



**A STUDY ON THE GAMES AND SPORTS PROGRAMME OF PRIVATE  
SECONDARY SCHOOLS OF DARRANG DISTRICT OF ASSAM.**

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**Abstract:** Physical education is a process of education through physical activity, physical education course is taught in school that focused on the development of physical fitness and the capability to perform and enjoy day to day physical activities. An effective physical education programme must include encouraging lessons to motivate, trained Physical Education teachers train up the students, and adequate instructional periods for practice and students' evaluation. Physical education helps students to develop physical fitness and strengthen the desire for lifelong participation in physical activities and to boost up self-confidence. The present study has been undertaken to study the role of physical education programme of private secondary schools. The study was done on 100 secondary school students of Darrang district. Descriptive survey method was used for data collection of the study.

Key words: Physical education, secondary school students.

**INTRODUCTION:**

Physical education is defined as a process of learning which develops physical activities, physical fitness, motor skills, knowledge and behavior of healthy and active living, sportsmanship and emotional intelligence. The aim of physical education is not only physical development but also the development of the individual's personality as a whole. Historically physical education was used as a survival activity in the remote past of man's biological development and development into an organized social, educational endeavor over the following millennia of Cultural Revolution. In present scenario physical education cannot be explained and understood without reference to the practices, developments, motives and movements that have so critically influenced the march of human civilization in general and physical education in particular.

**NEED AND SIGNIFICANCE OF THE STUDY:**

Physical education programmes are needed to increase the physical competence, health related fitness, self-responsibility and enjoyment of physical activity for all students so that they can be physically active for a lifetime. To build on strengths to inspire curriculum changes in the light of the new educational trend, cultivation in student's generic skills, positive values and attitudes, in addition to physical competence, for lifelong and life wide learning. It encourages schools to make flexible use of time, space, resources and facilities available to enrich their school-based curriculum. Through physical education programme improves children's

physical fitness, develop motor skills which allow for safe, successful and satisfying participation in physical activities.

The secondary schools of Darrang district are lagging behind in the field of sports and physical education. It is a high time to make a comprehensive study of the sports facilities and programmes of physical education programmes available in the secondary schools of Darrang district and to find out the ways and means for its effective implementation for the benefits of students and for the interest of the nation at large.

The present study is significant because it will help the school authorities and the students to realize the necessary sports and physical education programme for the effective school system and all-round development of personality.

#### **STATEMENT OF THE PROBLEM:**

The main aim of the present investigation is to study the role of physical education programme of private secondary schools of Darrang district of Assam. The present investigator has been entitled as---A study on the physical education programme of private secondary schools of Darrang District of Assam.

#### **OBJECTIVES OF THE STUDY:**

On the basis of the need and significance of the study, the following objectives have been formulated for the study:

1. To study the status of physical education programme in private secondary schools of Darrang district.
2. To study the achievement level of students in physical education programme of private secondary schools of Darrang district.

#### **OPERATIONAL DEFINITION OF THE TERMS**

The definitions of the term used in the present study are given below-

##### **PHYSICAL EDUCATION:**

Physical education as a major discipline is gaining influence through its popularity and recognition throughout the world in view of the contribution it makes to achieve the goals of education. It is considered a vital and integral part of the total education of an individual. Physical education makes children physically fit later when they take their place of men and women in society.

##### **SECONDARY SCHOOLS:**

Secondary school is a term used to describe an educational institution where the final stage of compulsory schooling, known as a secondary education takes place. It starts just after from elementary education. Secondary education is the most important stage of education for building up a nation. It provides the vital link between the primary education on one hand and higher education on the other.

##### **SPORTS FACILITIES AND PROGRAMMES:**

Facility means the necessary requirements for the smooth running of an ideal programme. In the profession of physical education, it means the availability of play fields and modern equipment's. There should be adequate areas and equipment's in proportion to the number of students. Programme means some kind of sport programme taken by school; it may be weekly, Half-yearly, yearly and so on. Besides, sports programme includes some kind of short time and

longtime schemes taken during vacation period of the school like summer vacation, winter vacation and so on.

#### **DELIMITATION OF THE STUDY**

1. The study is delimited to the private secondary schools of Darrang district.
2. The study is delimited to class X students studying in private secondary schools.
3. The study is delimited to only the students and the teacher in charge and headmaster of the private secondary schools of Darrang district.

#### **REVIEW OF RELATED LITERATURE:**

Review of Related Literature is an important aspect of any research work. Review of related literature is the base for deciding the research problem, selecting objectives and formulating hypothesis. It is helpful to the researcher in two ways. Firstly, it informs the researcher about what has already been done in a particular field so that unnecessary duplication should be avoided. Secondly, it helps to know what is yet to be done. The review of related literature gives the researcher an understanding of the research methodology which refers to the way the study is to be conducted.

#### **National Review**

**SINGH (2020)** studied about the “Comparative analysis of forced and unforced errors among best eight teams of Volleyball of world at Rio Olympic games”. The study reveals that the patterns and type of forced and unforced errors of winners and loser teams in men section at Rio Olympic games. It helps the Indian Volleyball coaches and physical education teachers involved in teaching and coaching volleyball players to understand the patterns of forced and unforced errors of volleyball at Olympic level. This study provides the feedback to Indian coaches to understand the effects of forced unforced errors on the performance outcome of Olympic level teams. The results of the study help to realize the weak and strong skills in volleyball.

#### **Regional Review**

**BORDOLOI (2013):** Conducted “Effectiveness of yoga in the management of stress among working women”. The main objectives of the study are to examine the effectiveness of Yoga for reduced stress in working women who practiced Yoga and those working women who did not practice Yoga. The findings of this study reveal that the working women experienced many stresses and they had demands made on them from two sources- family and profession. Stress is more significant at the age level of 25-45 years.

#### **METHODOLOGY:**

The descriptive survey method is applied in the present study.

#### **POPULATION OF THE STUDY**

In the present study all the students of class X of private secondary schools of Darrang district constitute the population. The total number of private secondary school is 127; total number of students is 3731.

