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Multidisciplinary International- Conference on  
**Innovation and Human Values:  
Thriving in the VUCA World**

15<sup>th</sup> & 16<sup>th</sup> March 2019



Organised by

UG & PG Departments of Commerce and  
Management

**Seshadripuram College**

No. 27, Nagappa Street, Seshadripuram, Bengaluru – 560 020

NAAC Accredited 'A'

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## **ABOUT THE CONFERENCE**

In a never-ending game to remain competitive, organizations today are embarking upon more change agendas than ever. Today, we are living, breathing and navigating through VUCA (Volatility, Uncertainty, Complexity and Ambiguity) every moment. It is evident that the fast pace and high degree of changes are at the heart of VUCA and it is the ability to manage these two dimensions of change that will set apart organizations to thrive today. Responding to the complexity and large quantum of changes, organizations are forced to transform, reinvent themselves and follow the agile approach. In order to manage these changes, strive and flourish, organizations are creating reflective strategies and regenerating processes through the frontiers of innovation. However, these lightning changes, high velocity and intensifying competition and success recipe have ignored the human values quotient. Being thoughtful also entails innovation to be reflected as part of a broader network, its role in an ecosystem, its impact on society, influence on human evolution and in specific the second order effect of any shift that innovation creates in a system.

## **ABOUT THE ORGANISERS**

### **Seshadripuram Educational Trust (SET)**

Seshadripuram Educational Trust, the pioneering educational trust of Karnataka, was founded in 1930. In the course of its sustained growth spanning eight decades, it has established itself as one of the foremost educational organisations in the state, providing quality education to over 22,000 students across 33 institutions in Karnataka, ranging from pre-school to post graduation, research and foreign collaboration. The ultimate goal of the Trust is to impart value-based education, nurturing knowledge that will lead to happiness, peace, harmony and prosperity.

### **Seshadripuram College**

Established in 1973, Seshadripuram College is the flagship institution of SET and among the premier higher education institutions of Karnataka. The college offers an array of undergraduate and postgraduate courses such as: BCom, BBA, BCA, MCom, MFA and MIB courses and boasts of a current strength of 3050 students. The institution has been awarded the highest „A' grade in several cycles of the NAAC re-accreditation process and regularly features among the top Commerce colleges not only of Bangalore but of the country in rankings of leading national newspapers. The College has always aimed to move with the times without losing touch with its core values. It forever strives to expose both its students and staff to relevant knowledge and its application across disciplines and domains and thereby live up to its motto-„Always Aiming High“.

## **Department of Commerce and Management & Post Graduate Department of Commerce and Management**

The Department of Commerce and Management is the oldest and largest department of the college. With current student strength of 2500, it is among the largest departments of Commerce and Management under Bangalore University. The department is ranked 30 in India and first among affiliated colleges in Karnataka (India Today - Top Colleges Survey). The department offers undergraduate programmes in Commerce and Management and Postgraduate programmes in Commerce, International Business and Financial Analysis. Both the undergraduate and postgraduate departments are committed to developing a student community with intellectual excellence and competencies at the global level through imparting quality education and promoting creativity and research.

## **Department of Physical Education and Sports**

The Department of Physical Education and Sports of the college has an outstanding track record. It regularly produces a large number of accomplished sportspersons with students winning medals at national and international levels, both in individual and team events. Currently the college teams are Bangalore University champions and runners-up in Weightlifting; Power lifting, Softball, Throw ball, Table tennis and Chess. The Department attempts to live by its goal- to promote fitness as a way of life and has a high end multi-gym and facilities for indoor games along with coaching for yoga. The Department also promotes research and academic initiatives related to Sports and Physical Education. In September 2016, it organized a prestigious national level conference which saw an overwhelming response from Physical Education Directors and research scholars across the country.

## **Department of Library and Information Centre**

The Department of Library and Information Centre of the college can rightfully claim that, along with the proud possession of a rich treasure house of books, some of them rare editions, it has kept abreast of latest developments in Information Science. The library is fully computerized and automated and has a UGC - sponsored Network Resource Centre having 33 computers with high speed broadband connection. In addition to the extensive collection of books, journals and magazines, the library provides access to e-resources available under INFLIBNET's NLIST Consortia. Institutional memberships with the British Council Library, Bangalore and the IIM Bangalore Library provide additional resources for faculty. The department regularly conducts workshops to guide faculty and students in the use of e-resources for projects and research



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## FROM THE CHIEF EDITOR'S DESK

The Department of Commerce and Management (UG and PG) in association with Department of Computer Science, Department of Library Sciences and Department of Physical Education, Seshadripuram College, Bangalore conducted a successful and meaningful Two Day Multidisciplinary International Conference on "Innovation and Human Values: Thriving in a VUCA World" on 15 & 16th March 2019. The Conference saw enthusiastic participation from faculty and students across the country as well as participants from United Kingdom, Malaysia, Mauritius and Germany. A stringent process was followed to ensure that only papers based on quality research would be selected for presentation and publication. Abstract submission and approval was followed by thorough scrutiny before final acceptance along with suggestions if required. Full papers underwent stringent plagiarism test through Turnitin software followed by review by a panel of eminent academicians and researchers in the domain. Papers were subsequently mailed back to the author/ authors with plagiarism report and reviewer's report and suggestions for necessary action. 98 papers were accepted for presentation. 50 papers of good quality were sent back for final revision before being collated for publication in this Special Issue of International Journal of Research in Social Sciences, Vol 9, Issue 4, April 2019, Impact Factor of 7.08.

I congratulate the Under Graduate and Post Graduate Department of Commerce and Management, Seshadripuram College, in particular Dr Bhargavi V R, Conference Chief Convener, Prof Kalanaik, Conference Co Convener and Prof Mahalakshmi V, HOD Department of Commerce and Management. A special thanks to Prof Raji Pillai, faculty member in charge of coordinating the paper presentations and publication, for her painstaking efforts in making this publication possible.

Dr. Anuradha Roy  
Principal

## **FROM THE MANAGING EDITOR**

Warm greetings to everyone.

On the 15<sup>th</sup> and 16<sup>th</sup> March 2019, a two Day Multidisciplinary International Conference “Innovation and Human Values: Thriving in a VUCA World” was conducted successfully in Seshadripuram College, Bengaluru.

I thank the Management and Principal and Chief Editor Dr Anuradha Roy for their support in organising the conference. I also thank the faculty of the UG and PG Departments of Commerce and Management, Department of Computer Science, Department of Physical Education and Sports and Department of Library Science for their dedicated efforts in putting the conference together. I also express my gratitude to faculty from other departments who assisted, as well as the enthusiastic student volunteers for their support.

With respect to this publication, I thank Smt Swarna N, Smt Pratima K M, BCA Department for their efforts in piecing together and formatting of the content. I also thank Smt Nagasudha.R, Sri Sandesh V, Sri Dharmaraj.P.R, Smt Poornima K, and Smt Shobha U, faculty Departments of Commerce and Management for managing the plagiarism and review of the papers.

The papers published below on a variety of sub-themes of the conference includes topics such as Human Values, Ethics in Library Science, Effects of Asanas, Impact of Information Communication and Technology on Physical Education, Sports Journalism Human Resources, Financial aspects, Business Ethics, Women Entrepreneur.

The varied views expressed stand testimony to the successful achievement of the aim of the conference which provided a platform for various topics to be discussed and thereby facilitated a rich learning experience.

Prof Raji Pillai  
Department of Commerce and Management  
Seshadripuram College

**Multidisciplinary International Conference on Innovation and Human Values: Thriving in a VUCA world**

**Organised by the Undergraduate and Postgraduate Departments of Commerce and Management**

**15<sup>th</sup> and 16<sup>th</sup> March, 2019**

**Report**

In a never-ending game to remain competitive, organizations today are embarking upon more change agendas than ever. Today, we are living, breathing and navigating through VUCA (Volatility, Uncertainty, Complexity and Ambiguity) every moment. Responding to the complexity and large quantum of changes organizations are forced to transform, reinvent themselves and follow the agile approach. In order to manage these changes, strive and flourish organizations are creating reflective strategies and regenerating processes through the frontiers of innovation. However, these lightening changes, high velocity and intensifying competition and success recipe have ignored the human values quotient. Being thoughtful also entails innovation to be reflected as part of a broader network, its role in an ecosystem, its impact on society, influence on human evolution and in specific the second order effect of any shift that innovation creates in a system.

The Multidisciplinary International conference mainly aimed at making an effort to deliberate on how organizations can ride well above the storm of change and wither the VUCA storm through value led innovation. Since the concerns raised here cut across disciplines , this conference provided a platform for thought leaders, researchers and faculty from the disciplines of Commerce and Management, Information Technology, Physical Education and Sports and Library Science to deliberate on these vital issues and suggest solutions based on a new paradigm of understanding. The deliberations contributed significantly to sharing and enhancing the awareness of the best practices, both from developed as well as developing countries, for the benefit of academicians, consultants, trainers, businesses and policy makers.

The conference collaborated with distinguished **Knowledge Partners** viz., **Institute of Productivity (IoP) U.K., International Skill Development Corporation, Institute of Cost Accountants of India (ICAI), Indian Technology Congress Association (ITCA) and Disha.**

The inauguration of the conference on 15<sup>th</sup> March, 2019 witnessed the presence of distinguished speakers. **Dr K.N. Balasubramanya Murthy**, Hon'ble Vice Chancellor, PES University, Bengaluru was the Chief Guest and he highlighted on translating the conventional VUCA (Volatility, Uncertainty, Complexity and Ambiguity) to a solution oriented VUCA (Vision, Understanding, Clarity and Agility).

The keynote address was delivered by **Sri Vijay Menon**, an eminent IAS and Judicial Training Panelist. In his address, he emphasised on the indispensability of

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human values and culture. Further, he shared the case study of Aravind Eye Hospital and the value system followed by them. **Dr Wooday P. Krishna** Hon. General Secretary, Seshadripuram Educational Trust was the Guest of Honour and said we should lead a life of values rather than a life of success.

The Plenary session followed after the inauguration ceremony with the theme 'Pursuit of Differentiation-with Humanity in Mind.' The plenary session resource person was **Sri Satyam Gambhir**, Associate Director, Mindtree, Co-Founder, University of Commons, a man with immense first-hand experience of applying innovative technology to create a new and better world for people.. Sri Satyam dealt with the conference theme at its very root i.e., the need to ensure that innovation is led by a strong moral conscience. He said that while looking into making innovation humane one must consider three aspects: who is sowing the seeds of production, who is reaping its harvest or benefits and lastly, adopt a long tail strategy towards problem solving. The speaker noted that humane innovation involved a convergence of minds-of those with technical know-how and those at the grass root levels who needed solutions the most. During his journey in aiding the underprivileged with novel technology enabled solutions, the speaker confessed that much of his learning came from the underprivileged who manoeuvred through life against several odds.

The conference focused on having deliberations on various domain with sub themes in parallel tracks. Track One „**Rethinking Human Capital Management**' was chaired by Dr Usha Devi N. with a total of nine papers presented from various institutions. Topics ranging from Corporate Management to the importance of inculcating values in Education were dealt with in depth. The session also focused on prosperity for entrepreneurship and a brief analysis on Conventional Motivational theories was also covered. To sum up, this session highlighted innovations in teaching methods and also about Human Values and Cultures in organizations

The second Track „**Redefining Financial Strategies**' was chaired by Prof. Srinidhi V. and had ten papers on varying topics like IFRS Opportunities and Challenges to Indian Corporate sector ,The Essence of New Institutional Economics – Approach of two Nobel Laureates' and Impact of Block Chain across Industries in India were presented by various paper presenters. In short, this session included topics like Psychological measurement, globalization, adoptions and convergence of IFRS and institutional structures with their governance.

The third track **Re-imagining General Management & Redesigning Marketingapproach**'consisted of six papers and was chaired by Dr. Janak Shelat. The track included topics like Awareness Level of the People in the VUCA World about Disaster Management and Innovation Driven Business Model – A Case Study of Online Retailers with special reference to Amazon India Pvt Ltd in which concepts like SWOT analysis, the levels of disaster management, survey and observation methods for which government intervention is required were covered. To sum up, the role of innovation in the development of a business model and awareness of E-waste management were the highlights of the track.

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Track four „**Physical Education and Sports Science**’ was chaired by Prof. Sundar Raj H and had twenty two paper presenters. They covered topics like stress and anxiety among women athletes of government and private colleges, use of information communication technology on physical education and sports and the influence of playgrounds available at schools on fitness of students where the paper presenter highlighted that the size of the playground were reducing as it was used to extend classrooms. The paper presenters spoke about intensity of anxiety among women athletes, how ICT supported teaching and learning improves the quality of physical education. One of the papers also concentrated on the importance of counselling for sportsmen coming out of an injury.

The fifth track „**Changing Knowledge Universe and the Role of IT**’ and was chaired by Dr. Kavita S. The papers presented focussed on all the current technologies used in IT. The papers such as digital transformation and digital signatures created awareness about the hacking of data and the methods of solutions to prevent loss of data on Internet. Few papers also focused on Machine learning and networking which explained how machines work like humans.

Track Six „**Library and Information Science**’ was chaired by Dr. Mythili. A total of nine papers were submitted which covered subjects like the space of academic libraries in future, the ethics in library management etc. The paper presenters from various institutions stressed on Obligation of the Library Department to inculcate professional ethical principles in the students and print journal subscriptions which are cancelled to pay for electronic database. In short, the presenters emphasized on innovation and digitisation of libraries.

The highlight of day two 16<sup>th</sup> March, 2019 was a **Panel Discussion** on the theme “**Restyling innovation models: Seeking Value Quotient.**” Distinguished panelists from the industry were invited to share their thoughts with the audience. **Mr. Bhaskar Bhaktavatsalam** Managing Director India and SAARC, Check Point Software Technologies (I) Pvt. Ltd., **Sri Vijay Puttaraju** Founder and CEO appZui Technologies Pvt. Ltd., **Dr. Devika P. Madalli** Professor Documentation, Research and Training Centre (DRTC) Indian Statistical Institute, Bengaluru and **Dr. Y.S. Lakshmeesha** Retd. Chief Coach Sports Authority of India (SAI) were the eminent panellists in the panel discussion moderated by **Dr. Pratima Jagadeesh** Director Crecers Academy of Management and Education. The eminent panellists and moderator contributed to a scintillating discussion on hoe innovation and human values have become essential in every domain.

The conference closed with a valedictory function with **Prof. Chandrappa N.** Registrar Evaluation, Bengaluru Central University gracing the occasion as Chief Guest . The programme was presided by **Sri W.D. Ashok** Trustee, Seshadripuram Educational Trust. The event was a platform to share the detailed deliberations made over two days and experiences were shared by **Sri M.S. Nataraj** Chairman Governing Council, Seshadripuram College, **Dr. Anuradha Roy** Principal, Seshadripuram College and **Dr. Bhargavi V.R.** Conference Chief

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Convener. The Conference concluded with a sense of satisfaction at having conducted a meaningful, academically stimulating programme and a proactive mind-set to gear up for the next conference.





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# INNOVATION DRIVEN LIBRARIANSHIP IN TECHNOLOGICAL ERA

SHIVARANI. N  
ANITHA. H K

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## Abstract

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This paper brief the discussions on technological changes during librarianship in various library activities like collection development, storage of materials, budget consideration and management. The evolution of internet and WWW has transformed the way of information seeking behaviour of patrons. Technologies are favouring in reaching the information need to information seekers with the fraction of section. Library professionals need to adapt to new skills, practices of technological era to implement the innovation driven services in libraries.

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### Keywords:

Collection Development;  
Budget Consideration; Digital  
Archive; Online Databases;  
Resource Sharing

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## 1. Introduction:

In the period of data explosion, no library however enormous or rich, ready to fulfil every one of the necessities of its users because of huge number record and in addition data distributed each moment's. The requests and needs of library users likewise changes now and again, so the library inspire inconvenience to meet their user's needs.

In this changing environment user expect instant information so librarians need regular practices to adapt to new technologies. In this information era, professionals need innovative ideas and critical thinking in decision making of purchasing the online databases and serial acquisition and purchasing the software.

### Areas Of Innovation In Library

Librarianship offers a vast scope for innovation for adventurous information scientist. The areas for innovation are given below.

□ Acquisition of Documents

- Processing of documents
- Information Dissemination
- Library Networks
- Information Technology
- Information Storage, Processing and Retrieval
- Adoption IT including Computer technology offers immense scope for innovation

### **Collection Development**

During the past decades, print indexes were largely replaced by CD-ROM indexes. Nowadays many journals are available in full-text online, but are no longer available in print. This transition in serials, from print to CD-ROM then to internet-based online database access, demands flexibility in serials section. Professionals need working practices to changing format. While developing collection, librarians need to achieve library objectives and draw decisions with limited budgets which require critical thinking and analysis. Collection should be community-oriented by subject areas of significances to the community, be networked (shared) with similar collections for collaborative development, be community-connected with other institution or agencies with similar subject interest, be a unique resource for the community and should strive for excellence. The staff will be subject specialists with time allowed in their work assignment to coordinate planning and access with other information and knowledge sources in the community. Collection management will need to be at all organizational levels and use sophisticated decision support tools.

### **Digital Serial Archive:**

Most of the serial publishers undertake digitization projects. Many publishers are now creating and distributing serial content only in digital format. This allows the digital content available via computer either by publisher website or through a database product. Beyond, current material, many publishers are now scanning back issue of journals and are available as digital archive. Librarians need innovative decision and critical thinking in budget consideration and in acquiring digitally preserved back file content.

### **Online Databases:**

Serials, specifically electronic full-text databases is another application in innovation libraries. Statistical data might come from an online circulating catalogue or from monthly

reports of databases use. This data may be drawn from the online catalogue or received as a part from a database provider. This statistical data may be required by librarians to make innovative decisions while renewing an online subscription.

### **Budget Consideration:**

Databases that include full-text articles from many journals are very expensive. Print journals subscriptions are cancelled to pay for electronic databases that include the same material content. Purchase databases through consortia negotiate the contract collectively, and the consortia make payment. Individual libraries that are consortia members pay their share of the contract cost to the consortia by doing this, the library might pay their share of the three-year contract in one year, or, more favourably, the consortia would send an invoice for one-third of the library's total price each year.

### **Discovery Tools:**

It is platform for users to search at single point of entry to all library resources. It consist of central index provided by the vendors.

### **Components Of Central Index**

- Full text articles
- Article abstract
- Library databases with MARC records. (OPAC databases)
- E-books
- Subscription databases
- Open source collections
- Metadata of digitized library collections (Digital Repository Databases)

Vendor creates single index consisting of metadata of all library collection. Users search through single index which provide instant information. It overcomes the problem of federated searching since searching is through single index.

### **Interface and searching effectiveness:**

Simplified Interface: simple search box searching through databases of library collection and retrieving results. Instant exhaustive search results at one shot since searching is through single index. It provides relevance ranked search results.

It has simple search box searching through central index consisting of all resources. Search results are sorted which is more convenient for the users to download the required file. There is increased use of resources through central index rather than searching through separated databases of library catalogue. It is generally user-friendly interfaces which attract users to search through all the resources at one platform.

## **2. Resource Sharing:**

Resource Sharing is nothing but sharing of library resources with other participating libraries that need it. It is a type of library cooperation, where every participating librarian share their unused and sometime their valuable library resource's with other library.

### **Goal of Resource Sharing in Library**

The effectiveness of library services largely depends on the ability of libraries to provide quick delivery of documents or books requested by library users within a minimum time and cost. The aim of resource sharing include:

- Effective use of library collection.
- Reduction in all round cost.
- Inter library loan of information among participating libraries.
- Creative decision to journal subscription with limited budget
- Wider access to information resources.

### **Areas of Resource Sharing in Library:**

Some common areas of resource sharing in Library and Information centres are:

- Inter-library loan.
- Cooperative acquisition.
- Specialised purchasing program.
- Centralized processing of library collection.
- Shared cataloguing.
- Sharing of bibliographical data.
- Cooperative microfilming of library materials.
- Preparation and maintenance of union catalogue and union list of serials.
- Exchange of publications.

- Exchange of library expertise and personnel

Resource sharing minimizes expenditure on space and focuses on cooperation of exchange of digital information promoting innovation professional development with the advent of IT.

### **3. Conclusion:**

Librarians are crafting solution for the changed information seeking behaviour due to emerging technologies Changes are taking place in library work of acquisition, cataloguing, and organising due to application of IT. Library personnel need some of the skills like controlled vocabularies, automated index searching, building massive databases, information management process, evolution and selection of appropriate access tools. Librarians need innovative analysis of use for electronic products.

Collaborative access will be used to connect information seekers or researchers in geographically dispersed locations to mutually solve problems or increase knowledge. This idea is widespread in internet network techniques for accessing information through existing online catalogues and databases reaching true potential.

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## THE SPACE OF ACADEMIC LIBRARIES IN FUTURE

**DR. MYTHILI. K,**

MLIS, MPHIL, MBA, PHD,  
LIBRARIAN, GOVT RC College,  
Bangalore-560001  
EMAIL: myl.kicha@gmail.com,  
Mobile:91-9886379299

### 1. Introduction

In today's educational environment, simply focusing on library space planning is not sufficient.

Academic leaders are immersed in ongoing discussions about strategic investments and outcomes that impact institutional priorities, use of resources and the modelling of spaces on campus. This critical, evidence-based decision-making must be aligned with library planning efforts. Those who predicted the demise of libraries in the face of emerging technology failed to understand how libraries could transform to become beacons for both interactive learning and knowledge creation across both the physical and digital realms. With an estimated 89% of today's college students using smart phones in addition to laptops and tablets, libraries need to offer learning opportunities across multiple mediums that allow students to access local and global networks of information. That access allows not only access to knowledge but also the ability to easily create and share knowledge. This mobility shift is where 21st-century teaching, learning, and the creation of new knowledge intersect. Libraries must now foster a positive ecology of relationships, connectivity settings, and tools layered together to foster discovery and learning within the context of a dynamic academic framework.

Libraries have moved from being the location for search, access and advice to playing a much smaller role within a much larger information landscape. The intimacy between the student or researcher and library has eroded over the last decade as students no longer view the library as the starting point for access to information and content.

While this relationship between student and library has become more distant, the expectations students have for accessing information and library services have increased

dramatically. The library now finds itself needing to understand the behaviours and expectations of its students in a way it has never had to.

The library now finds itself needing to understand the behaviours and expectations of its students in a way it has never had to in contrast to the large and detailed studies of researchers, like Tomorrow, little exists on the behaviours academic students in India. It has never been more vital for academic leaders to ensure libraries offer an appropriate balance of flexible and special-use spaces to spur dialogue and engagement. Along with responding to changes dictated by

technological advances, libraries would also offer appropriate spaces for meetings, presentations and casual collaboration

#### Implementation of ideas for Future Academic Libraries

Many libraries and librarians have already proven their exceptional ability to spot trends and integrate them into their programs and services. But even the best of us can be overwhelmed by the pace of change, the amount of information, and the multiple sources and sectors from which we piece together our understanding of trends. For many of us, thinking about the library of the future begins with thinking about the future of the library as space and place.

The Center for the Future of Libraries works to:

- Identify emerging trends relevant to libraries and the users they serve
- Promote promising and innovation techniques to help librarians and library professionals shape their future
- Build connections with experts and innovative thinkers to help libraries address emerging issues

Today, libraries are not only about lending books. They are creative spaces, not only for individuals, but also teams. They are economic incubators and learning hubs. Most of all, the libraries are the entry points to the digital world. They are the way to embrace technology and avoid digital exclusion.

Therefore, to improve technological literacy of user community local communities, libraries should be equipped with relevant technologies. Some of these technologies seem

to eat budgets dozens of times bigger than other big Libraries library can afford, but it's not the point of this in this article. The article is designed to spot technologies that will be relevant and useful in the libraries as they move along their digital roadmaps for Future. The most significant changes for all libraries lay ahead.

In the 1960s, only a few saw the potential of the internet, then a nascent defense system project, to disrupt libraries. And few, if any, saw the disruption in bookstores and retailing. It is much wiser about the questions to draw any conclusions. In the discipline called scenario planning, uncertainty drives stories with rich, multiple, branching chronicles of future history that create a safe place to explore what might be. For uncertainties to be useful, they must be named, their outcome or impact or very nature must be highly uncertain, and they must be critically relevant to a question such as, —**What will be the role of libraries in 2023?**—

Computers in Libraries conference, was given in the year 2013 for the opportunity to explore the critical uncertainties related to libraries in the closing keynote and in a workshop. The following 11 items reflect the most important issues that are likely to reshape libraries, regardless of the answers to them. Because each uncertainty can have different answers under different circumstances, libraries need to create a nimbleness to respond rapidly when uncertainties start to become clear. That means practicing for different futures and planning not with rigidity but with fluidity so that the organization can adapt quickly to whatever future might unfold.

### **1. How will we access information?**

Tablets will eventually replace personal computers. That is a statement of fact made by many, but a declining market does not equate to a dead market. More importantly, as we look out over the next decade, we must ask if anything will disrupt tablet computing, and if so, what that might be. The possibilities range from streaming audio over WiFi headsets to the advent of large, communal information spaces where people not only read together, but perhaps edit or contribute together. The hardware portals used to access information will likely be even more diverse than they are today with peripherals gaining direct access to cloud storage, eliminating the need for a computing device of any kind. Amazon pioneered this approach with Whisper net, delivering cloud purchases directly to devices. This was, however, invented before high bandwidth communications and cloud services allowed for everything to be streamed. As connected devices become smaller and larger, entirely new

ways to read projected directly on Google Glass or experience books interactive versions read or played on game consoles will emerge.

## **2. How will we represent books?**

With words, of course. But it isn't so simple. Amazon's Kindle isn't the only game in town. Apple's iBook's continues to grow steadily, as do Kno and Inkling. Some publishers, such as Disney Publishers Worldwide, are experimenting with the intersection of apps and content.

Reading Rainbow, now an iPad app owned by RRRKidz, creates high fidelity experiences for readers through school itself. Each book is narrated and animated. Many books in the Reading Rainbow app also exist in other forms. Even for individual books, there will not be a single answer how those books are represented.

Kno and Inkling—and to a lesser degree, kindle introduced collaboration features: shared highlights, chat, and the like. The collaborative elements of these systems aren't compatible. a chat with a community of readers in a Kno book, that chat won't be available on a Kindle version of the same book, and can experience that, have probably paid twice to own two incompatible versions of the same book. And the multimedia attributes of books are just starting to be felt with animation. Some forms such as motion comics from DC Comics; Marvel Entertainment, LLC; and Dark Horse explore new forms of narrative.

Digital technology is more revolutionary than the printing press because it introduces diversity into the output process. And, of course, when output modes change, authors will soon write to the technology, creating experiences that exist only in the digital realm.

## **3. How low, or how high, can computer memory go?**

The cloud presents several issues for consumers and publishers alike. Although the cloud is highly reliable, it isn't always reliable. Outages from Microsoft, Amazon, and other cloud service providers periodically remind consumers that they don't own the storage of their own stuff anymore. Publishers lose control of the distribution channel, pricing, and, increasingly, the internet protocol (IP) itself as digital copies of books join movies and music as downloadable files on illegal file sharing sites.

At the same time, the cloud becomes a nearly infinite storage location, and personal storage prices continue to drop while capacities rise. Memory cards with 32GB of storage are nearly disposable commodities, running at prices less than \$20. We don't know how far memory prices will fall or how big capacities will reach, but we can be fairly sure that most personal libraries will fit on an inexpensive storage chip smaller than a fingernail. That raises these questions: Will people in the future make the choice to own their libraries, at least a copy of them, on media that easily interchanges between devices? Will they even be given the right to own digital copies to exchange between devices? Depending on what happens with Barnes & Noble, one could, within a few years, know the legal ramifications of owning something digital that belongs to a defunct company in a format that is no longer supported. As a side note, although major legal battles never raged from disgruntled users, CDROM and Apple's HyperCard books exist that are no longer supported by those who published them.

