation tests and 15 exercises which is suitable to apply in training in order to improve the effectiveness of the short spiking technique and also help to improve the training efficiency of the University of Fire Fighting and Prevention's men's volleyball players.

**Keywords:** technique; spiking; short spiking; volleyball.

### **Introduction:**

In Volleyball, hard spiking may not be effective. With the tight blocking of the opponent and the predictable direction of the ball, it's hard to create unexpected situations for the opponent's defense. Therefore, it is very important to change tactics in offensive and counter-attack situations. Making quick, lightning and surprising attacks to win important points is the most important things of Volleyball teams. Especially today, when the height, bouncing power, and level of athletes increase, the trend of fast attack becomes more and more important.

Spiking is often used in position 3 and 4, because these positions are very convenient in offense as well as counter-attack. It is near the 2nd pass and also the center to organize attacks and coordinate fast and diverse, with the wide hitting angle and can hit the ball in many different directions.

In order to develop the competition record for the University of Fire Fighting and Prevention's men's volleyball players, studying to select effective advanced exercises to perform the short spiking technique is a practical and appropriate to the training and competition level of the team.

### **Research Methods:**

In the study, the following methods were used: document analysis and synthesis, interview, pedagogical observation, pedagogical test, and statistical mathematical method. 20 volleyball coaches, lecturers, and 20 students of the volleyball team were interviewed to assess the actual status of short spiking technique.

### **Research results:**

The actual status of the short spiking technique of the University of Fire Fighting and Prevention's men's volleyball team.

To find out the actual status of the short spiking effectiveness compared to other spiking techniques of the University of Fire Fighting and Prevention's men's volleyball team, we observed 5 matches in the 2019 Hanoi Open Student Volleyball Tournament at Hanoi University of Science and Technology. The results are shown in the Table 1.

**Table 1. Statistical results of the degree of utilization and effectiveness of offensive techniques of University of Fire Fighting and Prevention's men's volleyball team at the 2019 National Student Championships**

Number of matches	Ball hitting technique	Number of times performed	Ratio %	Number of points scored	Ratio %
5	Line and Cross number 4	169	22.8	90	53.2
	Line and Cross number 2	146	18.6	65	44.5
	Fast ball smash number 3	95	19.7	55	57.8
	Long spiking number 4	56	7.5	20	35.7
	Short spiking	135	18.2	48	35.5
	Average ball smash	75	10.1	50	66.6
	Other types of smash	65	8.7	10	15.3
Total		741		338	

The results in Table 1 show that in 5 matches of the University of Fire Fighting and Prevention's men's volleyball team, the short spiking technique was used 135 times, with a scoring efficiency of 48 points and rate 35.5%. The short spiking is used more than other spiking techniques, but the efficiency is not high. This technique is used a lot by high-level athletes in training and competition.

In actual volleyball competition, male students can use many different attack techniques, the ultimate aim is to gain points. The problem is that with any technique students need to have perfect technique, full physical strength, ingenuity and strong competitive mentality to maintain stability and efficiency in competition. In order to have a practical basis for selecting the exercise system, we conducted actual observations of 5 matches, each of which was played in 5 rounds by the male student team on the effectiveness of the short spiking technique in the 2019 Hanoi Open Student Volleyball Tournament at Hanoi University of Science and Technology. The results are presented in Table 2.

**Table 2. Technical efficiency of short spiking of the University of Fire Fighting and Prevention's men's volleyball players**

Number of matches	The match	Total number of hits	Quality of performance					
			Ace		Broken		Other levels	
			Time	%	Time	%	Time	%
5	I	55	23	41.8	18	32.7	14	25.5
	II	45	14	31.1	19	42.2	12	26.7
	III	23	7	30.4	10	43.5	6	26.1
	IV	12	3	25	6	50	3	25
	V	6	1	16.7	3	50	1	16.7

Through Table 2, we can see that the effectiveness of the University of Fire Fighting and Prevention's men's volleyball players' short spiking through each round of the game is remarkable decreased. The spiking efficiency in the first round was 41.8%, in the fourth round it was 25% and declined to 16.7% in the fifth round. Meanwhile, the number of broken hits also increased to 32.7% in the first round and to 50% in the fourth and fifth rounds.

To determine the dominant factors to the effectiveness of the short spiking, we observed and discussed with coaches, experts and lecturers about the influence of factors on the short spiking. The results are presented in Table 3.

**Table 3. Dominant factors to the effectiveness of the short spiking**

Dominant factor	Physical strength		Technique		Mentality	
	Good	Not good	Good	Not good	Good	Not good
Effectiveness	13	7	13	7	11	9
Rate %	65	35	65	35	55	45

Table 3 shows that 13 athletes perform short spiking with high effectiveness due to the good physical strength, it accounts for 65%, 13 athletes with good technique account for 65%, and 11 athletes with good mentality account for 55%. Others are athletes with not good physical strength, technique, and mentality.

In volleyball practice and competition, Mentality is as important as technique and physical strength. When competing, players often have different mental states at different times of the match. Some individuals have the ability to regulate their psychological state in a certain time. However, most of them do not have that ability, which leads to unstable psychological states for a long match. This often occurs in young people who rarely compete or have low qualifications. They are often nervous, hasty, unconfident...so that technical and tactical performance is inaccurate and has low effectiveness especially at the end of each half and at the end of each match.

### **The actual status of spiking effectiveness of the University of Fire Fighting and Prevention's men's volleyball team**

Firstly, we conducted an interview to select the test, the rule is to choose only tests with the interview results reaching from 70% of the answers with agreement to evaluate the effectiveness of the short spiking for the University of Fire Fighting and Prevention's men's volleyball team. Interviews were conducted with 20 people (including coaches, experts, and lecturers) from centers, clubs and universities across the country. After evaluating the tests' reportability and reliability, 3 tests were obtained to evaluate the effectiveness of the University of Fire Fighting and Prevention's men's volleyball team. From there, we evaluated the effectiveness of the spiking technique through Table 4.

**Table 4. Comparison of the research subjects' short spiking effectiveness after 1 month of practice**

TT	Test	Initial (n = 20)		After 1 month (n = 20)		Comparision	
		$\bar{x}$	$\pm\sigma$	$\bar{x}$	$\pm\sigma$	t count	p
1	Jump with momentum (cm)	311.0	6.9	312.0	6.5	0.33	>0.05
2	Short spiking into the specified box 10 times (mark)	78.0	3.62	80.0	3.65	0.61	>0.05
3	Spiking at position 4 into the specified box 10 times (mark)	81.0	4.08	82.0	3.59	0.58	>0.05

The results obtained in the table show that  $t_{count} < t_{table}$  at the probability threshold  $p \leq 0.05$  with all test results. This shows that the University of Fire Fighting and Prevention's men's volleyball players' spiking effectiveness does not show a significant statistical difference. In other words, the effectiveness has not improved significantly. In addition, by directly observing the team's trainings and interviews...we found that the priority time for each physical training session is from 20 to 30 minutes. This is the reason for limiting the use of exercises with short spiking technique of the University of Fire Fighting and Prevention's men's volleyball players when there is a lot of physical content to practice.

**Conclusion:**

Through researching the actual status of the short spiking training of the University of Fire Fighting and Prevention's men's volleyball players, we found that:

The application of the short spiking technique is still little, especially in the last halves, the reason is that male students have not dared to apply this technique in competition;

The hitting force is not strong and the effectiveness is not high. This is due to reduced physical strength when competing for a long time, unstable psychology, limited dexterity and coordination ability;

Therefore, through 3 tests we see that the short spiking effectiveness was low, the exercises did not have enough time to meet the requirements in training process according to the development trend of modern volleyball in short spiking training.

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## **Students' Awareness of the Importance of Sports Activities and the Expectation of Improving Students' Awareness of the Role of Sports Activities**

**Nhac Nguyen:** University of Education – TNU – VN

### **Abstract:**

Using conventional scientific research methods, we conducted the research on: Students' activeness of sports practice and their awareness of the importance of sports activities in Thai Nguyen University on 3 levels: Regular, Occasional and evaluated on various types of student sports movements including: sports teams; university clubs; off-campus clubs; instructed group practice; group practice without instruction; Students' awareness of the importance of sports movements and the expectation of raising students' awareness of the role of sports practice. These played as a basis to propose solutions to develop sports movements for students of Thai Nguyen University.

**Keywords:** affecting factors, sports movements, students, Thai Nguyen University.

### **1. Statement of the Problem:**

Currently, sports movements are developed strongly in both quantity and quality for people in general. However, sports movements for students in the university are very weak and have not developed as expected. What has influenced the development of the student's sports movement? In the previous article, we presented the research results on the group of students who participated in sports movements and the group of students who did not participate in sports movements. The group which participated in sports movements had a better strength than the group of students who did not participate in sports movements. So what factors influenced this situation? If we could identify the influencing factors, we would have a scientific basis to search and choose suitable solution for the development of sports movements in universities.

In fact, there are many factors affecting the development of sports movements for students of Thai Nguyen University. Within the scope of this article, we focused on the factors that were decisive and directly related to the participants in the sports movements, which is: Students' awareness of the importance of the sports movement and expectation to raise their awareness of the role of sports movement.

The research used the following methods: Document analysis and synthesis; interview, seminar; pedagogical observation and mathematical statistics.

The survey was conducted at 07 universities affiliated to Thai Nguyen University: University of Education; University of Information and Communication Technology; University of Agriculture and Forestry; University of Medicine and Pharmacy; University of Economics and Business Administration; University of Technology; University of Sciences.

Research duration: 2nd semester of academic year 2018 - 2019.

The study was conducted on 2800 female students and 2800 male students (Number of survey samples: 100 female students and 100 male students/a course).

**2. Findings and Discussion:**

**2.1. The sports activeness of Thai Nguyen University students**

To determine the student's activeness in sports practice, this study investigated the different types of student's sports movements, including:

- 1- Group practice without instruction
- 2- Practice in groups with instruction
- 3- Clubs outside of campus
- 4- Club on campus
- 5- Sports teams

The student's activeness in physical exercise was determined at three levels: Regular; Occasional; None.

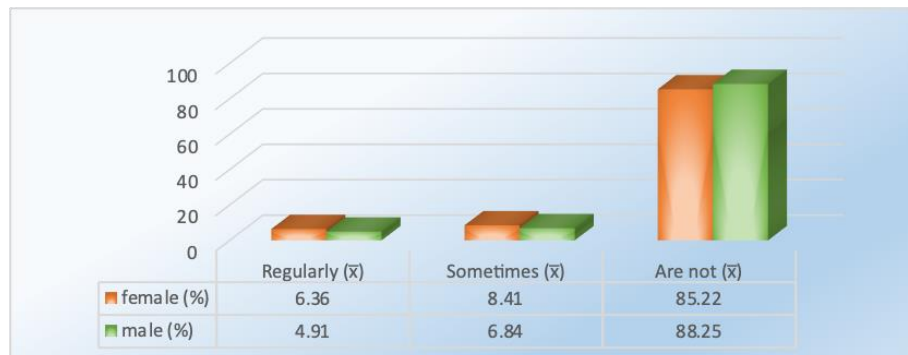
In 05 groups, the higher the percentage of students who chose regular, the higher the student's activeness in sports practice and the more positive influence it has on the development of sports movement.

The higher the percentage of students who chose not to practice sports, the lower the student's active participation in sports practice and the less positive influence it has on the development of sports movements.

**Table 1. Students' active participation in sports movement**

Student's activeness		Kinds of sports practice and number of students										$\bar{x}$
		1		2		3		4		5		
		Mi	%	Mi	%	Mi	%	Mi	%	Mi	%	
Female (n=2800)	Regular	0	0	35	1.25	0	0	489	17.46	367	13.11	6.36
	Occasional	21	0.75	70	2.5	0	0	565	20.18	522	18.64	8.41
	None	2779	99.25	2695	96.25	2800	100	1746	62.36	1911	68.25	85.22
	$\Sigma$	2800	100	2800	100	2800	100	2800	100	2800	100	0.00
Male (2800)	Regular	0	0	42	1.5	0	0	390	13.93	255	9.11	4.91
	Occasional	35	1.25	140	5	0	0	438	15.64	345	12.32	6.84
	None	2765	98.75	2618	93.5	2800	100	1972	70.43	2200	78.57	88.25
	$\Sigma$	2800	100	2800	100	2800	100	2800	100	2800	100	0.00

The results in Table 1 show that the rate of regular exercise in all 5 categories was very low, not practicing sports accounted for a very large percentage. This situation reflected that the activeness in sports practice was not high, which meant that the influence on campus sports movement was very weak. We can see this situation more clearly in Figure 1.