#### **SAMPLE OF THE STUDY**

The disproportionate stratified random sampling technique is used by the investigator. In the present study 4 private secondary school and 100 secondary school students of Darrang district were selected as sample.

**TOOLS FOR STUDY:**

1. Interview schedule for the students.
2. Interview schedule for the teacher in-charge.
3. Interview schedule for the headmaster.
4. Institutional data schedule.

**STATISTICAL TECHNIQUES**

- a) Tabulation of data
- b) Percentage
- c) Graphical representation

**ANALYSIS & INTERPRETATION OF DATA IN PILOT STUDY:**

**Objective 1**

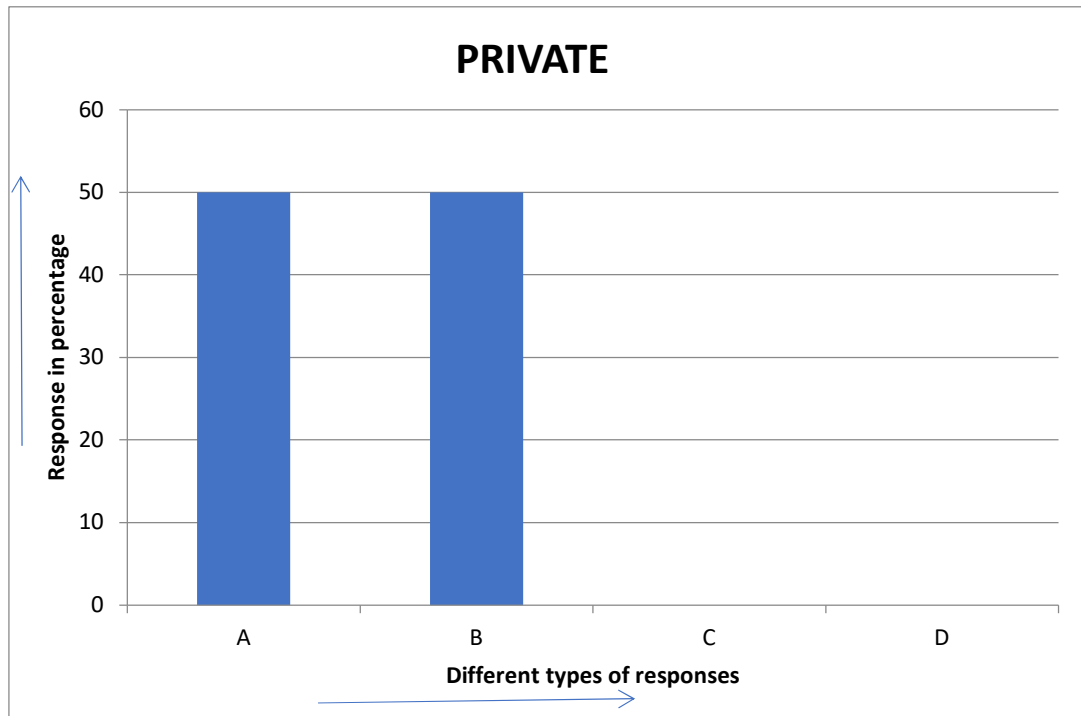
To study the status of Physical Education Programme in Private Secondary Schools of Darrang District.

The present scenario of Physical Education Programme in Private Secondary Schools of Darrang District in terms of the percentage is tabulated in the following tables-

Table No.1: Data showing the opinion of Head Masters of different Private schools regarding the Indoor games organized frequently.

Sl No	Question item	School	Total no of respondent	No of respondent of Head Masters & percentage having different type of opinion regarding the Indoor games organized frequently.								Total %
				A		B		C		D		
				No	%	No	%	No	%	No	%	
1	Indoor games	private	4	2	50	2	50	0	0	0	0	100

**The percentage is illustrated through bar diagram.**



**Interpretation:**

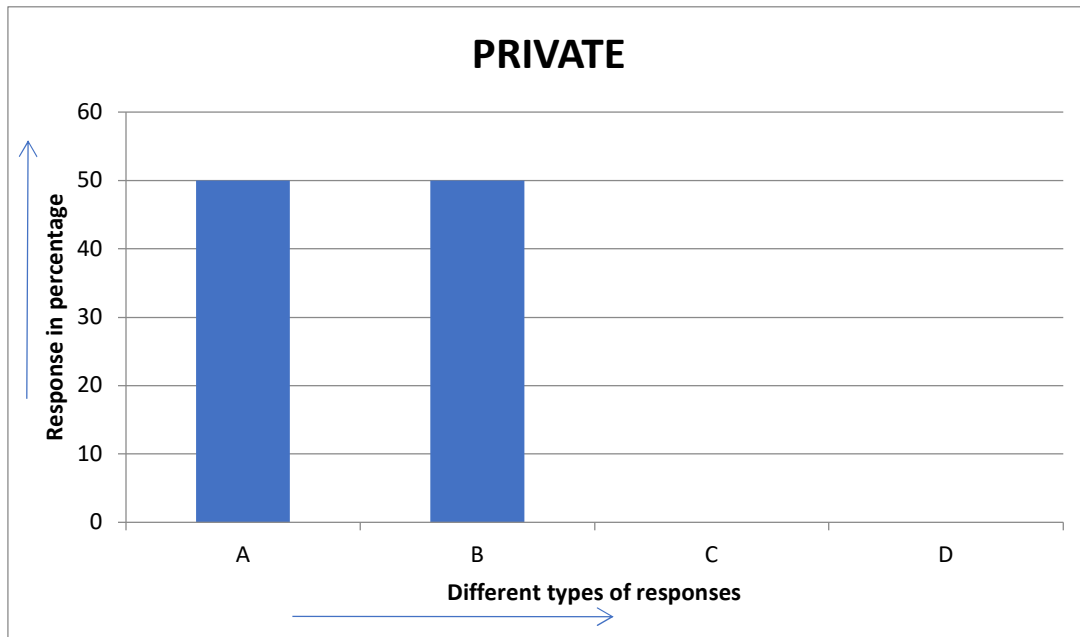
Table no1 shows, in private school, 2 out of 4 Head Masters i.e. 50% of schools, Carrom as indoor game is organized frequently. 2 out of 4 Head Masters i.e. 50% of schools, Badminton as indoor game is organized frequently. Not a single school is found to organize Chess and Tennis as indoor game. From the above representation, it can be concluded that in the private schools, Carrom and Badminton organized frequently as a indoor game.