#### **4. How will we represent knowledge?**

For several years, computer scientists have forecasted the coming of the semantic web, a laying on of metadata and other constructs that help represent knowledge on the internet. If knowledge comes to be represented in ways other than books for instance, in visual maps that demonstrate relationships and create 3D exploration pathways for knowledge explorers, then books and the houses designed to store them may become superfluous. If, however, we continue primarily to engage in linear narratives, then the book will continue to be an adequate representation of knowledge whether in digital or physical form.

#### **5. How will we find stuff?**

Depending on our preference, search engines have become the way people find information. But they are not the only options. Companies outside of the big search engine providers are bringing proactive search into the mix. Ever note Premium identifies related notes as you create new ones. Xobni, now part of Yahoo, delivers intelligent contact lists based on email and social network analysis. In a decade, the world could evolve beyond search to information finding the users. For libraries, this means that metadata won't just be limited to authors, titles, publishing dates, and other traditional information. It is highly likely that every word of every book will be indexed and that the best way to find

something for a customer is to create rich profiles that are as detailed as possible. Then link those profiles to other profiles, projects, or interests so that the context can converge on the best and most useful books, magazines, and information if using a leisure profile, include music, casual reading, and movies.

One potential answer is that the library remains valuable for all of the things that the digital world can't do. Libraries retreat from the digital realm and go back into managing their collections, making people aware of those collections via connections through the digital world. Yes, Google is scanning every book it can get a hold of, and it may disrupt even the uniqueness of various collections of physical books. So the question about search, we are led to a classic question of existential threat. Regardless of where libraries turn, the future challenges current assumptions about purpose and value.

#### **6. What will we need to know?**

This is a bit of a trick question, as it applies universally to knowledge, as well as locally to what knowledge particular libraries need. Libraries in universities and other institutions are slow to change and thus experience a lag in current knowledge. When someone is trying to learn the latest computer language, the library may not offer tutorials until the language becomes more established, at which point expertise may be found outside the library. This isn't going to change unless libraries make a concerted effort to offer a new value proposition around knowledge anticipation and curation, which would do well to help them define their role in the future. Libraries can contribute to a collaborative body of knowledge that generally anticipates knowledge as it becomes valuable to society. They can also scope that curation process in order to align their own collections and connections so that they have access to the knowledge that is most relevant to their local communities

#### **7. What will be the role of place for academic Libraries in future**

Will the physical place of the library remain a key attribute of the library concept as physical book readership declines? Some libraries may choose to compete with standard quality colleges at a much lower cost if libraries stopped carrying books and simply became Wi-Fi-enabled community centers? Do libraries become true information hubs, acting as an intersection point where the physical and the digital converge, creating a new value proposition in the wake of change?

## 8. How the success is measured?

Much of the world uses industrial measures to define success. With automated checkout systems and automated returns, libraries also seek ROI for those systems and higher productivity for users. It is the goal of modern libraries to be efficient distributors of whatever they hold on their shelves or have licensed on their servers. Contrast this to a knowledge economy approach that would seek to define the knowledge impact of the library on the user community Does a correlation exist between all types of literacy and the existence and use of the library?

These questions are hard to answer. In a world where production is so easily measured, they often get left out of equations of value, but they are more a reflection of the library's true value than its efficiency. By 2023, will global competition get to the point that productivity of libraries seems silly in light of a waning of knowledge workers? Will the potential inspiration found in

books and the curated, proactive engagement with users that libraries can provide push new metrics? Or will the ease of downloading eliminate the need for local libraries, driving traffic to the web where people can easily count how many downloads were achieved in a day, regardless of the impact of those downloads on the users who requested them?

## 9. Who will decide what to trust and who will censor?

Censorship remains a major issue in many parts of the world. As books become more digital, two interesting phenomena occur related to trust and censorship. First, consider the editing of a book after purchase. Who is to say that what you buy remains in the state of first purchase? In the case of error correction and second editions, etc., electronic books make an argument for enhanced services since books, similar to apps, are constantly updated to reflect the current knowledge of their authors and the needs of the reading community although current second editions are usually considered new purchases, unlike apps, most of which permit perpetual upgrades after purchase.

How will these personalized copies be labeled? Will the students be notified? If a student wants to dig deeper, will the book support links to what some consider orthodox science, or will that search be curtailed by those who consider orthodoxy heresy? Digital books permit all of these conveniences or atrocities, but which extreme is tolerated depends on the individual's point of view. And how people influence their legislators will define this uncertainty, an uncertainty that may extend well beyond 2016

## 2. International Scene of Libraries

Around the turn of the 20<sup>th</sup> century—a golden age for libraries around the world—in America the Snead Bookshelf Company of Louisville, Ky., developed a new system for large-stack library shelving. Snead's multi floor stack systems can still be seen in many important libraries built in that era, for instance at Harvard, Columbia, the Vatican, and at Bryant Park in New York City. Besides storing old bundles of bound paper, Snead's stacks provided load-bearing structural support to these venerable buildings. To remove the books would literally invite collapse.

A recent attempt by the New York Public Library to do away with stacks at its main branch and move much of its research collection to New Jersey invited just this concern. Engineers described the idea of removing the shelves that support the Rose Reading Room as —cutting the legs off the table while dinner is being served.¶ The plan was to transform the

interior of the iconic 42<sup>nd</sup> Street building from its original purpose—a massive storage space for books with a few reading rooms attached—to a more open, services-oriented space with many fewer books on-site. An outcry from scholars and preservationists may yet halt the NYPL's renovation. A [revised version of the plan](#), which would keep more of the collection onsite, awaits a final verdict later this year.

A library without books was once unthinkable. Now it seems almost inevitable. That decision will be just one milestone in the rapidly developing identity crisis of 21<sup>st</sup>-century libraries. In Snead's era, a library without books was unthinkable. Now it seems almost inevitable. Like so many other time-honored institutions of intellectual and cultural life—publishing, journalism, and the university, to name a few—the library finds itself on a precipice at the dawn of a digital era. What are libraries for, if not storing and circulating books? With their hearts cut out, how do they survive?

Ours is not the first era to turn its back on libraries. The Roman Empire boasted an informal system of public libraries, stretching from Spain to the Middle East, which declined and disappeared in the early medieval period. The most commonly invoked image of biblioclasm is the burning of the Library of Alexandria, probably the greatest-ever collection of Hellenic manuscripts, many of which are now lost to history. In most versions of the story, the arson was committed by early Christian zealots or by invading Arabs

under the banner of Islam. Indeed, either group might have seen the burning of the pagan Library as an act of devotion and a net gain for civilization. Just as likely, however, the fire is a myth that obscures a long, slow decline, and the flames that brought down the ancient library were fed not by a single man or group, but administrative state.

Will the digital age mark another era of decline for libraries? To an observer from an earlier era, unfamiliar with the screens and devices now crowding out printed books, it may look that way at first. If the current digital explosion throws off a few sparks, and a few vestigial elements of libraries, like their paper books and their bricks-and-mortar buildings, are consigned to flames, to be concerned for a net gain

That's not something one can reliably learn online. And libraries also have important functions other than simply being a repository of books – they are used as [community gathering places](#), as free internet providers for those who can't afford access, and as safe houses for knowledge that isn't vulnerable to technical glitches or tampering. But many students no longer see traditional campus libraries as the necessities they once were.

### 3. Conclusion

Every institution will have a different set of needs for such spaces. Academic leaders need to study their institutions and deliver strategic responses based on their unique opportunities. In each case, while strategically addressing how their libraries can continue to empower leading-edge learning, they've created valuable and memorable spaces that invigorate their campus.

The academic library's shift from a repository of collections to a catalyst for discovery and creation is now happening across the globe. More than ever, libraries are essential as the place where people, knowledge, and research intersect to tackle our world's greatest challenges.

It's nearly impossible to accurately predict the future. But we can identify trends, and they can be key to understanding what the future might bring. Identifying and organizing trends helps us think about the changes happening in the world and the potential effects they will have on our future. Awareness and understanding of trends can help us actively plan for the work and for the work with the Institutions the Libraries serve, open new opportunities

to innovate and experiment with and within these —currents shaping society, and better enable to envision the integral role the academic Libraries can play in the future.

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## ETHICS IN LIBRARY MANAGEMENT

**Mrs. Ashwini S Gadag**  
**Dr. Vitthal T. Bagalkoti**

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### **Abstract**

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Librarianship profession is a service oriented, where the mission of the professional is to provide right information to the right user at the right time. Information technology has entered in every sphere of the library landscape and has even empowered users of the libraries to make the better use of information. Librarianship has concern for intellectual property right. Ethical challenges are part of life. Our daily personal and professional activities necessarily engage others and inevitably such engagements from time to time provide opportunities to act honourably or dishonourably. Thus there is need for inculcating ethical values among the library professionals particularly in the present digital information landscape. Developing these ethical values in library professionals can be done in a number of ways like through organizing conferences, delivering lectures etc. Present paper highlights the ethical aspects included in the curriculum adopted by the library schools in India. Curriculum of LIS schools is scrutinized in order to know the level of accommodation of professional ethics in the library science curriculum.

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### **Keywords:**

Library Ethics;  
library and Information  
Science; Curriculum;  
Librarianship.

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### **Author correspondence:**

**Mrs. Ashwini S Gadag**

Librarian

Department of Library and Information Science

KLE Society Degree College-Bangalore

**Dr. Vitthal T. Bagalkoti**

Library and Information Officer

School of Engineering and Technology, CMR University, Bangalore

Email: vitthallis@gmail.com

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## 1. Introduction

Information Ethics is an area of concern for information profession, which over time has been greatly affected by developments in information technology. Information Ethics (IE) is not something new in the information profession. The term was widely used during the 1990s and even earlier in the Library and Information Science (LIS) field. Libraries as centers of information plays a significant role in uplifting a society socially, culturally, intellectually, scientifically, economically by providing information to those who are in need of information. Library and information science profession is a service oriented profession with a mission and the mission is to fulfill the information needs of the people. Libraries and information centers comprise of three elements viz., library personnel's, sources of information and library users. Library and information science (LIS) professionals are acting as a bridge between the library users and sources of information. In order to make libraries as vibrant institutions library staff has to execute their professional responsibilities in a right manner. This responsibility of library professionals to perform in a right manner has given rise to the concept of professional ethics in LIS profession. Let us first discuss the meaning of ethics and then ethical issues in LIS profession.

### **Ethics: What It Means?**

Ethics refers to well-founded standards of right and wrong that prescribe what humans ought to do, usually in terms of rights, obligations, benefits to society, fairness, or specific virtues. Ethics, for example, refers to those standards that impose the reasonable obligations to refrain from rape, stealing, murder, assault, slander, and fraud. In the present world ethics has attained the status of a separate branch in the universe of knowledge and is perceived as that branch of knowledge that deals with moral principles. Kant defines, the concept of duty central to morality: humans are bound, from knowledge of their duty as rational beings, to obey the categorical imperative to respect other rational beings. Thirdly, utilitarianism asserts that the guiding principle of conduct should be the greatest happiness or benefit of the greatest number (Oxford dictionary, 2013). In every religion and in every society man of good ethics is being respected everywhere and are the sources of inspiration for others. In Islam ethics includes the features like honesty, realizing the responsibilities of others and delivering those responsibilities and like these features.

## 2. Review Of Related Study

Mont (1991) has proposed a model to ethical decision making in librarianship, the model combines individual variables with situational variables and shows why policymakers and decision makers must exercise moral judgment in performing their duties, and also the author examines the concept of social responsibility as an ethical issue. Smith (2015) surveyed the issues in ethics and technology as they have appeared in librarianship profession in the 1990s, with particular emphasis on the impact of the Web on ethical discourse and build a convincing case for the study, practice, and policy implementation of information ethics. Mintz (1990) stated that the information ethics is an important and increasingly complex topic. Approaching the information ethics from a variety of perspectives including philosophy, law, and professional practice, these presentations fail to elucidate dilemmas or to identify values that might aid in their resolution.

### **Ethics In Library And Information Science Profession**

The library is a promoter of free speech and expression. The library as venue for information provides opportunity to the people for obtaining and producing information. In order to make library a breeding field for new and novel ideas that will ultimately lead to the creation of new knowledge, LIS professionals can play an important role and this role is possible only when they will follow some ethical values. Information ethics is essentially concerned with the question of who should have access to what information. The core issues of information ethics include intellectual freedom, equitable access to information, information privacy, and intellectual property.

As professionals, librarians are performing different types of activities. These activities are focusing the library patrons, parent organization and the individual personality of the librarian. Thus we find following activities being performed in libraries for providing pinpointed, exhaustive and expeditious information to the ultimate endusers.

1. Selection of information sources
2. Acquisition of information sources
3. Processing of information sources
4. Preservation of information sources
5. Dissemination and making information and information sources available to the users.
6. Offering information and meeting places and / or relaxing facilities

7. The detection and stimulation of the demand for information.

Keeping these activities in view LIS experts, library Associations and organizations have formulated ethics codes highlighting the duties and obligations of the LIS professionals. The function of codes of ethics can be described as

- Encouraging reflection on principles on which librarians and other information workers can form policies and handle dilemmas
- Improving professional self-awareness
- Providing transparency to users and society in general. (IFLA, 2012)

Some of the elements of IFLA code 2012 of ethics and ethical code of other organizations are as under:

- a) Access to information:
- b) Responsibility towards individual and society
- c) Privacy, secrecy and transparency
- d) Open Access and Intellectual property
- e) Colleague and employer / employee relationship

### **Ethics In The Lis Curriculum: Indian Perspective**

Professional ethics is being taught in every professional school. Whether it is the business school or the medical school or even a law school, ethical components are very much included in the curriculum. LIS profession also needs professional ethical guidelines and these guidelines are to be taught to the students. Along these lines, Toni Carbo and Stephen Almagno (Carbo and Almagno, 2001) have argued for the importance of information ethics courses in library science programs. Buchanan (2004), in considering a code of ethics and what it should include, identifies six obligations owed by a professional: obligations to society, employer, clients, colleagues and other professional organizations, the profession as a whole, and individuals. Also Buchanan (2004) points out that most students of library science believe that this is a critical topic that should be required in library science programs.

In order to know Whether Indian LIS schools have incorporated concept of professional ethics in their curriculum, contents of the curriculum adopted by some LIS schools was analyzed and compared with each other. Present study is covering fourteen LIS schools situated in Northern India. LIS schools are:

1. University of Kashmir
2. University of Jammu
3. Guru Nanak Dev University
4. Punjab University
5. Punjabi University, Patiala
6. Kurukshetra University
7. University of Delhi
8. Aligarh Muslim University
9. University of Lucknow
10. Banaras Hindu University
11. National Institute of Science Communication and Information Resources.
12. Babasaheb Bhimrao Ambedkar University
13. Indira Gandhi National Open University
14. Jamia Milia Islamia

Data collected from the study is presented in table 1.1. It is evident from the table that almost all the departments have incorporated professional ethics in their curriculum. Only two departments viz., National Institute of Scientific Communication and Information Resource (NISCAIR) and Banaras Hindu University (BHU) have not mentioned the concept of information ethics in their curriculum.

**Table - 1.1: Professional Ethics in LIS Departments**

Sl.No.	Name of Institution	Professional	
		Ethics	
		adopted	
		Yes	No
1	University of Kashmir	√	
2	Jammu University	√	
3	Guru Nank Dev	√	
	University		
4	Punjab University	√	

5	Punjabi University	√	
6	Kurukshetra University	√	
7	Delhi University	√	
8	Aligarh Muslim University	√	
9	Lucknow University	√	
10	Banaras Hindu University		×
11	IGNOU	√	
12	NISCAIR		×
13	BBAU Central University	√	
14	Jammia Millia Islamia	√	
<b>Total</b>		<b>12</b>	<b>2</b>

It is also observed that professional ethics concept is included in paper entitled —Foundations of Library and information Science|| or in —Library and Society||.

In almost all the departments only the term —Professional Ethics|| is indicated and nothing is included for highlighting the scope of the concept that will assist the teacher in deciding what to teach and the learner what to learn in this broad concept.

#### 4. Conclusion

Acquiring knowledge about professional ethics has become very essential for library and information science professionals in order to take right decisions in all facets of library and information science profession. It is the obligation of LIS departments to inculcate strong and sound professional ethical principles among the students. Further professional ethics must be taught by a teacher who himself is capable and competent in professional ethics. It is only then that pass-outs from these departments when recruited in libraries can perform professionally with great enthusiasm for the satisfaction of stakeholder’s viz., users, authorities as well as for the entire society. It is also suggested that different facets to be taught in professional ethics must be indicated in clear words so that both learners as well as teachers are having clear ideas about what to learn and what to teach respectively.

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## Ethics in Library Management

Nagaratna B Hosamani

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### Abstract

Human Beings are certainly familiar with change and often prove they are quite adaptive to it. The growth of global competition has made them to resist the change in the work environment. Change is any alteration occurring in the work environment that affects the ways in which employees must act. Knowledge forms the basis to any action, so the success of any organization a person must possess judicious combination of knowledge skills & Motive. This paper reveals about the ethical values which are necessary for the proper management of libraries in today's fast growing and changing environment.

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### Keywords:

Ethics, Library  
Management and  
information Professionals

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### Author correspondence:

**Nagaratna B Hosamani**  
SGL GFGC,  
Harapanahalli.  
Nagaratna.hosamani@gmail.com  
Mobile:9448028150

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### 1. Introduction:

Human brain the greater creation of nature has got an infinite energy to think and act. Human resource is inexhaustible resource on the earth. Productivity of the nation is determined by institutions policies and factors. To improve the quality of the work life, organizations need technically trained, skilled and experienced manpower. Adoption of new work methods, programs and new systems are necessary. Developing right people towards right direction to achieve right goal and management of human values with humane approach is the main intension of educational institutions. In colleges it is the duty of the library professional to observe and adopt professional morality in his library activities. To maintain harmonious relationship with readers, he must adopt ethical qualities in his daily work.

**Management:**

Management is a group effort, attainment of predetermined objectives, distinct entity, and system of authority, discipline, integrative process, an art as well as science and profession.

The main object of management is optimum utilization of resources, maintaining discipline and morale, mobilizing best talent, improving performance, planning for future minimizes the element of risk, and promotion of research and development. The knowledge management is the integrated part of libraries. Library management is a systematic approach to the information by identifying capturing collecting organizing indexing storing integrating, retrieving & sharing them. In order to survive in ever changing digital environment effective appropriate knowledge management is necessary.

**Ethics:**

Library and information science is service oriented profession. Because of information explosion it is very difficult to provide pinpointed, exhaustive and expedition information to the users. Information seeking behavior is also fluctuating. Technological Knowledge of user has made them both legal and illegal use of information .So there is a need for ethical valued persons in the library. Librarians can act like a bridge between information and users.

According to Webster's Dictionary, Ethics is the discipline dealing with good and bad or right or wrong or with moral duty of obligation. In every organization there will be a code of ethics and that holds employees & management accountable. Ethics & behavior are crucial parts of employment and important ingredients to the success of any institution. A librarian should do his work on ethical background. Ethics of formal guidelines set by an association. It is a quality or workmanship. Management of library should be on ethical background which helps to the better utilization of library resources. A key component of ethics is being honest and doing right things at all time. It is the study of good and evil right and wrong and just and unjust action of librarian.

**2. Need & importance:**

Every decision in education has direct effect on society. It may be changed system of education, like introducing semester or non-semester, framing syllabus, replacement of manpower by machines and introduction of new subjects.

Ethics is discipline dealing with what is good and bad or right or wrong or with moral duty of obligation.

1) **Changed system of education:** This is one of the very important issues which today's

modern librarians must understand. In semester system students always busy with

their various kinds of study preparations. i.e. have to attend to classes, complete the assignment, engage in the tutorials, seminars & group discussions. Students always on the toes to hunt for study material but they have to attend the library for all practical purpose. Here the ethical work of librarian counts a lot. What important books, chapters, articles

are likely to be circulated all these impacts on library services very heavy and

Librarians have to prepare for that kind of eventuality. He should know his

responsibilities with ethical background. Because the semester system is a very proactive system as it energizes both faculty and students throughout the year in academic activity.

2) **Job Enrichment:** This can be possible by adequate job knowledge. His work should be customers' satisfaction, Skills here both hard & soft skills are necessary factors. His desires to learn grow and develop matter more. Continuous improvements, total quality service, outsourcing are necessary in an institution. It is not just enough to be highly qualified academically with good technical knowledge working in a well-established college, it is important to observe and adopt. Professional morality in his daily activities.

**3. Technology threats:** Content management is a governing philosophy for gaining control over the floods of information. Online environment is exploiting all type of communication

technology for the user community. Modern machines work faster and better but, they fail because of their complexity. New technology is expensive and risky. Management can't purchase the software frequently So Management is under pressure to keep the whole system working. There are number of library software's in the market. Librarian should select the software which is simple, qualitative all time relevant with reasonable cost. He must consider the student's capacity of handling technology on their geographical background. Technology is an ever changing issue. Adopting contemporary technology

with flexibility to adjust all time needs is a considerable point. Import of technology creates problems for repair and replacement of spare parts which are not available locally.

**Virtual community influence:** Virtual community is a forum of members to freely exchange information. It represents the collective Knowledge and information available to the members It educates its members as well as allows exchange of views and ideas among members. It is most authoritative and influential source of knowledge about a particular field. They discuss on books, current events, and news about global warming or technology in detail. They gather the better ideas to enhance the social community. Information sharing, relationship building. Team building everything is online. It supports information gathering and seeking for both learning purpose and facilitating decision making.

Librarians being a member of virtual community forum can check the reliability of the information on ethical background. He can send current events and can give link to them according to their interest. Information may be related general or subject related.

**5. Earn good will:** Library is a non-profit organization. It can increase its demand by creating high values. Due to increase in literacy and its wide spread, role of information literacy is vanishing ethical behavior of institutions. To treat ethics as a part of human behavior naturally is a big issue. Ethics is a special obligation that a man can accept as a citizen of a nation or part of a world. If the library service is on ethical ground it will earn good name among the public. For continuous good reputation of colleges, work style and behavior of staff is very important. Efficiency brings ability to stand in competitive market. Acceptance of facts, willingness to error free work, social involvement, conducting social audit understand user needs all ethical based services brings good will to the institution.

**6 Social Values:** Every Country has its own distinctive culture i e generally accepted values,

Traditions and pattern of behavior. Difference in language and social norms will change among countries. Cross – cultural difference and value require modification in management behavior. The education type of an individual also effects on his behavior. Social values bring uniformity in social relation among different social groups, which helps maintaining social solidarity. Values act as a guide when a person interacts with other person in a society. Values have both negative and positive roles. Ethical values are based on social values.

Ethical values can help to evaluate the following things.

- Do the institution give quality service to the students?
- Do they have strong ethical base services to their user community
- Do the employ have more talent and extraordinary skills comparing to other institutions
- Do they have innovative actions always?
- Do they have more research and development programs compared to others?
- Do they have potentialities in their institution?
- Do they have good human resource to avoid the threats of external environment
- Do they have strongest commitment to their organizational

goals?

- Today's Library management is also facing the challenges

like

Information society to knowledge society

From conventional education to web based education

Traditional libraries to digital libraries

Following are some more ethical based services which increases the working productivity of library professionals

### **3. Objectivity:**

Library professionals approach any problem or issue should be with objectivity or plain. He should not have influenced by pressure, fear, bias, prejudice or any other preconceived notions. He should be a great listener of reader's problems with patience. Because all students are not equal in their mental ability sense of initiation helps to feel secure in readers' ability and helps to open up their minds for good development.

### **Social Responsibility:**

Positive attitudes build concentration behavior in people. In every organization, people are the main resources of all productive efforts. Educational institutions are serving to the society. At the same time society is investing on education institutions. If they serve with ethical quality, society will be benefitted. They must have strong positive work mode energy, passion, vitality and enthusiasm; because such work helps their closer attitudes to customer service, lower absenteeism, greater creativity and inter personal cooperation.

Fair wages, safety, health, worker's education, comfortable working conditions, mental, physical, economic and cultural satisfaction of employees should be taken care for their best ethical service to their institutions.

#### 4. Conclusion

The norm of ethics varies from country to country what is ethically wrong or condemned in one nation may not be so in another. Dishonesty is considered to be unethical, protecting others from any harm is considered to be ethical. Society does not permit such action. So organizations are bound by some ethical principles to its customer. Productivity of a nation is determined by institutions policies and factors.

How the use of knowledge should be governed when providing a service to the public can be considered a moral issue and is termed professional ethics. Professional ethics is profession accepted standards values and guiding principles which create obligation between user, employee and management. It is prime duty of librarian to protect each library user's right to privacy, and confidently recognize, obey and respect intellectual property rights. He should treat all clients equally objectively impartially and courteously and assist them in retrieving information. Some ethical values are universal to all countries. The problem regarding ethics over the period has not been due to lack of information and knowledge but, due to avoiding attitudes. Professional ethics are all time values of the society.

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# STOCK VERIFICATION AND LOSS OF BOOKS IN DEGREE COLLEGE LIBRARIES OF SESHADRIPURAM EDUCATION TRUST: A SURVEY

Pavankumar  
Dr.P.S.Kattimani,

## Abstract

The study is conducted on eight degree colleges of Seshadripuram Educational Trust, situated in the various parts of the Bangalore. The survey method was followed to collect necessary data for the study. The study also talks about advantages of stock verification, Vigilance by the library staff and facilities available at the library to conduct stock verification.

### Keywords:

Stock verification,  
Library Building,  
Collection, Measures.

### Author correspondence:

**Pavankumar**  
Research scholar  
Library and Information Science  
Reva University  
Rukmini Knowledge Park,  
Kattigenahalli, Yelahanka,  
Bengaluru - 560064  
pgudi612@gmail.com

**Dr.P.S.Kattimani,**  
(Research Supervisor) Deputy Librarian  
Central University of Karnataka,  
Kadaganchi, Aland Road,  
Kalaburgi-58531(Karnataka)  
parashu.kattimani@gmail.com

## 1. Introduction:

In this twenty first century most of the degree college libraries maintain open access system. Where users are free to choose the documents and they can also borrow those selected documents to their home. In Open access system we face some problems in the library, like mutilation, damage, misplacement and loss of books, etc. Before introducing five Laws of Library by Dr. S R Ranganathan books used to be kept in closed or locked cupboards or almirah's in the Libraries and they were preserved and not issued out. Hence the chances of loss books are minimum or nil and there was no need for stock verification. But as said in the above sentences most of the Libraries are maintaining open access system. Hence, Stock verification gained importance in the activities of the Library.

Definition:

Stock verification or physical verification is to periodically check and account for the documents acquired by a library.

Physical verification of the library stocks has to be carried out to identify the losses, identifying misplaced documents, identifying documents that need repair, etc.

### **Advantages of stock verification:**

- By revealing the number of books lost in a library it helps to replace the lost books.
- Gives an indication of books popular with readers although often in academic libraries such books are not necessarily those recommended in the course.
- Enables the library staff to get a better acquaintance with the books, which is very necessary for the maintenance staff.
- Ensures thorough dusting, cleaning and rearrangement.
- Facilitates identification of worn-out books for mending, repair and binding.
- Helps to keep the library catalogue and other stock control records up-to-date.
- Gives an indication of the efficiency of the library staff with reference to vigilance and carefulness in maintaining the collection.

### **2. Objectives:**

This study is undertaken to assess the existing methods of stock verification for assessing loss of books in the degree college Libraries of Seshadripuram Education Trust.

### **3. Methodology & Survey Sample:**

The questionnaire method was used to obtain the necessary data for the study. A questionnaire was designed and distributed to all the eight Degree College Libraries of Seshadripuram Education Trust and response was received from all the Libraries. In these eight Colleges, two are professional Colleges (25.00%) and remaining six Colleges are Normal Degree Colleges (75.00%) and all these Colleges are run by same Trust.

### **4. Result and Discussion**

**Table 1**

#### **Library Location**

<b>Location</b>	<b>No. of Colleges</b>	<b>Percentage</b>
Separate Library Building	00	00%
Within Main Building	06	75.00%

Separate Hall		
Principal Chamber	00	00%
Basement of the Building	02	25.00%
Total	08	100%

Table-1: Shows out of Eight Colleges, no one has separate Library building. Six Colleges have separate hall within main building (75.00%) and Two Libraries located at the basement of the College (25.00%).