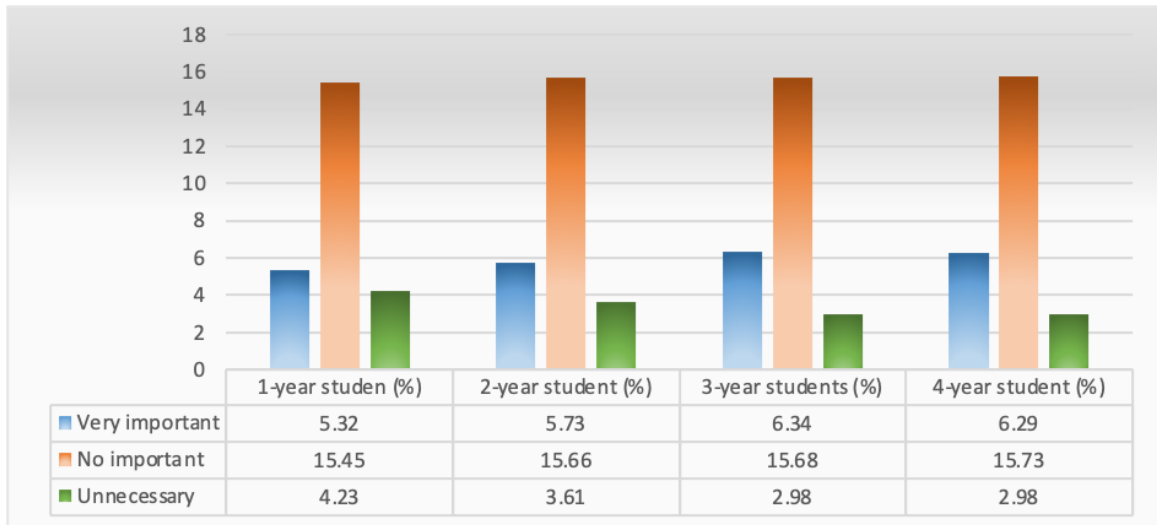


**Figure 1. Activeness in sports practice of TNU students**

Figure 1 shows that in regular and occasional category, the percentage was very low; The percentage of students who did not participate in sports practice was very large (female: 85.22% and male: 88.25%). This result proved that the students' activeness in sports practice was not high. If this situation did not improve, it would be difficult to develop the student's sports movement. We defined students' perception as a decisive factor to this issue.

**2.2. Students' perception of the role of sports practice movement**

Researching on students' perception of the role of sport movement, we interviewed 2,800 female students and 2,800 male students at O3 levels: sports practice is very important; sport practice is not important and sports practice is unnecessary. We can see the results presented in Figure 2.



**Figure 2. Students' awareness of sports movements in TNU**

Figure 2 shows that students did not appreciate the importance of sports movements, and mainly perceive the role of sports movements as normal; this rate in courses was less than 20%. This was probably one of the factors that negatively affected the activeness of sports practice and the development of sports movements.

To assess the expectation of raising students' awareness of the role of sports movement in Thai Nguyen University, we applied the X2 index to test the hypothesis. The results are presented in Table 2.

**Table 2. Expectation to raise students' awareness of the role of sports movement at Thai Nguyen University**

Students' awareness of sports movement	TNU students (n=5600)										X <sup>2</sup>	P
	First-year		Second-year		Third-year		Forth-year		Σ			
	Mi	%	Mi	%	Mi	%	Mi	%	Mi	%		
Very important	298	5.32	321	5.73	355	6.34	352	6.29	1326	23.68	24.25	<0.001
Normal	865	15.45	877	15.66	878	15.68	881	15.73	3501	62.52		df
Unimportant	237	4.23	202	3.61	167	2.98	167	2.98	773	13.80		
Σ	1400	25.00	1400	25.00	1400	25.00	1400	25.00	5600	100		6

Table 2 shows value calculated  $X^2 > \text{table } X^2$  with  $P < 0.001$ . Thus, the expectation of raising students' awareness of the role of sports practice is completely appropriate.

Through the research results on the expectation of raising students' awareness of the role of sports movement, we hope that, if students have a more positive perception about the role of the sports movement, sports movement will be promoted.

### 3. Conclusion:

- Through the study on evaluating the activeness in sports practice of Thai Nguyen University students when participating in various types of sports movements on 3 levels: Regular, Occasional and evaluated on types of student's sports movements including: Sports teams; university clubs; off-campus clubs; group practice with instruction; group practice without instruction. The findings show that the percentage of regular practice in all 05 types was very low, the percentage of not practicing sports was still large. This situation reflected that students' active participation in sports was not high, so the university sports movement was not successful.

- Students did not appreciate the importance of sports movements, and mainly perceive the role of sports movements as normal; this rate in different courses was less than 20%. This was likely to be one of the factors that negatively affected the activeness in sports practice and the development of sports movements.

- Assessing the expectation of raising awareness for students of the role of sports movement at Thai Nguyen University shows that: The value of calculated  $X^2 > \text{table } X^2$  with  $P < 0.001$ . Thus, the expectation of raising awareness for students of the role of sports practice is completely appropriate.

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The article is extracted from the doctoral thesis in education "Research on solutions to develop sports movements for students of Thai Nguyen University". Author: Nguyen Nhac. The thesis is expected to be defended in 2022.

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## Assess the Situation of the Sports and Physical Training in the Urban Residential Areas of Bac Ninh Province

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### Abstract:

Through analyzing 6 principles, showing an Assess the Situation of the Sports and Physical Training in the urban residential areas of bac ninh province, it was discovered that the rate of people who practice sports regularly differs from 32.9% to 36.8% but still remains at a low level compared to the world; The percentage of sports families is from 25.8% - 27.4%; The number of sports and sports rewards is 1.5 to 3 times higher than the average, but it still depends on many states and could not investment from social organizations; The rate of collaborators in sports is still low with about 10,000 people, only 7.3 collaborators, and this object is funded by the state, could not volunteers to teach and guide people to practice; The number of clubs, places and sports groups is small with about 271.3 people - 814.7 people/club; The total number of Sports and Physical Training building in urban residential areas accounts for 64.9% of the province. However, there are 3139.2 people who can only use one sports building.

**Keywords:** Trend, Sports and Physical training, Mass, Urban, Residential area, Bac Ninh.

### Question:

Urban residential areas Bac Ninh province include 8 units including: Bac Ninh city (Urban type I), Tu Son city (Urban type III); and 6 urban towns of type V. According to the assessment of Nguyen Thi Xuan Phuong, (2020), in the topic: “Model of mass of the Sports and Physical Training improvement in urban areas, under the Ministry of Science and Technology Program: Research on mass Sports and Physical Training to meet the needs of sustainable change.”, The Ministry of Culture, Sports and Tourism, over the previous time, the mass sport development in Bac Ninh Province has achieved the following successes. Despite certain achievements, there are still many limitations, not really achieving results according to the principles of the Ministry of Culture, Sports and Tourism, significantly influencing the efficiency of mass Sports and Physical Training activities in the province. We find that it is necessary to assess the current situation of mass Sports and Physical Training movement in urban residential areas of Bac Ninh province, thereby finding an appropriate solution to improve the efficiency of this activity is an essential task.

### Research Method:

Using the method of analysis and synthesis of documents to study data on the mass Sports and Physical Training of Bac Ninh province and the entire country from reliable reference sources such as documents regulations of the Ministry of Culture, Sports and Tourism; General Board of Sports; Department of Mass Sports, Department of Culture, Sports and Tourism of Bac Ninh Province, studying, relating and evaluating the mass Sports and Physical Training movement in urban residential areas of Bac Ninh Province.

The method of interview and review, using interviews with 20 officers from the Department of Culture, Sports and Tourism of Bac Ninh Province, the Department of Culture and Information of Bac Ninh City to determine the consistency between the units in the entire country. The province assesses the mass Sports and Physical Training development according to 6 principles published by the National Assembly and the Ministry of Culture, Sports and Tourism, including: percentage of people who practice physical exercises and sports; Proportion of sports families; Number of physical exercise and sports collaborators; Number of clubs, place, sports groups; Number of sports facilities; Number of sports events held annually.

### Research Results:

#### 1. Assessment of Sports and Physical Training activities in urban areas of Bac Ninh Province (principles 1, 2, 3)

According to the 2021 cases of Bac Ninh Province, the total population of the province is 1,368,840 people. The province's urban population is 376,700 people, accounting for about 27.5%. Using the conference approach combined with the method of analyzing and incorporating documents, to make statistics on the current status of the mass sport movement in urban residential areas according to 6 principles. The following results:

**Table 1. Actual situation of Sports and Physical Training activities in urban residential areas of Bac Ninh Province (Data for 2021)**

Principles	Bac Ninh City	Tu Son City	Tien Du	Que Vo	Yen Phong	Thuan Thanh	Luong Tai	Gia Binh	Social average*
Percentage of regularly exercisers (%)	35.3	36.8	34.7	32.9	33.5	33.1	33.2	33.4	34.4
Percentage of family sporting (%)	26.6	27.4	27.2	25.8	26.3	26.1	26.4	26.6	25.6
Number of sports prizes (prizes)	13	9	7	7	7	7	7	7	3

We can see analytical results in Table 1

#### \*Criterion 1: Percentage of people who practice Sports and Physical Training oftently

If compared with the internal average of 34.4%, the rate in urban residential areas in Bac Ninh province is higher with the lowest data got in Que Vo with the percentage of people who exercise at 32.9% and the highest is Tu Son City with the rate of 36.8%. Bac Ninh city ranked second with the analytical rate of 35.3%. The remaining towns also achieved a high rate of 33.1% - 33.5%. However, if linked with China (38.7%) scored in 2006, and the US (43.3%) this percentage is much lower [4].

**\* Principle 2: Percentage of sports families**

The percentage of sports families in urban residential areas in Bac Ninh province is the lowest at 25.8% but still higher than the national average of 25.6%. The living towns all reached the rate of >26%, especially Tu Son City had the highest percentage of families practicing Sports and Physical Training at 27.4%. However, it can be seen that compared with the percentage of people who practice sports regularly from 32.9% - 36.8% while the rate of sports families only charges for 25.8% - 27.4%, which is a very disparate rate. That means there are still many people who cannot practice and many families, only a limited part can do.

**\* Principle 3: Number of sports tournaments held**

The number of Sports and Physical Training tournaments held at the Bac Ninh city level is the highest with 13 prizes/year. Second place is Tu Son City with 9 prizes/year. The remaining towns with the number of sports tournaments won 7 prizes/year. If compared with the national average, 1.5 to 3 times higher.

However, it can be seen that the number of tournaments organized is still highly dependent on state agencies at all levels from town to province, has not promoted mass resources in financing and investing in race activities sport changes.

**2. Factors affecting mass Sports and Physical Training development in urban residential areas of Bac Ninh Province (Principles 4, 5, 6)**

**Criterion 4: Ratio of Sports and Physical Training collaborators**

Criterion 4 is determined by the percentage (%) of the total number of physical training and sports collaborators compared to the total population in the area. Giving to statistics in 2021, the number of sports collaborators in urban residential areas in Bac Ninh province is 275 people, so the rate of collaborators is 0.00073 percent. According to the 2021 report of the General Department of Sports, the entire country has 66,294 sports collaborators. On average, over 98.51 million Vietnamese people, the percentage of sports collaborators in the country is  $\approx 0.00067\%$ . Thus, the percentage of sports collaborators in the urban residential area of Bac Ninh Province is not higher than the national rate. However, if you consider that there are 7.3 sports collaborators for every 10,000 people, it can be seen that this is a very low rate, moreover, this team is funded by the state and could not mobilize volunteer collaborators to teach and guide people to practice Sports and Physical Training.

**\* Principle 5: Number of clubs, places, sports groups**

Grassroots sports clubs are voluntary associations established in communes, wards, townships, agencies, organizations, units of the armed forces, schools and activities. Business organizations of sports and physical training activities are enterprises, business families and other organizations involved in the business of Sports and Physical Training activities.