Table No. 2

Data showing the opinion of Head Masters of different Private schools regarding the outdoor games organized frequently.

Sl No	Question item	School	Total no of respondent	No of respondent of Head Masters & percentage having different type of opinion regarding outdoor games organized frequently								Total %
				A		B		C		D		
				No	%	No	%	No	%	No	%	
2	Outdoor games	private	4	2	50	2	50	0	0	0	0	100

**The percentage is illustrated through bar diagram.**



**Interpretation:**

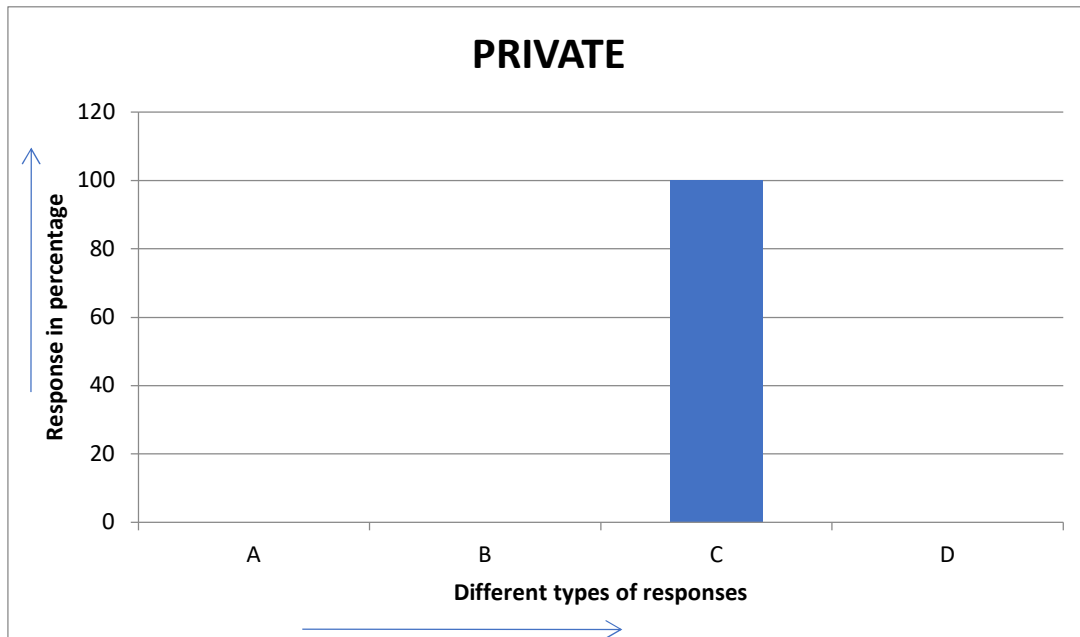
Table no2 shows, in private school, 2 out of 4 Head Masters i.e. 50% of schools, Football as outdoor game is organized frequently. 2 out of 4 Head Masters i.e. 50% of schools, Vollyball as outdoor game is organized frequently. Not a single school is found to organize Kabaddi and Cricket as outdoor game. From the above representation, it can be concluded that in the private schools, Football and Vollyball organized frequently as an outdoor game.

Table No. 3

Data showing the opinion of Head Masters of different private schools regarding the track event organized frequently.

Sl No	Question item	School	Total no of respondent	No of respondent of Head Masters & percentage having different type of opinion regarding the track event organized frequently.								Total %
				A		B		C		D		
				No	%	No	%	No	%	No	%	
3	Track event	private	4	0	0	0	0	4	100	0	0	100

The percentage is illustrated through bar diagram.



**Interpretation:**

Table no3 shows, in private school, 4 out of 4 Head Masters i.e. 100% of schools organize the track event annually.

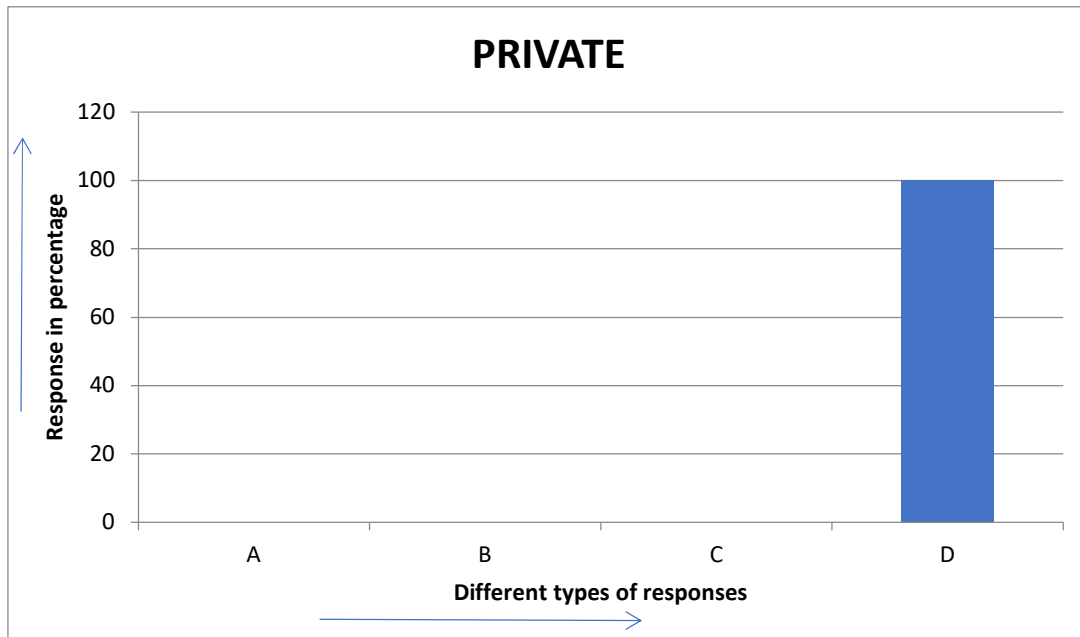
From the above representation, it can be concluded that in the private schools, the track event is held annually, not Monthly or Half Yearly basis.