**Table 2**

**Total collection of Books**

Book Collection	No. of Colleges	Percentage
1 to 1000	00	00%
1001 to 10000	03	37.5%
10001 to 25000	02	25%
25001 to 50000	03	37.5%
Total	08	100%

Table-2: Shows out of Eight Libraries, no one has Library less than 1000 books, Three Libraries have collection varying between 10001 – 10000, Two Libraries have collection varying between 10001 – 25000 and Three other Libraries have collection varying between 25001 – 50000.

**Table 3**

**Library Staff**

Library staff	No. of Colleges
Librarian	08
Assistant Librarian	02
Library Assistant	06
Total	16

Table-3: Shows all Eight Colleges have librarian but only Two Colleges Librarian and Assistant Librarians and other Six Colleges have Librarian and Library Assistant.

**Table 4****Stock Verification Period**

Period	No. of Colleges	Percentage
Annul	6	80%
Once in two years	00	00%
Once in five years	02	20%

Table-4: Shows Out of Eight Libraries Six Libraries conducts stock verification every year and other Two Libraries conducts the above said function conducts once in five years. As per government norms says if your library collection crosses 50000 books you can conduct only sample stock verification every year and once in a five years you may check entire your collection.

**Table 5****Method of Stock Verification**

Method	No. of Colleges	Percentage
Shelf List	00	00
Accession List/Register	06	80%
Computerized Method by using any Automation software	02	20%

Table-5: Shows there are many methods to conduct the stock verification and here some Libraries have chosen the accession list/register to conduct stock verification in their Libraries and some other Libraries adopted computerized method by using bar coding Scanning to conduct stock verification in their Libraries, all the details are shown in above table.

**Table 6****Team of Stock Verification**

Team	No. of Colleges	Percentage
Only Library Staff	04	60%
Teaching Staff	02	20%
Library Staff and Teaching	02	20%

Staff		
Other ( Stock Verification Committee)	00	00%

Table-6: In many colleges set up Third Party (Teaching Staff) to conducts stock verification in their Libraries and after the verification they submit their report to the appropriate authority of the college. The above table we found that two colleges follows the same procedure said as above line in their respective Libraries, two other Colleges a team which consist of both Library Staff and Teaching Staff to conduct stock verification in their respective Libraries and in other Four Colleges, Library Staff are instructed to conduct stock verification and submit the report to them.

**Table 7**

**Purpose of Stock Verification**

Purpose	No. of Colleges	Percentage
To Assess the Loss of Books	01	10%
To Prevent the Loss of Books	01	10%
To Assess Total Volumes in Library	00	00%
To Assess Condition of Books in Library	00	00%
All the Above	06	80%

Table-7: Shows out of Eight Libraries One Library conducts stock verification to assess the loss of books, One other Library conducts stock verification to prevent the loss of books and other Six other Libraries conducts stock verification to assess the all above said purposes.

**Table 8**

**Total Number of Books Lost**

No. of Books Lost	No. of Colleges	Percentage
Between 100-200	00	00%
Between 75-99	02	25%

Between 30-74	02	25%
Between 10-29	02	25%
Nil	02	25%

Table-8: Shows out of the Eight Libraries every Two Libraries reported the missing report differently as shown in the above table.

**Table 9**

**Responsibility for Loss of Books**

<b>Responsibility</b>	<b>No. of Colleges</b>	<b>Percentage</b>
Professional Library Staff	08	100%
Librarian only	00	00%
College Authority	00	00%
All the above	00	00%

Table-9: Shows responsibility for loss books in all Libraries are same and details are mentioned in the above table, because they are all come under one trust and responsibility fixed same to all Libraries.

**Table 10**

**Cost Recovery Responsibility**

<b>Responsibility</b>	<b>No. of Colleges</b>	<b>Percentage</b>
Cost Recovered from Librarian	00	00%
Cost Recovered from Library Staff	08	100%
No response	00	00%

Table-10: In ninth table the responsibility for Loss of Books fixed to entire library staff and the same thing reflected in table ten and details are given above.

**Table11****Withdrawal Policy of the Library**

<b>Withdrawn</b>	<b>No. of Colleges</b>	<b>Percentage</b>
Written off as per Government Order 3 Books per 1000 Circulate	00	00%
Entire Loss of Books Withdrawn from Library Stock	00	00%
Policy set by Their Trust	08	100%

Table-11: Shows all the Libraries follows policy set by their trust and more details given in the above table.

**Suggestions**

From the data collected and analyzed as above the following suggestions are drawn

1. Every Library must follow Government order related to loss books in the Library.
2. Librarian should organize orientation programmes for the users and instruct them how to use the Library facility.
3. For vigilance use latest electronic equipment's like Camera RFID, in the Library premises
4. Every year Library staff must conduct stock verification.

**5. Conclusion**

Loss of books in libraries is inevitable and the problem should be tackled like any other social evil in the society. At college level, students should be instructed about the care and use of books and evil effects on the society of mutilation and theft of Library books. This method although slow and time consuming is likely to yield good results in the long run. It requires persistent efforts on the part of Librarian and Library Authorities but it seems to be the only possible method for tackling this problem.

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## Changing Dimensions in Library Services:

### A Challenge ahead on the perspective of Library Professionals

Yeshwanth Kumar S

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#### Abstract

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Global competition in education system is forcing academic institutions to change their curricula frequently, which in turn impose greater demand on academic institutions to have good network infrastructure to provide access to most up-to-date information to their students, research scholars and staff. In such situation, library professionals need to provide service to their users efficiently and effectively using advanced technologies. The use of advanced technology in libraries has become imperative. It is costly and hence individual cannot afford to have it. They seek institutional support in this regard. Hence, the library professionals are facing real challenge in meeting the modern requirements. Lack of standard, uniform and proven method for managing routine activities of the Library.

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#### Keywords:

Library services,  
Advance technology,  
Network Infrastructure,  
Lack of Standard method for  
library management.

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#### Author correspondence:

**Yeshwanth Kumar S.**  
Librarian, Seshadripuram College,  
Seshadripuram, Bangalore-560020.  
Email ID:yeshu210@gmail.com

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#### 1. Introduction:

Global competition in education system is forcing academic institutions to change their curricula frequently, which in turn impose greater demand on academic institutions to have good network infrastructure to provide access to most up-to-date information to their students, research scholars and staff.

Now we are living in the Global Village concept which is made possible by the advancement of information and communication technologies which have taken place in last two decades. In this context, the challenges faced by library professionals are also

increasing very rapidly. Libraries have made great changes in infrastructure, work mode, service pattern, & so on.

In the present situation, information has become one of the basic needs of mankind, which has made libraries an indispensable and inseparable part of information-based society. Libraries and information centres are now becoming a global information hub, available and accessible to the users where they have the most opportunity to access and retrieve their required information with a single mouse click.

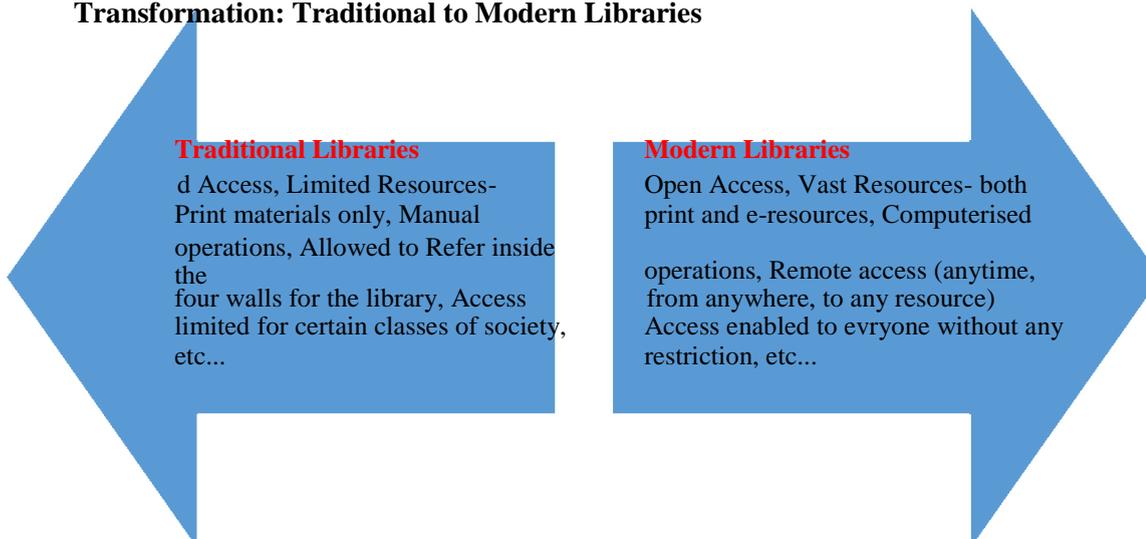
### **Impact of ICT on Information Resources:**

The aggressive contribution of Science and Technology has brought tremendous changes in the concept of traditional libraries as well as on its services.

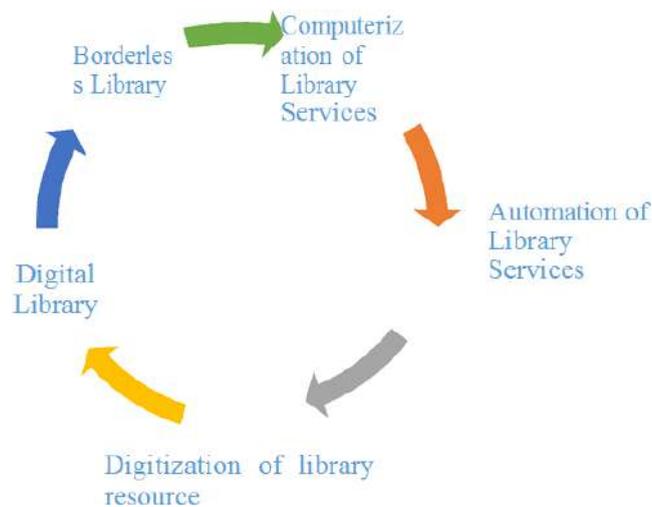
In the traditional library, the sources of information are books, periodicals, reports, theses and dissertations and other printed materials. But now in the digital environment the information sources are various types of databases, e-books, e-journals, bulletin boards, online forums, soft **copy of dissertations, etc....**

The transformation of traditional to modern mode is possible through a comprehensive network system. Libraries are first required to computerize their activities and then they are automated. After that library collections are digitized and gradually the libraries become digital libraries, which provide excellent services such as online information retrieval, electronic document **delivery service, etc....**

### **Transformation: Traditional to Modern Libraries**



### **Stages of Transformation:**



## 2. Impact of ICT on Library services:

The application of information and communication technologies and advanced technologies changed the scope and nature of traditional library services.

Traditional library is limited by the number of books and follows closed access system. Users are allowed to take and refer the books inside the library only. Library services are in manual operations. Book shelves, reading tables and chairs constitute almost all the library service facilities. Catalogue cards are used to locate library resources, which provide single approach to search and retrieve the required information.

Now with the application of ICT, readers can access the library resources at any time from any corner of the world. The library website offers all kinds of database linkages, services, methods of using the collection, the library announcements and other basic information.

With the adoption of advanced technology in the digital environment, the distance between reader and information resources narrowed considerably. Users will have multiple search and retrieval options. They can easily access, download, and print their required information from various sources hosted over the internet.

As we discussed earlier we are now living in the Global Village concept, the concept of library also is in transition. Traditional libraries become Digital libraries and now the Digital libraries turning towards Virtual or Borderless libraries.

Borderless library is a technologically empowered web-based library, which provides services to its users through computer networks.

**Lack of universally accepted standard uniform method for library management:**

In digital era, management of library and information centres is the major challenge on the perspective of library professionals. As we all know that the concept of library has expanded its boundaries and become the integral part of human life. Library and information centres play vital role in facilitating timely access to required information. But most of the libraries found it difficult to accomplish their task because of their administrative jargons.

There is no universally acceptable and uniform method for administration for library routine activities. Though there are certain commonly acceptable methods most of the libraries are not following it.

For example, some Libraries may not apply the AACR rules for cataloguing of their collection and they just enter the bibliographic description of the document as they wish.

If the catalog information is not entered properly it becomes difficult to search and retrieve the required document from the stack.

If the bibliographic description of a record is not entered in appropriate field, it becomes a hazardous task to merge and create a union/shared catalogue. Though we have standard rules for cataloguing, most of us unaware of using it or neglecting to acquire skills of using it. Finally it reflects on the effectiveness of services provided by the library. If user requirements are not served timely, the importance of information will become obsolete.

Though we have information or required document in the library it cannot sometimes be accessed by the users.

Ultimately the major goal of the library 3R's, Right information to the Right user at the Right time will not be achieved.

Not only on the aspect of cataloguing, there is no uniform method in many managerial operations. For instance, procurement of new books, allocation of budgets, stock verification **methods, withdrawal of books, etc.....**

It is not intended to point out at the lack of knowledge by professionals about common rules, but intended to take necessary action by the professional associations to mandate certain rules and standards which are universally acceptable and be followed by every library professionals to create a common platform.

In this regard we have to focus our direction and always have to be ready for acquiring new skills for using advanced techniques and technologies to cater to effective and efficient service.

### **3. Conclusion:**

As we all aware that advanced technologies have made strong impact on the library services. One can easily notice the complete switch over on the dimensions of library services from traditional mode to modern mode. As the changes occur in the library environment, the library and information professionals should be acquaint themselves with different skills. It is desirable that there should be specific standards and uniform methods to deal with all library related issues and problems.

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# Design and development of institutional repository for scholarly publications of department of library and information science: a practical approach

Suresha, GP  
Dr. M. Manjunatha

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## Abstract

Institutional repositories are capturing, preserving and disseminating an institutional collective intellectual capital, serves as meaningful indicator of an institutional academic content quality. In this process of current system of scholarly communications, much of the intellectual output and prestige of institutional intellectual property is diffused through scholarly contribution i.e., journals, books, conference / seminars papers, reports, thesis and dissertations, maps, images, newsletters etc., While faculty, researcher and students research contributions reflects positively on the host organization/s, an institutional repository vision the intellectual product created and developed a institute / university research contributor i.e., faculties, researchers, students and also institute contributors, making it easier to demonstrate its scientific, social and financial value. Thus, IR complement existing metrics for gauging institutional productivity and prestige. In this researcher made an attempt to design and development of scholarly database for faculty publications of the department of library and information science, Kuvempu University with using the GreenStone digital library (GSDL) software.

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### Keywords:

Institutional repository,  
Scholarly publications,  
Greenstone, DLIS,  
Kuvempu University,  
Shovamogga

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### Author correspondence:

Suresha, GP<sup>1</sup>  
Assistant Librarian & Researcher (DLIS-BUB),

University Central Library, J.B Campus,  
Bangalore University, Jnanabharathi, Bangalore - 560056  
sureshgp3028@gmail.com

**Dr. M. Manjunatha<sup>2</sup>**

Head

Library and Information Science Centre,  
Government First Grade College, Rajajinagar,  
Bangalore - 560010  
manjulib1919@gmail.com

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## 1. Introduction

Institutional repository is an online locus of collecting and preserving in the digital forms of the intellectual contributions of an organization, especial an R & D and as well universities. The main vision of an IR is to bring together and preserve the intellectual output of a laboratory, R & D institute, department, university and other entity. The incentive and commitment to change the process of scholarly communication have also begun serving as strong motivators <sup>[1]</sup>. The formal logic approach proposes two elements to a conclusion – the Premise and the Inference. So any academic activity also begins with a premise that it is towards making contribution to the existing stock of knowledge. The research is one such activity pursued by the Universities and Institutions in exploring the horizons knowledge and identifying the new areas of study.

The GSDL software is a top of line and internationally renowned open source software for extend library service and developing digital libraries, promote by New Zealand Digital Library Project research community at University of Waikato under supervision by Dr.Ian H. Witten and sponsored by the UNESCO. The GSDL software is issued under the terms of GNU General Public License. Greenstone provides a way of building, maintaining and distributing digital library collections, opening up new possibilities for organizing information and making it available over the Internet or on CD-ROM. One of the pioneering and laudable efforts of Greenstone is its commitment to lower the bar for construction of practical digital libraries, yet at the same time leave a great deal of flexibility in the hands of the user. Even at the time of selecting Greenstone for IIMK we found that several libraries and institutions across the world were using it and with encouraging feedback. Couple of promotional articles appeared in D-Lib Magazine by the

Greenstone team also were strong indicators for their continued interest and commitment to the software. Another word of inspiration came from the message of Ian Witten's team itself, that 'we should now stop talking about digital libraries and start developing them.

## **2. Need for the study**

The growing impacts of ICT, web applications, technologies and electronic database has compelled library and information centres to use these technologies meritoriously to render services. As a result, the need to access and utilize information in this competitive world, the influence of developed countries, the demands of users and the networked nature of libraries are gaining momentum drastically. Today, increasing number of libraries and information centres are getting connected to the vast electronic resources and have benefited from the access, organization, storage and publishing opportunities provided by the digital libraries. Above all, with the growing number of electronic sources such as E-book, E-journals, E-clipping etc., and it has become in it has become authoritative for information professional to redefine their role in disseminating information to their users. Some of the other issues related to IR are summarized below.

- To capture only the intellectual contributions of an organization or department
- Digital contents may be purely of scholarly contributions comprise administrative, teaching, research materials, both in published or unpublished
- The primary need of an IR to disseminate the institutions intellectual product.
- It is needed to store the faculty member's intellectual contributions output in the form of personal collections and to make available the services of their work through LAN or WAN system of the institution/s

## **3. Scope and Limitation**

The study was restricted only to the publications brought out by the faculty members Department of Library and Information Science in Kuvempu University, Shimoga district.

## **4. Objectives of the study**

The main objectives of the study are as follows

1. To understand the concept of Institutional repository.
2. To study briefly the features of greenstone software.
3. To digitize the reprints of department of LIS

4. To provide accurate, valuable, flexible, more up-to-date information and efficient, effective and faster services to the users by digitizing the resources.
5. To scan the periodical articles of LIS faculties.
6. To develop institutional digital repositories with using Greenstone open source software.

## 5. Methodology

For the present study we choose practical method to design Institutional digital repositories with the help of Greenstone open source software. For the study we have selected library and – Information Science faculty publications as a source for depositing in –Institutional repository.

The following methodology adopted to meet the objectives:

- a) For the present study necessary data has been collected by consulting all faculties of LIS.
- b) Collected data has been made available in digital version with using Greenstone open source software.

## 6. Building up a Collection with GLI

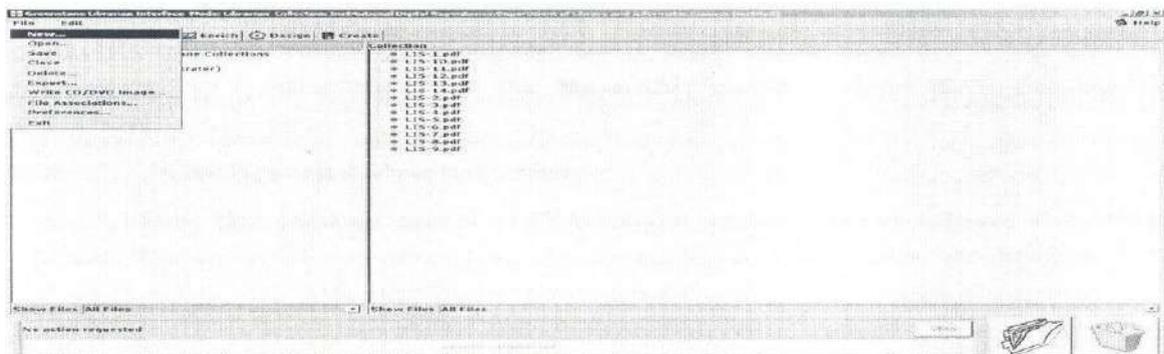
The easiest ways to design and develop a new digital repository collection is to use GSDL library interface (GLI). GLI is allowed one to collect information, import or assign metadata and build the documents / records into an IDR and convert it into a CD-ROM.

The Greenstone Librarian Interface (GLI) can be used to performs the following basic activities, functions and process while build a digital collections or contents.

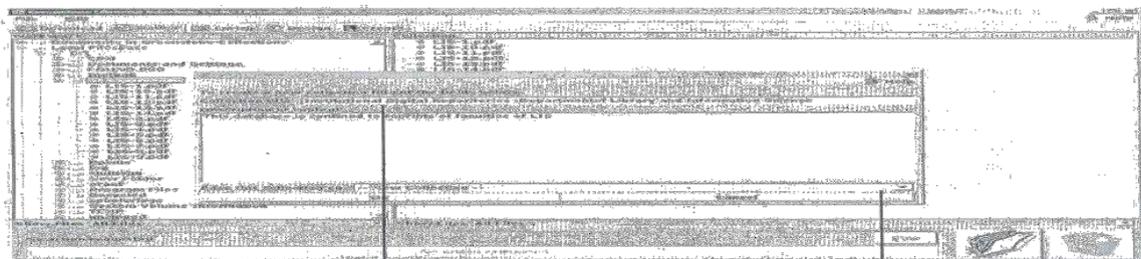
- Gather:** document for build up the digital collections
- Enrich:** the digital contents by adding metadata
- Format:** template for appearance of the institutional scholarly contents
- Create:** Create communities and collections locus
- Covert:** digital content covert IDR into a CD-ROM device.

### 6.1. Start new collection creation

The GII open from the start => Programmes=> GSDL=> GLI. To start a new collection/s or items is choosing new from the file menu.

**Figure - 1: New collection creation**

Fill up a name of records i.e., against collections titles and brief description about the collection (against Description of content) in the appropriate column in the pop-up window.

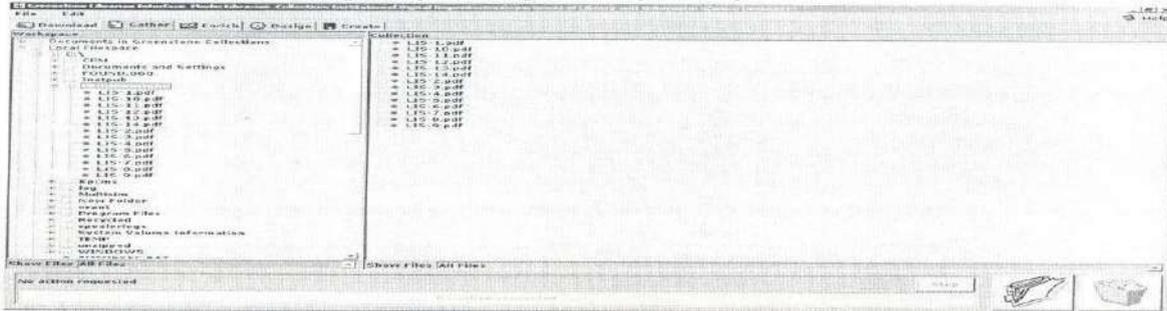
**Figure – 2: Adding information about the collection**

Choose New Collection in the Base this collection on dialog box and click OK.

### 6.1.1. Gather the Documents

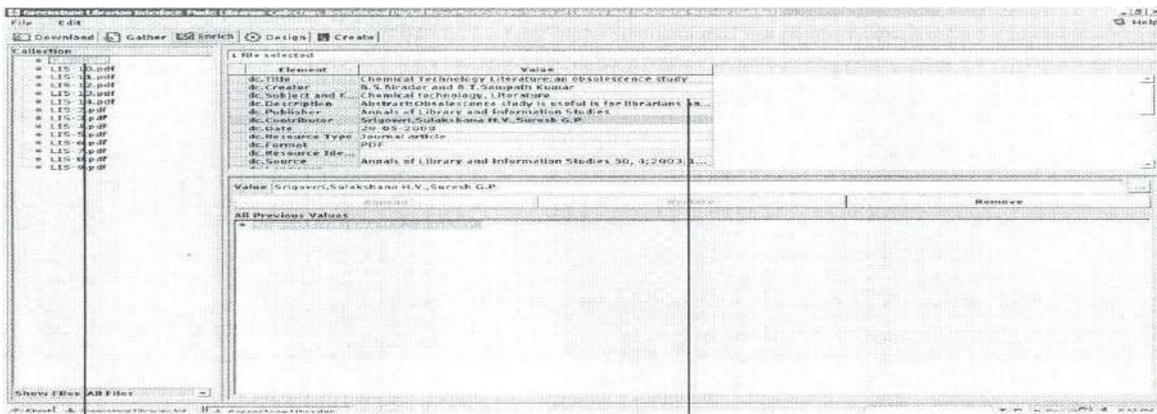
Now the Gather panel will become active and it allows the user to collect the required documents by exploring the entire computer. Then select the files *or* directories by browsing the folders in the computer. Drag and drop them into the right hand pane by your mouse. You can drag the documents either individually or as sets of documents in folders/subfolders. Here we have scanned 14 documents which are collected from faculties of Library and Information Science and same have been converted in to PDF. Individually all files are dragged and dropped them into the right hand pane.

In time of gathering the items, the GSDL usually promotes you to select the plug-in, but if suitable plug in is not included, than please click or add plug-in button and active.

**Figure - 3: Exploring the computer for gathering the documents**

### 6.1.2. Enriching the documents with metadata

The further step is to enrich the document by adding metadata, select the individual document and add metadata such as title, creator or subject or keyword in manually. Here click on enrich Manu and it will bring up a panel. Life side of the panel under collection tab shows the files and on right side, on clicking will allow adding metadata elements for each records on each metadata fields in the valued box against the Dublin metadata 15 element i.e., dc.Title, type of creator (author) of the document against, dc.creator, subject (keywords) for each selected documents shows collection tab as follow.

**Figure - 4: Metadata using the enrich view**

### 6.1.3. Design the collection

Here designed collection by selected the required features given on under designed Manu.

The collection design will consist of many factors are given at the left side of the panel.

#### 6.1.3.1. Document Plug-ins

Click on document plug-ins to adding required plug-ins <sup>[5]</sup> to covert the records into documents formats required for greenstone and all plug-ins, needed for handling common records, it will be loaded by default at the time of

installation. Kindly note that if proper plug-in is not loaded, the software cannot build the digital library collection.

Figure - 5: Document plug-ins



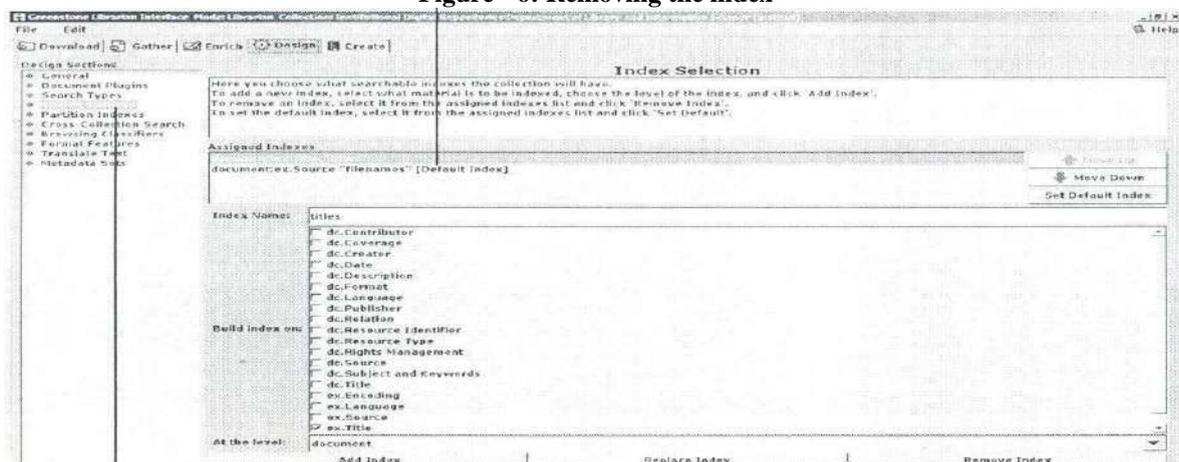
### 6132. Create search indexes

Here choose the search interface indexes, shows in left panel, here for creating search indexing and search indexing determine whether to confine the search to paragraph, chapter or the entire text of the records and this indexed records can generate to all possible fields.