**Table 2. Number of clubs, places and sports groups in urban residential areas of Bac Ninh Province**

	Bac Ninh City	Tu Son City	Tien Du	Que Vo	Yen Phong	Thuan Thanh	Luong Tai	Gia Binh
The number of Clubs	392	375	18	22	23	24	16	17

Urban population	200,285	101,755	13,055	9,504	18,738	14,365	10,795	8,203
Number of people/club	510.9	271.3	725.3	432.0	814.7	598.5	674.7	482.5

Statistical results show that the number of clubs, places, and sports groups in urban residential areas in Bac Ninh province is still small, reflected in the total number of urban residents participating in 1 sport club is still high with an average average from 271.3 people to 814.7 people/club.

**\* Principle 6: Statistics of sports building**

**Table 3. Statistics of sports building in urban residential areas of Bac Ninh Province**

	Bac Ninh City	Tu Son City	Tien Du	Que Vo	Yen Phong	Thuan Thanh	Luong Tai	Gia Binh
Outdoor practice ground	31	12	3	1	5	3	3	4
Gymnasium	22	16	2	1	3	2	2	2
Swimming-pool	8	5	1	0	1	1	1	1
Sum	51	33	6	2	9	6	6	7
General	120							
Urban population of Bac Ninh province	376.700							
Number of people/sports building	3139.2							

Numerical results show that according to the statistical report of the Department of Culture, Sports and Tourism of Bac Ninh Province, the total number of sports buildings in the province reached 185, while 8 urban residential areas had 120 works accounted for 64.9%. However, there are nearly 3139.2 people who can only use a sports buildings. It can be seen that this is a very low rate and not enough for people to practice.

In addition, according to the results of interviews with officials of the Department and the Culture and Sports Department, the facilities and a number of cultural and sports buildings are lacking, degraded, not up to standards, exploited and used inefficient facilities with the ratio of good facilities only 0% - 24.2%. There are 3 category 5 towns that do not have good sports facilities. This is a difficult problem that requires all levels of government to intervene in order to improve the quality of facilities, thereby improving the efficiency of mass Sports and Physical Training activities in urban areas of Bac Ninh province.

**Conclusion:**

- The percentage of people who practice Sports and Physical Training is higher than the entire country, but still low compared to the region and the world
- The proportion of sports families is higher than the national average. However, compared to the percentage of people who practice sports, the percentage of sports families is still different.



- The number of sports tournaments held is higher than the national average, but it still depends a lot on the state agencies that have not yet mobilized individuals or businesses to organize.

- The percentage of sports collaborators in the urban residential area of Bac Ninh province is higher than the national rate, but the state still has to pay the cost and has not yet mobilized volunteers.

- The number of clubs, places and sports groups in urban residential areas in Bac Ninh province is small, the ratio of people taking part in activities / 1 club is still high.

- The total number of sports facilities in urban residential areas accounts for 64.9% of the whole province. However, there are nearly 3139.2 people who may use a sports facility. This is a very low rate and is not enough for people to practice.

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## **Actual Situation of Extra-curricular Sports Activities of Students at Vietnam University of Traditional Medicine**

**Dang Danh Nam:** Vietnam University of Traditional Medicine

### **Abstract:**

Using methods of analyzing and synthesizing documents and interviews, we assessed the actual situation of: the participation level and training content, forms of organizing gifted sports training and the actual situation of organizing extra-curricular Vietnamese traditional martial arts training of students at Vietnam University of Traditional Medicine as a basis for building the extra-curricular program of Vietnamese traditional martial arts for students of the Academy of Traditional Medicine of Vietnam.

**Keywords:** Actual situation, Sports, Extra-curricular, Students, Vietnam University of Traditional Medicine.

### **1. Question:**

Vietnamese traditional martial arts is a martial art, the cultural quintessence of the Vietnamese nation, which is passed down from generation to generation. Throughout history, Vietnamese traditional martial arts have made great contributions to the work of national defense and development. At the Vietnam Academy of Traditional Medicine, with the major of Traditional Medicine, for students, in addition to the time spent on studying, the time spent on curricular physical education and sports training is very little. Therefore, practicing extra-curricular sports, including Vietnamese traditional martial arts, will be very useful and effective for the students themselves, for their families, the school and the whole society.

Over the years, at Vietnam University of Traditional Medicine, the work of physical education and sports training has been paid attention to and has achieved certain results. Many sports have been chosen for extra-curricular sports activities, including Vietnamese traditional martial arts. However, there are still many limitations and shortcomings due to many reasons. In particular, many students have not seriously and fully implemented the program under the direction of the Ministry of Education and Training, especially, extra-curricular activities for students are almost left abandoned. While the need to exercise, practice and the need for entertainment and communication of students are very great, only in-class physical education has not and will not be able to satisfy these needs. In order to develop the content for the extra-curricular Vietnamese traditional martial arts program for students of Vietnam University of Traditional Medicine, we conducted a study: Actual situation of extra-curricular sports activities of students at Vietnam University of Traditional Medicine.

### **2. Research Methods:**

The research process used the following methods: Analyzing and synthesizing documents, interview method and mathematical statistics method.

### **Respondents:**

1200 students from 04 university courses who are studying at the Vietnam University of Traditional Medicine. The respondents are randomly selected; 300 students are selected from each course. The results of interview responses are determined by 2 levels and evaluated

by percentage; 106 students at Vietnam University of Traditional Medicine participate in practicing extra-curricular Vietnamese Traditional Martial Arts.

Time and place of survey: October 2019, Vietnam University of Traditional Medicine.

### 3. Research Results and Discussion:

#### 3.1. Actual situation of the participation level and training content

The survey was conducted by interviewing 1200 students of 04 university courses with questionnaires. The statistical results are presented in Table 1.

**Table 1. Actual situation of the participation level and training content of extra-curricular sports activities of students at Vietnam University of Traditional Medicine (n=1200)**

No.	Content	Total		Gender			
		mi	%	Male (n=480)		Female (n=720)	
				mi	%	mi	%
<b>Participation level</b>							
1	Do not participate in extra-curricular activities	509	42.42	195	40.63	314	43.61
2	Participate in extra-curricular activities	691	57.58	285	59.38	406	56.39
<b>Content of extra-curricular sports activities</b>							
2.1	Soccer	128	10.67	88	18.33	40	5.56
2.2	Volleyball	61	5.08	35	7.29	26	3.61
2.3	Table Tennis	86	7.17	20	4.17	66	9.17
2.4	Basketball	56	4.67	25	5.21	31	4.31
2.5	Badminton	124	10.33	48	10.00	76	10.56
2.6	Athletics	90	7.50	61	12.71	29	4.03
2.7	Martial Arts	209	17.42	89	18.54	120	16.67
2.8	Swimming	28	2.33	10	2.08	18	2.50
2.9	Shuttlecock Kicking	113	9.42	45	9.38	68	9.44
2.10	Gymnastics (Gym, bars, Aerobics, Dance sport)	132	11.00	59	12.29	73	10.14
2.11	Others	44	3.67	19	3.96	25	3.47

Table 1 shows that the percentage of students participating in extra-curricular sports training was 57.58% out of the total number of students surveyed, the main subjects who participate in extra-curricular training were first and second year students.

Among 1200 students, the sports that were loved and practiced a lot by both male and female students are Martial Arts (17.42), Gymnastics (Gym, Aerobic, Dance sport, ...), accounting for 11.0%. These were also two contents included in the main physical education program, which have clubs organized in the University with training instructors. Other sports like Swimming, Soccer, Table Tennis, Volleyball, Chess, etc. had lower percentages of students participating in extra-curricular training, especially swimming. This is a very good sport for physical development but has a high level of danger, especially with limited participation conditions and it is a seasonal activity only.

### 3.2. Actual situation of the forms of training and organizing training activities

We assessed the actual situation of the forms of training and organizing extra-curricular training activities of students at Vietnam University of Traditional Medicine through interviews with questionnaires sent to 691 students who participated in the extra-curricular training. The statistical results are presented in Tables 2 and 3.

**Table 2. Actual situation of the forms of training and participation frequency of students at Vietnam University of Traditional Medicine (n=691)**

No.	Form	Participation level	Total (n=691)		Gender			
					Male (n=285)		Female (n=406)	
			mi	%	mi	%	mi	%
1.	Morning exercise	Frequently	114	16.50	34	11.93	80	19.70
		Infrequently	556	80.46	245	85.96	311	76.60
2.	Team	Frequently	80	11.58	41	14.39	39	9.61
		Infrequently	58	8.39	28	9.82	30	7.39
3.	Group, class	Frequently	261	37.77	100	35.08	161	39.65
		Infrequently	219	31.69	176	61.75	43	10.59
4.	Club	Frequently	170	24.60	81	28.42	89	21.92
		Infrequently	175	25.33	76	26.67	99	24.38
5.	Self-practice	Frequently	219	31.69	113	39.65	106	26.11
		Infrequently	456	65.99	167	58.60	289	71.18
6.	Others		-	-	-	-	-	-

Table 2 shows that:

Regarding the forms of training: Students of Vietnam University of Traditional Medicine participated in various extra-curricular sports and in all five forms. Particularly, the form that students participated in the most is Self-practice, accounting for 97.68% of the total number of students participating in extra-curricular sports training, Morning exercise form also achieved the same rate (96.96%), Group and class form has a lower percentage (69.46%); Forms of training such as Clubs and Teams had lower rates, at 49.93% and 19.97%, respectively. The results show that the students of the university mainly practiced spontaneously. The rates were low in the forms of Clubs and Teams because even though these forms have many advantages, they are selective forms of training which require conditions related to talents, professional qualifications, as well as compliance with a tight timetable.

Regarding the participation frequency: The forms of training with a high percentage of students participating regularly were in Groups and Class (accounting for 37.77%) and Self-practice (31.69%). This can be explained that these are the forms of training that meet the needs of communication and are in accordance with personal interests and timetables.

**Table 3. Actual situation of the forms of organizing extra-curricular sports training of students at Vietnam University of Traditional Medicine (n=691)**

No.	Forms of organizing	Result	
		mi	%
1.	Without instruction	441	63.82
2.	With instruction	160	23.15
3.	Combined	90	13.02

Table 3 shows that: Up to 63.82% of students practiced extra-curricular sports in the form without instruction. The percentages of students who practiced in the form with instruction and combined form both account for <25%. Students who practiced extra-curricular sports with instruction and in combined form were mainly students who practice in sports clubs and sports teams. Other forms of training of the students were mainly spontaneous.

**3.3. Actual situation of organizing extra-curricular Vietnamese Traditional Martial Arts training of students at Vietnam University of Traditional Medicine**

We conducted a survey on the actual situation of organizing extra-curricular Vietnamese traditional martial arts training for students of Vietnam University of Traditional Medicine using questionnaires sent to 106 students who are participating in the practice of extra-curricular Vietnamese traditional martial arts. The results are presented in Table 4.

**Table 4. Survey results on the actual situation of organizing extra-curricular Vietnamese traditional martial arts training for students of Vietnam University of Traditional Medicine (n = 106)**

No.	Content	Choices	Results		Note
			mi	%	
1.	Practice subject	Students who love Martial Arts	14	13.21	Free practice
		Students who participate in Traditional Martial Arts clubs	81	76.42	Club
		Students in the Martial Arts team of the University	16	15.09	Team
2.	Number of practice sessions	1 session/week	12	11.32	Free practice
		2 sessions/week	85	80.19	Club
		3 sessions/week	76	71.70	
		4-5 sessions/week	14	13.21	Free practice
		6-7 sessions/week	3	2.83	
3.	Practice duration per session	45 minutes/session	9	8.49	Club
		60 minutes/session	79	74.53	
		90 minutes/session	100	94.34	
		120 minutes/session	15	14.15	Free practice
		> 120 minutes/session	0	0.00	
4.	Practice time	Morning (From 5.30 to 6.30)	13	12.26	Club
		Afternoon (From 17.30 to 19.00)	99	93.40	
		Evening (From 20.00 to 21.30)	16	15.09	Team
5.	Practice	Practice in the form of team	16	15.09	Team

	form	Practice in the form of club with fees and instruction	78	73.58	Club
		Free practice	14	13.21	Free practice
6.	Monthly practice fee	< 100.000 VND	13	12.26	Club
		100.000 VND - 150.000 VND	87	82.08	
		150.000 VND - 200.000 VND	16	15.09	Free practice
		> 200.000 VND	3	2.83	

The table shows:

Regarding the practice subjects: The percentage of students participating in the practice of extra-curricular Vietnamese traditional martial arts in the form of a club accounted for 76.42%; The proportion of students participating in the University's Martial Arts team was only 15.09%, however, this was also the number of students who participated in both the Traditional Martial Arts club and team when preparing to participate in a competition.