Table No. 4:

Data showing the opinion of Head Masters of different private schools regarding the Gymnastic events organized frequently.

Sl No	Question item	School	Total no of respondent	No of respondent of Head Masters & percentage having different type of opinion regarding the Gymnastic events organized frequently.								Total %
				A		B		C		D		
				No	%	No	%	No	%	No	%	
4	Gymnastic events organized frequently	private	4	0	0	0	0	0	0	4	100	100

**The percentage is illustrated through bar diagram.**



**Interpretation:**

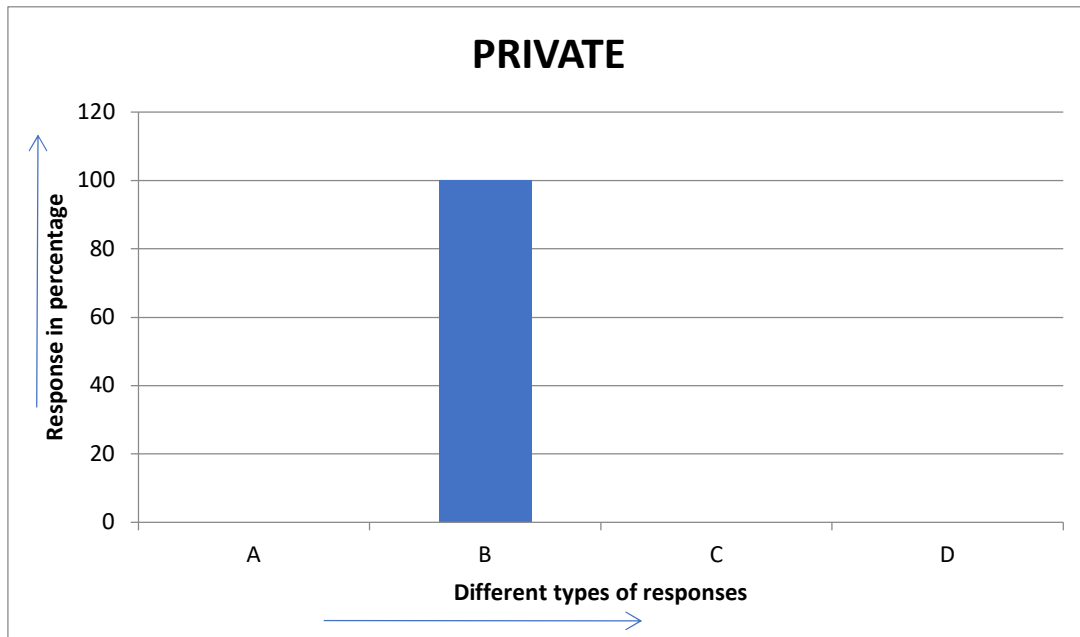
Table no.4 shows, in the private schools, the most easily available Gymnastic events in surveyed secondary schools of Darrang district. All the Head Masters are of the opinion that their schools are not providing the gymnastic events.

Table No. 5: Data showing the opinion of students of different private schools regarding the indoor games facilities.

Sl No	Question item	School	Total no of respondent	No of respondent student & percentage having different types of opinion regarding the indoor games facilities								Total %
				A		B		C		D		
				No	%	No	%	No	%	No	%	
5	Indoor games	private	100	0	0	100	100	0	0	0	0	100

The percentage is illustrated through bar diagram.





**Interpretation:**

Table no 5 shows that 100 out of 100 student's 100% students in private schools students play badminton. Not a single student of private schools of Darrang district plays Table Tennis, Boxing & Karate.

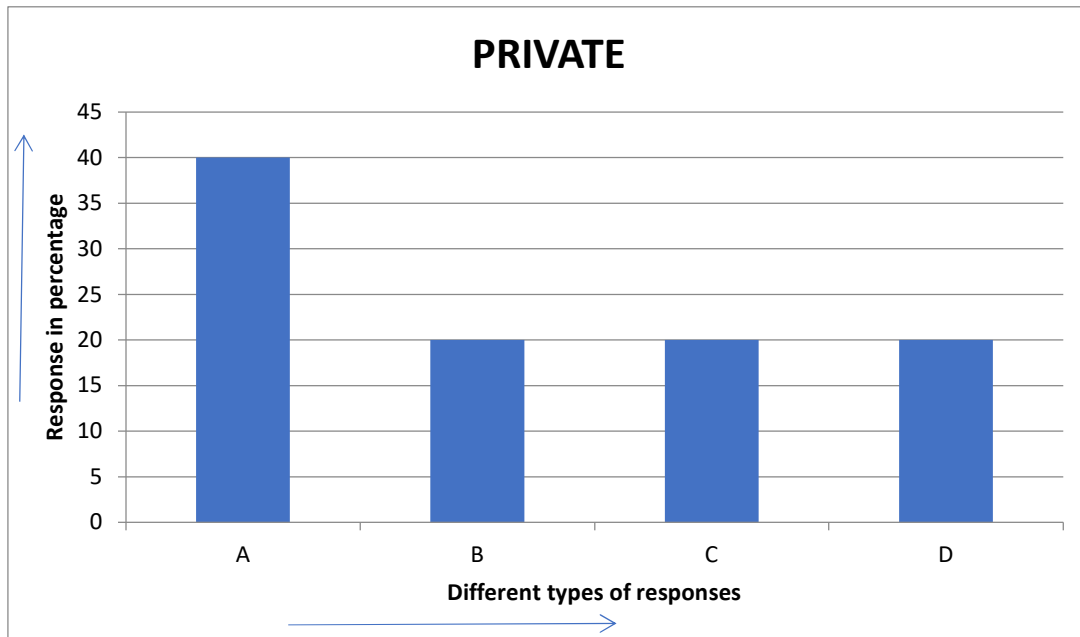
From the above representation, it can be concluded that in the private schools, students play only badminton as a part of Indoor games.