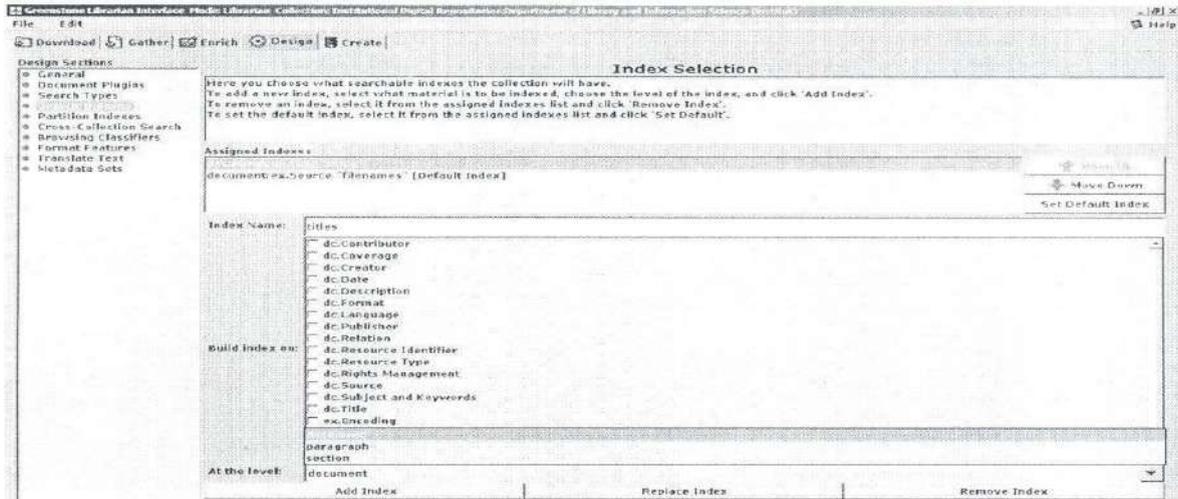
### 6133. Remove default indexes

Here remove the all default indexes for ex., title/s, source by choosing the indexing description under assigned indexes, then click on remove indexing option button, but don't remove the search index for text items ex., default indexes [6].

Figure - 6: Removing the index



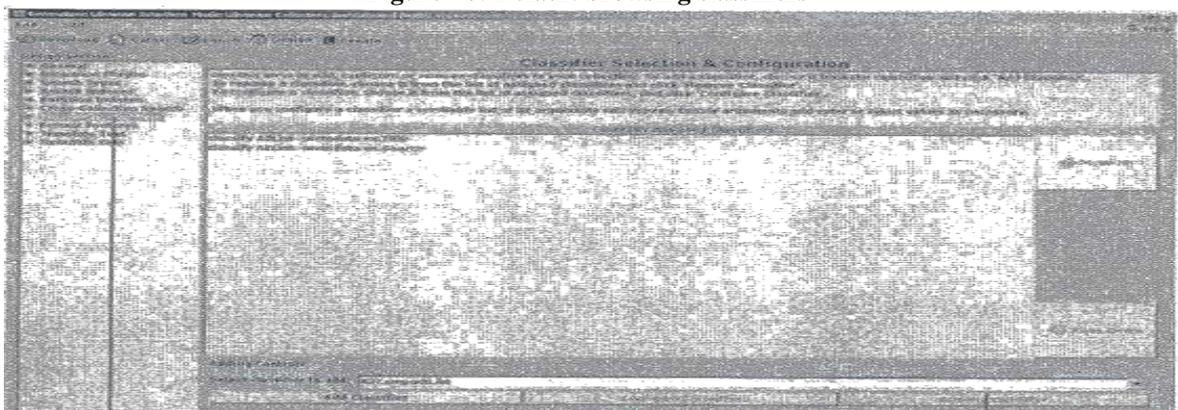
For next process click on new index option and selected i.e., dc. Title, creator, subject and keywords by tick marking on the check box one by one as accordingly and then add it one

**Figure - 7: Indexes selected for the collection**

Here we may choose an index and move up and move down by clicking on the button on the right side and set the order of its display. So on content manger can set any index as default index by using the set of default index button and indexes has been generated to all element fields.

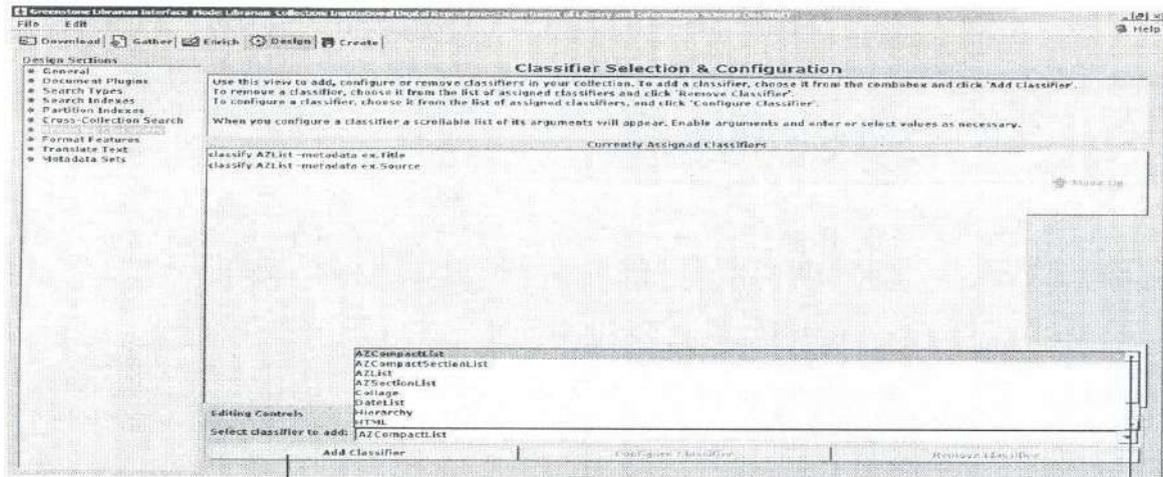
#### 6134. Browsing classifiers

Search and browsing classifier elements i.e., titles, creator, subjects is helps to all information seekers to browse the collection form the home page of the database. The Search and browsing classifier element button for removing them one by one and remove the default browsing classifiers for title and source of documents is shows as below.

**Figure - 8: Default browsing classifiers**

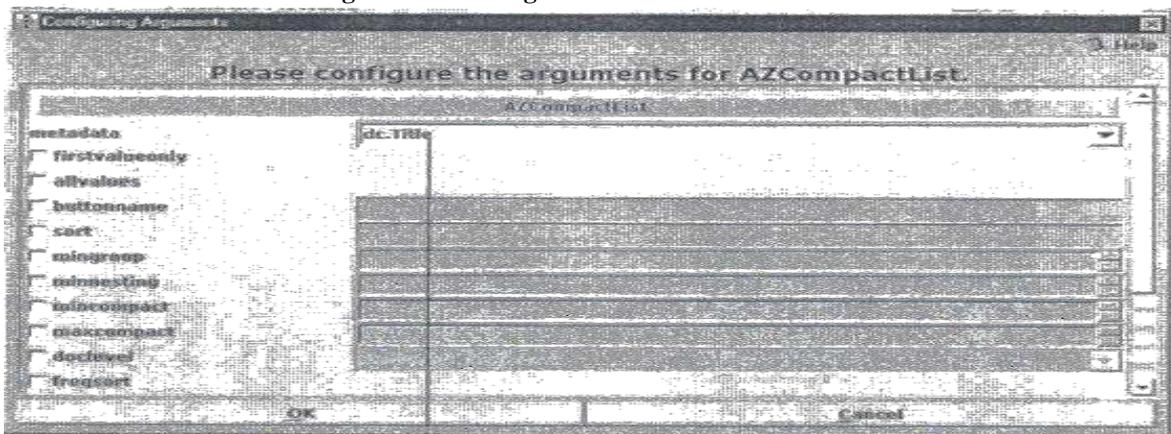
Now, select classifier to add pull or scroll down document list and select A-Z List or A-Z Compact List [7]. Then click on Add Classifier and add the Browsing Classifiers [8] for Title, creators and Subjects by one by one.

**Figure – 9: Adding classier**



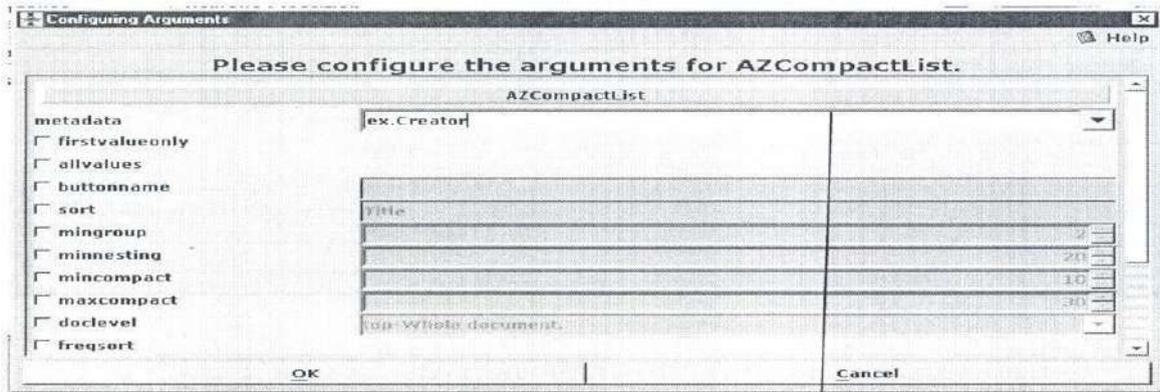
In process of documents adding, you can click on added classifier button, than you will get the window for choosing browsing classifier and selected the browsing classifier for title or subject by choosing the metadata for selected elements (de.Title) as follow.

**Figure -10: Adding classifier CLI for de.Title**



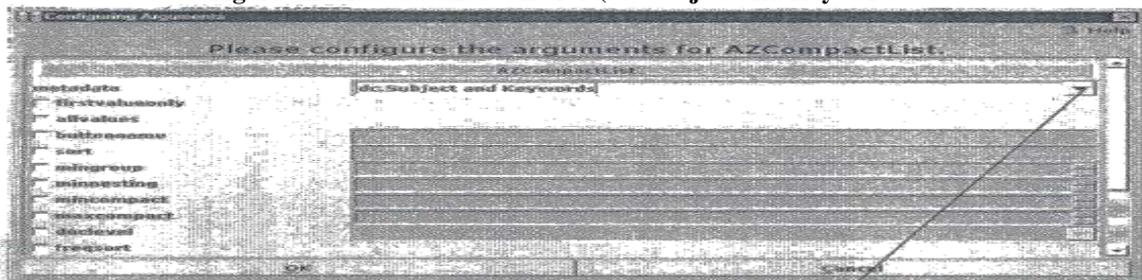
Then click on ok button to add dc. Title classifier and then selected the browsing classifier for creator by choosing the metadata options (de.Creator) as figure -11 shows.

**Figure-11: Add classifier CL2 Creator de.Creator**



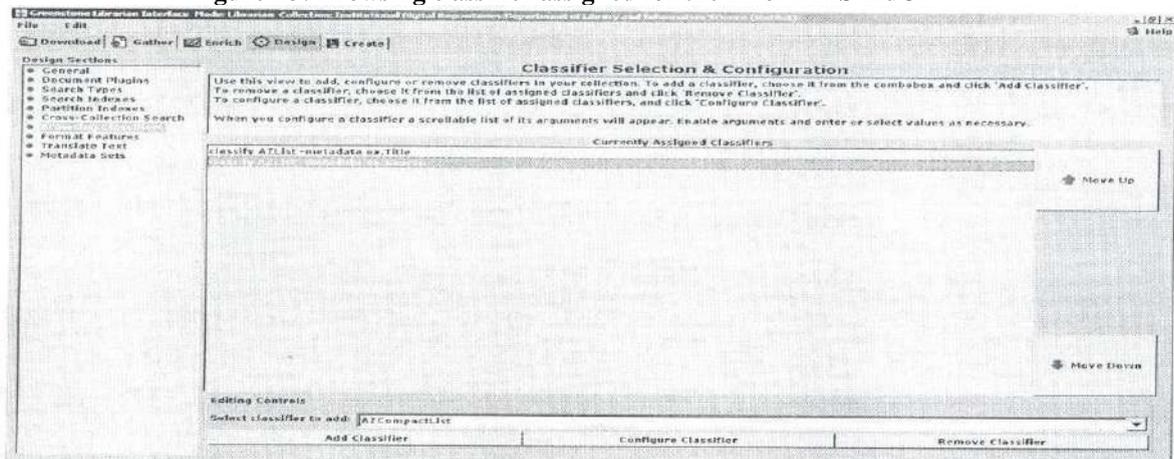
Click here ok option to add creator classifier and then selected the browsing classifier for subjects by selected the metadata element options (dc. Subject and Keywords) which is shows in figure-12.

**Figure-12: Add classifier CL3 for (dc. Subject and Keywords)**



Further click on ok option Manu to adding dc. Subject and Keywords classifier results which is shows on the three added browsing classifier will appear as figure-13 shows.

**Figure-13: Browsing classifier assigned for the IR of DLIS-KuU**



#### 6.1.4. Format

The format page display of the resultants digital library including the display page of contents that will appears on click on the browsing classifiers.



But if need to change any format feature, then you choose the appropriate one (i.e., CLIAZList-metadata dc. Title) form the choose feature pull down list and adding the format rope to the format feature by clicking on the add format button. The existing or fresh users may find it difficult to learn the forma feature in the beginning stage, but later once it should understand, then it is so easy to manage.

**Figure-16: Add the CL1 browsing classifier for de. Title**

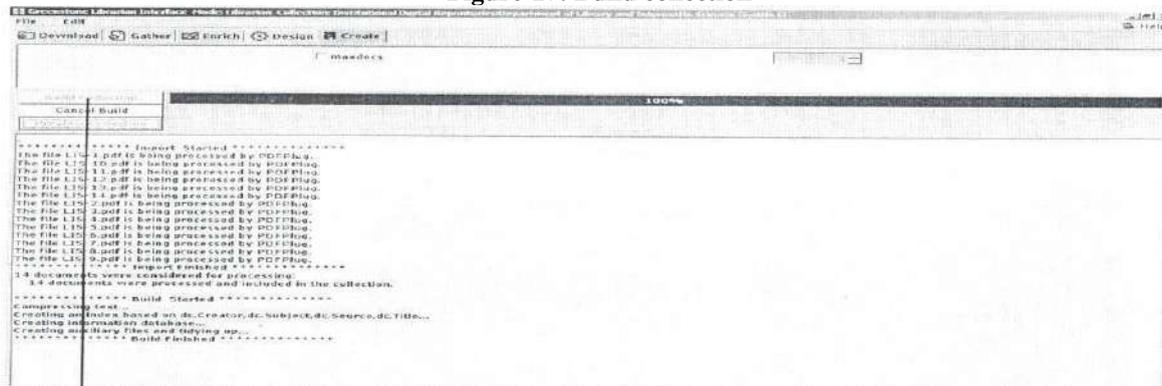


In same aspect choose any other string form selected feature box and click on added format button for customizing it as in the above screenshot. Here you can edit with html string under the format feature box by choose it and edit it in the html format string box which shows in figure-17 and content creator can add CL2, CL3 classifier for creator, subjects, keywords and it can have modified if digital analyst has reasonable knowledge of html.

### 6.1.5. Build collection

Further go to the create panel Manu and click build collection Manu, then progress bar will be shows in building 10 the digital collections.

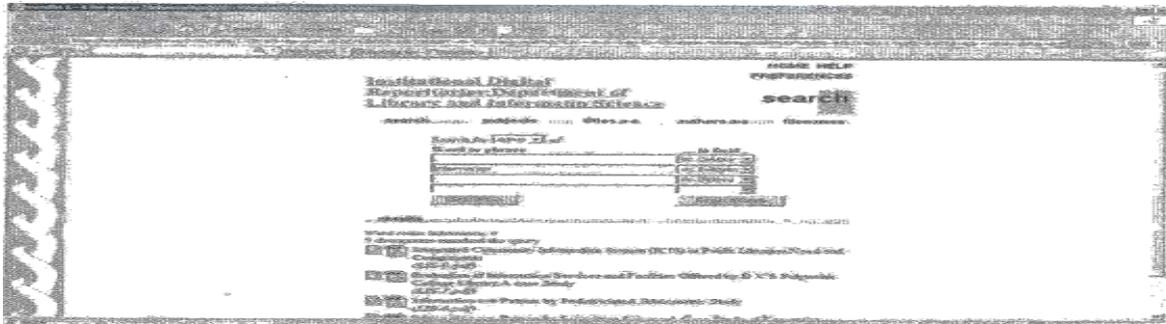
**Figure-17: Build collection**



### 6151. Preview the digital collection

At final process of building process, the digital analyst clicks on the preview collection button to view the collection build

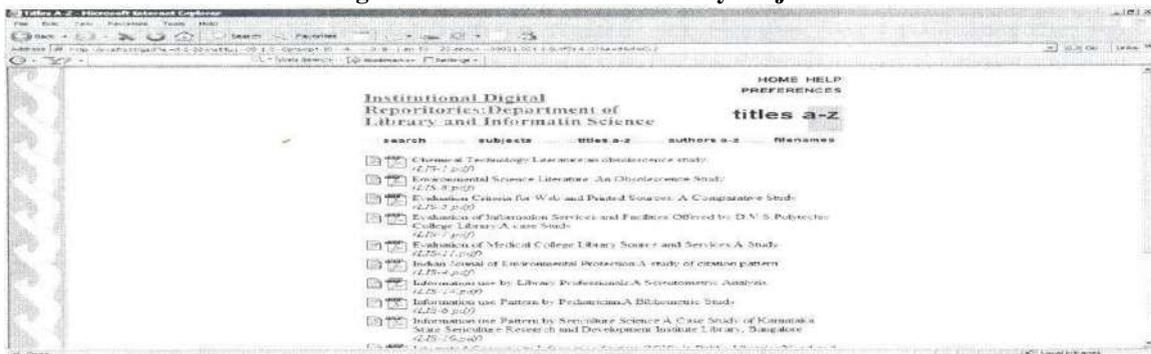
**Figure-18: Home page of the IDR of LIS**



**Figure-19: Search the collection by title**



**Figure-20: Search the collection by subject**



The term "Information" has been used as a search key terms and submitted to the search window that is in "de.subject" field. For the same the hit records are five which is shown in figure- 21. Further for browsing the full article one has to click on the interested title, so we clicked on third record, the full text of the same is given in figure -22

**Figure - 21: View of full text article**

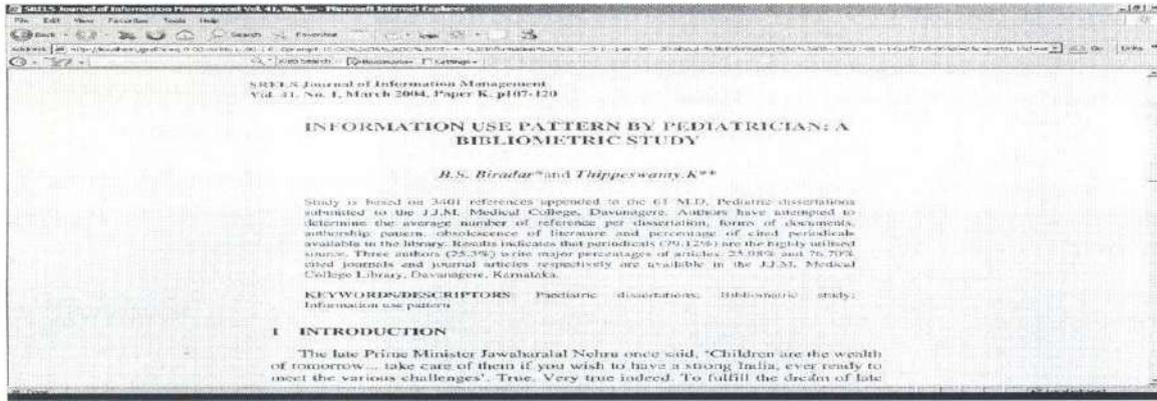
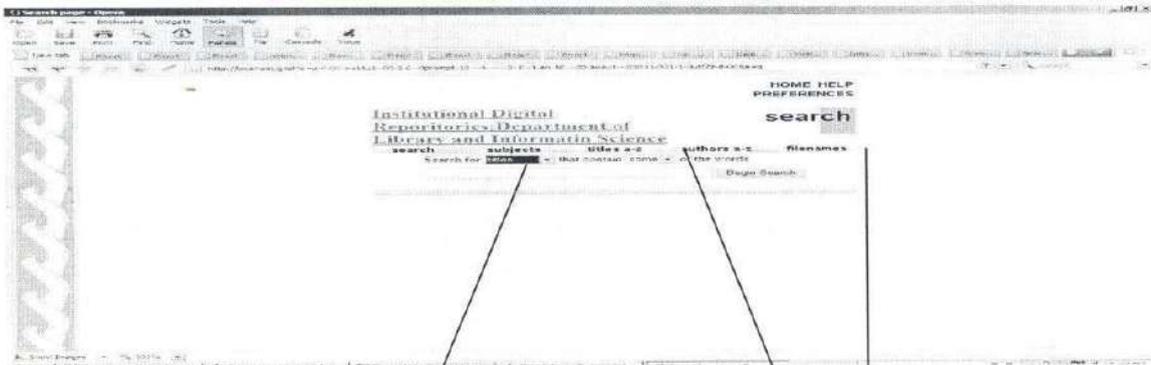


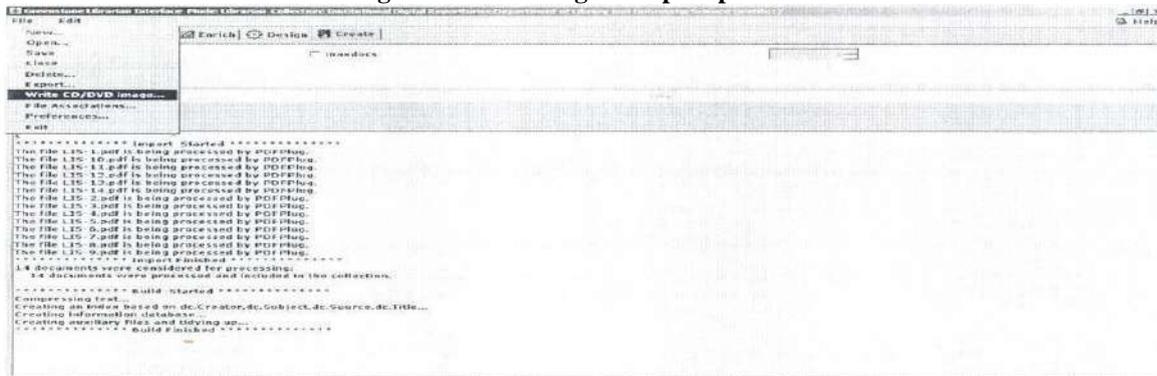
Figure - 22: Search indexes and browsing classifiers



### 6.1.6. Covert or migrate digital collections in to CD-ROM

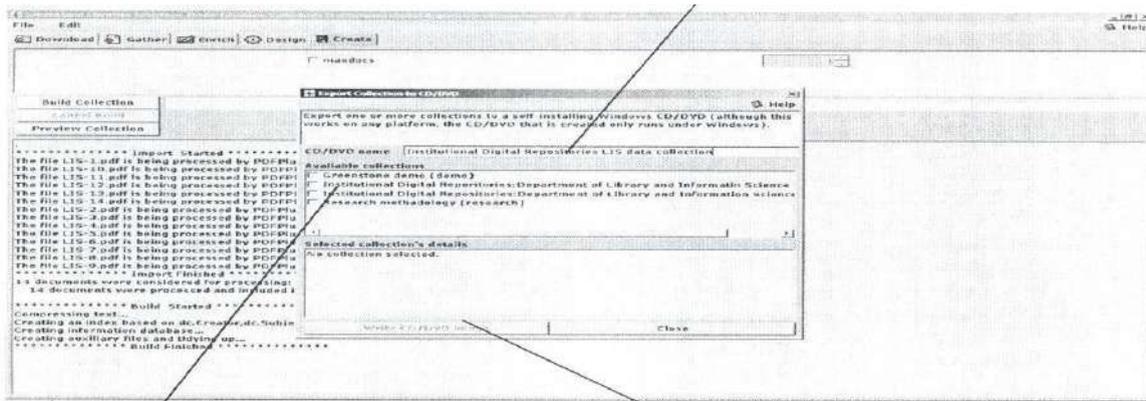
The digital analyst can export the digital collection to a CD-ROM, if database needs to preserve in safe and convert the Greenstone archive database into an installable CD-ROM format resources to preserve and distribution among the wider user communities.

Figure - 23: Starting the export process



A pop up window will appear as shows in figure-24.

Figure-24: Rename of CD-ROM archives



It provide a name of your CD-ROM, mark the check box pertaining to the collection to export and click rewrite CD/DVD image button.

**Figure-24: Export completed**



Then here click on close or end button, then wrote the contents of the folder (C:\ProgramFiles\CD-ROM for creating, self-installing window CD-ROM)

## 7. Conclusion

The growing popularity of these alternative publishing models demonstrates an increasing interest amongst scholars to apply digital publishing technologies and the Internet as a means of disseminating their research. However, some have reservations, as a key element of the faculty publishing process concerns the retention of copyright and the granting of non-exclusive licenses. Institutional repositories can be implemented without radically altering this status quo. Author retention of the right to self-archive, including the posting of research on institutional repositories, is an essential element of a reformed scholarly publishing system. The specific or general purpose of institutional repository like GSDL is a useful provide information services in all public, academic, R & D's and Private organizations. Absence of knowledge on how to use it should not come in the ways of exploiting the advantages it offers.

This documentation may be used as a tool to bring in more people to the growing constituency of greenstone users. We, people can improve our capabilities, as knowledge

managers, if we are particular in learning the information technology tools like greenstone and use them for managing knowledge resources. We should learn, utilize, promote and propagate greenstone to make our institutions better.

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# EFFECT OF SWISS BALL EXERCISE TRAINING ON CORE MUSCLE STRENGTH

Dr. Shreenivas Harikanth  
Srinivas O

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## Abstract

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Because core muscle recruitment should enhance core stability and help provide proximal stability to facilitate distal mobility. Fitness professionals have increasingly emphasized core stability exercises in sports conditioning programs in recent years. Core stability exercises are commonly performed by healthy individuals in fitness and sports conditioning centers. The use of Swiss ball training for core muscle development has been popular for several years. The purpose of the present investigation was to find the effects of eight weeks Swiss ball exercise training programmer on core muscle strength of healthy intercollegiate level male sportspersons. Core muscle development is believed to be important in many functional and athletic activities, The subjects selected for the purpose of the study were ten male post graduate students pursuing their first year M. P. Ed. Degree during the academic year 2014-15. The subjects were randomly selected through simple random sampling technique. The subjects selected were healthy intercollegiate level sportspersons in different sports disciplines. Their age ranged between 23 to 26 years. The present study included testing of abdominal and back strength of subjects during pre and post test situations. Flexed leg sit ups and Isometric Back Strength Tests were the tests selected for the present study. The experimental design selected for the present investigation was single group

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### Keywords:

Swiss ball exercise training,  
core muscles, abdominal  
strength, back strength.

pre test- post test design. Treatment was given to the selected subjects by a planned model prepared with the help of experts and reviews gone through.

The treatment in the form of swiss ball exercises was performed three times a week up to eight weeks duration. In order to make inferences on the effectiveness of treatment given for eight weeks suitable statistical techniques were employed. The swiss ball exercise training model selected in the present study was useful in enhancing abdominal strength of inter collegiate sportspersons. The back strength measured in terms of isometric back strength test did not show significant improvement.