Regarding the number of training sessions per week and the duration of the training sessions: Most of the students who participated in extra-curricular Vietnamese traditional martial arts practice from 2 to 3 sessions per week, accounting for 71.70% to 80.19%; Other choices were rarely attended by students.

Regarding the practice time during the day: Up to 93.40% responded that they exercise in the afternoon. Regarding the form of training, most participated in the form of a club with an instructor (73.58%) and trained under the Academy's Martial Arts Team (15.09%).

Regarding the practice fees: The number of students participating in clubs with an instructor and fees from 100,000 VND to 150,000 VND accounted for more than 80%.

#### 4. Conclusion:

The actual situation of the participation levels and content of the extra-curricular sports training of students at Vietnam University of Traditional Medicine shows that: The percentage of students participating in extra-curricular sports training reached 57.58% out of the total number of students. The students who practiced extra-curricular sports are mainly first and second year students. The sports that students loved and practiced a lot are Martial Arts (17.42%), Gymnastics (Gym, Aerobic, Dance sport ...).

The actual situation of the forms of training and organizing extra-curricular sports activities of students at Vietnam University of Traditional Medicine shows that: Regarding the form of training: The students at Vietnam University of Traditional Medicine participated in various sports in all 5 forms. Particularly, the forms that students participated in the most are self-practice and morning exercise; group and class forms had lower percentages; forms of training such as sports clubs and teams had low rates. Regarding the participation frequency: Group, class and self-practice forms had high percentages of students participating frequently because these are training forms that meet the needs to communicate, are suitable with personal interests and timetables.

The actual situation of organizing extra-curricular sports training of students at Vietnam University of Traditional Medicine shows that: Students mainly practiced extra-curricular sports in the form without an instructor. Students who practiced extra-curricular sports in the form with instructions and in combined form are mainly students who practiced in sports clubs and sports teams. Other forms of training of the students are mainly spontaneous.

The reality of organizing extra-curricular Vietnamese Traditional Martial Arts training for students of Vietnam University of Traditional Medicine shows that: Students participated in extra-curricular training mainly in the form of a club with an instructor and fees; The practice time, the duration per training session and the number of training sessions per week of the club were relatively scientific and suitable for the actual conditions of the students' learning and training; The fees from 100,000 VND to 150,000 VND per month were relatively cheap and affordable for students.

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## **Assessment of the Cultural Environment at the Athlete Training Center, Bac Ninh University of Sports and Physical Education – Vietnam**

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### **Abstract:**

The cultural environment at the Athlete Training Center, I evaluate Bac Ninh University of Sports and Physical Education through 4 principles on the material cultural environment; 3 principles on cultural and spiritual environment and 3 principles on institutional cultural environment. The assessment results show that most of the principles are average to satisfied.

**Keywords:** Cultural environment, culture sport, sports team, athlete training.

### **Question:**

Sports is an independent form of culture and its role cannot be replaced by any other cultural form. Sports culture is a part of human culture, is the sum total of material and spiritual values to promote sports development. The development of sports culture not only helps the psychological condition of people, but also promotes the general advancement of social culture, related to the harmonious development of society, the spread of sports culture is also is an important channel for international communication.

Culture sport environment is an environment that contains cultural values and where people's cultural and sports relationships, creative activities, and satisfaction of culture and sports take place. The cultural and sports environment also includes the totality of material, spiritual, behavioral, cultural and institutional values in sport that an individual comes into contact with throughout his or her life and has a mutual influence on him.

Building a healthy cultural environment is becoming a global problem. This is understandable because in the market's whirlwind economy being globalized, humanity is witnessing a paradox: the production of material goods is increasing, but the spiritual values are aimed at creating human cohesion, equality and social security are threatened. Building a cultural environment at sports training facilities and building an athlete's image are two aspects of an organic whole. The culture at the sports athlete training equipment is formed and developed in building, managing, serving and training long-term sports athletes, bearing the characteristics of the times and personal characteristics. Clearly, forming standards of behavioral measures and ethical codes. Building a cultural environment at sports athletes training facilities is building a material culture, a spiritual culture and an institutional culture.

The physical culture environment is understood as the infrastructure culture, the natural and human environmental culture, it is the hardware of modern sports team culture, visible and tangible. Through the construction of the material culture of the sports athlete practice facility, on the one hand, it is possible to improve the living and training environment of athletes, and raise the consciousness of most athletes to love and hard work, promoting the



overall improvement of the quality of sports teams showing the style of training institutions, making the public have a comprehensive and systematic understanding of a good image beauty of the athletes.

The spiritual-cultural environment expresses mental focus and unique group consciousness in a sports training facility. This consciousness formation is a synthesis of feelings, will, beliefs, preferences, habits and other psychological qualities produced by all members in the joint work of teams. Sports it can make each team member's moral uplift and values confirmed. Spiritual culture is the soul of the sports team. The construction of spiritual culture will shape the image of athletes.

The institutional cultural environment is the rules, rules of action and cultural structure that a sports team adheres to in competition, training and activities. Cultural institutions have the function of regulating, restricting and orienting the thoughts and behaviors of athletes, strengthening the administration of sports rules and establishing an agency to resolve various disputes in sports, strengthening educating professional ethics and practicing civilized etiquette for athletes.

Up to now, building culture and cultural environment has always been identified by the Communist Party of Vietnam as one of the country's development directions for the period 2021-2030, so the judgment and construction of a Culturalization in sports training institutions in Vietnam and the Athlete Training Center, Bac Ninh University of Sports and Physical Education is an urgent issue in the comprehensive human development and building Vietnamese culture. The South is advanced, imbued with national identity so that culture can become an internal force, a driving force for national improvement and defense.

### **Research Methods:**

Using expert method to select criteria to evaluate the cultural environment at Athlete Training Center, Bac Ninh University of Sports and Physical Education. As a result, four criteria were selected to assess the physical and cultural environment, including: (Cultural landscape, training equipment and tools, athlete dormitory, athlete's kitchen); 03 criteria for assessing the cultural and spiritual environment include (Building the image of the teams, Ethical and ideological education activities, Effective propaganda for athletes); 03 criteria for assessing the institutional and cultural environment (Regulations on organization and management at the Center, Regime for athletes, Code of Conduct).

Use the interview method via Drive Google Form. The subject matter of the interviews revolved around the principles for evaluating the selected cultural environment. The interviewees included 23 managers, coaches and 70 athletes from the teams of Diving, Athletics, Badminton, Handball, Shooting, Grattan Bridge, Weightlifting, Pencak Silat and Wrestling. Interview questions are answered on a 5-point Likert scale of which 1.81-2.60: dissatisfied; 2.61-3.40: moderate (no comments); 3.41-4.20: satisfied. Questions for officials and coaches were also asked to athletes in most of the criteria in order to compare the level of evaluation between the two subjects and were processed by R software with Pearson's Chi-squared test formula ( $\chi^2$ ).

### **Research results:**

#### **1. Assessment of the physical and cultural environment at the Athlete Training Center, Bac Ninh University of Sports and Physical Education**

On the basis of 4 selected criteria, interviews were conducted with 70 athletes and 23 coaches, the results were as follows:

**Table 1. Assessment of the physical and cultural environment at the Athlete Training Center, Bac Ninh University of Sports and Physical Education**

Principles	Officers, Coaches (n=23) mean	Athlete (n=70) mean	$\chi^2$	P
Cultural landscape	3.6*	3.4	3.7189	0.4454 > 0.05
Equipment and tools	3.6*	3.2	14.326	0.006
Athlete's Dormitory	3.0	2.7	18.4	0.001
Athlete's kitchen	2,6**	2,6**	16.179	0.003

\* Satisfaction; \*\* Dissatisfaction

### **Principle 1: Assess the cultural landscape at the athlete's training center**

Cultural landscape is abstract and subjective, it is known through human senses to reflect all that exists in the surrounding environment based on each person's level and perception, including the environment. training school (Architecture of sports training and competition works, training ground); Recreational environment (General architecture of flower gardens, ornamental plants, sculptures, sports icons), Living environment (Architecture of residential buildings, kitchens, exhibition areas...), of officials, Coaches and athletes, in order to regenerate positive energy for them during their time of living and working.

The following principles evaluate the cultural landscape: bringing a feeling of warmth, safety and serenity; Stimulate the senses, evoke the attachment, will, and strength of the team; Bring positive energy in life and effectiveness in training and exercise; Bringing the enjoyment of culture and art. Statistical results show that the average score of the group of officials and coaches is 3.6 and athletes are at 3.4, (at the level of satisfaction) there is no statistical difference, showing that both subjects have a consensus in their perception. Satisfied knowledge of the cultural landscape at the athlete's training center.

### **Principle 2: Evaluation of training equipment and tools at the athlete's training center**

This criterion is evaluated according to the requirements: The equipment meets the standards, norms and uses. Statistical results show that the average rating of athletes (direct users) is on the average (3.2 points) lower than that of staff and coaches at 3.6 points (Satisfied). The difference has statistical significance. It proves that athletes are not really satisfied like officials and coaches about the quality of standards and the use of training equipment and tools.

### **Principle 3: Assess the quality of athletes' dormitories.**

The quality of athletes' dormitories is shown through the quantity and quality of material. The dormitory is now equipped with the following equipment: Mattress beds, blankets, wardrobes, study desks, air conditioners, water heaters, internet, laundry areas, lighting systems. However, when interviewed, 54.3% of athletes said that the quality of the equipment is not good. The mean score on the quality of dormitory staff and coaches is 3.0, while athletes only rate it at 2.7, close to the frustration threshold. This shows that although basically the material has been provided, the quality has not really met the demands of athletes.

**Principle 4: Evaluation of the athlete's kitchen**

The athlete's kitchen was evaluated through 10 sub-principles, including: having an unprocessed food area; Having adequate water up to standards Having adequate equipment to collect and contain waste and rubbish to ensure hygiene Kitchen drains are not stagnation; There are material for food preservation, toilets, hand washing and daily cleaning of wastes and garbage; Have separate containers for raw and cooked foods; Cooking and processing utensils must be safe and hygienic; Ensure health regulations, food ingredients must have clear origin and protect safety, keep food samples; The menu is suitable for the training stages; Taking a nutritionist provides that something tailored meals to the needs of athletes in each sport.

If based on the 5-level Likert scale, both coaches and athletes are not satisfied with the quality of the kitchen, with the mean entered both subjects getting only 2.6 points, the lowest in the criteria. Material culture assessment at the Athlete Training Center. The main reason is that the current athlete's kitchen does not have a nutritionist to insure that meals are suitable for the needs of athletes of each sport. In addition, other criteria are only average.

**2. Assessment of the cultural-spiritual environment at the Athlete Training Center, Bac Ninh University of Sports and Physical Education**

Criteria for assessing the cultural and spiritual environment include: (Building the image of the teams, Ethical and ideological education activities, Effective propaganda for athletes)

**Principle 1: Setting up the image of the teams**

The image of sports teams is first showed up through the typical faces observing outstanding athletes, as well as a golden table of achievements to record the team's long-term achievements. The image of the sports team is also shown through badges, logos printed on personal items with increasing the image of the team or the center... Statistical results show that in 5 contents. In the content of building images for athletes, there were only 2 things to be done, which were to represent photos of team members and the achievement tables of athletes, with average rating. Athletes who rated lower efficiency scored 2.7 points compared to coaches with 3 points.

**Principle 2: Ethical and ideological education activities for athletes**

Ethical and ideological education for athletes is an important task for sports teams in order to build athletes' pride in the colors and colors of the team's flag, center, school, and nation. Ethical and ideological education is a core and essential part of sports culture, and plays a role in guiding behavior, standards, and principles of conduct in training and competition purposes. Ethical and ideological education activities for athletes include many contents such as Competitions to learn about the history of sport, center history, team history; Competitions to learn about famous athletes; Regular activities of center athletes; Organizing exchanges of athletes inside and outside the center Ceremony honoring athletes with achievements Summary activities after the competition; Organize cultural, political and ideological educational activities according to thematic themes; Salute to the beginning of the week and the beginning of the month; Cultural activities.

Through interviews, 90.9% of the teams set up regular and organized activities of ethics education; there are 9.1% of the team set up.94.3% of athletes have advanced from ideological education, the lasting 5.7% of athletes are not aware of the effectiveness of this work.