Table No. 6

Data showing the opinion of students of different private schools regarding the outdoor games.

Sl No	Question item	School	Total no of respondent	No of respondent student & percentage having different types of opinion regarding the outdoor games facilities.								Total %
				A		B		C		D		
				No	%	No	%	No	%	No	%	
6	Outdoor games	private	100	40	40	20	20	20	20	20	20	100

The percentage is illustrated through bar diagram.



**Interpretation:**

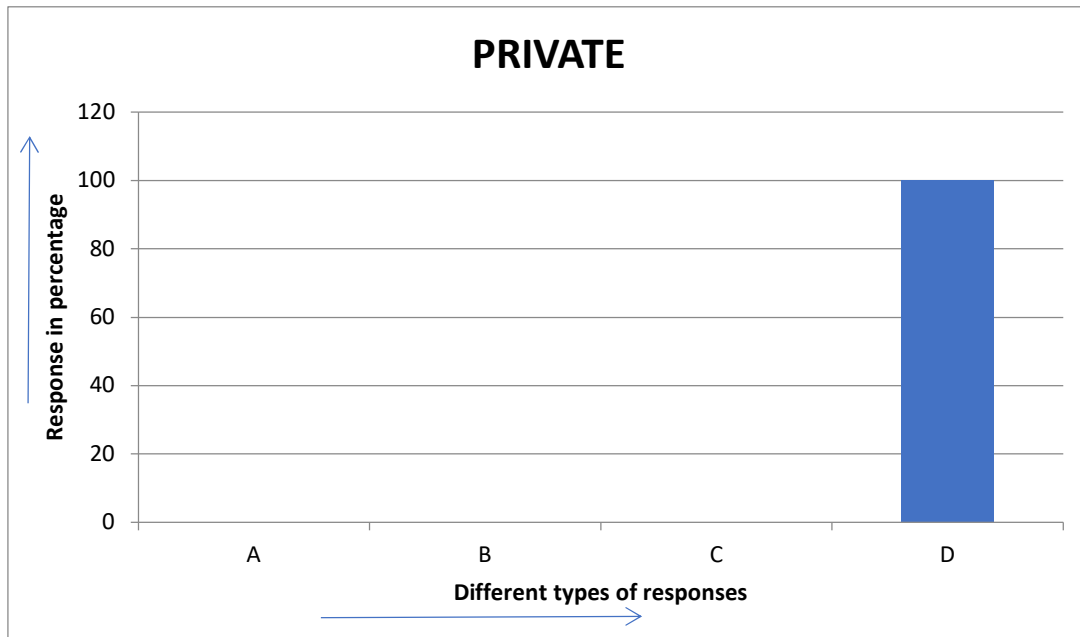
Table no 6 shows, in private school, 100 out of 40 students i.e. 40% students play Javlin Throw, 80 out of 20 students i.e. 20% students play football, 20 out of 20 students i.e. 20% students play long jump and 20 out of 20 students i.e. 20 % students play High Jump frequently.

From the above representation it can be concluded that the outdoor games available in private schools.

Table No.7: Data showing the opinion of students of different private schools regarding the Gymnasium facilities.

Sl No	Question item	School	Total no of respondent	No of respondent student & percentage having different types of opinion regarding the gymnasium facilities.								Total %
				A		B		C		D		
				No	%	No	%	No	%	No	%	
7	Gymnasium facilities	private	100	0	0	0	0	0	0	100	100	100

**The percentage is illustrated through bar diagram.**



**Interpretation:**

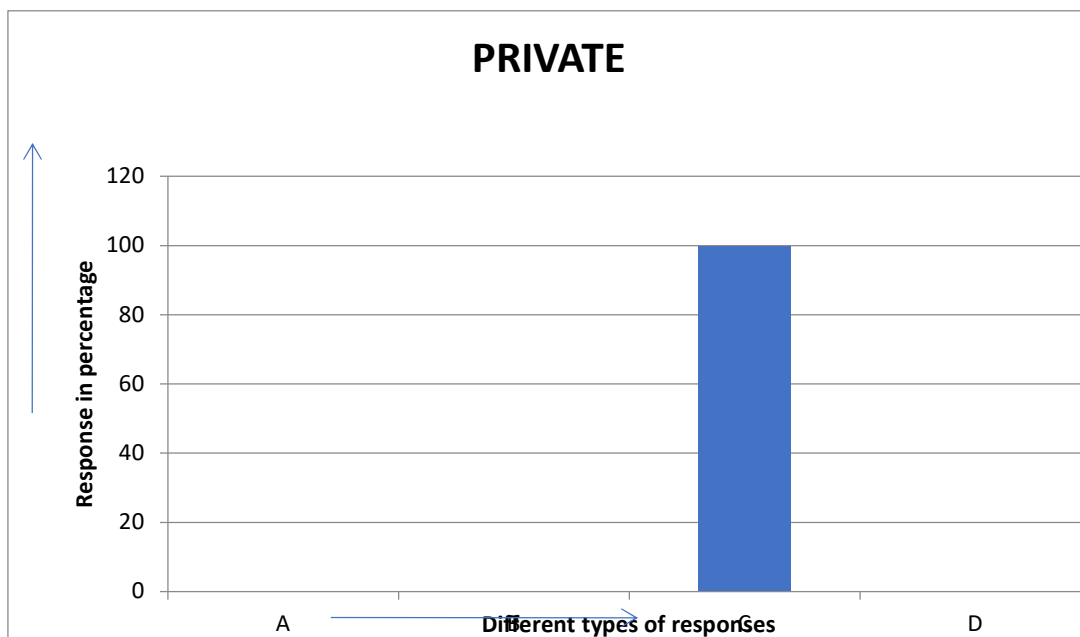
Table no 7 shows, in private school, 100 out of 100 students i.e. 100% students express that there is no gymnasium facility in their school.