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***Author correspondence:***

**Dr. Shreenivas Harikanth**

Assistant Professor, Department Of P.G of Sri Shambhulingeshwar College  
Of Physical Education Jayanthinagar, Pandavapura Taluk, Mandy District.  
Email;srinivas052@gmail.com. Mobile number: 9844913229

**Srinivas O**

Assistant Professor, Department Of Department Of Physical Education  
Saradar Duta Singh Bped College Aimanagala Hiriyuru Taluk Chitradurga District.

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## **1. Introduction**

Core muscles are the sturdy central link in a chain connecting upper and lower body. Whether hitting tennis ball or mopping the floor, the necessary motions either originate core, or move through it .no matter where motion starts, it ripples upward and downward to adjoining links of the chain . Thus, weak or inflexible core muscles can impair how well arms and legs function. And that saps power from many of the moves that are mad. Properly building up core cranks up the power. A strong core also enhances balance and stability. Thus, it can help prevent falls and injuries during sports or other activities. In fact, a strong, flexible core underpins almost everything that is done.

Core muscle development is believed to be important in many functional and athletic activities. because core muscle recruitment should enhance core stability and help provide proximal stability to facilitate distal mobility. For optimal stability, both the smaller, deeper core muscles and the

larger, superficial core muscles must contract in sequence with appropriate timing and tension(McGill,et.al.,2003).

Zazulak et al(2007) reported that female athletes with less trunk control had a higher risk of knee injuries, especially anterior cruciate ligament injuries, compared to athletes who exhibited greater trunk control.

Fitness professionals have increasingly emphasized core stability exercises in sports conditioning programs in recent years(Boyle,2004).Core stability exercises are commonly performed by healthy individuals in fitness and sports conditioning centres.

The use of Swiss ball training for core muscle development has been popular for several years. multiple studies have examined core muscle recruitment during varying types of swiss ball abdominal exercises (Cosio-Lima,et.all.,2003)

## **2. Objective of the Study**

The purpose of the present investigation was to find the effects of eight weeks Swiss ball exercise training programme on core muscle strength of healthy intercollegiate level male sportspersons.

## **METHODOLOGY**

The subjects selected for the purpose of the study were ten male post graduate students pursuing their first year M. P. Ed. Degree during the academic year 2014-15.

The subjects were randomly selected through simple random sampling technique. The subjects selected were healthy intercollegiate level sportspersons in different sports disciplines. Their age ranged between 23 to 26 years.

The present study included testing of abdominal and back strength of subjects during pre and post test situations. Flexed leg sit ups and Isometric Back Strength Tests were the tests selected for the present study. The experimental design selected for the present investigation was single group pre test- post test design.

Treatment was given to the selected subjects by a planned model prepared with the help of experts and reviews gone through. The treatment in the form of swiss ball exercises was performed three times a week up to eight weeks duration. In order

to make inferences on the effectiveness of treatment given for eight weeks suitable statistical techniques were employed

**Table 1**Details on descriptive statistics of subjects on flexed leg sit ups and isometric back strength tests

SI NO	Testes	Pre test	post test
1	Flexed leg sit ups	<b>29+6.33</b>	<b>32+4.75</b>
2	Isometric back strength	<b>84+22.53</b>	<b>87+22.47</b>

Table 2 depicting mean and standard deviation of subject makes it clear that the scores are normally distributed and homogeneity of sample is also acceptable. The data was further treated with  $t$  test in order to make inferences. detail are given in table 2.

**Table 2.**summary on t-test for pre and post test scores of abdominal strength

	Mean	Std. deviation	Std. Error mean	t	Df	Sig(2-tailed)
Pre- Post tests	-3.6000	4.0879	1.2927	-2.785	9	.021

The data on back strength was also treated with  $t$  test in order to make inference. Detail are given in table 3.

	Mean	Std.deviation	Std. Error mean	t	d f	Sig.(2- tailed)
Pre-Post tests	<b>-2.5000</b>	<b>18.6324</b>	<b>5.8921</b>	<b>-.424</b>	<b>9</b>	<b>.681</b>

**TABLE 3. Summary on t-test for pre and post test scores of back strength**

Table 3 makes it very clear that the pre and post test scores of subject on back strength shows no significant difference. The obtained  $t'$  ratio is  $-.424$  which is lower than the tabulated  $t'$  value ( $2.776$ ) required for significant difference. Hence null hypothesis is accepted and it is stated that there is no significant improvement in back strength post treatment. The above result are graphically illustrated .

**3. Discussion On Findings****Abdominal strength and swiss ball exercises**

Under the limitations of the study, significant improvement was observed in abdominal strength due to swiss ball exercise training. The swiss ball exercise training model selected in the present study can be useful in enhancing abdominal strength of inter collegiate sportspersons.

**Back strength and swiss ball exercise**

The back strength measured in terms of isometric back strength test did not show significant improvement due to practice of swiss ball exercise in the present investigation. The reasons can be attributed to insufficient duration of treatment or the selection of exercises in the present context. The agonist muscle is neglected usually and the result is evident in the present investigation.

Sekendiz, Cug and Korkusuz (2010) investigated the effects of Swiss-ball core strength training on trunk extensor, flexor and lower limb extensor, flexor muscular strength, abdominal, lower back and leg endurance, flexibility and dynamic balance in sedentary women trained for 45 minutes, 3 d·wk<sup>-1</sup> for 12 weeks. The results support the fact that Swiss-ball core strength training exercises can be used to provide improvement in the aforementioned measures in sedentary women.

In a similar study, Bal (2012) concluded that the swiss ball exercises program may be recommended to improve static and dynamic balance and may contribute to enhance concentration based performance.

## 4. Conclusion

On the basis of the results and within the limitation of the study it was concluded that there is significant improvement in abdominal strength post treatment. Further concluded that there is no significant improvement in back strength post treatment.

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**PERSONAL EFFECTIVENESS PROFILE OF PHYSICAL EDUCATION  
STUDENTS IN MANGALORE UNIVERSITY AND ALVA'S COLLEGE OF  
PHYSICAL EDUCATION MOOBBIDIRE**

**Dr. Shreenivas Harikanth  
Preethi S Umesh,**

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**Abstract**

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Personal effectiveness profile of physical education students in Mangalore University and Alvas College of physical education Moodbidire. The survey was made to analyze the level of personal effectiveness which may interfere with leadership qualities of future physical education students. The personal effectiveness factors included. Effectives, Insensitive, Egocentric, Dogmatic, secretive, task observed, Lonely Empathetic and Ineffective. Method: Selection of Subjects: For the purpose of the study 124 physical education trainees studying in Mangalore University and Alva's College of Physical Education Moodbidri during the Academic year 2017-18 served as subjects.

Selection of Test Item; In order to assess the personal effectiveness of Physical education Trainees studying in Mangalore university colleges during the academic year 2017-2018, personal effectiveness scale was used. The personal effectiveness scale was developed by UdaiPareek (2007). Total eight items used this study. Statistical Technique; In order to systematically depict the result, tabular analysis was made and quantitative percent analysis was done to assess percentage wise belongingness to various categories of personal effectiveness. Graphs, Tables, and Charts

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**Keywords:**

Trainees, personal,  
dynamic,  
Mangalore,  
effectiveness.

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were used wherever necessary.

For this purpose a computer professional's help was sought. Result: This study found that majority of student at Mangalore University College belong to ineffective category of personnel effectiveness and a very meager proportion of trainees belong to effective category and the majority of student at Alva's College belong to ineffective category of personal effectiveness and a very meager proportion of trainees belong to effective category.

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***Author correspondence:***

**Dr. Shreenivas Harikanth**

Assistant Professor, Department of P.G of Sri Shambhulingeshwar College Of Physical Education Jayanthinagar, Pandavapura taluk, Mandy district.  
Email;srinivas052@gmail.com. Mobile number: 9844913229

**Preethi S Umesh,**

Department of P.G of Sri Shambhulingeshwar College Of Physical Education Jayanthinagar, Pandavapura taluk, Mandy district.

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## **1. Introduction**

The study of personality traits is key to the understanding of violent behavior; although it is a complex and controversial aspect of psychological assessment. Today many outlets and coaches look to sport psychology for a sports competitive edge by seeking psychological traits and training programme in order to learn among other thing. It also emphasize on way to manage, competitive stress, central concentration, improve confidence and increase communication skill and better harmony. Personality traits appear to have consequences for individuals across a range of life domains because they provide information about how different persons and groups of individuals characteristically self-regulate or how people control their thoughts,

feelings and behaviors. Sport is a means for adaptation and socialization, social integration. It creates the spirit of team work by means of observation of rules, and honesty. Sport variegates the spare time. It improves the physical abilities. Sport is a factor for self-monitoring and self-knowledge (Dimitrova, 1995). There are many ways to conceptualize personality (Carver and Scheier, 2004), but most research on the biological substrate of personality adopts some version of a trait approach. Some studies examine one trait at a time, but researchers sometimes employ broad inventories of traits. Many people regard such inventories as interchangeable, but they differ in very important ways. These differences can make it difficult to compare measures to each other, and thus to compare results from studies using different measures. Zuckerman et al. (1993) have proposed an —alternative 5,|| in which sociability is generally equivalent to extraversion, aggression-hostility is similar to agreeableness (inversely), impulsive sensation seeking is similar to conscientiousness (inversely), and neuroticism- anxiety is generally the same as neuroticism (Zuckerman, 1995, 2005). These five factors are assessed by the Zuckerman–Kuhlman Personality Questionnaire (ZKPQ; Zuckerman et al., 1993). An important difference between this model and the others is that Zuckerman et al. place hostility in a factor separate from neuroticism.

Personality may be as the dynamic organization of those traits and characteristic patterns of behavior that are unique to the individual (Callahan, 1966). Some social psychologists take the position that personality is purely a matter of social perception – which it is meaningless to speak of anyone’s personality apart from the particular people who interact with him, get impressions about him, and use trait terms in describing him (Holt, 1971). Some theorists see these two dynamics as underlying distinct classes of restraint phenomena. Restraint in response to threat is considered relatively involuntary, whereas planned restraint is considered effortful (Derryberry and Rothbart, 1997; Rothbart and Bates, 1998; Rothbart et al., 2000, 2004; see also Nigg, 2000; Kochanska and Knaack, 2003). Involuntary restraint involves reflexive avoidance of harm. Effortful restraint reflects attempts to optimize outcomes by selecting the best choice of available actions.

## 2. Methodology

## Selection of Subjects

For the purpose of the study 124 physical education trainees studying in Mangalore University and Alva's College of Physical Education Moodbidri, during the Academic year 2017-18 served as subjects.

## Selection of Test Item

In order to assess the personal effectiveness of Physical education Trainees studying in Mangalore university colleges during the academic year 2017-2018, personal effectiveness scale was used. The personal effectiveness scale was developed by UdaiPareek (2007). Total eight items used this study. As well as Effective, Insensitive, Egocentric, Dogmatic, Secretive, Task obsessed, Lonely empathic, Ineffective.

**Table 1.Data Pertaining To Class And Respondents**

Sl. No	Name of institution	class	No of Respondents
1	Mangalore University	B.ped	28
		M.ped	45
2	Alva's College of Physical Education Moodbidri	B.ped	26
		M.ped	25

## Administration of questionnaire and Collection data

The investigator distributed the Questionnaire to the trainer during their spare time without disturbing the scheduled activity of the college. The investigator provided a detail explanation about the theme of questionnaire and with a request to give their sincere responses. The investigate gave enough time for the trainees to fill in their responses on the given statements in the questionnaire .At the end, investigator collected the completed questionnaire from the respondents.

**Statistical Technique;** In order to systematically depict the result, tabular analysis was made and quantitative percent analysis was done to assess percentage wise belongingness to various categories of personal effectiveness. Graphs, Tables, and Charts were used wherever necessary. For this purpose a computer professional's help was sought.

### 3. Result

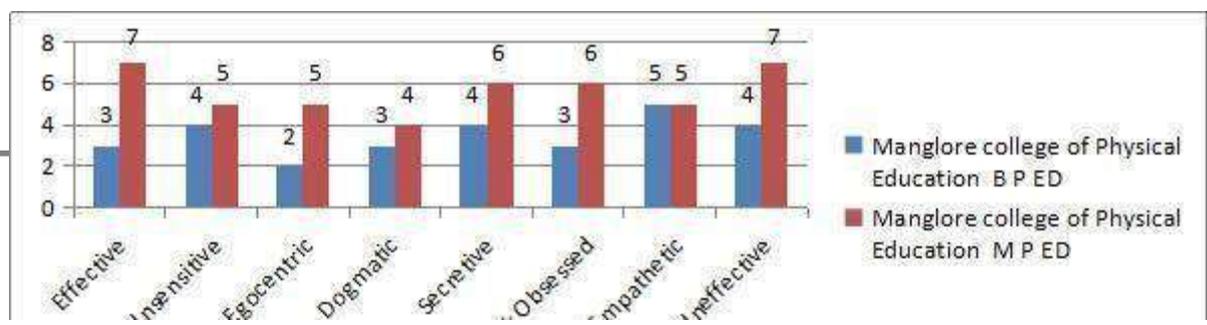
The following were the results after data-gathering:

**2. Table. Data Pertaining To Effectiveness Type of University College of Physical Education Mangalore**

Sl. No	Category	Mangalore University	
		B P ED	M P ED
1	Effective	B P ED	3
		M P ED	7
2	Insensitive	B P ED	4
		M P ED	5
3	Egocentric	B P ED	2
		M P ED	5
4	Dogmatic	B P ED	3
		M P ED	4
5	Secretive	B P ED	4
		M P ED	6
6	Task obsessed	B P ED	3
		M P ED	6
7	L-Empathetic	B P ED	5
		M P ED	5
8	Ineffective	B P ED	4
		M P ED	7
	Total	B P ED	28
		M P ED	45

**Table-3.** provided a clear picture of effectiveness of the Physical Education trainees in Mangalore University Colleges involved in the study .it is very clear from that above table that of students belong to ineffective category of personal effectiveness .It is also observed that only of students belong to effective category. The above information is graphically depicted as below.

**Figure -1 Graphical Representation Showing Effectiveness Type of Trainees at University Colleges of Physical Education**



It is very clear from above figure that majority of student at Mangalore University College belong to ineffective category of personnel effectiveness and a very meager proportion of trainees belong to effective category.

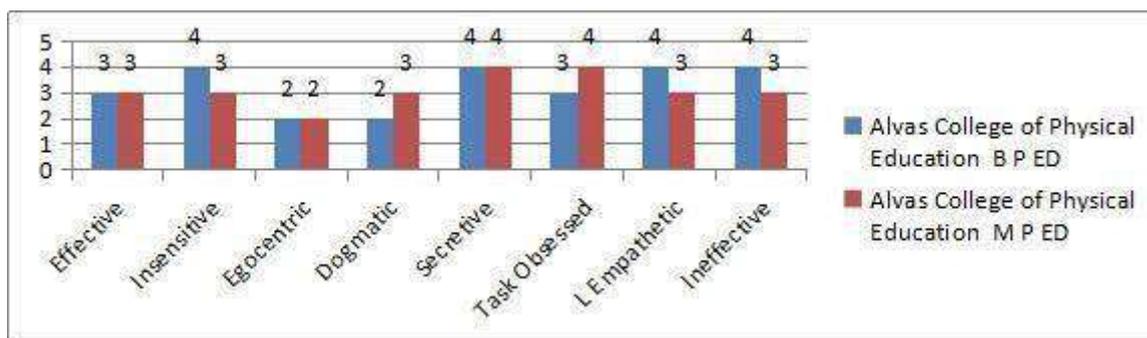
**Table-3. Data pertaining to effectiveness Type Of Alva's College Of Physical Education Moodbidri.**

Sl. No	Category	Alva's College Of Physical Education.	
1	Effective	B P ED	3
		M P ED	3
2	Insensitive	B P ED	4
		M P ED	3
3	Egocentric	B P ED	2
		M P ED	2
4	Dogmatic	B P ED	2
		M P ED	3
5	Secretive	B P ED	4
		M P ED	4
6	Task obsessed	B P ED	3
		M P ED	4
	L-Empathetic	B P ED	4
		M P ED	3
8	Ineffective	B P ED	4
		M P ED	3
	Total	B P ED	26
		M P ED	25

**Table -3** provided a clear picture of effectiveness of the Physical Education College involved in the study .it is very clear from that above Table that of student belong to ineffective category of personal effectiveness .It is also observed that only of

students belong to effective category .The above information is graphically depicted as below.

**Figure -2.** Percentage Wise Graphical Representation Showing Effectiveness Type Of Trainees at Alva's College Of Physical Education Moodbidri.



It is very clear from above figure that majority of student at Alva's College belong to ineffective category of personal effectiveness and a very meager proportion of trainees belong to effective category. In order to compare the students effectiveness at Mangalore University and Alva's College of Physical Education Moodbidri tabular analysis was conducted and the information is presented in Table 5.

**Table -4. Comparative Statement of Effectiveness among Mangalore University College between Alva's College of Physical Education College Moodbidri**

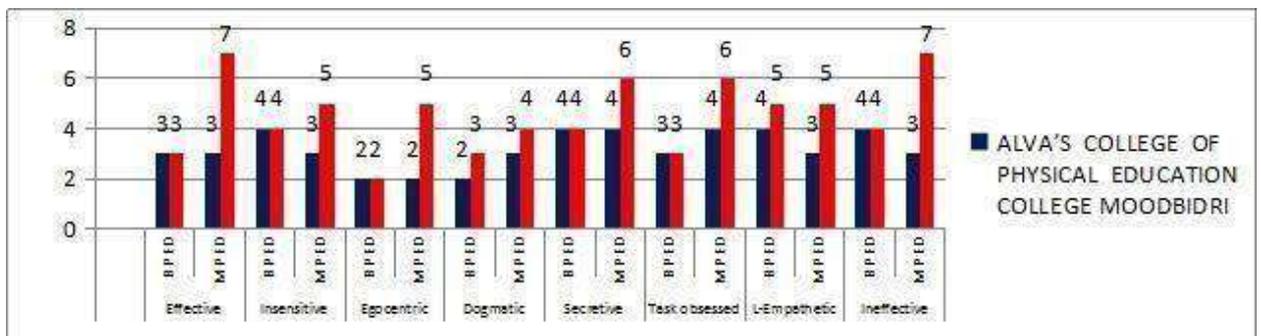
Sl. No	Category	Class	Alva's College of Ph Ed Moodbidri.	Mangalore University
1	Effective	B P ED	3	3
		M P ED	3	7
2	Insensitive	B P ED	4	4

3	Egocentric	M P ED	3	5
		B P ED	2	2
		M P ED	2	5
4	Dogmatic	B P ED	2	3
		M P ED	3	4
5	Secretive	B P ED	4	4
		M P ED	4	6
6	Task obsessed	B P ED	3	3
		M P ED	4	6

7	L-Empathetic	B P ED	4	5
		M P ED	3	5
8	Ineffective	B P ED	4	4
		M P ED	3	7
	Total	B P ED	26	28
		M P ED	25	45

**Table 4** provides us a comparative statement with regard to personal effectiveness category to which the student of Mangalore University College and Alva's College belong to. Furthermore a percent analysis was also conducted and information is graphically presented as below

**Figure -3. Graphical Representation Of Personal Effectiveness In Mangalore University College And Alva's Colleges Of Physical Education**



From figure 4 it is clear that majority of students both at Mangalore University and Alva's college of Physical Education belong to ineffective category of personal effectiveness. It is also evident that a meager proportion of students both at Mangalore University and Alva's College of Physical Education belong to effective category of personal effectiveness.

### 3. Discussion of Findings

majority of student at Mangalore University College belong to ineffective category of personnel effectiveness and a very meager proportion of trainees belong to effective category.

Each individual has characteristic attributes of personality which manipulate both the manner in which he behaves toward others and the ways in which they act in response

to him. The teacher with invasive dictatorial characteristics, for example, is likely to reproduce them in his relationships with students and in the techniques he uses in his instruction (Morrison and McIntyre, 1972.)

majority of student at Alva's College belong to ineffective category of personal effectiveness and a very meager proportion of trainees belong to effective category.

majority of students both at Mangalore University and Alva's college of Physical Education belong to ineffective category of personal effectiveness .It is also evident that a meager proportion of students both at Mangalore University and Alva's College of Physical Education belong to effective category of personal effectiveness. Personality type and the personality type of others can be helpful in mounting intra-personal and inter-personal development. Personality recognition has been used for many purposes in various organizations; to forecast a worker's aptitude to fill definite roles, to set up pleasant-sounding relationships, to conclude team effectiveness, and to predict future behavior (Barbian, 2001).

Personality may be viewed as the dynamic organization of those traits and characteristic patterns of behavior that are unique to the individual (Callahan, 1966). Some social psychologists express that personality is entirely a matter of social awareness -which is pointless to talk about anyone's personality separated from the particular people who intermingle with him, get impersonation about him, and use trait terms in unfolding him (Holt, 1971). A trait is a simple behavioral blueprint - a outlook or propensity to behave in a describable way.

#### **4. Conclusion**

- i) Majority of Physical Education trainees at Govt. College belong to —effectivel category of personal effectiveness which was not all expected.
- ii) A very small proportion of Physical Education trainees at Govt College belong to —ineffectivel category of personal effectiveness contrary to popular opinion.
- iii) Similar was the case with Physical Education trainees at private College .Even here majorityof the student came under —ineffectivel category and a very small proportion belonged to —Effectivel category.

- iv) When Physical Education trainees at Government and private Colleges are compared it was observed that proportion of students belonging to ineffective category was higher in private colleges as compare to Government Colleges. On the hand the proportion of student belonging to effective category was higher in private Colleges as compared to Government Colleges.

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# SIGNIFICANCE DIFFERENCES OF BODY MASS INDEX REGARDING RURAL HIGH SCHOOL AND URBAN SCHOOL BOYS

Mr. SANTOSH SOMANNAVAR  
Mr. BASANAGOUDA LAXMESHVAR.

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## Abstract

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### Introduction

The BODY MASS INDEX is Statistical measurement from your height and weight. Even its considered to be useful way to calculate healthy body weight. It is not measure that percentage of body fat. The BODY MASS INDEX measurement can sometimes be misleading muscleman maybe have High body mass index but had less fat than inefficient person, whose Body Mass Index low. The purpose of study is to test significance difference of BODY MASS Index regarding Rural and Urban High School Students in Dharwad Region.

### Methodology

The subject was taken the weight and height of the rural and urban students at Dharwad city, the sample size is only determined to 75 students from urban school and 75 students from rural school students. Total subject size is 150 simple are collected by random method. Used weighing machine for measure weight. After the test measurement value recorded in the kilograms. Stadiometer for measuring the height of the students. After the test measurement value recorded in the centimeters. Our present study says there is a significant difference in Body Mass Index among urban high school students and rural high school

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### **Keywords:**

Body Mass Index and  
Stadiometer

students. So here alternate hypothesis accepted and null hypothesis is rejected.

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***Author correspondence:***

**Mr. SANTOSH SOMANNAVAR**  
Student  
Post-Graduation Department of Physical  
Education, Karnatak University Dharwad  
Email-vidyasan.62@gmail.com  
Mobile No- 8861610464

**Mr. BASANAGOUDA LAXMESHWAR.**  
Research Scholar  
University College of Physical Education,  
Bangalore University, Bangalore  
Email-bslaxmeshwar@gmail.com  
Mobile No-9902734448/8904517980

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## **1. Introduction**

The Body Mass Index is Statistical Measurement from body height and weight. Although it considered to as a useful way to analyze healthy body weight, it does not estimate the percentage of body fat. Body Mass Index measurement can sometimes be misguide a muscleman may have high BMI but have much lower fat than an unconditional person whose Body Mass Index is lower. However, in general, the BMI measurement can be a useful indicator for the ‘average person’. The Body Mass Index equation (BMI = Body Mass Index) It was originally formed by Adolph Quetelet, a Belgium mathematician and scientist, between 1830 1850. Adolph Quetelet was the first person to think of relating weight and height in statistical, expressible manner, while the Body Mass Index tool is fairly reliable, it is only tool that use in evaluating person health status. It’s important to take other measures like blood pressure, cardiovascular health status, physical activity and abdominal girth. Also keep in mind that Body Mass Index is not distinguish between muscles mass and fat. A particularly sports person whose weight is more due to muscle may have Body Mass Index that indicates that they are overweight, when their weight is simply more due to muscle mass. We find Body Mass Index by using formula of:  $BMI = \frac{\text{Weight (in KG)}}{\text{Height}^2}$

## **2. Objectives of the Study**

The Study is purpose to significance differentiate of the BODY MASS INDEX regarding rural and urban high school students in Dharwad region.

## Hypothesis

Alternate hypothesis

1. There would be significance BMI differentiate among rural and urban high school students.
2. There would be no significance BMI differences among rural and urban high school students.

## Significance of the Study

- The study provide BMI of Urban and Rural High school students in Dharwad region
- On the basis on this study we can conduct the awareness programs in high school in Dharwad

## Testing Equipment's

1. Weighing Machine(in KG)
2. Stadiometer(in CM)

## Collection of Data

The subject was taken the weight and height of the students in the rural and urban high school students in Dharwad region. Both subjects have 75 equal samples sizes for the study.

## Statistical Techniques

First taken of height and weight of the students to find out the BMI of students with the help of these below formula  $BMI = \text{weight (in Kg)} / \text{height (in Cm)}$  then compare to the BMI chart. We used SPSS and MS-Excel 2007 to find out the result the 2 tailed t-test significance of both subjects taken to find out the result.

## 3. Analysis and Result

However Reliable and adequate the data may be, it may not help Purpose until carefully processed. Systematically tabulate and classified, scientifically analyze, intelligently interpreted. IN this subject statistical analyze of the data is presented in the below table.

**Table No.1**

BODY MASS INDEX	Number of samples	Mean	Standard Deviation	Standard Error Mean
Urban High School Students	75	18.8736	2.9448	.34002
Rural High School Students	75	17.4332	2.948	.3690

The above table shows mean and standard deviation of rural and urban high school students Body Mass Index from above the table we can observe that urban school boys are having higher mean than the rural school boys mean. To examinewhether the differences among is to them is significantly different at 0.05 level data is subjected to independent sample t-test.

## Independent sample Test

### T-test for equality means

Body Mass Index Score	T	Df	Significance (2 Differences)	Mean Differences
Equal variances assumed	2.965	148	.004	1.4404
Equal variances not assumed	2.965	147.9	.004	1.404

The above 2 tailed t-test statistics says there is a significance differences in urban and rural high school students. Table 1 shows the urban high school students have 18.87. So this mean compared to the BMI chart, urban high school students have normal body weight and rural high school students have a underweight.

## Result

There will be Significance differences in BMI and among urban high school students and rural high school students.

## 4. Conclusion

Our present study says there is a significant difference in BMI among urban and rural high school students. So here alternative hypothesis accepted and null hypothesis is rejected that the 2 tailed test shows there is significant differences examples t-score, mean differences, significance (2-tailed) the says there is a differ among body mass index groups.

## Recommendations

1. The study may be repeated on girls in high school, rural, urban, primary school in various subjects.
2. The study may be repeated on various age group level samples.
3. The result of the study helps to adapt some physical activities in high school with the consult of experts.
4. This study can serve as a framework for the same or similar types of research.

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## EFFECT OF ASANAS ON VARIOUS SYSTEMS OF THE HUMAN BODY

*Author correspondence:*

**M. Chaithanya Bhagath,  
M.A, M.P.Ed,PG Dip in Yoga,**

Assist Prof. in Physical Education,  
Vaagdevi College of Physical Education,  
Bollikunta, Warangal, Telangana.

Yoga Asanas have a profound impact on the systems at the human body. The muscles, bones, nervous system, respiratory, circulatory and digestive systems of the human body are greatly benefited from regular practice of yoga asanas. The body becomes more flexible, and more able to adjust to environmental changes after practicing asanas. The sympathetic and para-sympathetic nervous stems are brought into a state of balance with the help of asanas.

### **Effect of Yoga Asanas on Skeletal System**

The human skeleton supports the softer parts of the body such as muscles, which are attached to it and the organs, which it protects. The skeleton, its joints and muscles are EXERCISED through asanas that leads to the proper development of the bones and strengthens them with the passage of time.