**Principle 3: Propaganda activities for athletes**

Propaganda for sports teams is the release of information to encourage public attitudes, thoughts, sentiments and opinions in the way of honoring and holding sports teams and athletes, and evoke for athletes great spiritual values. There are many contents of propaganda such as TV news reports, exhibition photos, propaganda songs; slogans in the gymnasium; advertising, exchanges and sporting events. At present, the athlete training center has used propaganda methods including television news reports, slogans in the practice house; exchanges and sports events. As a result, 15.7% of the coaching staff thought that propaganda activities did not bring great value.

**3. Assessment of the cultural and institutional environment at the Athlete Training Center, Bac Ninh University of Sports and Physical Education**

The cultural and institutional environment is assessed through 3 principles including: Regulations on management organization, Regime for athletes, Code of conduct.

**Principle 1: Evaluation of implementing regulations on management organization**

The regulations on the organization and management of athletes at the Athlete Training Center are comprehensive, including the following contents: Regulations on the organizational structure of the Athlete Training Center; Training management regulations; Regulations on managing athletes' activities; Competition management regulations; Regulations on responsibilities of athletes; Fund management and financial regulations. Regulations on the professional qualifications of the coach; Regulations on ideological and political work for athletes, coaches; Regulations on the management of athletes' canteen; Rules of athletes; Regulations on management of gymnasiums, sports facilities and facilities. As a result, 84.3% of athletes understood and complied with the regulations. However, with an average score of 3 points, the coaches said that the efficiency of the ongoing regulations on organization and management is only average.

**Principle 2: Evaluation of the regime implementation for athletes**

The regime for athletes covers many areas, from selection, to training, to retirement. At present, the Athlete Training Center has applied the following regimes: Athletes reward and discipline regime; Mode for selecting athletes; The mode of cultural learning and the transition of educational levels for athletes; Salary regime, support for training and competition; Bonus regime for coaches and athletes who have made achievements at congresses and international sports competitions; Social insurance regime; Medical insurance regime; Occupational accident insurance regime; Insurance policy when training, competing abroad. However, compared to several countries in the region, China, the Athletes' Training Center is lacking: retirement regime and unemployment insurance regime for athletes. With an assessment of 3.9 points, we can see that it satisfied the officials and coaches with implementing the regime for athletes.

**Principle 3: Assess the implementation of the code of conduct**

Implementing the code of conduct has an important meaning in educating athletes about the binding of the law, helping athletes to increase awareness of professional ethics, overcoming discipline violations, clean living, training and competing environment, maintaining the image of athletes. The Athletes Training Center is implementing 3 codes of

conduct which are: Code of Conduct between Coach and Athlete; Code of Conduct between athletes and Code of Conduct between athletes and staff. Evaluating the implementation of the rules, the coaches and athletes all gave the average score of 3.3 and 3.1 points respectively because implementing the code of conduct among athletes was not superb.

### **Conclusion:**

- Assessing the physical and cultural environment, there are 2 principles that the coaches rate higher than the satisfied athletes: cultural landscape and training equipment, while athletes only evaluate average price; 2 evaluation criteria coincide with athletes, including 1 average evaluation criterion (athletes' dormitory) and 1 unsatisfactory evaluation criterion (Athlete's kitchen).

- The assessment of the cultural and spiritual environment, the image-building work of the teams, both the coaches and the athletes, was rated as average because the contents were still not rich; 90.9% of the teams organize regular moral education activities, the effect is good with 94.3% of athletes getting benefits. Propaganda activities are lacking in some forms, such as photo exhibitions, songs and advertisements with 84.3% of coaches and athletes saying that they are efficient.

- Assessing the cultural and institutional environment, 84.3% of athletes understood and complied with 11 regulations on athlete management, the efficiency was average; implementing 9 modes with athletes rated as satisfied and they also rated 3 sets of codes of conduct at the average threshold.

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## **A Brief Study on the Impact and Significance of Media in Indian Politics**

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### **Abstract:**

Without media or free press a vote based system can't find success. In basic words a majority rules system is the public authority of individuals, for individuals and by individuals. In this sense for the dynamic and cautious support of free press is fundamental in a popularity-based society. It is voice of individuals. It assumes a significant part in the forming of a solid vote based system. Media is viewed as a heart of a majority rules system society. As a significant wellspring of data it mindful individuals in all nations of the world. The media is by and large viewed as fourth mainstay of a vote based system. In the age of data Technology, the principle devices of Indian legislative issues is Media and it is too viewed as the light carrier. Media and governmental issues are the two equivalent and inverse side of same coin and none can continue without others. With the approach of latest term 'Globalization' the crown of Indian Politics has taken an emotional shift towards its most current structure. Alongside keeping up with the obligation of fourth mainstay of the Nation, media is proceeding as the mover and transformer from cliché type to most current and most refreshed type of governmental issues. Media assumes an exceptionally predominant part in governmental issues with forming the general assessment towards the Nation also parties. In the period of Information Technology it is very troublesome and excessively inconceivable for particular government to keep centripetal power over its resident amidst Internet, Facebook, Twitter Satellite stations and radio broadcasts It makes individuals aware of various happenings from grounds like games, legislative issues, financial, and social, and so on. Media resembles a mirror likewise which representations the fundamental reality and here and there it very well might be unforgiving. The current paper is an endeavor to inspect the job of media in Indian majority rules system.

**Keywords:** India, Democracy, Media, Corruption.

### **Introduction:**

In basic words Democracy is characterized as an administration of individuals, for individuals and by individuals. Media is considered as the fourth mainstay of vote based society after leader, assembly, and legal executive. A vote based system and media walk connected at the hip. Media reinforces the vote based values and standards as well as revives the speed of improvement. India is viewed as the semi government majority rule republic where anything the sky is the limit in the outskirts of early announcement. Beginning from the 1780 till today the Indian media were ornamented with various mode and approach and furthermore ignite with the orders/directions of various media goliaths however truth generally concocts flying different tint. In an expansive cerebrum the media can be of Print, and electronic yet assuming we plunge profound the span are limitless. Beginning from Newspaper, Magazine, Radio, Television, Cinema, Mobile, Internet based wave destinations (web-based entertainment, new media) the Indian media alongside various created country media are advancing itself with time and circumstance. This enormous industry performing

flawlessly its errand and obligations on the mainstays of commercial, Subscription, and deals of copyright materials. 70,000 unique paper and is the world greatest market - north of 100 million duplicates are sold every day, 1600 satellite (more than 400 are news stations) The earliest reference point of the paper was begun from Bengal gazette (1780), The India periodical, The Calcutta Gazette, The Madras Courier (1785), The Bombay Herald (1789), Bombay Samachar, the most seasoned paper of Asia Region, Udant Martand (The rising sun) (1926), The hours of India (1838), The Hindustan Times (1924), The Hindu (1878). From that point India has accomplished the land sign of coursing 80 million Hindi paper and 40 million English paper. Comparable to the readership Dainik Jagaran the most well known Hindi news day to day with a complete readership (TR) of around 55,583,000 as per the IRS Round one 2009, trailed by Dainik Bhaskar with TR 33,500,000, Amar Ujala with TR28,674,000, Hindustan Dainik with TR of 26769,000, Rajasthan Patrika with TR of 14, 051,000. The entirety of readership of 10 Hindi dailies is assessed at 188.68 million, which is almost multiple times of top 10 English dailies that have 38, 76 million of all out readership. The new years saw a more prominent point of interaction between the everyday person and media. It is the media which has turned into a piece of the existence of those individuals of India, who are for the most part subject to it for different needs including data and diversion. Media keeps the people groups stirred and there is no denying the way that it has become one of the significant instruments of social change. During the British rule, the job of media was very unique. For the sake of safety of the State, in the twentieth century individuals were denied of the fundamental information and straightforwardness during the time spent administration was a far off dream. The print media during the opportunity battle of India assumed a premier part and got a certainty supporter. It is verifiable truth that the vast majority of the political dissidents were well acquainted with editorial information and a significant number of them were supposed to be columnists. Media to a great extent impacted the India's opportunity development. In this manner after India's autonomy, the obligation and job of the media was improved however during the time of crisis (1975) the exercises of media were unequivocally controlled. Indeed, even severe orders were given against the media houses and media freedom was totally squashed. Nonetheless, the job of media during the post crisis time frame reinforced again as well as it drew a lot nearer to the hearts of the commoners. The political, social, monetary and social areas of India were reflected in the papers which in the end prepared for reinforcing the vote based system and the public authority of individuals of India. Presently a-days, other than the print media, the electronic media, especially, the TV projects and web got progressive changes the pitch of information broadcasting and investigation.

**Objectives of the study:**

1. To build conceptual framework of the study.
2. To examine the role of media in Indian democracy.
3. To study why role of media is important for the development of democracy.

**Research Methodology:**

Since the nature of the research paper is theoretical; hence the data has been collected through secondary sources, for example, reference books, internet, journals, etc. have been widely consulted to develop the plan of the research paper.



**Constitutional Status of Press/Media in India:**

After the autonomy of India when the constitution was being drafted, the inquiry stirred before the sacred producers of India that if to have a different arrangement for press like in Constitution of America, or to remember the opportunity of press for right to discourse and articulation as in constitution of England. In this unique situation, Dr. B.R. Ambedkar the Chairman of Drafting council effectively contended that, "The press is basically one more approach to depicting a resident or a person. The media has no better honors which are not than be given or which are not to be practiced by the citizen in his different limit. The chief of press or the editorial manager are on the whole residents and in this manner when they select to write in a paper they are simply practicing their right of the right to speak freely of discourse and articulation and in my choice then no extraordinary notice is important of the opportunity of press at all". Hence in Indian constitution the option to press was embedded in the right to speak freely of discourse and articulation i.e., Article 19(1)(a). Free press is the need of a majority rules system and is more significant for the gigantic vote based country like India. In India without precise article in the constitution with the expectation of complimentary press, it was the legal executive who advanced and protected the freedom of press.

**Role of Indian Judiciary in Protecting the Independence of Press/Media:**

The court in Romesh Thapar VS State of Madras case has claimed that right to dissemination is just about as significant as right to distribution. In Sakal News Papers VS Union of Indian roundabout exertion by Government to confine the freedom, by passing the News paper (Price and Pages) Act 1956, which enabled the public authority to manage the space for notice, was struck somewhere near legal executive as it, would straightforwardly affect dissemination.

**Role of Judiciary in Restricting Freedom of Press/Media:**

In India the legal executive safeguarded the privileges of press as well as obliged it in light of a legitimate concern for equity. The court in Bihar VS Shailabala Devi case discourses and expression with respect to a person which arouse or lift to of savage wrongdoings like homicide, and so forth will subvert the security of the state. The court on account of Dr. D.C. Saxena VS the Chief Justice of India affirmed assuming safeguarding of a vote based system is the establishment with the expectation of complimentary discourse, society similarly is approved to manage the right to speak freely of discourse or articulation through fair activity. The reason is apparent, e.g., that society acknowledges free discourse and articulation and furthermore puts limitations on the right of the majority.

**Impact of Social Media in Indian Politics:**

In the year 2008 India has involved Social Media interestingly at the hour of Mumbai Attack and is 2009 public political race. With the coming of virtual entertainment the organization of Indian legislative issues are ornamenting itself with new configuration and assisting the different ideological groups with getting their thoughts and aim to the 34% youth along with the remainder of Indian. Web-based entertainment are the fundamental instrument in the possession of Indian governmental issues to propel and persuade with the thought and Information. The peaceful aftereffect of 2014 Lok Sabah political decision and 2015 Delhi Legislative political race can be noted and complete liabilities goes to the online

entertainment. The online entertainment can be grouped in to various structures like web journals, microblogs, photograph sharing, informal communities, video sharing, virtual universes, social bookmarking, item audits and so on. As per the exploration 22% of time were spent by crowd in web-based entertainment. Online entertainment has turned into the recent fad for the ideological groups to arrive at each family to persuade with their covered up and open expectations. The Social media has turned into the individuals from each family and with taking the advantages of that the ideological groups are spreading their own feet. The web-based entertainment has likewise turned into the instrument in the possession of tension gathering also the resident of the country to limit from doing anything bad form and ill-advised. The web-based entertainment additionally take the straightforward assignment to more basic note with practically no avocation and therefore it in some cases taken with a negative note. Beginning from unskilled to example, everybody is the individual from online entertainment and as per the collection of information the individual will treat with the post. Not many sub-cognizant lowlifes are stuck with online entertainment to spread the reports and dirty the serene climate for a particular advantage and in doing so they at some point get achievement and at some point face the severe. With the assistance of online entertainment each ideological groups are spreading its root to each family and it isn't so much that that they are spreading with front yet individuals are tolerating with the outskirts of diversion. 2014 Loksabha Election and 2015 Delhi Legislative Election are most significant illustration of purpose of virtual entertainment. Live discussion, plan setting, dispersal of political thoughts and so forth can without much of a stretch be reached inside a squint of time.