From the above representation it can be concluded that the Gymnasium facilities are not available in private schools.

Table No.8: Data showing the opinion of students of different private schools regarding the tracking events.

Sl No	Question item	School	Total no of respondent	No of respondent student & percentage having different types of opinion regarding the tracking event facilities.								Total	
				A		B		C		D			%
				No	%	No	%	No	%	No	%		
8	Tracking event	private	100	0	0	0	0	100	100	0	0	100	

**The percentage is illustrated through bar diagram.**



**Interpretation:**

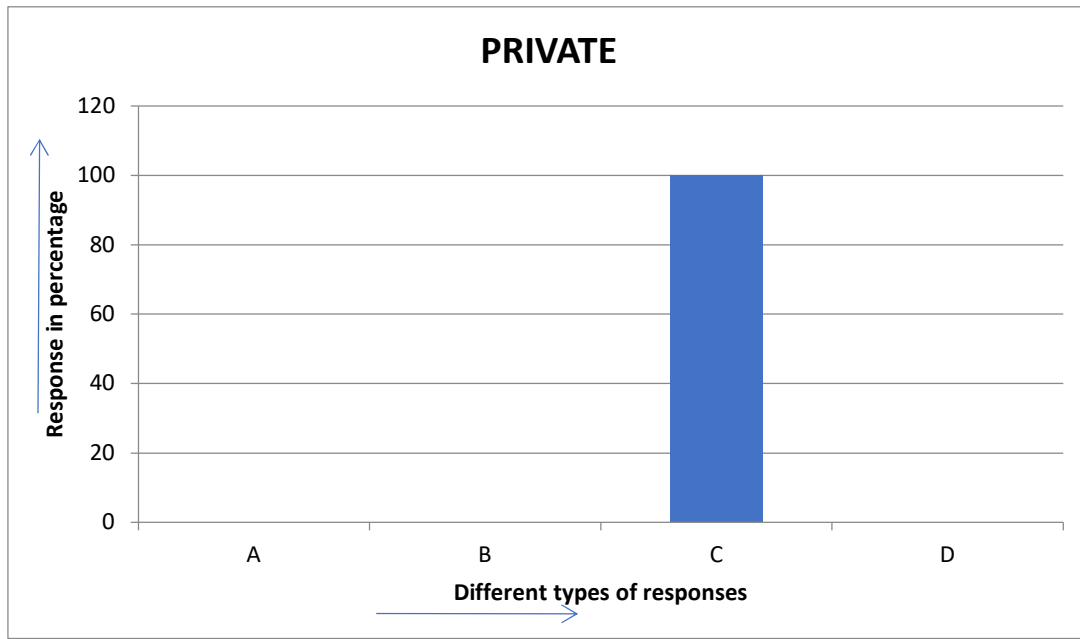
Table no.8 shows, in private school, 100 out of 100 students i.e. 100% students express that the Tracking event is organized annually in their school.

From the above representation it can be concluded that the Tracking event is held in the private schools annually, not in Monthly or Half Yearly basis. No student reports that the tracking event is not held in their school.

Table No. 9: Data showing the opinions of the Teachers-in charge of different private school regarding the organization of physical education programme by the school.

Sl No	Question item	School	Total no of respondent	No of respondent of teacher in charge & percentage having different types of opinion regarding the organization of physical education programme by the school.								Total %
				A		B		C		D		
				No	%	No	%	No	%	No	%	
9	Organization of physical education programme	private	4	0	0	0	0	4	100	0	0	100

The percentage is illustrated through bar diagram.



**Interpretation:**

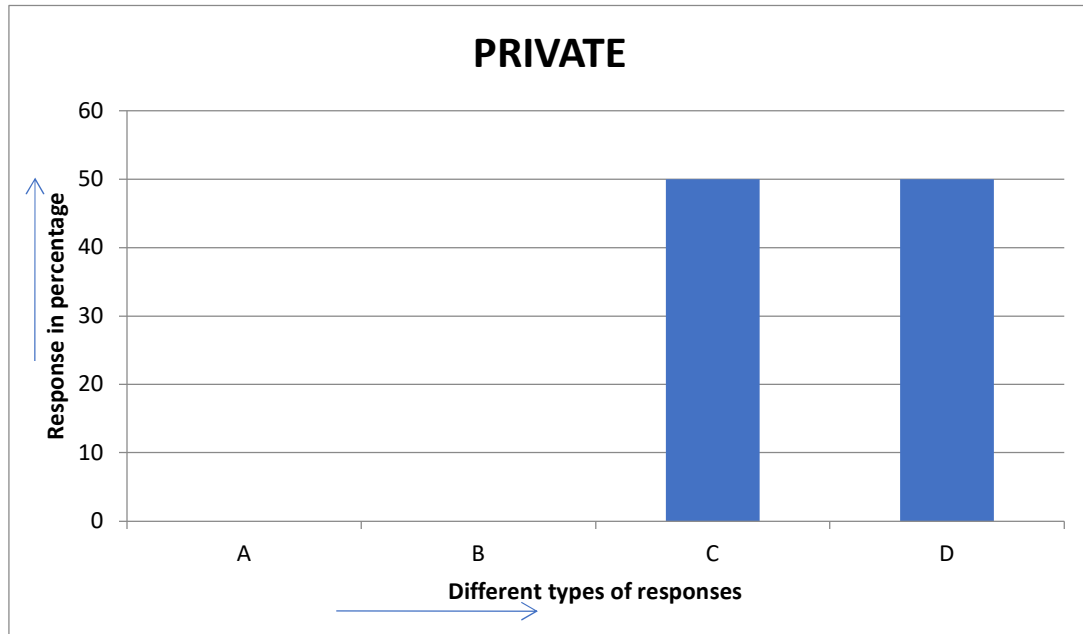
Table no 9 shows that 4 out of 4 in private schools i.e. 100% Teacher in-charge in private schools express that the physical education programmes are held sometimes in their schools. No one reports that the programmes are never held.