The gentle stretching of the muscles and joints muscle tension, thus increasing flexibility. The stretching of the joints in asanas causes the secretion of a called the synovial fluid. This fluid is released joints that keep them supple, as well as removing waste products. The result is to reduce stiffness, which will prevent arthritis or improve it if the person already from the condition. Maintaining many of the encourages strength and endurance. Weight asanas usually Kelp prevent osteoporosis, help those who are already diagnosed with osteoporosis practiced with care, under the supervision of a Yoga teacher. Long term benefits of asanas reduced back pain and improved posture.

### **Effect of Yoga Asanas on Cardiovascular System**

Cardiovascular system of the human body includes the heart and its arteries. Being isometric, Yoga Asanas rely on holding muscle tension for a short period of time. This improves the proper development of the bones and strengthens them with the passage of time.

The gentle stretching of the muscles and joints releases muscle tension, thus increasing flexibility. The stretching of the joints in asanas causes the secretion of a lubricant called the synovial fluid. This fluid is released into the joints that keep them supple, as well as removing waste products. The result is to reduce stiffness, which will prevent arthritis or improve it if the person already suffers from the condition. Maintaining many of the asanas encourages strength and endurance. Weight bearing asanas usually help prevent osteoporosis, and may also help those who are already diagnosed with osteoporosis, practiced with care, under the supervision of a qualified Yoga/teacher. Long term benefits of asanas include reduced back pain and improved posture.

### **Effect of Yoga Asanas on Cardiovascular System**

Cardiovascular system of the human body includes the heart and its arteries. Being isometric, Yoga Asanas rely on holding muscle tension for a short period of time. This improves cardio vascular FITNESS and circulation. Many surveys show that regular yoga practice may help the blood pressure to normalise. As an example, the stomach lift raises the diaphragm, which in turn massages the heart from below. This strengthens the heart muscle, thus resulting in better circulation and less possibility of heart disease.

### **Effect of Yoga Asanas on Digestive System**

The major functions of the digestive system are ingestion, digestion, absorption, and defecation.

As a person gets older, the digestive system functions with gradually reducing efficiency. The regular practice of asanas thus result in an improved blood and nerve supply to the digestive acid eliminative systems keeping them functioning well. The

stomach lifts while asanas are practiced massages the digestive organs, as well as contracting and stretching.

### **Effect of Yoga Asanas on Nervous System**

The nervous system is divided broadly into two categories, the peripheral nervous system and the central nervous system. Neurons generate and pass impulses between and within the two systems. The peripheral nervous system is composed of sensory neurons and the neurons that connect them to the nerve cord, spinal cord and brain making up the central nervous system. In response to stimuli, sensory neurons generate and spread signals to the 'central nervous system, which then conducts signals back to the muscles and glands.

By improving blood circulation, easing muscle tension and the focusing the mind on the breath, Asanas combine to ease the nervous system. Long-term benefits include reduced stress and anxiety levels, and increased feelings of calm and well-being. The headstand causes an increase in circulation to the brain, which stimulates the brain's nerve cells. This results in increased vitality and improved brain functioning.

### **Effect of Yoga Asanas on Endocrine System**

The endocrine system is a system of glands that secrete and release of extra cellular signalling molecules known as hormones. The endocrine system is active in regulating metabolism, growth, development and puberty, and tissue function and also plays a part in determining mood. Asanas keep the mind calm and at ease. Glands located in many regions of the body, release chemical messengers called hormones into the bloodstream. Yoga asanas regulate and control the secretion of hormones from all glands in the body.

Yoga experts can suggest appropriate EXERCISES and kriyas that may heal the patient's mind and body. It is important to note that yoga exercises for a particular patient are chosen according to the specific disease he/ she is suffering from. However, all the yogic exercises work in cycle to provide good health. Yoga Asanas can be used as complementary therapy in association with medicinal therapy.

### **Effect of Yoga Asanas On Muscular System**

Muscular systems in the human body are greatly benefited by asanas, which increase the flexibility of movement, their strength, and the blood flow to the muscles.

Yoga Asanas have a strengthening and toning impact on the muscular system of the human body. Yoga asanas are effective in countering problems of FITNESS as the practice of yoga postures improves physical health, mental peace and aids in spiritual growth.

Muscles get stronger and well toned if yoga asanas are practiced on regular basis. Asanas reduce the fat in the abdomen and waist. All the organs and cells of the body become active, thus increasing the immunity against diseases. The muscular system consists of almost five hundred muscles. The muscles not only cover the skeleton, but also occupy the deeper parts of the human body. The 'skeletal muscles' are made up of small, elongated, thread-like structures, called 'muscular fibres'.

## **Conclusion**

Effect of yogic practices improved physical and psychological and it helps to keep body flexible. Yoga asanas gives much impact on all systems of human body to function effectively. If we practice regularly so many beneficial in every stage of human life.

## TEAM SKY'S DOPING ACCUSATION AND ITS IMPLICATIONS ON BRAND IMAGE

Dr. Keerthi Kumar M.\*  
Mr. Punith. R\*\*,

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### Abstract

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Nearly month of iFacebook remarks on TeamiSky's page from 01-12-2017 to 06-11-2018 has been nostalgically examined to check whether the doping embarrassment of Team Sky and its fundamental rider Chris Froome had any repercussions on brand value of the backers of the group.

The information has been broken down deliberately and the outcomes have been noted. The outcomes demonstrate that fans, regardless of the doping allegation, still have an uplifting point of view toward the group and its rider. This prompts an end to the brand value, particularly brand picture has stayed positive and safe and thus there is no requirement for the backers to make any radical move of breaking association with the group and quit supporting them.

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### Keywords:

Facebook, Sky's, Sponsors, Rider, Doping

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### Author correspondence:

**Dr. Keerthi Kumar M.\***  
R.B.A.N.M'S First Grade College  
Physical Education Director, Bangalore-42.  
email id: kumarkeerthi086@gmail.com  
Mob no : 9743883086

**Mr. Punith. R\*\***,  
Guest Faculty, University College of Physical Education,  
Bangalore University, Bangalore.  
email id: punithr27@gmail.com,  
Mob no : 9535087443

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### 1. Introduction:

Cycling is a developing game and there are various best class proficient occasions that occur the world over. These cycling occasions are related with different brands who put resources into groups so as to achieve potential clients by building mindfulness, dedication, quality and brand affiliation. Like any another pro game, cycling is likewise tormented with riders utilizing unlawful substances. The case thought about in this report is of Chris Froome who is a piece of Team Sky. Chris Froome, Team Sky pioneer and a four-time Tour de France victor is additionally viewed as Britain's best street cyclist, in September of 2017, had salbutamol (which is utilized as prescription for controlling asthma) in his body that was twofold the allowed dimension in his pee that was tried. (Fordyce, 2018). This article has the result of the examination dependent on the optional information.

## **2. Problem Definition:**

Group Sky's pioneer, Chris Froome is as of now blamed for doping as his pee test that was gathered amid the Vuelta a España had double the allowed measure of salbutamol. Anyway he isn't as of now suspended because of the finding by the UCI (Wynn, 2018). Group Sky has various supporters, for example, Shimano for bike segments, Oakley for rider's shades, Kask for protective caps, Pinarello who gives bikes and a couple of other real brands. At the point when such cases like a rider being blamed for doping happens, the brand value of the group and its patrons and related accomplices generally gets hammered. How a related brand identified with the such a group, responds after a noteworthy episode like this one of Chris Froome's can have the effect in recovering brand value. This report will in the long run manage how brands could react in such circumstances. The information examination will help see how the brand picture is influenced. This is imperative as it has the capability of influencing the matter of brands and this can thus represent the deciding moment an organization.

## **3. Methodology:**

For this exploration auxiliary information has been utilized. Right around a month of Facebook posts from 01-12-2017 to 06-11-2018 has been considered utilizing an application called Netvizz. This is an idiographic sort of research as it portrays and clarifies a specific marvel (Ignatow and Mihalcea, 2017). The remarks have been scratched from Facebook and are broke down utilizing a sort of investigation called

wistful examination. Wistful investigation is characterized by Shankhdhar(2014) as "an efficient examination of online articulations". This sort of investigation is basic for dissecting purchaser encounters (Ignatow and Mihalcea, 2018).

The initial step is information accumulation from interpersonal organization site called Facebook. This incorporates the sentiments and suppositions communicated in various ways and in various vocabalory by buyers .The second step is content arrangement which incorporates separating the removed information before examination .Eliminating content that is irrelevant to the zone of concentrate additionally has a vital influence . Feeling discovery isthethirdstepwhere for this situation each remark is that is mulled over is analyzed forsubjectivity and just oneswithsubjectivityare held andothersare disposed of. Supposition characterization comes next where the remarks have been arranged into three gatherings to be specific positive ,negative and unbiased andhavebeen shading coded as blue, pinkandyellowseparately. The remarks were hunt down words, for example, Froome, salbutamol, dope and cheat. The positive, negativeand nonpartisan remarks are shading codedsotheycanbe effectively perceived. The introduction of yield isthe last advance whereunstructured content is changed over into important data (Shankhdhar, 2014). Thisseeshowthe fans have responded to the doping outrage ofTeamSky'spioneer Chris Froome.

### **Data Analysis:**

The all out quantities of remarks that have been investigated in this report are 421. These 421 remarks are isolated into four words that are appeared in the table beneath. The nostalgic examination for the four words relating to Chris Froome, Salbutamol, Dope and Cheatare worked out utilizing Microsoft Excel programming and the worksheets are enclosed in the reference section.

The outline of the information determined is as appeared:

Word/theme	Positive (+1)	Neutral (0)	Negative (-1)
Chris Froome	+250	33	-4
Salbutamol	+4	23	-3
Dope	+12	31	-26

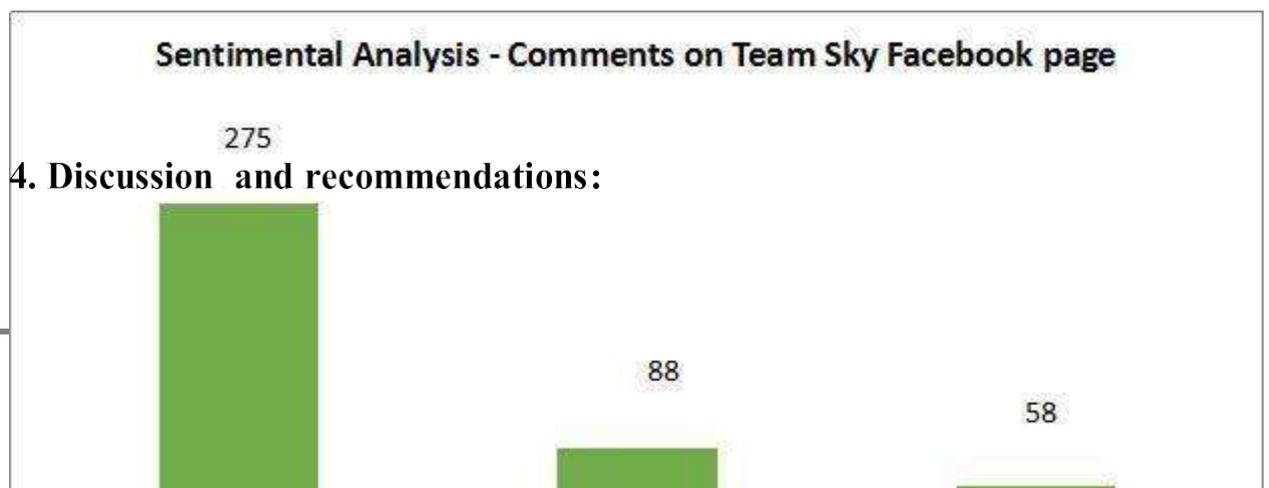
Cheat	+9	11	-25
<b>Total</b>	<b>+275</b>	<b>88</b>	<b>-58</b>

From the four word that has been dissected has been outlined dependent on the positive impartial and negative remarks. For the principal word which is Chris Froome, 287 remarks has been seen out of which 250 (87.1%) remarks are sure 33 (11.4%) are unbiased and 4 (0.13%) are negative. This demonstrates even after the doping outrage, most of the remarks about Chris Froome is for him instead of against.

For the word Salbutamol the all out remarks that are broke down are 30 out of which the positive remarks are 4, 23 are impartial and 3 are negative. It demonstrates that almost 13% of the remarks are certain, 77% are unbiased and just 10% is negative. These figures demonstrate that individuals who have remarked on Team Sky's Facebook page have an unbiased assessment on Chris Froome having double the allowed measure of salbutamol in his body.

For the term dope, the complete remark that are investigated are 69, out of which 12 remarks (17.4%) are sure, 31 remarks (44.9%) are impartial and 26 remarks (37.7%) are negative. This shows the term 'dope' has a higher level of nonpartisan remarks than adverse and constructive which additionally demonstrates that the general population's sentiment on doping claims are unbiased yet in addition 37.7% of individuals have a negative conclusion.

The term 'cheat' has been broke down straightaway. The absolute quantities of remarks that have this specific term are 45. Positive remarks are 9 (0.2%) in number, nonpartisan remarks are 11 (24.4%) and negative remarks are 26 (55.5%). This shows most of the general population who have the term 'cheat' in their remark have a negative point of view of Chris Froome. Large out of 421 remarks, 275 (65%) remarks are certain, 88 (20.9%) are impartial and 58 (13.7%) are negative. A chart has been created underneath



Group sky has had claims against it and its principle rider and group pioneer Chris Froome. At the point when a brand is scandalized it might be separated by the shoppers and thus profiting contenders who are seen to be perfect (Roehm and Tybout, 2006). In the wake of perusing the Facebook remarks on Team Sky's page there is by all accounts a positive pattern even with the asserted doping. By this pattern it very well may be said that the brand picture has been certain. Since the following lion's share is impartial the brand picture is protected starting at now. Be that as it may, a claim has made 13.7% of the all out remarks be against the group and its riders so it tends to be said that if the doping charges are turned out to be to be valid by the Union Cyclist International, which is the world administering body for the game, at that point dominant part of the remarks on Team Sky and Chris Froome can be anticipated to be negative.

In the advanced games scene, doping has been on the ascent. After the major doping charge of Lance Armstrong that in the long run turned out to be valid, sponsorship bargains in the cycling scene would have changed in a way where the brand picture of the related brands can be secured. The direct of a competitor can possibly affect the notoriety on the competitors corporate support and it need not generally be unlawful (Crestoh, 2013). In this specific instance of Chris Froome, he is as yet an asserted doper which implies he has not been demonstrated to have doped. And furthermore by thinking about the information examination, the greater part of the fans still have a positive picture about him and thus Team Sky. Consequently supports need not really break relations with Team Sky right now on the grounds that their image value is as yet sheltered.

Supporters could take a gander at how they could conceivably safe watchman their image value and business interests by tweaking their agreement with the group and its competitor. Having a superior and stricter contract than those protected watchmen the support's advantages if later on a supported competitor proceeds to break the agreements' terms or for this situation demonstrated by the Union Cyclist International to be a doper (for the most part sponsorship contracts have terms that are against doping).

## **5. Conclusion:**

Since this is an idiographic research in which I just manages one of the marvel outcomes can't be summed up. Netvizz application was utilized to remove information from Facebook and a wistful examination was led on the remarks that were posted by

fans on Team Sky's Facebook page .Although doping is seen as negative since it controls the vulnerability of result in games, this may result in brand picture getting hammered (Blumrodtand Kitchen, 2014i) .This turns out to be false a result of the information investigation that has been done which demonstrates that a reasonable lion's share iof the remarks still has a positive picture on Team Sky and Chris Froome . Consequently patrons of the group like Oakley, Shimano, Kask and Pinarello which are among the best supporters need not take a prompt choice on breaking all relations with the group yet should be alert and watch out for the unforeseen development and act fittingly.

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# ANALYSIS OF PHYSICAL FITNESS, PSYCHOLOGICAL PARAMETERS AND SOCIAL ECONOMICS STATUS OF PHYSICAL EDUCATION AND EDUCATION TRAINEES ACROSS KARNATAKA STATE.

Sudina H C

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## Abstract

-Guru Brahma, Guru Vishnu Guru Sakshath Para Brahma, Tasmay Shree Guruve Namahal – thus goes the status of a teacher in a high profile ethnical nation as India. A teacher's personality is a major contributing factor in the teaching and learning process. The term personality is derived from the Greek word. Personal which means 'mask'. When we speak of the personality it not only includes the physical aspects or appearances of an individual but in a larger sense involves aspects of mind and behavior also.

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### *Author correspondence:*

**Sudina H C**  
Physical Education Director,  
NIEIT, Mysuru – 570 018

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## 1. Introduction

Socio – economic status which forms the immediate component of an individual's environment to some extent influences the personality of an individual. Any study regarding the personality of teachers can be a major contribution to improvise the whole process of education.

Everything in the world is subject to changes. The education system, its process, the expectations from the teachers, students, the teaching and learning process is also constantly changing. Hence the study in this regard related to the teacher educators who will be the future teachers will be of great importance to the society in general.

Physical fitness in its simplest sense can be termed as capacity to perform in given tasks of muscular effort, but in its broadest sense

Includes:-

- 1) Psychological fitness

- a) The emotional stability
- b) Sufficient psychological rescue to handle a sudden emotional trauma
- 2) Normal psychological function.
- 3) Body mechanics or efficient performance in skills.
- 4) Physical anthropometry

The sensible organic ingredient of physical fitness includes muscular strength, endurance, power, flexibility, Cardio-respiratory fitness and Neuro muscular coordination. Donald K. Mathews.

Adjustment is that process through which a person tries to strike a balance between his requirements and situations. An analysis of adjustment reveals that the person has an object, but hurdles appear in its achievements. Due to obstructions the response of the person gets scattered into reactions. With the help of these different reactions the man reaches a solution or remedy in the end S.P. Chaube.

Socio economic status of a person represents the social and economic position of the person, which is reflected by an individual's occupation, education, financial position assets possessed etc. The term socio comes from the word 'social' and refers to people and the ways (level) they fit into the community in which they lived. It reflects how well they are educated, have jobs etc. Economics refers to the financial position of people within society and include, how much they regularly earn, whether they own a house and the assets owned etc. Rajbir Singh, Radhey Shyam and Satish Kumar.

## **2. Statement of problem:**

—Analysis of Physical Fitness, Psychological parameters and Socio-economic status of Physical Education and Education trainees across Karnataka State. ||

### **Hypothesis:**

1. There exists difference across the selected physical fitness variables amongst the Education and Physical Education trainees.
2. There exists difference across the adjustments level among the Education and Physical Education trainees.

3. There exists difference across the Socio economic status of Education and Physical Education trainees.
4. There exists significant difference across some of the selected physical fitness and adjustment variables across Education and Physical Education trainees.
5. There exists no significant difference across the Socio-economic status of Education and Physical Education trainees.

### **Delimitations:**

1. The study consists of 200B.Ed students randomly selected from teacher training institutes of different districts across Karnataka.
2. 40 B.P.Ed teacher trainees each are selected from 5 different districts across the Karnataka state.
3. To evaluate physical fitness, A.A.H.P.E.R Youth Fitness test is selected and the following test items to measure particular fitness variables are selected.
  - 1) Sit ups
  - 2) Shuttle run
  - 3) Standing broad jump
  - 4) 50 yard dash
  - 5) Soft ball throw
4. To evaluate the adjustment factors, Mangal's Teacher Adjustment Inventory designed by Dr. S.K. Mangal is selected. The selected teacher adjustment Inventory involves the following five factors.
  - 1) Adjustment with academic and General Environment of the institution.
  - 2) Socio-Psycho-physical Adjustment
  - 3) Professional Relationship Adjustment
  - 4) Personal Life Adjustment
  - 5) Financial Adjustment and job satisfaction
5. To evaluate the socio-economic status the socio-economic scale designed by Rajbir Singh, Radhey Sham and Satish Kumar is selected.

### **Limitations:-**

- 1) No effort is made to assess the influence of each individual's life style, regular activities and work done, on their physical fitness is regarded as limitation
- 2) Changes in atmospheric pressure, temperature, relative humidity and other meteorological factors during the period administration of physical fitness tests not taken for consideration is also one of the limitations.
- 3) Whatever answer given by the subject in the questionnaire for testing selected psychological parameters is considered as truth and no effort was made to find out the authenticity of the answers given by subjects.

### **3. Significance of the Study:**

- 1) The study analyses the general level of physical fitness among today's youth.
- 2) The study analyses the adjustment level among the Education & Physical Education trainees.
- 3) The study helps to assess the socio-economic status of the selected subjects which in turn may help us to understand its influence on these subjects selecting the particular training courses.
- 4) The study enlightens the educationists and policy makers to assess the general factors of personality of teachers.
- 5) The study enlightens to take necessary measures to improve the various components of the personality of teachers.
- 6) The study helps to understand basic differences across physical fitness, adjustment and S.E. Status between the Education and Physical Education trainees

### **4. Methodology:**

The procedure adopted in the present study is as follows:-

- 1) Selection of subjects
- 2) Selection of variables
- 3) Selection of tests and inventories
- 4) Orientation of subjects
- 5) Administration of tests & inventories
- 6) Collection of data

7) Statistical analysis of the collected data.

1) **Selection of subjects:** 200 B.Ed trainees amongst whom 100 women and 100 men are selected and 200 B.P.Ed. Trainees amongst whom 100 women and 100 men from different districts across Karnataka are selected as for the present study.

2) **Selection of Variables:** The following variables are selected in the present study

- a) Physical fitness variables
- b) Psychological variables
- c) Socio-economic status scale

3) **Selection of Tests and Inventories:**

a) Physical Fitness variables – The following physical fitness variables from A.A.P.H.E.R fitness test are selected in the present study.

- 1) Sit ups - Measuring abdominal strength
- 2) Shuffle run - Agility and co-ordination
- 3) Standing broad jump - Explosive strength of legs
- 4) 50yard dash - speed
- 5) Softball throw - Explosive strength of arms

**Psychological variables:** To evaluate psychological variables, the concept of adjustment is selected and for this Mangal's Teacher adjustment inventory designed by Dr. S.K. Mangal is selected and administered.

**Socio-economic scale:** The inventory socio-economic status scale designed by Rajbir Singh, Radhey Sham and Satish Kumar is selected and administered.

**Orientation of Subjects:** The subjects selected are explained in detail about the study undertaken, the tests they have to perform in physically, the inventories of adjustment and socio-economic status which they have to answer.

**Administering the tests and inventories:** After detailed explanation of the physical fitness tests the researchers and his assistants, demonstrates the physical fitness tests, the

subjects are also given the required number of trails after which they are administered the selected tests. The subjects are also administered the teacher adjustment inventory and socio-economic status scale. The items in the inventories are carefully read out by the researchers and any doubts / clarifications asked by the subjects are duly answered by the researcher and his trained assistants. The duly answered inventories are collected back by the researcher.

**Collection of data:** After administration of physical fitness tests and collecting the answered inventories back they are standardized as per the norms available and they form the data for further analysis.

**Statistical analysis of the data collected:** Mean and standard deviations are calculated and the significant difference as per the T-tests is calculated for all the scores available.

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# TO STUDY THE IMPACT OF PHYSICLE VARIABLES ON THE PERFORMANCE OF KARNATAKA STATE INTER UNIVERSITY MALE KABADDI PLAYERS

Mr. YALLAPPA. M\*  
Dr. R MUNIREDDY\*\*

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## Abstract

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The present investigation it to find out the relationship with performance ability of of kabaddi players of selected physical variables among 180 male university kabaddi players of Karnataka state the subject were measured for physical variables were (a)speed (b) agility (c) power (d) flexibility (e) pull ups (f) endurance were measured by using standardized tests and measurement. The performance ability was measured by using subjects rating of 10-point rating scale. The data were analyzed through multiple version analysis the following conclusion were drawn.

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### **Keywords:**

Speed, Agility, Power,  
Flexibility, Pull Ups, Endurance

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### **Author correspondence:**

**Mr. YALLAPPA. M\***  
Research Scholar,  
University College of Physical Education,  
Bangalore University, Bangalore.

**Dr. R MUNIREDDY\*\***  
Professor (Retd),  
Director of Physical Education  
Bangalore University, Central College Cricket Pavilion,  
Gandhinagar , Bangalore-560009.

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## 1. Introduction

Nature of Game

The origin of Kabaddi game lies in remote antiquity. In the pre independent India it was familiar in different regions. Never the less, different formats prevailed and were also called by different names such as Du-Du, ChaduGudu, Kaun-Bada, Hu tutu etc. Amar, Gemini and Sanjeevini were the popular formats, and the latter version was accepted by vast majority of people in India by consensus. The game which was mostly popular in mofussil areas soon spread to urban areas too and become a part of curriculum in Physical Education colleges and is a scheduled competitions item in inter-school, inter-collegiate, inter-university, inter-district and inter-state competitions. In order to promote, control and regulate the game Kabaddi Federation of India was constituted. Since Kabaddi was familiar in India's neighbouring countries, Asian Kabaddi Federation was formed. Innumerable State and National Level Kabaddi Tournaments are conducted each year, besides continental and sub-continental level tournaments. Kabaddi game was included in the official competition events of Asian games at Beijing in 1990. India has been reigning supreme in the Asian Games Kabaddi competition. This game is getting popular in Japan, Thailand, Singapore, Malaysia, China, Maldives, Bhutan, Srilanka, Pakistan, Nepal, Korea, and in the distant England and France. In India it has a mass following.

To the naive on lookers, the game looks as if it demands brutal strength. To the contrary, the game demands speedy movements, feinting, dodging, agility, arm-foot-eye coordination, cardiovascular endurance, flexibility and power besides characteristics body build and mental abilities. The Kabaddi game encompasses attacking (Raiding) and defensive (Catching) skills. Attacking skills, (Raiders skills) include touching the anti raiders with hand with leg thrusts, and kicking, the defensive skills (skills of anti raider) include ankle hold, knee hold, thigh hold, waist hold, wrist hold and a host of chain holds.

Kabaddi is a combative team game, played with absolutely no equipment, on a rectangular court, either out-doors or indoors with seven players on the ground in each side.

Each side takes alternate chances at offence and defense. The aim of the game is to score points by raiding in the opponent's court and touching as many defense players as possible without getting caught on a single breath. In order to facilitate further

growth of Kabaddi game, valid assessment procedures to comprehensively estimate the players physical, physiological and psychological abilities are needed.

## 2. Methodology

In the South-zone inter university Kabaddi championship held at to establish the nature of relationship between the performance in Kabaddi and the study variables, the following methodology was used.

### Physical variables

<i>Physical Variables</i>	<i>Test used to Measure</i>	<i>Unit of Measurement</i>
Speed	30mts run with standing start	In Secs
Agility	6 x 10 mts shuttle run	In Sec
Power – Leg explosive powe	Standing broad jump	In Sec and Centimeters
Flexibility	Sit and Reach test	In Centimeters
Pull ups	Arm strength and endurance	By numbers
Endurance	1000 Metrs	By Mins

**Table 01**

<b>Correlations</b>		
Correlations		Performance
Speed	Pearson Correlation	.094
	Sig. (2-tailed)	.212
	N	180

Agility	Pearson Correlation	.060
	Sig. (2-tailed)	.424
	N	180
Standing Broad jump	Pearson Correlation	.093
	Sig. (2-tailed)	.214
	N	180
Flexibility	Pearson Correlation	.066
	Sig. (2-tailed)	.381
	N	180
Pull Up	Pearson Correlation	.031
	Sig. (2-tailed)	.683
	N	180
Endurance	Pearson Correlation	.352 <sup>**</sup>
	Sig. (2-tailed)	.000
N		180

. Correlation is significant at the 0.05 level (2-tailed).

\*\* . Correlation is significant at the 0.01 level (2-tailed).

**Statistical hypotheses:**

H1: There was no correlation between Performance of Kabaddi players and the Physical variables

H2: There was no impact of the study Physical variables on Performance of Kabaddi players

To test H1, correlation analysis was used and the computations made were tabulated in Table

** . Correlation is significant at the 0.01 level (2-tailed).
* . Correlation is significant at the 0.05 level (2-tailed).