### **Election and Media:**

Media and governmental issues are most significant and too essential piece of the vote based system and one can't be anticipated without others. Media permits its resident to take smooth and forthcoming part during the time spent different political decision technique. Governmental issues and media are two different tire of a majority rules system and without legitimate equilibrium the vehicle called majority rules government can't be utilized or plunge. With the appearance of media the governmental issues become more conceivable than ahead of schedule and each data and choice can be discussed to the resident experiencing the same thing. Without media legislative issues can't be anticipated and without governmental issues media also can't be longed for. Beginning from the declaring the date to work result the media functions as the best and most significant part and it also works after that as well. The forward and backward progression of data among government and its resident conceivable simply because of media. In the run of globalization and modernization the media should be very much evolved and media individual should be well knowledgeable to go equal any other way one will need behind to other people and there might be some crash. Assembly has made all that could be within reach and reasonable as well. In the issue of popularity based political race the fair-minded broad communications are generally fundamental. This can't be ordered as the free and fair political race system by making a choice in legitimate condition however to make individuals well useful and knowledgeable about ideological groups, various approaches, competitors, political decision process so citizens can settle on autonomous decision at the hour of projecting their important votes. Shackles over media can't be anticipated in the popularity based political race. This isn't just the sole liabilities of media to giving a decent stage to citizens and legislators yet additionally has an additional wide obligations like instructing citizens, investigating political race, permitting the different

ideological groups to banter on advancement plans, providing details regarding political decision results and observing on vote counting's, examining the appointive cycle itself to assess its reasonableness, proficiency, and honesty. Without the presence of autonomous media and free and fair decisions, India wouldn't have the option to portray itself as the world biggest vote based system. Being the fourth point of support a vote based system media ought to play out its liabilities as the guard dog all the more deliberately at the hour of political decision. Before the ascent of current electronic media the political data was gotten through print media or by direct private contacts. Yet, with coming of current types of broad communications the political race process has become less difficult and speedier. In the age of modernization and globalization the connection among legislative issues and media are indivisible and can't be anticipated their scatter from each other

### **Responsibility of Median in Democratic Country:**

Some of the responsibilities of media in democratic country like India are as under:

1. To train the common man with fair information. Media shall not stain the evidences; they shall present them as they are.
2. To play vigorous role in expansion the thoughtfulness of people, through allowing them with information. In India like other country where there is major rate of illiteracy, it is the responsibility of media to carry knowledge and widen their opinions.
3. To play a key role in introducing the proper way against the people who are reproached of any anti- social activities, irrespective of any political connection.
4. To foster the essence of harmony and brotherhood among the people, and mount faith in democracy and justice. If the media obeys firmly to its duties then the democracy will be appreciated in factual sense by the citizens of India.

### **Role of Media in Indian Democracy:**

Media is viewed as the foundation of a majority rule government, it assuming exceptionally critical part in Indian vote based system which is as following:

1. The media functions as a guard dog of the public authority and convey each report of the activity of organization in this way keeping individuals informed about the everyday happenings occurring around them.
2. The media is considered as fourth mainstay of a majority rule government. It makes us mindful of different exercises like governmental issues, sports, monetary social and social exercises and so on. It is likewise similar to a mirror which shows the uncovered truth and some of the time it very well might be cruel.
3. The media likewise uncovered provisos in the popularity based society, which eventually helps government in filling the vacuums of escape clauses and making a framework more responsible, responsive and majority rule cordial. Consequently the vote based system without media resembles a vehicle without wheels.
4. Media goes about as a scaffold between individuals and the public authority and furthermore an exceptionally integral asset with the capacity to make and break the assessment of individuals. It has the ability to swing discernments or bring out feelings. Therefore it has acquired confidence of people in general. Media, through its different method for papers, TV and film governs the heart and psyche of individuals.

5. The media has assisted with shaping the popularity based society by giving accentuation to issues that are at one specific moment, would be thought of by most to be totally private, for example, labor, kid care, aggressive behavior at home, and lewd behavior.
6. Media in exercise of opportunity of articulation is fundamental to impart the considerations, sees, thoughts, reasoning, beliefs and exercises. Correspondence holds society together and cohabitate. For solid development of progress world, the free progression of data and thoughts is fundamental.
7. Modern Methods of relational Media correspondence incorporate courses dramatizations, public gathering and studios and so forth these are successful media techniques to address little and medium get-togethers, which can be utilized as reason for supporting the Human Rights and building popular assessment.
8. Media innovation has a significant job in everybody's life today. Media has an extraordinary occupation of getting social change anything the point covers from amusement to every one of the continuous issues. As of now there exists insurgency in battling against defilement in the country. Individuals began understanding the defilement is the component to be annihilated. Web and long range informal communication destinations like Face book and Twitter, alongside customary media like print and electronic are strong weapons that control the threat of defilement and lead to more prominent straightforwardness in open life by policing what is happening versus monetary and administration, featuring continuous debasement cases and applying strain on degenerate association and people. The free conveyance and wide reach of the web and web-based entertainment directs is basic in the battle to lessen debasement and recharge the social texture. This can lead to highminded pattern of straightforward approach making, clean government and quicker monetary development.
9. In any just country the media assumes an imperative part in making forming and relating general assessment. Throughout the long term the media turned out to be strong to such an extent that it before long secures the situation with forward state as it was appropriately depicted by the British lawmaker Edmund Burke. It is become so imperative for the vote based working that Thomas Jefferson who was the third US president (1801-1809) said, "Were it let to me to conclude whether we ought to have an administration without papers or papers, without an administration. I shouldn't hold back for a development to favor the letter".
10. Media today contacts pretty much every part of our public life. Media assumes a vital and significant part in joining up and instructing individuals. The media can help public contribution through upholding issues and moving information, expertise and innovations to individuals. Mindfulness about different country advancement programs, engendering of family arranging could be spread by utilizing the media. It made ranchers mindful of the new and improvement techniques for agribusiness and security of the yields. Media assumes extremely determined part in arousing individuals against numerous disasters won in the general public like youngster marriage, killing of female unborn kid, the abhorrent act of kid work and so forth however instructive projects, it can cover numerous understudy in a solitary stage. The college Grant Commission broadcast instructive projects to help the school and undergrads all over India. Media can touch off logical attitude among the understudies

for improvement of science. The public authority can utilize the media all the more successfully to make it an instrument of social change. Media has uncovered various degenerate practices, stowed away arrangements, consequently placing a beware of the disease as debasement in the general public.

**Conclusion:**

The Media is considered as fourth mainstay of vote based society. For better working of a vote based system free press is must. In any case, it doesn't mean an unreasonable press. The inquiry here emerges how and who to control press. The straightforward response is there will be an inspiring the guidelines of news-casting must be arrangement. Each columnist should respectably and obstinately try not to fall in any snare and increase the expectation of reporting. Media and legislative issues are the essential piece of a majority rules system so both should be taken with positive notes to make the smooth and planned run of the country. From the above conversation it very well may be accumulated that vote based system is the body where media and governmental issues are soul and brain. To taste the genuine delicacy of a vote based system the appropriate harmony between media and governmental issues are normal. From the above dis end we came to the arrangement media can't be isolated from the legislative issues and assuming it is isolated the vote based system will be disabled. For the assistant advancement of the general public media should be added with positive note and with the assistance of media each data, approaches and thoughts of the ideological groups can undoubtedly be scattered to each alcove and corner of the general public. Prior the political decision method were led through or with the assistance of print media and actual contact however presently a days the framework has changed to generally current and in the run of modernization and globalization in the event that framework follow the crude and most customary organization than the matter will be generally crude and assuming the framework goes like this than the breakdown down is noticeable.

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## संतश्रेष्ठ कवि ज्ञानदेव की समत्व-दृष्टि

डॉ. मीना सुतवणी (अध्यक्ष, हिन्दी विभाग): एस. जी. कला, विज्ञान व जी. पी. वाणिज्य महाविद्यालय, शिवळे, मुर्बाड, जि. ठाणे

संतों का जन्म विश्वकल्याण हेतु ही सिद्ध होता है। सर्वव्यापी चैतन्य में विश्वास करने वाले, विशिष्ट आध्यात्मिक ऊँचाई तय किये हुए भक्त की मनोदशा का वर्णन करते हुए संत ज्ञानदेव लिखते हैं—

‘हे विश्वची माझे घर। ऐसी मती जयाची स्थिर।  
किंवहुना चराचर। आपण जाहला ॥’

अर्थात् ‘यह पूरा विश्व ही मेरा घर है, ऐसा उसका दृढ़ निश्चय हो गया है, बल्कि स्थावर-जंगम जगत् वह स्वयं ही बन गया है।’ इससे व्यापक सह-अनुभूति, समता, बंधुता या इससे बड़ा ममत्व क्या हो सकता है ? इस अनुभूति को प्राप्त करने के लिए विश्व के बाहर जाकर विश्व का अवलोकन करना होगा अर्थात् शरीर के बाहर जाकर शरीर की ओर देखना होगा और इसके लिए मनुष्य को अणु से भी छोटा बनना होगा। यहाँ अणु से छोटा होना से तात्पर्य पूर्णतः अहंकार रहित होना से है। तभी हम अपने अन्दर झाँक सकते हैं। फिर इसके बाद षड्विकारों को अलग से खदेड़ने की जरूरत ही नहीं रहेगी। माऊली (संत ज्ञानदेव) इसकी अनुभूति स्वयं करते हैं। चराचर के प्रति की समत्व दृष्टि इसी से उन्हें प्राप्त है। आज साम्राज्य विस्तार की महत्त्वाकांक्षा के चलते यह भाव कहाँ ? स्वार्थान्धता की पराकाष्ठा में सगे भाइयों में बंधुता नहीं फिर पूरे विश्व को अपना घर मानने की विशालता कहाँ ? सत्तान्ध विलासी नेता इतिहास के कांडों को रचने के बजाय कांडों के इतिहास रचने में व्यस्त हैं। नौकरशाह जनसामान्य के शोषण में कठोरता की परिसीमा को लांघ रहे हैं। धर्म की दुकानें अपनी जवानी पर हैं। जहाँ मनुष्य का मनुष्य के लिए समत्व, ममत्व, बंधुत्व नहीं वहाँ समस्त चराचर को लेकर मनुष्य की उदारता का विचार ही न करें तो ही अच्छा है। मनुष्य जाति के पूर्ण स्वलन की इस पृष्ठभूमि पर संतश्रेष्ठ ज्ञानदेव का समत्व दर्शन प्रासंगिक है।

महान दार्शनिक, अनन्य भक्त और महान द्रष्टा संत-श्रेष्ठ ज्ञानेश्वर का जन्म शकाब्द 996३ में पुण्य क्षेत्र आलंदी में हुआ था, और शकाब्द 9२9५ में वे समाधिस्थ हुए। आपकी प्रसिद्ध कृतियाँ हैं – ‘ज्ञानेश्वरी’, ‘अमृतानुभव’ अथवा ‘अनुभवामृत’ और ‘चांगदेव पासष्टी’। संत ज्ञानदेव ने पुंडलीक से चली आई विट्ठल भक्ति करे तात्त्विक अधिष्ठान प्राप्त कराया। स्वयं नाथ सम्प्रदाय में दीक्षित होने पर भी वैष्णव भक्ति-पताका को ऊँचा उठाया। गुरु परम्परा में प्राप्त शैव-मत के आधार पर वैष्णव भक्ति को अनूठे ढंग से प्रतिष्ठित किया। स्वयं ज्ञानी एवं योगी होकर भी उन्होंने भक्ति को ही सर्वसुलभ माना। समन्वयात्मक भावना को अपनाकर सारे भारतीय समाज में आध्यात्मिक चेतना का संचार करानेवाले वारकरी सम्प्रदाय की संत-चतुष्टयी में ज्ञानदेव अग्रणी हैं। महर्षि व्यास द्वारा लिखित कृष्णार्जुन संवाद अर्थात् ‘गीता’ को आधार बनाकर लिखा गया उनका ग्रंथ ‘ज्ञानेश्वरी’ विश्व की अनुपम कृति है। जिसमें अक्षरों को ब्रह्म-रस में घोलकर रुचिकर बनाया गया है। उनका भाषाधिकार मराठी की मिठास को सौ गुना बढ़ाता है। ज्ञानदेव का प्रिय छंद है ‘ओवी’। प्रवाहमयी शैली, सामासिकता उनकी काव्य-प्रतिभा का परिचय देनेवाले तत्त्व हैं। ओवी छंद निबद्ध उनके काव्य का एक वर्ण भी फालतू नहीं है। अल्पायु में उनके द्वारा सिद्ध किया गया अलौकिक कार्य उन्हें माऊली अर्थात् माता के पद पर पहुँचाता है। ‘‘भक्ति के क्षेत्र में ऊँच-नीच का भेद-भाव त्याग कर उन्होंने भक्ति के द्वारा सबके लिए खोल दिए। अपने समकालीन भक्तों का एक परिवार निर्माण किया। इस परिवार में समाज के समस्त स्तरों के सदस्य थे। ज्ञानदेव के भक्त-परिवार में नामदेव (दर्जी) गोरोबा कुंभार (कुम्हार) नरहरी सोनार (सुनार) सावता माळी (माली) सेना न्हावी (नाई) परिसा भागवत (ब्राह्मण) जनाबाई (नामदेव की महरी) चोखा मेळा (अंत्यज) कान्हूपात्रा (गणिका) आदि प्रमुख थे। ‘हरि कों भजै सो हरि का होय’ का महामंत्र ज्ञानदेव ने फूँका।’’ गौरतलब है कि जाति, वर्ण, वर्ग, लिंग के परे की इस एकता का आधार आध्यात्मिक है।

