

India and Sports Performance

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ABSTRACT

The sports performance of India in international and national level is always a matter of discussion over the decades. From the track records it is found that the achievements in sports in this country still at the bottom level with respect to the others countries of the world. Population wise sports performance in the International competitions is at the lowest rank in spite of more than one hundred crore people in the country. The sports performance in this country is a matter of shame compared to the performance of very small and very poor countries like Ethiopia, Somalia, Kenya etc. The details of our achievements in Olympics, Asian and Commonwealth Games is an indication that the drought started in 80's when politicians and bureaucrats grabbed power in federations and Sports Authority of India came into existence. Now the question is that why the performance in sports is not up to the level. There are so many reasons about the lack of performance quality. Only consistently sports performance ability which makes India proud for a longer period time that is eight times winning of gold in hockey in the Olympic Games. However, the causes of low sports performance are as follows, such as national level, state level, district levels Sports Organizations are headed by non technical and non sports persons. Mismanagement of Sports Authority of India, false information to the Govt. before clearance of players and teams, Physical Education and sports in educational institution is not given due place, the role of teachers of Physical Education is much below the expected level, the role of UGC is not effective, a statutory agency for monitoring Physical Education required, the basic objectives of Physical Education are not being followed, commercialization in sports, discriminatory role of media in exposure of sports, poor guidance to the sports persons who neglect studies and end up frustrated, early burn out due to intensive training and stress of competition at premature age, literally purchase of sports persons by the educational institutions for the false pride, biased attitude of the Govt. Moreover, to overcome the situation following steps can be taken such as compulsory introduction of Physical Education from primary school level to university level, suggestion should be given for the improvement of sports performance, real learned teacher should be taken, mass participation should be encouraged, player selection should be transparent there should no favouritism, coaches must well aware about the B.P.Ed degree knowledge. Govt. should ensure that Physical Education gets its due place in educational institution, Govt. should not permit the players and teams until these are prepared to meet the international level, proper trial should be taken before providing entry pass for the international competition, media should be fair to project all the games for their exposure and promotion in the country, the outstanding sports persons in all games should get their due recognition without any discrimination. Professionally qualified and competent people should be given key posts in the sports federations and sports Authority of India etc.

Key Words : India, Sports performance, Olympic, Asian, Commonwealth games

INTRODUCTION

The sports performance of Indians are always negligible with respect to the other countries even with compared to very small and very poor countries like

Ethiopia, Somalia, Kenya etc. till the day. Population wise sports performance in the International competitions is at the lowest rank in spite more than one hundred crore people in the country. The details of our achievements in Olympics, Asian and Commonwealth Games is an

indication that the drought started in 80's when politicians and bureaucrats grabbed power in federations and Sports Authority of India came into existence. Now the question is that why the performance in sports is not up to the level. There are so many reasons about the lack of performance quality. Only consistently sports performance ability which makes India proud for a longer period time that is eight times winning of gold in hockey. However, the causes of low sports performance are as follows, such as national level, state level, district levels Sports Organizations are headed by non technical and non sports persons. Mismanagement of Sports Authority of India, false information to the Govt. before clearance of players and teams, Physical Education and sports in educational institution is not given due place, the role of teachers of Physical Education is much below the expected level, the role of UGC is not effective, a statutory agency for monitoring Physical Education required, the basic objectives of Physical Education are not being followed, commercialization in sports, discriminatory role of media in exposure of sports, poor guidance to the sports persons who neglect studies and end up frustrated, early burn out due to intensive training and stress of competition at premature age, literally purchase of sports persons by the educational institutions for the false pride, biased attitude of the govt.

Aim and objectives of the study:

The main aim and objectives of the study is to discuss the picture of sports performance of India, problems and solutions.

Observation:

It has been seen that India won Medals in Modern Olympics since 1896 only won gold medal in Hockey 1928-1952, Bronze medal in wrestling in 1952. In 1956 won Gold medal in Hockey. In 1960 won Silver medal in Hockey. In 1964 Won Gold medal in Hockey. In 1968 and 1972 won Bronze medal in Hockey. In 1980 won Gold medal in Hockey. In 1996 Bronge medal in Lawn Tennis. In 2000 won Bronze medal in Weight lifting. Unfortunately our Hockey team is now relegated to 8th, 10th some time 12th position in Olympic Games and Hockey world cup championship. In Asian Games, India's medal tally has remained reasonably respectable up to 1982 Asia Games as per the break- up given below. In 1951 Asian Games-15 Gold medals, in 1954 Asian Games-10 Gold medals, in 1958 Asian Games-05 Gold medals,