From the above table following inferences were made:

- The correlation between Performance and Speed was positive  $r = 0.009$  and  $P = 0.924 > 0.05$ , the test was not significant at 5% levels. That is, there was no significant correlation between the Performance and the Speed of the Kabaddi players at 5% levels.
- The correlation between Performance and Agility was positive  $r = 0.032$  and  $P = 0.726 > 0.05$ , the test was not significant at 5% levels. That is, there was no significant correlation between the Performance and the Agility of the Kabaddi players at 5% levels.
- The correlation between Performance and Standing Broad Jump was positive  $r = 0.054$  and  $P = 0.558 > 0.05$ , the test was not significant at 5% levels. That is, there was no significant correlation between the Performance and the Standing Broad Jump of the Kabaddi players at 5% levels.
- The correlation between Performance and Flexibility was positive  $r = 0.137$  and  $P = 0.137 > 0.05$ , the test was not significant at 5% levels. That is, there was no significant correlation between the Performance and the Flexibility of the Kabaddi players at 5% levels.
- The correlation between Performance and Pull ups was positive  $r = 0.137$  and  $P = 0.137 > 0.05$ , the test was not significant at 5% levels. That is, there was no significant correlation between the Performance and the Pull ups of the Kabaddi players at 5% levels.

□ The correlation between Performance and Endurance was positive  $r = 0.460$  and  $P = 0.00 < 0.05$ , the test was significant at 5% levels. That is, there exists significant correlation between the Performance and the Endurance of the Kabaddi players at 5% levels.

To test H2, regression analysis were used and the computations made were tabulated in table 2 to table 5

The estimated regression equation of Performance on the Physical variables was given by

$$\text{Performance} = 24.55 + 0.059 (\text{Endurance})$$

And the above regression equation was significant as indicated in ANOVA table with  $P = 0.00 < 0.05$  at 5% level of significance.

Hence, one unit change in Endurance indicates 0.059 unit change in Performance.

Findings:

[1] There was no significant correlation between the Performance and the Speed of the Kabaddi players

□ There was no significant correlation between the Performance and the Agility of the Kabaddi players

□ There was no significant correlation between the Performance and the Standing Broad Jump of the Kabaddi players

□ There was no significant correlation between the Performance and the Flexibility of the Kabaddi players

□ There was no significant correlation between the Performance and the Pullups of the Kabaddi players

□ **There exists significant correlation between the Performance and the Endurance of the Kabaddi players**

□ The regression equation of Performance and the physical variables were statistically significant with one unit change in Endurance indicates 0.059 unit change in Performance.

### 3. Discussions On Findings

With the findings narrated earlier the investigator found that not all six variables were significantly correlated with the performance in Kabaddi, step wise regression analysis was conducted for performance in Kabaddi on five classified categories – physical variables, and the study variables separately, the analysis have been presented earlier.

Considering the physical variables only as independent variables in the step wise regression analysis, leg explosive power, speed and cardio vascular endurance would act as predictors for performance in kabaddi. The other three variables agility, flexibility and arm strength endurance were found to be not significantly associated with the performance in Kabaddi.

#### **4. Conclusion:**

Among the physical variables speed agility leg explosive, arm power, flexibility found statistically not significant, with kabaddi performance. Among the six physical variables only Endurance act on a dominate predator variables for the performance in kabaddi.

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# PREDICTION KABADDI PERFORMANCE FROM SELECTED ANTHROPOMETRICAL AND MOTOR ABILITY VARIABLES AMONG INTER AGRICULTURE AND HORTICULTURE UNIVERSITY PLAYERS

Mr. Sathish B P  
Rajeeva H N

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## Abstract

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Sport being integral part of human life is getting more competitive and knowledge driven these days. The coaches are challenged with selection of best playing team and the criterion for their selection is getting systematic. The present study intended to evaluate the anthropometric and motor ability variables that most importantly influence the University kabaddi players' performance. The necessary data was collected during the training sessions using panel of judges. The data was analyzed using step-wise regression. The analysis indicated the anthropometric variables viz., height, hand span and leg length and the motor ability variables, arm power, leg power and hand grip strength could be crucial factors.

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### **Keywords:**

Kabaddi, Performance, motor ability, anthropometric variables, University kabaddi players,

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### **Author correspondence:**

**Mr. Sathish B P**

Assistant Director of Physical Education,  
GFGC, Bangaru Tirupati, Kolar

**Rajeeva H N**

Assistant professor (Physical Education),  
College of Horticulture, Kolar, Karnataka State, India

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## 1. Introduction

Kabaddi is a team sport played by male or female teams. The objective of the game is to score their points and avoid opponent getting points. The game is played in a technical and tactical manner and vigorous body contact game also. Kabaddi is a

complex intermittent game, it requires players to have well developed strength, power, speed, co-ordination and anaerobic capacities. Motor ability, jumping, flexibility and vigorous movements represent physical activities that are considered as important aspects of the game and contribute to the high performance of the team

### **Anthropometry and Kabaddi**

Kabaddi is a contact sport where pushing, pulling, jumping, and throwing are prominent features of performance. All of these features are to some extent affected by the anthropometric characteristics of athletes and it is possible that such characteristics differentiate players of different competitive level. Moreover, only limited information is available on anthropometric differences between Kabaddi players characterized by their playing position. The following anthropometric measurements were considered for the purpose of this study: Height, Weight, Arm span, Arm length, and Leg length

### **Motor ability and Kabaddi**

Training in Kabaddi players aims to improve technical, tactical, psychological, and physical qualities. Motor ability, sprinting, jumping, flexibility and co-ordination represent physical activities that are considered as important aspects of the Kabaddi game and contribute to the high performance of the team.

The following physical fitness variables were considered for this study: Hand grip strength, Arm power, Leg power.

### **Performance assessment**

Assessing the players' performance in numeric terms was one of the important tasks in present study. Two expert's kabaddi coaches and a National kabaddi player were rate the players performance on a 10 point rating scale and the parameters for evaluation included skill, technique and application of skill in the game situation

## **2. Need for the study**

Pertaining to the research little work has been carried out and available reviews were sourced from different journals. As such, not much research has been conducted predicting the effect of anthropometric, motor ability and psychological variables on performance of men Kabaddi players at University level in India.

Selection of best players in the beginning by considering the important criteria would enable to improve the potentiality of the players. This study is an effort in this direction to determine the attributes which could determine the Kabaddi players' potentiality.

### 3. Methodology

#### Selection of the sample

To achieve the purpose of the study, the investigator has selected kabaddi players who represented their university in Inter- university Agricultural sports meet. The subjects identified for present study were one sixty (N=60) from three universities UHS, Bagalkot, GKVK, Bangalore, UAS, Dharwad and UAHS, Shimoga . The subjects were aged between 18-28 years

#### Selection of variables and tests

After a thorough review of literature related to the game of kabaddi in books, journals, periodicals and research articles besides detailed discussion with the experts and keeping in view of the feasibility of the study in terms of availability of equipment and the relevance of the variables to the present study, the following variables were selected.

#### Selected Anthropometric Variables, Tests and Criterion Measures

Sl. No.	Variables	Equipment	Criterion Measures
1	Height	Stadiometer	Centimeter
2	Hand span	Flexible Tape	Centimeter
5	Leg length	Flexible Tape	Centimeter

#### Selected Motor Variables, Tests and Criterion Measures

Sl. No.	Variables	Tests/Tools Administered	Unit of measurement
1	Hand Grip strength	Hand Grip dynamometer	In Kilograms
2	Explosive Power of Arms	Two Hand Medicine Ball Put	In Meters
			In Meters

3	Explosive Power of Legs	Five double Leg bounds	
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### Statistical techniques

After obtaining the data the below mentioned statistical technique were used to analyze and to interpret the study.

1. Stepwise Regression multiple

### Results and discussions

**Table 2 Step-wise regression coefficients of performance against anthropometric variables**

Model		Unstandardized Coefficients		Standardized Coefficients	t	Significance	R Square
		B	Std. Error	Beta			
1	(Constant)	-6.983	7.479		-0.934	0.356	0.311
	Hand span	1.492	.339	0.558			
2	(Constant)	-133.518	30.453		-4.384	0.000	0.518
	Hand span	1.268	.292	0.474			
	Leg length	.718	.169	0.463			
3	(Constant)	-115.989	28.312		-4.097	0.000	0.610
	Hand span	1.361	.267	0.509			
	Leg length	.839	.159	0.541			
	Height	-.399	.129	-0.316			

The regression coefficients and their significance for each of the three regression models is presented in table 1. It is clear from the table that addition of each variable to the model had significant influence the dependent variable, performance, as is evident from the high values of  $t$ . The final model of step-wise multiple regression presented in the table shows that while the hand span and leg length had positive influence on the

player's performance, the height exhibited a negative influence. The results were as anticipated and is explained as follows. A higher hand span would help player to hold, push and block the players with better accuracy and aiming and power. Every one unit increase in hand span would increase the performance by 1.36 units. As is known universally, leg length is a crucial and determining factor for most of the sports events and thus, it showed a positive influence on kabaddi players. The coefficient value of 0.84 indicates that the every one unit increase in the player's leglength would improve the player's performance by 0.84 units. Players leg height had a considerable negative bearing (-0.4) on their performance.

**Table 2 Step-wise regression coefficients of performance against motor ability variables**

Model		Unstandardized Coefficients		Standardized Coefficients	T	Significance	R Square
		B	Std. Error	Beta			
1	(Constant)	-14.052	7.787		-1.805	0.078	0.380
	Arm power	6.530	1.271	0.617	5.139	0.000	
2	(Constant)	-27.949	8.172		-3.420	0.001	0.509
	Arm power	4.968	1.238	0.469	4.013	0.000	
	Leg power	1.817	0.548	0.388	3.314	0.002	
3	(Constant)	-8.730	11.693		-0.747	0.460	0.561
	Arm power	5.420	1.202	0.512	4.510	0.000	
	Leg power	2.220	0.555	0.473	3.998	0.000	
	Grip strength	-0.541	0.245	-0.254	-2.210	0.033	

The regression coefficients and their significance for each of the three regression models is presented in table 2. It is clear from the table that addition of each variable to the model had significant influence the dependent variable, performance, as is evident from the high values of  $t$ . The final model of step-wise multiple regression presented in the table shows that while the arm power and leg power had positive influence on the player's performance, the hand grip strength exhibited negative influence. The results

were as anticipated and is explained as follows. Arm power would also help players in applying maximum force avoid blocking during defense and break the blocking during execution of offensive techniques. A strong leg power would help player to increasing stride length and taking strong take off from every step movements in offensive or defensive situations and during collecting the bonus point. Every one unit increase in arm power would increase the performance by 5.42 units and thus emerged as one of the crucial variable influencing players performance. Leg power is also important in kabaddi and it showed a positive influence on kabaddi players. The coefficient value of .541 indicates that the every one unit increase in the player's hand grip strength would decrease the player's performance by .541 units.

### 3. Discussion

The results of present study are discussed briefly so as to give justification to our findings by providing suitable explanation and comparing the results of other similar studies. Comparing other's results provides empirical support for accepting/rejecting the results.

Step-wise regression was employed to predict the influence of anthropometric and motor ability variables on kabaddi player's performance, separately. hand span, height and leg length were found to be significant determinants of performance. Vergue and Hepidome (2011) study (through regression analysis) found that the anthropometric variables, body mass, medicine ball throwing performance and power output in 20-kg bench press to be explaining a maximum of 74% variation among players in movement velocity.

Motor abilities seem to have received higher attention by several researchers to evaluate its influence on kabaddi players' performance. In the present study, leg power, arm power and grip strength significantly influenced the performance. The first two variables exerted a positive influence and the negative sign for the coefficient of grip strength indicating that a higher strength can bring down the players' performance. Sukhwinder & Harpreet (2010) following the ANOVA and discriminative analysis techniques found that the successful kabaddi players differed from unsuccessful ones, in terms of the motor ability factors such as strength, movement, agility and manipulation abilities. Predicting the kabaddi players performance due to the motor ability variables of national players of Punjab and Hariyana, Thus, in selection of players, the anthropometric variables viz., height, hand

span and leg length and the motor ability variables, arm power, leg power and hand grip strength could be crucial factors.

#### **4. Conclusion**

The present study undertook an assessment of player's performance as influenced by the anthropometric and motor ability variables among the young university kabaddi players. The study measured these different variables by using appropriate equipment during training session of the university sports. Stepwise regression analysis was employed to establish the relationship. The study concluded that the anthropometric variables viz., height, hand span and leg length and the motor ability variables, arm power, leg power and hand grip strength could be crucial factors.

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# IMPACTS OF INFORMATION COMMUNICATION TECHNOLOGY (ICT) ON PHYSICAL EDUCATION AND SPORTS

SHIVRAJAKUMAR M.P

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## Abstract

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This paper highlights the impact of modern information and communication technology in physical education and sports. The use of technology for teaching and learning has been summarized, in the following aspects: the needs for technology, computer-motion analysis, internet, video analysis/conferencing, chatting and challenges. Also, between 17% and 49% of the teachers studied received additional training for administering fitness tests, assessing student performance, This work was especially popular with museum education. Even in recent years, videoconferencing has risen in popularity to reach over 20,000 students across-'the United States and Canada in 2008-2009. In addition, with ICT, pupils are able to get access, select and interpret a wide range of information more easily. The computer and internet use related programmers' should be integrated into primary and secondary school curriculum to enhance student's use of ICT. The use of ICT in PE makes the science of sport come to life by linking both physical and mental activity. It also helps to create full-fledged students who are able to concentrate better on both practical and theoretical work

### **Keywords:**

ICT in Physical  
Education, Teaching  
and learning.

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### **Author correspondence:**

**SHIVRAJAKUMAR M.P**

Assistant Professor,  
Dept. of Physical Education & Sports Science,  
University of Mysore, Mysuru.

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## 1. Introduction

Technology is the use of both physical hardware and educational theoretic. It encompasses several domains including learning theory, computer-based training, online learning, and where mobile technologies are used, m-learning. Accordingly, there are several discrete aspects to describing the intellectual and technical development of educational technology. ICT has had a major impact on the education sector, on organization and on teaching and learning methods. Yet there are considerably different ICT expenditure levels within and between countries, as well as between institutions. In some schools have embedded ICT into the curriculum, and demonstrate high levels of effective and appropriate ICT use to support teaching and learning across a wide range of subject areas. Technology tools can provide objective data on activity levels and creative methods for individuals to engage in physical activity. Studies have indicated that active gaming can promote higher levels of energy expenditure compared to seated video games, as well as increasing heart rate and oxygen consumption. National School Health Policies and Programs Study indicated that 42% of physical education teachers receive staff-development training on using physical activity monitoring devices; 37% on using technology overall. Also, between 17% and 49% of the teachers studied received additional training for administering fitness tests, assessing student performance, and developing portfolios and individual physical activity plans: areas in which technology can supplement instruction and help in managing data. Those statistics in addition to the recent release of updated National Educational Technology Standards for Teachers underscore the importance of developing guidelines for proper technology use in physical education.

Fundamentally, physical education aims at improving human performance and enhancing human development through selected physical activities meant to fulfill these outcomes (Deborah, Wuest and Bucher 1991, Stanescu 2009).

## 2. Need for using ict in physical education

ICT can be used to improve the quality of physical education programmers. Physical education concerns activity science and movement education. ICT media such as videos digital camera, television and internet stores and transmits information on a range of physical activities such as aerobic dances, cycling, aquatics and athletics that

are used to express and illustrate physical education lessons. Physical education benefits from integration of ICT in making lessons more natural and real. The use of ICT in physical education is becoming very important as it can make significant contribution in primary, secondary and tertiary institutions. This starts with knowledge and understanding of principles applicable when considering using and implementing ICT software and programs in teaching physical education.

Effective use of ICT improves the amount of information students retain through **visual**, auditory, and kinesthetic learning channels in physical education all sport. Computer programmed spoils gives instructions and pictorial sequence of skills used in playing sports and simulations of **SKBS** and tactical formations in a variety of sports. Through appropriate use of ICT students are able to promote and develop ownership of their work and direction they choose to take. These have positive effects on their motivation and degree of enjoyment in their choice of learning style and promoting greater independence (Stanescu, Stanescu and Ciolca, 2011).

Practical use of ICT in the teaching and learning of physical education Damme {2001} opines that the use of ICT in the learning process of physical education may/not be a goal of its own but it is a tool with which to reach objectives. The following are the uses of ICT in learning physical education. Computer

Computer is an electronic devise that has the capacity to store, retrieve and process both qualitative and quantitative information fast and accurately. Computers-we used to produce documents, lesson plans, to convert scores (Excel, word spss etc) management. It also involves video units PC heart rate monitor, remedy heart rate monitor and educational software Internet

Internet is a global system of interconnected computer networks that promotes free flow of information by pocket switching using the standardized internet protocol suit (Singh, Devi and Raychandhury, 2009)

The internet can be used to maximize the effectiveness iii their learning process of physical education. Students have the possibility to email their questions or comments concerning their questions concerning issues in health and audition fitness, physical education programmes, courses to their physical education teachers and academic staff. Internet is used access a machining list of professionals in the same area of

study. A user sends an email message to the mailing list which is broadcast to other users for accessing current information. Examples are the sports philosophy and Questia lists. Chat through the Internet

Interactive chat improves communication with experts and colleagues and community members. Chat allows fellow physical educators to simultaneously communicate publicly on your website, internet, extranet. Team members, class and course mates from different locations can easily conduct on line meetings Video Conferencing

Videoconferencing was an important forerunner to the educational technologies known today. This work was especially popular with museum education. Even in recent years, videoconferencing has risen in popularity to reach over 20,000 students across the United States and Canada in 2008-2009. Disadvantages of this form of educational technology are readily apparent: image and sound quality is often grainy or pixelated; videoconferencing requires setting up a type of mini-television studio within the museum for broadcast, space becomes an issue; and specialised equipment is required for both the provider and the participant Challenges of ICT using Physical Education

Although ICT has attractive potentials for improving teaching of physical education, it also has challenges especially in developing nations of the world. Stanescu et al (2011) reports that it will be a big setback if physical education is not ICT compliant

The use of ICT in PE makes the science of sport come to life by linking both physical and mental activity. It also helps to create full-fledged students who are able to concentrate better on both practical and theoretical work.

ICT is also very important with regards to school administrative work. In fact, data can easily be collected and shared for analytical purposes, e.g. electronic records of performance of athletes. Students are motivated and are able to grasp essential concepts that previously eluded them. By developing their abilities to think in different ways students can select and apply skills, tactics and ideas, to evaluate and increase performance.

ICT in PE, life-long learning can be supported through the collection of resources via the internet. According to Mike Rimmer, Head of Physical & Social development at

the Butters haw upper school in Bradford: "It's the excitement of learning in a different way.

In addition, with ICT, pupils are able to get access, select and interpret a wide range of information more easily.

Throughout ICT tools, pupils can benefit from immediate feedback to improve their observational and analysis skills. As they familiarise with the software, they are able also to point out the relevant points for positive technique. The main advantage, however, remain the general improvement in the performance level of the majority of the pupils' work, as they struggle their way to look impressive especially if their performance will be analysed on digital video system.

There are many good options available to physical educators in regards to technology. Many of these technologies are easily accessible and are easily incorporated into the curriculum. Some technological tools:

- > Skin fold caliber
- > Heart Rate Monitors
- > Digital Video camera and visual analysis software
- > Pedometers
- > Weighting machine

### **3. Conclusion:**

Physical education essentially requires the performing physical activity. This is associated with the development of motor skill. There are nowadays many available technological innovations that could be inserted into the physical education lesson. The visual physical education lesson is essentially based on the connected learning environment which uses technology that is networked in structure. Physical education should avail themselves of these technology opportunities to make their lesson more real and dynamic. RECOMMENDATIONS

1. ICT should be integrated into the physical education teacher education curriculum.

2. The computer and internet use related programmers' should be integrated into primary and secondary school curriculum to enhance student's use of ICT.
3. Employers of labor should make computer literacy requirement for employment for physical education teachers.
5. In-service training on computer literacy should be organized periodically for teachers of physical education.
6. Institutions of learning should provide computer and internet facilities for use by physicaleducation teachers.

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## Stress and Anxiety among Women Athletes of Government and Private Colleges

Shailesh Kumar D.H.  
Dr Keshavamurthy T

### Abstract

Stress is the feeling of psychological or physical strain and pressure. Positive stress acts as a motivating factor to enhance one's athletic performance. However, excessive amount of stress hinders the performance. Anxiety is the intensive, persistent fear or worry about different sports situations. It is an imaginary form of fear and response of the individual towards stress arousing situations. Hence stress and anxiety are highly interrelated. For the present study, a sample of 200 women athletes studying in government and private colleges, aged 17 to 25 years were selected from Mangalore University and Karnatak University Dharwad regions. The participants were administered with stress and anxiety scale developed by the research scholar. The obtained data was analyzed by using  $t$  test. The results indicated that the women athletes studying in government colleges have significantly higher levels of stress and anxiety than the women athletes studying in private colleges.

### Author correspondence:

**Shailesh Kumar D.H.**  
Research Scholar  
Department of Physical Education  
Mangalore University

**Dr Keshavamurthy T**  
Deputy Director of physical Education  
Mangalore University Constituent College  
Chikkaluvara

### 1. Introduction

Stress and anxiety are part and parcel of athletic or sports life. Both men and women athletes performing in different kinds of sports and games experience mild to severe range

of stress and anxiety. The young athletes who are aged in between 13 years to 24 years are found to be more prone to stress and anxiety based problems. In other words, the students who are studying in high schools and colleges and who are into sports are the victims of stress and anxiety. Further, the adolescent and young adult women athletes are found to have significant distress as a result of stress and anxious apprehensions.

### **Stress among Women Athletes**

Stress is the feeling of strain and pressure which results in physical, physiological, psychological and social functioning of an individual. It is a condition experienced by the individuals during demanding situations of various kinds. In athletes it is seen during sports performances because of competitions, lack of resources, physical conditions, group relations and the like.

Stress can be defined as —a negative emotional experience accompanied by predictable biochemical, physiological, cognitive and behavioural changes that are directed either toward altering the stressful event or accommodating to its effects

The athletes regardless of their gender, they suffer from multiple stressors. The major stressors which create drastic effect on the sports performance of women athletes are physical conditions, menstrual cycles, difficulty to attend to academics, performance expectations, financial issues, difficulty to manage with fellow athletes and the like (Wilson & Pritchard, 2005). Meanwhile, the adolescent female athletes are more concerned about committing errors during their subsequent participation; this could drop them into stress (Holt & Mandigo, 2004).

### **Anxiety among Women Athletes**

Fear is a basic emotion which has a survival value. Fear helps the individual to restrain oneself from threatening situations. An optimum level of fear acts as a motivating factor which enhances performance among athletes. However, an excessive level of fear and continuous form of intensive fear will lead to the development of anxiety among athletes. Anxiety is more of intense, unrealistic or imaginary form of fear which may remain even after the sports performance is over. The individual will be under the state of negative apprehension, psychological and physiological disturbances. An optimum level of anxiety is considered as common and essential for competitive approach in sports. While,

excessive or abnormal level of anxiety is unhealthier one and causes detrimental effects on the sports participation or athletic performance. Further, it may lead to sports related anxiety and performance anxiety among women athletes.

One of the most popular psychologists Spielberger (1989) emphasized that anxiety arises due to stressors which is subsequently followed by the apprehension of danger which in turn elicits stress related reactions by the individual. The most common types of anxiety faced by sports athletes are state anxiety which makes the sports athletes to show fight or flight response in the sports field during their performance. The other one is trait anxiety which leads to the arousal of negative emotions under threatening and competitive situations.

## **2. REVIEW OF LITERATURE**

According to Hadd and Crocker (2007) and Rumbold, Fletcher and Daniels (2012) proved that positive emotions enhances athletic performance whereas the negative emotions such as stress and fear of failure deteriorates the physical performance and self-efficacy among women athletes.

According to Etzel, Watson, Visek and Manjar (2006) the athletes studying in colleges possess more stressors compared to other students and athletes. This is because they have to make lot of adjustments with family, college, friends, teachers, education, travel and physical needs.

Smith and Smoll (1990) emphasized that competitive situation in athletic events will create negative appraisal among women athletes, which will lead to physiological disturbances and eliminate stress responses. This will hinder their consequent sports performances.

The two studies under took by Krane, Joyce and Rafeld (1994) and Martens, Vealey and Burton (1990) proved that different types of anxieties influence the sports performance. Similarly, in an earlier study by Gloud et al. (1984) reported inverse relationship between sports anxiety and sports performance.

Within in the backdrop of above research literatures, the following hypotheses were formulated to test in the present study:

H<sub>1</sub>: There is significant difference in the stress levels among the women athletes studying in government colleges and private colleges.

H2: There is significant difference in the anxiety levels among the women athletes studying in government colleges and private colleges.

### 3. Method

#### Sample:

Samples were selected from different colleges affiliated to Mangaluru University and Karnatak University Dharwad regions. The sample consisted of 200 women athletes studying in government and private colleges. The age range of the sample group selected for the study was 17 to 25. The purposive sampling method was followed in the selection of samples. The participants were administered with stress and anxiety scale developed by the research scholar. The obtained data was analyzed by using 't' test. The results indicated that the women athletes studying in government colleges have significantly higher levels of stress and anxiety than the women athletes studying in private colleges.

#### Measures Used for the Study:

- 1. Personal Data Schedule:** It was designed for the purpose of collecting personal information with regard to the socio-demographic details of women athletes studying in government and private institutions. The variables included are type of institution, age, class, district, parent's occupation, parent's monthly income, parental education, type of sports event, level of participation, locality and religion.
- 2. Stress and Anxiety Scale for Athletes:** A self-developed scale by the researcher was used to assess the stress and anxiety level among women athletes. The Stress and Anxiety scale comprises 10 and 12 statements respectively. Both the scales are five point scales with five alternative responses such as Strongly Agree, Agree, Uncertain, Disagree and Strongly Disagree. The subjects are instructed to rate each statements as applicable to them. There is no time limit, but the scale requires approximately 10 minutes complete it. As the scale was developed with proper scrutiny and guidance of psychologists, physical educators and statistical analyst, the scale is considered as reliable and valid.

#### Statistical Techniques:

The data gathered was scored and treated using SPSS statistical analysis procedure. The mean and standard deviations were computed. Then, the raw scores were converted into standard scores and was subjected to  $t$  test analysis to determine the significance level of difference between the two sample groups.

#### 4. RESULTS AND DISCUSSION

Table 1: Mean, standard deviations and  $t$  value of women athletes studying in government and private colleges on stress and anxiety.

Table 1 depicts the Mean, standard deviations and  $t$  value of women athletes studying in government and private colleges on stress and anxiety. In stress scale, the women athletes studying in government colleges have obtained a mean score of 56.64 (SD = 10.40) whereas the women athletes studying in private colleges have obtained a mean score of 43.31 (SD =

7.12). The  $t$  value obtained is 17.91, which is significant at 0.001 level. This indicates that the women athletes studying in government colleges have significantly higher levels of stress compared to the women athletes studying in private colleges. With regard to anxiety, the women athletes studying in government colleges have obtained a mean score of 55.62 (SD = 9.10) whereas the women athletes studying in private colleges have obtained a mean score of 44.33 (SD = 7.32). The  $t$  value obtained is 13.57, which is also significant at 0.001 level. This also emphasizes that the women athletes studying in government colleges have significantly higher levels of anxiety than the women athletes studying in private colleges.

Variable

Women Athletes of Government College (N=100)

Women Athletes of Private College (N=100)

$t$  Value

Mean SD Mean SD

Stress 56.64 10.40 43.31 7.12 17.91\*\*\*

Anxiety 44.33 7.32 55.62 9.10 13.57\*\*\*

The women athletes studying in private colleges receive all sorts of supports related to finance, travel, academics, physical health, coach and training and counselling. This might have reduced stress and anxiety among women athletes studying in private colleges.

## 5. Conclusions

The women athletes studying in government colleges have significantly higher levels of stress than the women athletes studying in private colleges.

The women athletes studying in government colleges have significantly higher levels of anxiety than the women athletes studying in private colleges.