संत ज्ञानेश्वर जिस भावात्मक समता की बात अपने काव्य में करते हैं, वह साम्यवादी विचारधारा की समता से भिन्न है। आर्थिक, सामाजिक और राजनीतिक आधार पर अगर हम समता की स्थापना का विचार करे तो ऐसी कोई समता कल्पान्त तक स्थापित नहीं हो सकती। वह संतों का लक्ष्य है भी नहीं। उनका लक्ष्य है मानवी जीवन के यथार्थ प्रयोजन को प्रस्तुत कर उसकी अनुभूति के लिए समाज को प्रवृत्त करना। जिस प्रकार इंधन की निरंतरता बनी रहने की स्थिति में अग्नि का शांत होना असम्भव है उसी प्रकार इंद्रियजन्य विषयों की पूर्ति का कोई गन्तव्य स्थान नहीं। अतः इसके परे जाकर सोचने की प्रेरणा ज्ञानदेव देते हैं।

विज्ञान और अलग-अलग प्रकार के शास्त्रों का उपयोग मनुष्य का जीवन सुकर बनाने के लिए होता है। तथा चैतन्यशील सूक्ष्म मानसिक भावनाओं का नियमन और उसकी यथायोग्य अभिव्यक्ति जो मानवीय जीवन को आनन्दमय बनाती है, कला का विषय है। तथापि इन अभिव्यक्तियों की अपनी सीमाएँ हैं। इससे प्राप्त सुख अथवा आनन्द चिरकालिक नहीं है। प्रकृति ने भी कई प्रकार के चमत्कार प्रस्तुत कर मनुष्य को आनन्द दिया है, तथापि यह आनन्द भी इंद्रियाधिष्ठित ही है। अजंठा की गुफा का आनन्द लेने के लिए हमें अजंठा जाना पड़ेगा, हिमालय की भव्यता की अनुभूति के लिए हिमालय के करीब जाना पड़ेगा और नायगरा प्रपात की प्रचंडता का अनुभव प्राप्त करने के लिए अमरिका जाना होगा। देश, काल, वस्तु सापेक्ष इन सीमाओं को संत शिरोमणि ज्ञानदेव ने पहचाना और इंद्रियजन्य वस्तुओं के परे जाकर चैतन्याधिष्ठित विश्वात्मकता अर्थात् संपूर्ण विश्व जिस चैतन्य का विस्तार है, उसी को पूरी तरह आवेष्टित कर लिया। उनके अनुसार विश्व की जड़ वस्तुओं में स्थित चैतन्य उस जड़ वस्तु की अभिव्यक्ति न होकर संपूर्ण विश्व उस भावात्मक चैतन्य की अभिव्यक्ति है। इसलिए संपूर्ण विश्व की प्रसाविनी वहीं चैतन्य शक्ति है। 'एकोऽहं बहुस्यामहं' उस शक्ति का संकल्प है। इसीलिए एक परमात्मा ही अपनी क्रीड़ा के लिए अनेक बन जाता है। अतः उत्तुंग प्रतिभा के धनी संत ज्ञानदेव की समता-दृष्टि असीम और उत्स्फूर्त है। उनका उदय शंकराचार्य के अद्वैत से आगे निकल जाता है। वह नाथ सम्प्रदाय से प्रभावित है, शैव परम्परा का है, वेदान्त का नहीं। उन्होंने शंकराचार्य के अज्ञान या मायावाद तथा विवर्तवाद का खण्डन किया है। ज्ञानदेव का मानना है कि यह जगत् परमात्मा के चैतन्य का विस्तार है। परमात्मा और उसकी जगत्स्वरूप अभिव्यक्ति भिन्न नहीं है। विश्व में ईश्वर नहीं तो ईश्वर में विश्व है। ज्ञानदेव की परम्परा को आगे बढ़ानेवाले संतो ने भी इस अद्वय की अनुभूति की थी कि—

“तया आत्मयाचा भाखा । न पडेचि दुसरी रेखा ।  
जरी विश्वा अशेखा । भरला आहे ॥”

तभी संत नामदेव सूखी रोटी लेकर भागने वाले कुत्ते के पीछे घी का कटोरा लेकर भागे थे। और संत एकनाथ ने तृषार्त गधे के मुख में काशी से लाई हुई गंगा-जल से भरी काँवर खाली कर दी थी।

संत ज्ञानदेव का समता विचार वास्तवाधिष्ठित है। स्थूल रूप से देखने पर विश्व की सभी वस्तुएँ भिन्न स्वभाव एवं प्रकृति धारण किये हुए हैं। प्रत्युत् हर वस्तु एवं प्राणीमात्र की जीवनानुभूति भिन्न है। सृष्टि में निर्माण होनेवाले चार प्रकार के प्राणी-जारज, अंडज, उद्रीज, स्वेदज, फिर पालतू और जंगली आदि सबकी आवश्यकताएँ अलग-अलग हैं। संत ज्ञानदेव अपने समत्त्व दर्शन में इन सभी का विचार करते हैं। उनका समता विचार तांत्रिक, राजकीय साम्यवाद के जैसा मतलबी नहीं है, तो प्राकृतिक वैविध्य को ध्यान में रखते हुए, सहानुभूति से अर्थात् दूसरे की प्रकृति के अनुसार उसकी आवश्यकता को जानकर उससे आनन्द का आदान-प्रदान करते हुए जीवन व्यतीत करना और तमाम जीवों के साथ द्वेष भाव के विपरीत मित्रता, क्षमाशीलता रखना, उनपर कृपादृष्टि रखना ही असली चराचर समत्त्व है। भौतिक स्तर पर की जानेवाली क्षमता, बंधुता की बातें केवल स्वप्नशील आदर्श कल्पना मात्र है। बात ऐसी है कि सवा-सौ करोड़ भारतीयों में से केवल एक व्यक्ति ही राष्ट्रपति बन सकता है। आशय यह है कि प्रत्येक व्यक्ति भौतिक दृष्टि से समान धरातल पर आ ही नहीं सकता। और हमारी समता, बंधुता केवल नारा बनकर रह जाती है। इसीलिए शुद्ध वृत्ति से अपने पक्ष में आये सुख-दुख को समान मानकर दूसरों के साथ समान बुद्धि से वर्तन करना ही बंधुत्व और समानता की कक्षा में आता है।

बहुआयामी सृष्टि में विभिन्न प्रकृति के जीव भले रहते हो, उनका आधार चैतन्यरूपी आत्मानुष्ठान ही है—

“नामरूपसंबंधु । जातिक्रियाभेदु ।  
हा आकारासीच प्रवादु । वस्तूसि नाही ।।”

अलग-अलग आकारों में ब्रह्म एक ही है। ज्ञानदेव मानते हैं कि यह आत्मतत्त्व स्वसंवेद्य है अर्थात् स्वयं ही स्वयं को जानने के लिए योग्य है। सच्चिदानन्द स्वरूप है। जिस प्रकार किसी वस्तु के गुण को उससे अलग नहीं किया जाता, यथा-अमृत का द्रवत्व, माधुर्य और अमृत एक ही है उसी प्रकार आत्मतत्त्व के सत् चित् तथा आनन्द तत्त्व में अभिन्नता है। जब भक्त इसकी अनुभूति कर लेता है तो वह सभी भूत-मात्र के साथ समबुद्धि से व्यवहार करता है। उस भक्त की अवस्था का वर्णन करने के लिए ज्ञानदेव दृष्टान्तों की झड़ी लगा देते हैं— सर्वव्यापी चैतन्य जिस प्रकार से आप-पर भाव से रहित होता है उसी प्रकार से वह भी इस भाव से रहित होकर किसी भी प्राणी से द्वेष करना नहीं जानता । जिस प्रकार धरती उत्तम और अधम में भेद नहीं करती और सब-कुछ को धारण करती है, अथवा कृपालू प्राण राजा की देह में चेतना रखकर रंक की देह नहीं त्यागता, या पानी गाय की तृष्णा को तृप्त किए बाघ को विष होकर नहीं मारता, उसी प्रकार से उत्तम भक्त ऐक्य बोध की भावना से सभी भूत-मात्र के साथ मित्रता रखता है। ‘मैं’ ओर ‘तू’ वाली भाषा वह नहीं जानता और क्षमाशीलता के संबंध में उसकी तुलना सिर्फ धरती से ही हो सकती है। तथा वह हमेशा संतुष्ट रहता है।

“जो सर्व भूतांचां ठायीं । द्वेषातें नेणेचि कहीं ।  
आपपरु नाही । चैतन्या जैसा ।।  
उत्तमाते धरिजे । अधम तरि अद्वेरिजे ।  
हें कांहींच नेणेजे । वसुधा जेवीं ।।  
कां रायाचें देह चाळूं । रंका परीतें गाळूं ।  
हे न म्हणेचि कृपाळू । प्राणु पै गा ।।  
गाईची तृषा हरूं । कां व्याघ्रा विष होऊनि मारूं ।  
ऐसें नेणेचि का करूं । तोय जैसें ।।  
तैसी आघवांचि भूतमात्रीं । एकपण जया मैत्री ।  
कृपेशी धात्री । आपणपां जो ।।  
आणि मी तूं हे भाष नेणे । माझें कांहींचि न म्हणे ।  
सुखदुःख जाणणें । नाही जया ।।  
तेवींच क्षमेलगीं । पृथ्वीसि पवाडु आंगीं ।  
संतोषा उत्संगी । दिधले घर ।।”

कथन का आशय यह है कि चैतन्य शक्ति से साक्षात्कार के बाद रिपु-मित्र वाला भाव ही नष्ट हो जाता है। और इस आत्मविचार से ही बंधुता, समता स्थापित हो सकती है।

संपूर्ण विश्व का ज्ञान प्राप्त करने पर भी संत ज्ञानेश्वर में स्थित विनय की सराहना जितनी की जाय कम है । ‘ज्ञानेश्वरी’ जैसा अलौकिक ग्रंथ पूरा करने पर भी वे उसका पूरा श्रेय गुरु निवृत्तिनाथ को ही देते हैं, और उसी चैतन्यरूपी गुरु से प्रसाद-वर माँगतें हैं कि— खलों में स्थित कुटिलता नष्ट होकर सत्कर्म के प्रति रुचि निर्माण हो । प्राणी-मात्र में एक-दूसरे के प्रति गहरी मित्रता बढ़े । पापों का अंधःकार नष्ट होकर विश्व में स्वधर्म रूपी सूर्य का उदय हो । प्राणीमात्र में जो जिस चीज की चाह करें उसे वह प्राप्त हो। सम्पूर्ण कल्याणकारी ईश्वरनिष्ठ लोगों के समुदाय निरंतर सभी प्राणी-मात्र से मिले। ऐसे सज्जनों के प्रति लोगों में रुचि उत्पन्न हो जो चलनेवाले कल्पतरु के बगीचे हैं, सजीव चिन्तामणि के गाँव हैं और अमृत के बोलनेवाले सागर हैं। ऐसे सज्जनों की सबको हमेशा अभिलाषा रहे जो कलंकरहित चंद्रमा हैं और तापरहित सूर्य हैं । इतनाही नहीं त्रैलोक्य सभी सुखों से पूर्ण होकर आदि-पुरुष, आदि-चैतन्य की भक्ति में हमेशा लीन रहे।