in 1962 Asian Games-10 Gold medals, in 1966 Asian Games-07 Gold medals, in 1970 Asian Games-06 Gold medals, in 1974 Asian Games-04 Gold medals, in 1978 Asian Games-11 Gold medals, in 1982 Asian Games-13 Gold medals, in 1986 Asian Games five Gold medals, in 1990 Asian Games one Gold medal, in 1994 Asian Games four Gold medals, in 1994 Asian Games seven Gold medals, in 2002 Asian Games ten Gold medals. Medals in Commonwealth Games in 1958 two Gold medals, in 1966 three Gold medals, in 1970 five Gold medals, in 1974 four Gold medals, in 1978 five Gold medals, in 1982 five Gold medals in 1990 five Gold medals, in 1994 four Gold medals in 1998 seven Gold medals, in 2002 thirty two Gold medals. However, the total number of winning of Gold medals is really not up to the standard level with respect to the total population of the country.

Discussion:

The main problems in low performance ability in sports in India are many such as no scientific pre planning coaching system from grass hood level, national level, state level, district levels. Sports Organizations are headed by non technical and non sports persons. Most of cases the sports Federations are the under control of influential politician. Mismanagement of Sports Authority of India-huge amount of money allocated for sports promotion are dumped in half stadiums, gymnasiums and swimming pools. Large number of non-professionals has been inducted in S.A.I. It is disgusting to see the huge amount of money being wasted in the name of sports. False information to the Govt. before clearance of players and teams-large number of teams and individual sports persons are cleared with fake claims thus teams give poor performances, individuals don't even repeat the performances of qualifying standards. Physical Education and sports in educational institution is not given due place-it has been observed that countries doing well in sports most are the players from students community- those countries have well established Physical Education- there is no such facility in this country. The role of teachers of Physical Education is much below the expected level-the role of Physical Education teacher is very casual, also the fact is that the subject is not given the proper place in academic curriculum yet. The role of UGC is not effective- it the funding body for the universities in India but does not have any quality planning for Physical Education and producing sports persons. Hence a statutory agency for monitoring Physical Education

required- this agency can promote Physical Education and sports in the country. The basic objectives of Physical Education are not being followed-it is often seen that the very basic objective of Physical Education is being ignored. The objective of Physical Education as a part of the academic curriculum is mass participation of students community in different physical activities that makes students community healthy and fit- these are ignored. Commercialization in sports-it is unfortunate that emphasis these days is on competitive sports only where main aim is winning professionalism has caused lot of harm to the fair name of sports. The noble sportsman-spirit which was the virtue of sportsmen is getting eroded because of professional approach in the sports even at lower level competitions in the schools, colleges or universities, discriminatory role of media in exposure of sports. Poor guidance to the sports persons who neglect studies and end up frustrated, early burn out due to intensive training and stress of competition at premature age. Literally purchase of sports persons by the educational institutions for the false pride, sometimes biased attitude of the Govt. and misinterpretation. Moreover, to overcome the situation following steps can be taken such as compulsory introduction of Physical Education from primary school level to university level, suggestion should be given for the improvement of sports performance, real learned teacher should be taken, mass participation should be encouraged, player selection should be transparent there should no favouritism, coaches must well known about the B.P.Ed degree knowledge, Govt. should ensure that Physical Education gets its due place in educational institution, Govt. should not permit the players and teams until these are prepared to meet the international level, proper trial should be taken before providing entry pass for the international competition, media should be fair to project all the games for their exposure and promotion in the country, the outstanding sports persons in all games should get their due recognition without any discrimination, professionally qualified and competent people should be given key posts in the sports federations and Sports Authority of India etc.

Conclusion:

It can be concluded that the causes of poor performances in sports are many such as different level sports organizations are headed by non-technical persons, mismanagement of SAI, Physical Education and Sports

are not given the proper importance, role of Physical Education is not to the expected level, false information given to the Govt. before participation in Sports in different competitions, the role of university funding authority UGC is not so effective, biased attitude of Govt., discriminatory role of Media in exposure of Sports, Commercialization in Sports etc. Moreover, to overcome the situation following steps can be taken such as compulsory introduction of Physical Education from primary school level to university level, suggestion should be given for the improvement of sports performance, real learned teacher should be taken, mass participation should be encouraged, player selection should be transparent there should no favouritism, coaches must well known about the B.P.Ed degree knowledge, Govt. should ensure that Physical Education gets its due place in educational institution, Govt. should not permit the players and teams until these are prepared to meet the international level, proper trial should be taken before providing entry pass for the international competition, media should be fair to project all the games for their exposure and promotion in the country, the outstanding sports persons in all games should get their due recognition without any discrimination, professionally qualified and competent people should be given key posts in the Sports Federations and Sports Authority of India etc. However, in very recent India is doing better in very few events of track and field, badminton, wrestling, boxing, shooting, tennis, archery besides cricket.

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