From the above representation, it can be concluded that in the private schools, the physical education programmes are held not in regular (i.e. option A) or irregular (i.e. option B) basis.

Table No. 10: Data showing the opinions of the Teachers-in charge of different private schools regarding the training programme for teachers-in charge.

Sl No	Question item	School	Total no of respondent	No of respondent of teacher in charge & percentage having different types of opinion regarding the training programme for teacher in charge.									
				A		B		C		D		Total %	
				No	%	No	%	No	%	No	%		
10	Training programme for teacher in charge	Private	4	0	0	0	0	2	50	2	50	100	

The percentage is illustrated through bar diagram.



**Interpretation:** Table no 10 shows that 2 out of 4 in Private schools i.e. 50% Teacher in-charge in Private schools express that the physical training programmes are held annually and other 2 teacher in charge express that the physical training programmes are not held in a fixed time.No one reports that the training programmes are held quarterly, half yearly.

From the above representation, it can be concluded that in the private schools, the physical training programmes for teacher in charge are held annually or not in a fixed time.

**Objectives no 2**

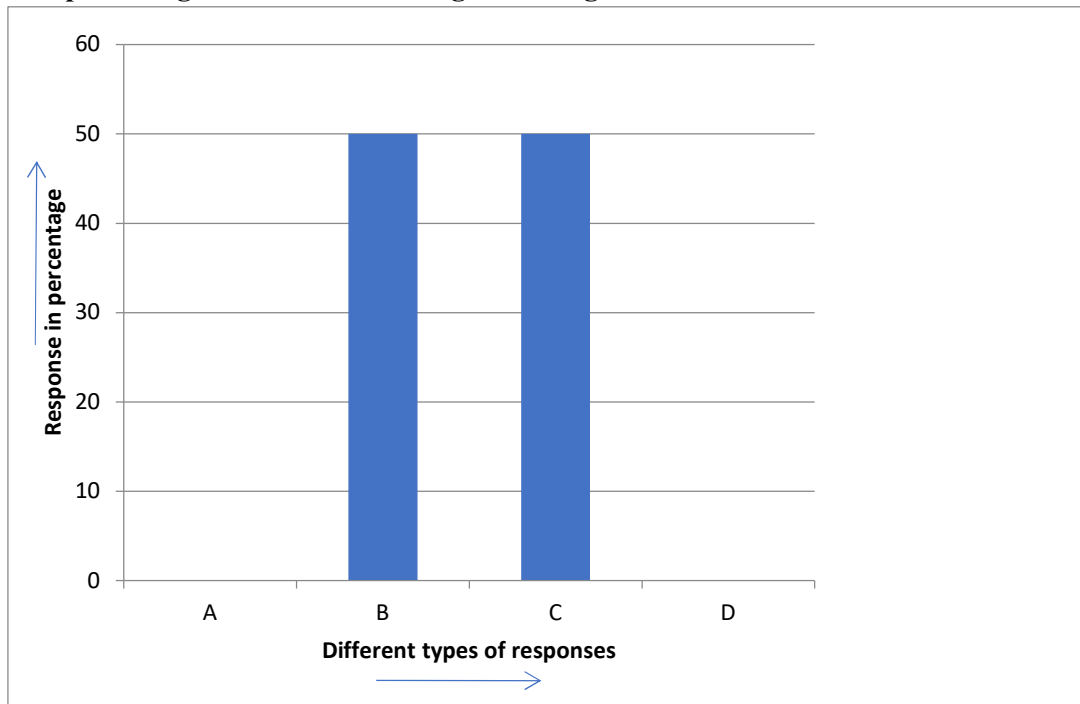
To study the level of students in physical education programme of private secondary schools of Darrang district.

Table No. 11: Data showing the opinion of the Head Masters of different schools regarding the private school student’s achievement at different levels in sports and physical education programme.

Sl No	Question item	School	Total no of respondent	No of respondent head masters & percentage having different types of opinion regarding the student’s achievement at different levels in sports and physical education programme.								Total			
				A		B		C		D					
				No	%	No	%	No	%	No	%		%		

11	Student's achievement at different levels in sports and physical education programme.	Private	4	0	0	2	50	2	50	0	0	100
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The percentage is illustrated through bar diagram.



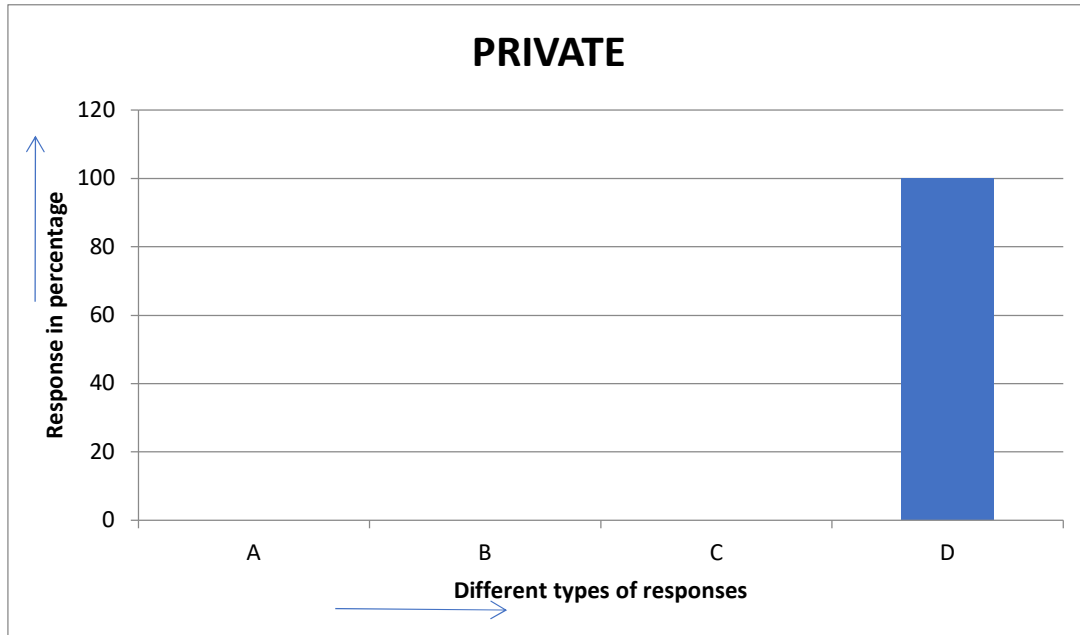
**Interpretation:** Table no 11 shows, in Private schools, it is seen that 2 out of 4 headmasters in private secondary schools that is 50% felt satisfaction in achievement level of students in games and sports and the rest 50% headmasters felt that the achievement level of students is very poor.