“आतां विश्वात्मके देवे । येणे वाग्यज्ञे तोषावे ।  
तोषोनि मज द्यावे । पसायदान हे ।।  
जे खळाची व्यंकटी सांडो । तथा सत्कर्मी रती वाढो ।  
भूतां परस्परें पडो । मैत्र जीवाचें ।।  
दुरितांचे तिमिर जावो । विश्व स्वधर्मसूर्ये पाहो ।  
जो जें वांछिल तो तें लाहो । प्राणिजात ।।  
वर्षत सकळमंडळी । ईश्वरनिष्ठांची मांदियाळी ।  
अनवरत भूमंडळी । भेटतु भूतां ।।  
चलां कल्पतरूंचे आरव । चेतना चिंतामणीचे गांव ।  
बोलते जे अर्णव । पीयूषांचे ।।  
चंद्रमे जे अलांछन । मार्तंड जे तापहीन ।  
ते सर्वाही सदा सज्जन । सोयरे होतु ।।  
किंबहुना सर्वसुखीं । पूर्ण होऊनि तिहीं लोकीं ।  
भजिजो आदिपुरुखीं । अखंडित ।।”

इस प्रकार के ईश्वरनिष्ठ लोगों के समुदाय जब धरती पर एक-दूसरे से मिलते रहेंगे तो अलग से समता, बंधुता का विचार करने की जरूरत ही नहीं रहेगी । तनावग्रस्त, असुरक्षितता की प्रबल भावनाओं के समकाल में इसके लिए कठोर मनोनिग्रह की आवश्यकता है । विश्वस्तर पर न सही प्राथमिक स्तर पर भी व्यक्ति विशाल मानसिकता का अवलंब करता है तो सहिष्णु, उदार समाज का निर्माण हो सकता है ।

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## Sports Anxiety and its Management

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### Abstract:

Anxiety is a common phenomenon which is found in every creature of this earth nature may vary like someone may feel physical anxiety others may have mental anxiety. Generally we people have five kinds of stress:

1. Physical Anxiety
2. Mental Anxiety
3. Social Anxiety
4. Economical Anxiety
5. Unwanted Anxiety

Sports Stress is an important factor which often comes in the life of every athlete and should be well tackled or avoided to achieve the best possible performance. Many times, "the stress of competition may cause a negative anxiety in one performer but positive excitement in another". That is why one frequently hears how elite players' thrive under pressure, when most others would crumble.

Now-a-days in present competitive scenario every athlete wants medal or trophy by any means so they do not hesitate in consuming doping negating its harmful effects in future. In technological age performance of athlete not only depend upon physical fitness, training, tactics, knowledge etc. But upon various physiological and psychological parameters also, so sports scientists, physiologist, physical fitness trainer, physical educator, physiotherapist, sports psychologist, team manager etc. work in associative and cooperative manner to get best possible performance of athlete. All of these experts play a key role for improving and refining athlete's performance. The rise of professionalism in sports along with human craze for reward and reorganization transformed enjoyable sports into complex event bears lots of anxiety, tears, pain and injuries. Ask a winning athlete how much anxiety, pain etc. he felt to win that medal.

Anxiety is generalized mood that swing or may occur triggering stimulus. It is completely different from fear, fear is cognitive and emotional response to a perceived threat whereas anxiety is related to situations perceived as uncontrollable or unavoidable. Most of us have an experience with anxiety at some point in their lives, as it is common behavioural reaction to perceived threats of all kinds. Few may develop severe problems with anxiety or may be referred as anxiety disorders. Many people take up sports mainly for the fun and thrill of it. However, little is known that sports do experience its fair share of stress as well. Stress has reportedly been the cause of many poor performances among athletes and sportsmen.

So stress can be finally described as over or lack of stimuli. Too little can lead to, lethargy, feelings of lack of focus. Conversely, too much stress can lead to exhaustion "burn out" or even "nervous breakdown" of an athlete.

**Different Types of Athlete's Personality:**

Its universal truth that individual differences exists among people, same way players. Athlete have different personalities mindsets, own characteristic, strength, preferred coaching behaviour, interaction styles etc.

**Spirited (Athletes):** These types of athletes/sportsmen are typically very social, free thinking, welcome changes, idealistic, may make a simple task too difficult, competitive, ambitious, hate to waste time, aggressive, etc. They are never satisfied and are always on the move also impulsive and impatient, Vulnerable to heart attacks. They get annoyed easily.

**ICE (Athletes):** These types of athletes/sportsmen are relaxed, less motivated and relatively free of pressure. They are just the opposite of spirited athletes.

**Knight (Athletes):** These types of athletes/sportsmen are very protective for friends and family. They have strong believes and often get stress when their values are not satisfied, who tend to internalize his or her anger and anxiety and who finds expressing emotions difficult. They are prone to develop cancer.

**Dynamic (Athletes):** These types of athletes/sportsmen are hardy personality. Take the stress as challenge. Not threat.

**Effects and Symptoms of Sports Anxiety:**

- Physical Reaction/Symptoms
- Emotional Symptoms
- Cognitive Symptoms
- Behavioural Symptoms

**Physical Reaction/Symptoms:** Increased injuries frequency, Lengthening of recovery periods, Feeling of training overload, Sleep disturbances, Nausea, Disturbance in appetite, Loss of weight, Aches and pains, Skin problems, Palpitation, Fatigue, Digestion difficulty, High B.P., Dizzy spells, Chest pain, Restlessness, Weight gain/loss, Tense muscles, Asthma, Irregular breathing, Diarrhoea, Frequent urination, Decreased sex drive, etc.

**Emotional Symptoms:** Irritability, Becoming touchy/weepy, Becoming fussy, Feeling guilty, Sadness, Insecurity, Anger, Apprehension, fear, Emotional instability, Anxiety, Depression, Nervousness, Moody and Hypersensitive, Apathy, Urge to laugh/cry at inappropriate times, etc.

**Cognitive Symptoms:** Depression, Loss of drive and motivation, Uneasiness, Difficulty in concentration, Decisiveness, Memory problems, Forgetfulness, Difficulty in making rational judgements, Loss of objectivity, Seeing only the negative, etc.

**Behavioural Symptoms:** Reduced performance, Eating more or less, Sleeping too much or too little, Impaired motivation, Avoidance of certain situations, Increase in use of Caffeine, smoking, alcohol, any other drug, Teeth grinding/Jaw clenching, Neglecting looks/hygiene, Nail biting, Hair pulling, Non-stop talking, Reckless driving, Tapping fingers, Lip smacking, etc.

**Causes of Sports Anxiety:**

Many athletes have anxiety when they need to adopt a change like performance oriented, winning strategies, getting married, having new born baby, break up with some loving one, illness to self or nearest member of family/friend etc.

Few medicines used to treat Asthma, Thyroid, Hormonal Imbalance, Cough and Cold are another cause of anxiety. In case of athletes use of steroids, Caffeine, Alcohol, smoking etc. may often bring symptoms of anxiety.

Fear of win or to lose is a manifestation of the athletes anxiety. According to Cratty the athlete who is afraid to win, fears the responsibilities attached to winning, among them responsibility to continue winning to meet one's own expectations and those of the spectators. Anxiety may be a positive force because it helps the athlete to see the goal, to work hard helps in setting new goal and definitely improve his will to win.

**Management of Sports Anxiety:**

Today competitive sports have changed a lot and it's very difficult for an athlete or a sports person to achieve the top position. For that an athlete should be fully prepared and should be physically, physiologically, mentally, socially and emotionally ready to bear the pain of training.

**What a Coach or Physical Educator can do:**

- Turning threat into challenge (An Eagle flies against the wind not with it).
- Making a threatening situation less threatening
- Changing one's goals (Player due to unusual accident becomes trainer or Coach).
- Preparing for stress before it happens (Prevention is better than cure).

**1. Change your Attitude:**

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. Start to read some valuable inspiration books or magazines. Watch clips of your favourite matches or players. Spend your time along with optimistic team members not with depressed ones

**2. Engage yourself for change:**

Physical activity plays a key role in reducing and preventing the effects of anxiety. Just about any form of physical activity can help relieve stress and burn away anger, tension, and frustration. Exercise releases endorphins that boost your mood and make you feel good, and it can also serve as a valuable distraction to your daily worries. If you are feeling overload then do not relay upon training programme but avoid it and engage yourself somewhere else. The first step is to forget about training schedule and competition etc., get yourself up and moving. Here are a few easy ways:

- Put on some music and dance
- Walking, Yoga, aerobic exercises, cycling and swimming may be the best exercises for you to practice.

**(A) Anulom-Vilom and Kapalbhathi:** You have to start with left nostril because Ida Nadi is a symbol of peace. In summer time duration 05 minute and in winter 10 minute is sufficient for mental peace.

**(B) Do Meditation:** There are various types of meditation in yogic practices you can choose at your own. You may follow VIPASYNA/VIPASSANA MEDITATION, have a comfortable sitting position better to sit in any meditative pose. Now close your eyes and deep breathing five times, try to forget whatever you have in your mind for time being, forget your fear, stress etc. whatever. Now with closed eyes shift your concentration to abdomen just above your umbilicus and feel the breathing. External things or elements may divert your concentration, if it happens again try to come upon your target. Time duration for such practice will be of 20-30 minutes.

**(C) Relaxation:** Conscious rest after conscious effort

- Use the stairs at home for work out rather than an elevator
- Pair up with an exercise partner and encourage each other as you workout

**Make time for fun and relaxation:** If you regularly make time for fun and relaxation, you'll be in a better place to handle life's stressors. Do whatever you like and may bring happiness for you.

### 3. Engage socially:

Social engagement is the quickest, most efficient way to rein in stress and avoid overreacting to internal or external events that you perceive as threatening. There is nothing more calming to your nervous system than communicating with another human being who makes you feel safe and understood. Self talk and Video reviews is another method to release stress.

### 4. Avoid the stressor:

It's not healthy to avoid a stressful situation that needs to be addressed, but you may be surprised by the number of stressors in your life that you can eliminate.

- **Learn how to accept the things** – It is only you that coach plan training schedule keeping in mind individual differences still if you have problems discuss without hesitation and accept it as a challenge. Think who will do it - I will do.
- **Avoid people who stress you out** – If someone consistently causes stress in your life, limit the amount of time you spend with that person, or end the relationship.
- **Take control of your environment** – If the evening news makes you anxious, turn off the TV. If traffic makes you tense, take a longer but less-travelled route.

### 5. Make separate alternate group:

It is the duty of coach that find out the players who are anxious, aggressive, cool and calm etc. in a team. Make separate alternate group for such athletes and alter the situation, allow them to live all together, walk, talk together. You will notice a drastic changes among athletes. If you can't avoid a stressful situation, try to alter it. Often, this involves changing the way you communicate and operate in your daily life.

- Express your feelings with team members instead of bottling them up.
- Be willing to compromise
- Manage your time better

**6. Accept the things you can't change:**

Many sources of stress are unavoidable. You can't prevent or change stressors, such as the Lose the match, Unusual injury just before team departure, death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation you can't change.

- **Don't try to control the uncontrollable.** Many things in life are beyond our control—particularly the behaviour of other athletes rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.
- **Look for the upside.** When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.
- **Learn to forgive.** Accept the fact that we live in an imperfect world and that people make mistakes. Free yourself from negative energy by forgiving and moving on.

**7. Adopt a healthy lifestyle:**

In addition to regular training programme, there are other healthy lifestyle choices that can increase your resistance to anxiety.

**Eat a healthy diet.** Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day. Red meat should be avoided, spicy food should also be avoided. Vegetable diet should be included. Carrot and Papaya is good for stress management.

**Reduce caffeine and sugar.** The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you'll feel more relaxed and you'll sleep better.

**Avoid alcohol, cigarettes, and drugs.** Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don't avoid or mask the issue at hand; deal with problems head on and with a clear mind.

**Get enough sleep.** Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.

**8. Be Spiritual:**

You can follow so many things and may take assistance of coach, athletes, family etc. to cope up from anxiety but if not possible at all then at least be spiritual and live spiritual.

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