Table No. 12: Data showing the opinion of students of different private schools regarding the medal won at different levels.

Sl No	Question item	School	Total no of respondent	No of respondent student & percentage having different types of opinion regarding the medal won at different levels								Total %	
				A		B		C		D			
				No	%	No	%	No	%	No	%		

12	Medal won at different levels.	Private	100	0	0	0	0	0	0	0	100	100	100
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The percentage is illustrated through bar diagram.



**INTERPRETATION**

In Table no 12 shows, in Private schools 100 out of 100 i.e. 100% students say, that they have won medal most frequently at school level only. None of them is found to have win medal at National level, State level and District level sports event.

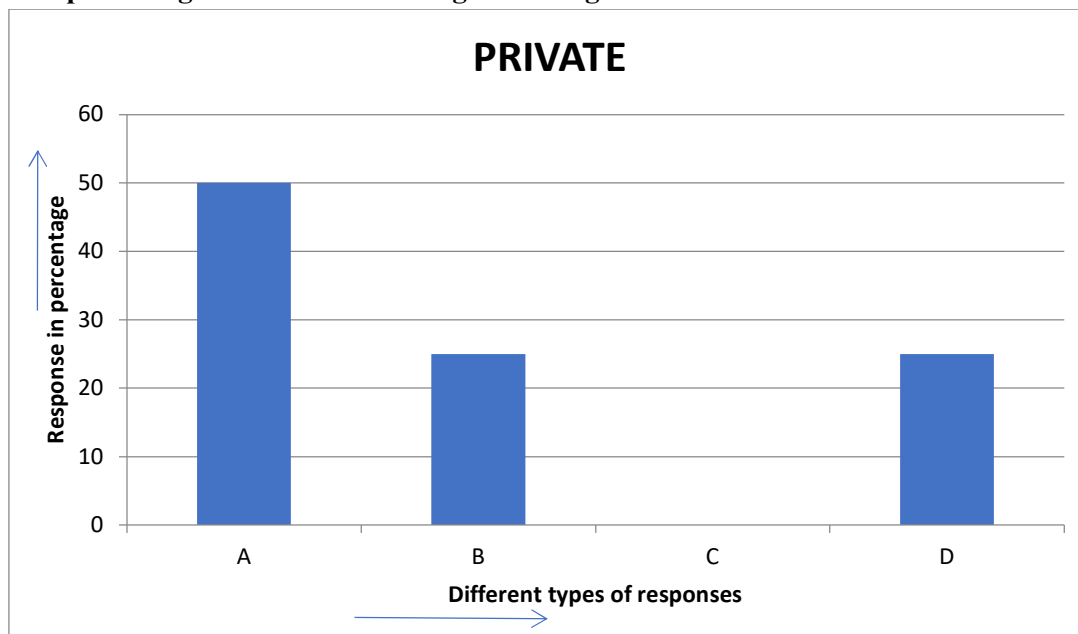
Table No. 13: Data showing the opinion of the Physical Education Teacher in-charge regarding the achievement of medal by students in different level of sports competition.

Sl No	Question item	School	Total no of respondent	No of respondent student & percentage having different types of opinion regarding the achievement of medal by students in different level of sports.								Total %
				A		B		C		D		
				No	%	No	%	No	%	No	%	



13	Achievement of medal by students in different level of sports competition	Private	4	2	50	1	25	0	0	1	25	100
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The percentage is illustrated through bar diagram.



**Interpretation:**

Table no 13 shows, in private school, 2 out of 4 i.e. 50% teacher in-charge report that the students have own medals at school level, while 1 out of 4 i.e. 25% teacher in-charge report that the students have own medals at state level and the remaining 1 out of 8 i.e. 25% teacher in-charge report that no students have own medals at national levels.

i.e. 50% head masters reported that there is no physical education teacher in their school and no reports found whether there are two or three physical education teachers in their schools.

From the above representation we may conclude that in the private schools of Darrang district there is only one physical education teacher.

**FINDINGS OF THE STUDY:** The findings of the study reveal that the private secondary schools of Darrang district do not have adequate physical education infrastructure like play fields, sports materials and trained physical instructor. The physical education programme initiated by the secondary schools of Darrang district area is not adequate, level of performance of the students in sports is not also satisfactory.

**SUGGESTION:** The study shows that the overall participation of the students is not so much encouraging. Therefore, the administrators, teachers and guardians should try to motivate the students to participate in the games and sports. Besides, the Government and Non-Govt.

organizations (NGO) will try their best to arrange awareness programs in the society in order to make games and sports popular among the students.

**CONCLUSION:** Physical education is mandatory for the motor and intellectual development of the children. The advanced countries have realized the importance of it and therefore they have included games and sports in their curriculum. In India also it will be worthwhile to introduce

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