The women athletes studying in government colleges requires proper facilities, training and psychological support, for which the ministry has to look after. This could help them reduce their stress and anxieties and perform better in athletics.

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# A Study on Advanced technologies used in the field of cricket

CHANDRASHEKARA. H N

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## Abstract

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The purpose of the study is to find out the advanced technologies in the game of cricket. several advancements have taken place in technical equipment's of cricket, such as stump camera, microphone, Hawkeye, Spider cam, speed-O-meter, Hot spot, Snick-o-meter, Led stumps and bails, DRS, UDRS, Speed gun, Instant replay and On- field commentary technology etc. Technology has evolved itself in many ways to bring the sport closer to the people. At present, the entire face of cricket has changed drastically with the use of advanced modern technologies. The game of cricket today has largely depended on the technology to such an extent that without technology, it's very difficult to organize cricket tournaments at National and international level. This study focuses on the advanced technologies used in the area of Cricket and its implications.

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### Keywords:

Cricket, Spider Cam,  
Hot Spot, DRS,  
Stump Camera &  
Micro Phone etc.

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### Author correspondence:

**CHANDRASHEKARA. H N**  
Physical Education Director, St. Joseph's First Grade College,  
Jayalakshmipuram, Mysore – Karnataka 570012  
Mail: chandrashekar.cpuc@gmail.com  
Mobil: +918892534161

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## 1. Introduction

In Today's world, science and technology plays a vital role in the sport. Many advanced equipment's are being used in the field of cricket. Various sophisticated electronic devices are being used in various tournament's like world cup, champion's trophy, Asia cup, IPL etc. The advanced technology in cricket is profusely important aspect not only for game of cricket, but also for cricketers. The advanced technology being

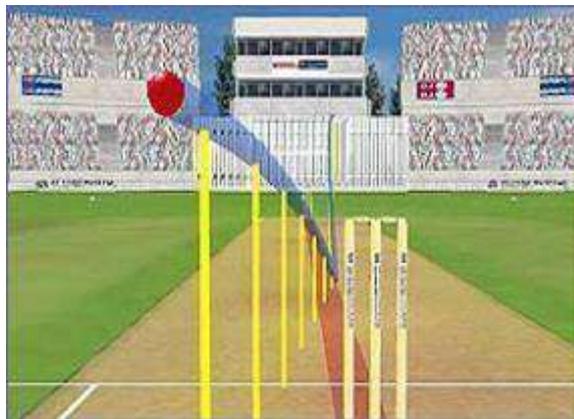
used are Bowling machine, Hawkeye, Spider cam, Hot spot, Speedometer, Stump camera and microphone, Snick-o-meter, Led stumps and bails, DRS, UDRS, Speed gun, Instant replay and On- field commentary technology etc. any technology that allows the cricket fans to get reliable and fast updates and is going to be the talk of the current generation. In- fact in the present scenario interactive tools at websites have made the people more, closer to the game of the cricket.

Hawkeye:

Hawk Eye's technology is used in the game of cricket by various broadcasters to analyze the tracking of the ball, which helps the umpires to take the right decision. The ICC has approved the use of this technology in the year 2008. It becomes easy for the people also to follow the game of cricket which keeps them more interested the game.

This advanced technology not only helps the umpires it also helps the coach's to analyze the amount of swing that the bowler gets which is more critical in the game. With this device the bowler can improve on his bowlingskills . The use of this technology helps in taking decision like LBW, as well as where the ball has pitched ( like outside the line of the stumps or inline)

, this technology takes the fact of the bounce of the pitch as well as the gravitational pull and the mass of the ball.



### Spider Cam

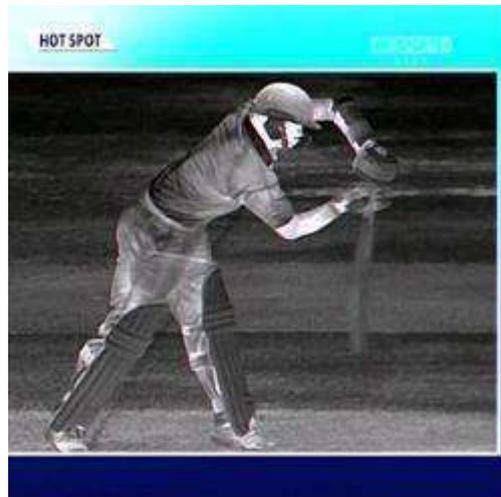
The use of Spider Cam has enabled people to come closer for the television viewers and the people watching in the stadium. The device works in threedimension space. The video from spider cam is transmitted to the software via by a High Speed communication channel

which is then processed and live telecasted to all the viewers around the globe. The device is used more these days in T20 matches. This device works using four motorized winches. The movement can be done both vertically and horizontally in a prefixed area. The device was first used in IPL 2010 and champions league T20 in south Africa. Now a days this device is used in almost all the international & primeur league's.



### **Hot spot:**

This technology uses two infrared cameras on the opposite sides of the ground the recording is continuous. This device is of great help to the umpires to decide whether the ball has hit the bat first or the pad first or the glove. Earlier to this technology, several wrong decisions were made in the international games because through the eyes it was very difficult to take the decision. Now hot spot has brought a drastic change in the game of cricket. This device was first used in the year 2006-07 of a test match of ashes at Gabba Australia.



**Speedometer:**

With the advent of Speedometer the game of cricket has become more interesting. A inbuilt sensor within the ball measures the speed when the ball is left from the hand and hits the pitch. If the ball hits the bat very hard then the sensor can be damaged. Radar guns are used in measure the speed of the bowler. Now a days the people are very keen on the bowler at what speed the bowler is bowling. The speedometer was first used in the year 2003.

**Stump Camera and Microphone**

The Stump Camera is placed inside a hollow stump and a microphone is also placed with it. This technology usage has helped the umpire to take decision whether there is any sound when the ball passes the bat. It also helps for the ethics of the cricket. ICC tested this technology for the first time in the year 2004.

**Snick-o-meter:**

This technology has helped a great deal in game of cricket. It is similar to EEG signal representation. When the ball slightly hits the bat an peak is seen in the signal otherwise there is no peak in the signal it goes like a straight line. This device works in tandem with the microphone. This means helps the umpires to take the right decisions. Even the players can also use this technology if in case the umpire on field takes up a wrong decision.



### **LED Stumps and Bails**

This era is the age of LEDs, this technology is brought into cricket too. LED stumps and bails adds to the excitement overall. As soon as the ball hits the stumps as well as bails lights up, a sensor make the stumps and bails glow. The components of LED stumps and bails are a sensor, microprocessor and a low-voltage battery. This facility is used during runouts and stumping.



### **Decision Review System (DRS)**

With the advent of Decision Review System, batting side as well as bowling team can review the on-field umpire. Any side batting or bowling can claim for this DRS by showing a —Tll sign with both forearm at shoulder height. The time limit to claim for DRS

is 15 seconds. At present the DRS review system the max times they can claim is two per team. If the side batting or bowling decision were right then they will retain their DRS otherwise they will lose by one chance. If batting or bowling loses all their DRS reviews then the umpire decision is the last. This system is first used in (Test match -2008) , (one day match - 2011) and ( T20 – 2017 )

### **3. Conclusion:**

A deep study of this article reveals that all the advanced technologies discussed above reveals that technology has made the game of cricket a noble man or women's game. The advent of technology has changed the entire game of cricket in the modern day and has become more interesting to the viewers on TV or at the stadium. Technology has brought more ethics into the cricket. Fair play has been resulted out of these inventions into the field of cricket.

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## INFLUENCE OF IMAGERY TRAINING ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE STUDENT

Raghavendra R

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### Abstract

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The reason for the examination was to discover the impact of mental symbolism preparing on chosen mental factors among understudies. To accomplish the motivation behind the present examination, thirty men College understudies from Mysore, Karnataka, India were chosen as subjects indiscriminately and their ages went from 18 to 25 years. The subjects were partitioned into two equivalent gatherings of fifteen each.

Gathering I went about as Experimental Group and Group II went about as Control Group. The prerequisite of the examination strategies, testing just as exercise plan was disclosed to the subjects in order to get full co-activity of the exertion required on their part and preceding the organization of the investigation. The length of trial period was 12 weeks.

Psychological nervousness, substantial tension and self-assurance were evaluated by CSAI-2. After the trial treatment, all the thirty subjects were tried on their mental factors. This last test scores shaped as post test scores of the subjects. The pre test and post test scores were exposed to measurable investigation utilizing subordinate 't' test. In all cases 0.05 dimension of centrality was fixed to test speculations. The psychological symbolism preparing had demonstrated noteworthy improvement in all the mental factors among undergrads subsequent to experiencing mental symbolism preparing for a time of twelve weeks.

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### Keywords:

Imagery Training,  
Psychological Variables,  
College Students.

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### Author correspondence:

**Raghavendra R**  
Physical Education Director  
Seshadripuram Degree College  
Mysuru

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## 1. Introduction

Sports competitions today occupy the prime of place in human life, because, it is the testing ground for the human excellence almost without the aid of scientific and technological assistance, but for the implements, exhibiting the performance of body-mind co-ordination and system synchronization of sources and efforts. Game brain science centers around showing handy mental aptitudes to competitors, with the goal that they can build up their mental capacities to indistinguishable abnormal state from their physical capacities. The key contrast among winning and losing, or a decent execution and a poor execution, might be at the psychological ability level as opposed to the physical aptitude level. Likewise with physical abilities, these psychological aptitudes should be instructed effectively, calibrated by the mentor and competitor, and afterward rehearsed until they are aced.

Everybody have heard a few of the distinctive terms that portray a competitor's psychological readiness for rivalry, including perception; mental practice, symbolism, and mental practice, these terms all allude to making or reproducing an involvement in the brain. The procedure includes reviewing from memory snippets of data put away as a matter of fact and molding these pieces into significant pictures. These encounters are basically a result of our memory, experienced inside by reviewing and recreating past occasions, symbolism is really a type of reenactment. It is like a genuine tactile ordeal, yet the whole experience happens in the brain (Richard, 1982).

Practically the majority of the early mental symbolism explore in game brain research originates from the psychological practice demonstrate. Concentrates done as ahead of schedule as the 1930's inspected the impacts of mental practice on the learning and execution of aptitudes (Martin et al. 1999). Two of the most unmistakable hypothetical structures develop out of the engine area from the psychological practice research to clarify why rationally practicing (imaging) a physical action may improve physical execution (Martin et al. 1999).

The capacity to rationally control the picture in a dynamic mode is critical. For instance, perception of the picture powerfully in first individual and third people, or the individual endeavors to "see" the execution of engine ability through their eyes (first individual), just as the eyes someone else watching. Making third individual and first individual representations permits increase points of view to the constantly changing situations to make the procedure increasingly target that would be troublesome in first

individual symbolism. Be that as it may, at last, the individual must see first individual viewpoint so as to reproduce real occasions. In 'Mental Rehearsal' explicitly the set theory making the fitting mental foundation pre-execution is basic in compelling starting if the required engine ability. Along these lines, not exclusively should the individual attract however much tactile data as could be expected, and the important cognizant control of the picture, yet additionally summoning of the passionate substance explicit to the expertise proposed. That is, recovering the ideal excitement and attentional procedures include before the starting of the ability grouping (Ungerleider, 2005).

## 2. Statement of the problem

The motivation behind the examination was to discover the impact of mental symbolism preparing on chosen mental factors among undergrads.

### Significance of the study

1. This study would help to know the importance of mental imagery training on selected psychological variables among College students.
2. Learning such mind related exercises, the players can have the positive effects in their day to day life.
3. The findings of the study would provide guidance to physical educators, coaches and college students.

### Hypothesis

1. It was hypothesized that there would be a significant improvement in selected psychological variables from the base line to post training due to the influence of **mental imagery** training among the college students.

### Delimitations

This study was delimited to the following aspects.

- [1] This study was delimited only to male College students.
- [2] This study was delimited to the college students age ranged between 18 and 25 years.
- [3] This study was delimited to only mental imagery training.

### Limitations

This study was delimited to the following aspects.

1. Hereditary, environmental factor and socio-economic status, which contribute to both physiological and mental efficiency were not controlled.
2. The impact of training schedules, previous experiences, motivational factors and various physical activities on the subject's playing ability were not taken into account.
3. The fatigue factors of the players and the carry-over knowledge of the skills which might affect the performance in the tests were considered as limitations of the study.

### 3. Methodology

The reason for the examination was to discover the impact of mental symbolism preparing on chosen mental factors among understudies. To accomplish the reason for the present investigation, thirty men College understudies from Mysore, Karnataka, India were chosen as subjects indiscriminately and their ages extended from 18 to 25 years. The subjects were isolated into two equivalent gatherings of fifteen each. Gathering I went about as Experimental Group and Group II went about as Control Group. The necessity of the test techniques, testing just as exercise plan was disclosed to the subjects to get full co-task of the exertion required on their part and preceding the organization of the examination. The span of exploratory period was 12 weeks. Psychological nervousness, physical tension and self-assurance were evaluated by CSAI-2. After the exploratory treatment, all the thirty subjects were tried on their mental factors. This last test scores shaped as post test scores of the subjects. The pre test and post test scores were exposed to measurable investigation utilizing subordinate 't' test. In all cases 0.05 dimension of hugeness was fixed to test theories.

### 4. Results

**TABLE - I**

Essentialness of mean gains and losses between pre and post tests cores on selected variables of mental

#### **SYMBOLISM TRAINING GROUP**

S.No	Variables	Pre-Test	Post-Test	Mean	Std. Dev	$\sigma$	t' Ratio

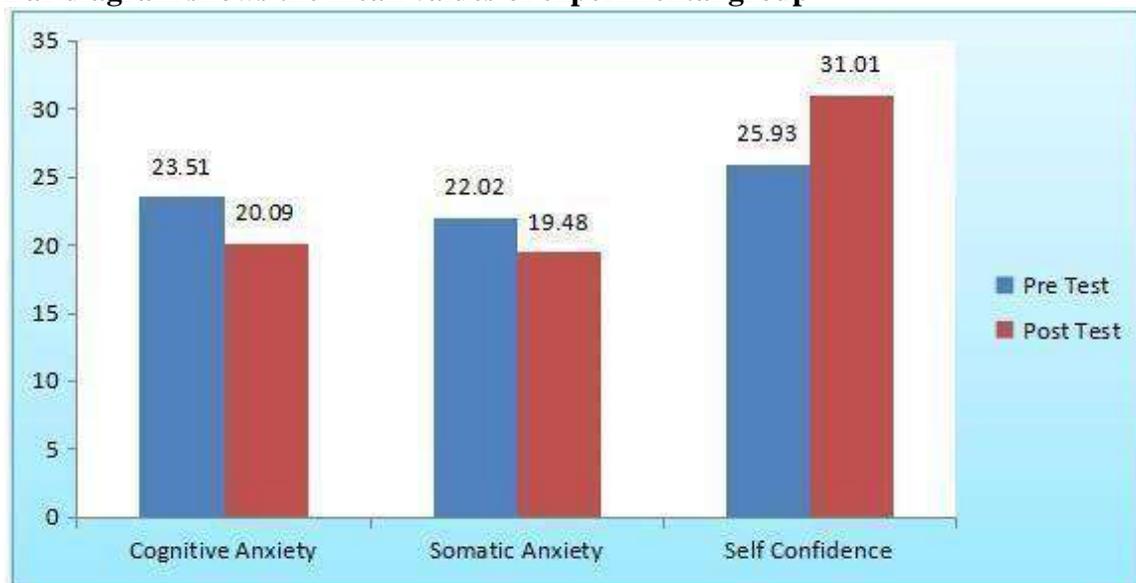
		Mean	Mean	difference	(±)	DM	
1	Cognitive Anxiety	23.51	20.09	3.42	3.14	0.80	4.21*
2	Somatic Anxiety	22.02	19.48	2.54	1.63	0.40	6.12*
3	Self Confidence	25.93	31.01	5.08	3.25	0.82	6.05*

\* Significant at 0.05 level

An examination of table-I demonstrates that the obtained 't' proportions were 4.21, 6.12 and 6.05 for subjective tension, substantial nervousness and fearlessness individually. The got 't' proportions on the chose factors were observed to be more noteworthy than the required table estimation of 2.14 at 0.05 dimension of hugeness for 14 degrees of opportunity. So it was observed to be noteworthy. The after effects of this examination demonstrated that factually critical and clarified its belongings decidedly.

## FIGURE – I

Bar diagram shows the mean values of experimental group



**TABLE – II**

Criticalness of mean gains and losses between pre and post test ores on selected variables of control group

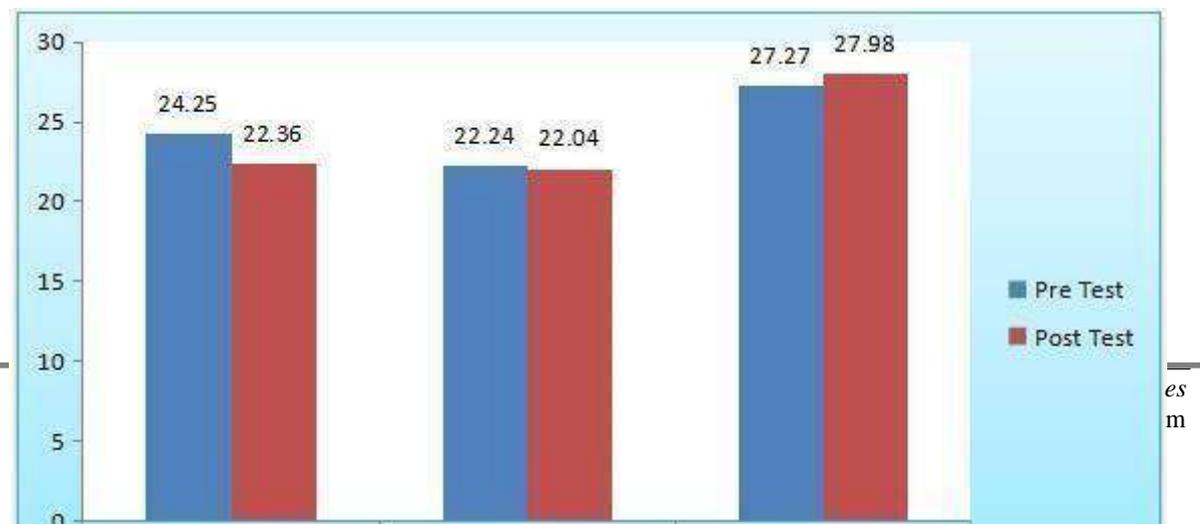
S.No	Variables	Pre-Test Mean	Post-Test Mean	Mean difference	Std. Dev ( $\pm$ )	$\sigma$ DM	$\underline{t}$ Ratio
1	Cognitive Anxiety	24.25	22.36	1.89	2.51	0.61	1.50
2	Somatic Anxiety	22.24	22.04	0.20	0.82	0.25	0.51
3	Self Confidence	27.27	27.98	0.71	1.43	0.33	0.52

\* Significant at 0.05 level

An examination of table-II indicates that the obtained  $\underline{t}$  ratios were 1.50, 0.51 and 0.52 for psychological uneasiness, physical nervousness and self-assurance separately. The obtained 't' proportions on the chose factors were observed to be lesser than the required table estimation of 2.14 at 0.05 dimension of importance for 14 degrees of opportunity. So it was observed to be irrelevant.

**FIGURE – II**

Bar Diagram Shows The Mean Values Of Control Group



#### 4. Conclusion

1. The [mental imagery training](#) had shown significant improvement in all the [psychological variables among college students](#) after undergoing [mental imagery training](#) for a period of twelve weeks.

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## USE OF INFORMATION TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS

SHYAMILY B B  
YASHAVANTHA K B

### Abstract

Information technology play essential role in the human being in particularly in all field particularly in field of sports and games and also physical education. It helps a lot in organization and administration of all sports and games in world. Information technology is general term that describes any technology that helps to produce, manipulate, store communicate and disseminate information. Information technology will help to scientific analysis of all factors and issues at the highest level possible. In economic development and scientific technological progress, information technology becomes the dominant factor. Information technology encourages the development of sports science and also getting more demand in the field of sports.

In various field of sports information technology applied scientific discipline, research activities, improve learning and coaching, bio-mechanical analysis of sports games and players performance and field research have developed with the help of information technology. Now a day's information technology has become more important for sports and games and also in different branches of physical education like sports psychology, sports statistics, Exercise physiology, bio-chemistry, Test and measurement, sports medicine, kinesiology and bio-mechanics etc.

### Keywords:

Information technology,  
physical education and sports,  
sports technology

### Author correspondence:

SHYAMILY B B  
Physical Education Teacher  
National Public School Jayanagar,  
Bangalore

YASHAVANTHA K B  
Diploma in Athletics (pursuing)  
NSNIS Bangalore  
Email: yashukbgowda@gmail.com

Email: shaymilybb3@gmail.com

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## **1. Introduction**

Information technology is a general term that describes any technology that helps to produce manipulate, store, communicate and disseminate information. Implementing technology appropriately into physical education can enhance teaching and learning and contribute providing a quality physical education program.

Information technology refers to forms of technologies that used to create, store, share or transmit, exchange information. This broad definition of ITC includes such technologies Television, Video, Mobiles, Computer and Network Hardware and software as well as equipment and service associated with these technologies. Heart rate monitors, pedometers, exergames and /or computers are available for all students to use them simultaneously, teachers should implement station or circuit formats. Instruct desktop programs such as Microsoft excel, and web and CD-ROM software can allow for the collection of data using hand-held computers, with the ability to transfer results to desktop systems quickly. Those technologies can help physical educators determine assessment performance quickly and easily through calculation formulas, and allows them to create and customize individualized fitness plans, as well as offering many uses.

### **Application in sports**

The physical education and sports makes a significant contribution in our daily life by considering benefit of information technology school, college and other institution organized through IT information and computer. Through computer variety of program can be tracked which help in monitoring the sports performance and research conducting health assessment.

In many ways the computers helps us storing research data, treatment in sports medicine flexibility and strength building program. Play in our lives by carefully considering the benefits and liabilities of new information technologies on the whole person, body as well as mind. Now a days in schools, college and other institution, students are given more organized and disciplined education through I.T and computers, because it is more authentic innovation and convincing. A variety of programs are available which help in

track-grading, conducting health assessment, monitoring research projects, and analyzing sports performances.

Using information technology to sports in the following process.

- To check the health status of players.
- Planning training period.
- Video feed back for player's performance and practices
- To assessment of physical fitness and physical activity by using information technology.
- Storing the results and performance
- To record the results and performance of athletes
- To inspection the team performance at the time of competition
- Through information technology coach can have the self- evaluation
- Storing the personal data's of athletes.
- To search latest training plans

In the decades the interaction between technology and the most of the science is happened a big role of technology in biomechanics such as measurement tools devices and system examples analysis as a 3D motion analysis system, accelerometers, force plates and more. Jonathan sindair says the Technology even affects what athletes wear one of the biggest advances regarding technology is sports is the materials we use.

### **Computer**

Computers is a device we can used to create documents, lesson plans, to convert scores etc. It also involves video units PC heart rate monitor, educational software. Motion analysis to enhance performance of skills, video transferring, series of action in arm, leg and body movement to increase performance of skills, special application software analysis the images. Computer technology has facilitated biomechanical analysis of performance and also generated graphical representations of pro-typical sports performance will enhance the development of motor skills.

### **Internet**

The internet used by physical educators for teaching and learning and get various in information resources and service. And also they can use the internet for mail, online chat,

transaction, bulletin board planning file transfer, sharing video, images, searching daily news and journals, inter linked, type text documents and searching other resources by world web. Physical education teacher can share experience with other integrated into teaching lessons.

## **2. Conclusion**

Information technology makes significance role in physical education and sports. Now a days the internet, computer makes major part in all the field including in sports also, mainly in scientific discipline, research activities, improving learning and coaching, bio-mechanical analysis and field research, survey, planning for training schedule, advertisement etc.

Mainly information technology improvement in sports equipment, facilities better performance by both skill and unskilled persons and also it gives sports with good quality and best results.

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[https://en.m.wikipedia.org/wiki/physical\\_education](https://en.m.wikipedia.org/wiki/physical_education) [www.digitaljournal.com/sports/new-technology](http://www.digitaljournal.com/sports/new-technology)

# ANALYSIS OF PLYOMETRIC TRAINING ON STRENGTH AND FLEXIBILITY AMONG B.P.Ed PLAYERS OF KHAMMAM DISTRICT

B.NEELA

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## Abstract

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The present study was designed to evaluate the effect of selected physical variables of 20 to 23 years age group of college kabaddi players of Kakatiya University Warangal. For the purpose of this study, 36 college women Kabaddi players in Kakatiya University, Warangal. Were selected as the subjects. The age of the subjects ranged between 20 to 23 years. The subjects were informed about the nature of the study and their consent also taken before involving them as subjects of this study. The subjects were later randomly assigned to a control group-1, an experimental group-2(Plyometric training) of equal sizes. The study found that the physical variables like Strength and Flexibility had improved on both experimental groups, in comparison to control group after a 08 weeks training programme and the circuit training group showed significant improvement in all the above physical variables.

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### Keywords:

Plyometric training,  
strength,  
flexibility.

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### Author correspondence:

**B.NEELA**  
B.Sc. M.P.Ed, PGD in YOGA  
Physical Director  
TTWRDC Khammam District,  
Telangana State.

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## 1. Introduction

Games and sports have been part of human life almost since the time immemorial. Be it a necessity for his survival i.e. hunting for food, shelter and safety from wild animal or other enemies, or as a pursuit of pleasure. The games and sports have been indispensable to mankind, and have become part of the culture. The games and sports are a great unifying force and have tremendous effect on the national and international

integration. Through the origin of sports is lost in antiquity, it is quite certain that physical activity has been a part of the life of even primitive men. For him it might have been a basic necessity of life, more than fun and diversion, for his survival depended on it. Hunting, fishing, hurling missiles were activities on which his survival depended.

Sports and games provide a common platform where sportsperson for different regions, professing different religions and faiths, speaking different languages, having different customs and traditions interact with each other in a harmonious and congenial atmosphere where they forget all their differences and emerge as a homogenous group. Such type of thinking, insight and mental approach can play positive role in nation integration. Sports and games help in creating such understanding and can play a very decisive and pivotal role in bringing about national integration.

## 2. Methods and materials

### Selection of subjects

For the purpose of this study, 30 college women Sprinters of Kakatiya University, Warangal players were selected as the subjects. The age of the subjects ranged between 20 to 23 years. The subjects were informed about the nature of the study and their consent also taken before involving them as subjects of this study. The subjects were later randomly assigned to a control group-1, an experimental group-2(circuit training) of equal sizes.

### Experimental Design

An equated group design was chosen for this study. The subjects were divided into 3 groups A, and B. Group 4A' acted as control and group 'B' was trained with circuit training. The training programme was carried out thrice in a week ie; Monday, Wednesday and Friday for 8 weeks.

Physical variables and their respective tests for the study Standard tests were conducted to measure the selected strength and flexibility of this study. The selected variables, their respective tests are presented in Table

The list of selected physical variable	Variables	Test
<u>1</u>	<u>Strength</u>	<u>Standing Broad Jump</u>

<u>2</u>	<u>Flexibility</u>	<u>Sit and Read</u>
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## ANALYSIS AND INTERPRETATION OF DATA

In order to find out the effectiveness of the circuit training on selected Strength and Flexibility of women kabaddi players.

### Difference between the Means of the Experimental and Control Group on Strength

<u>Groups</u>	<u>Means</u>	<u>MD</u>	<u>S D</u>	<u>Obtained 't'</u>
<u>Experimental Group</u> (N=15)	<u>45.00</u>	<u>42.2</u> <u>1</u>	<u>2.79</u>	<u>10.99</u>
<u>Control Group</u> (N=15)	<u>51.11</u>		<u>4.20</u>	
<u>Groups</u>	<u>Means</u>	<u>MD</u>	<u>SD</u>	<u>Obtained't'</u>
<u>Experimental Group</u> (N=15)	<u>38.19</u>	<u>36.</u> <u>97</u>	<u>1.22</u>	<u>1.10</u>
<u>Control Group</u> (N=15)	<u>39.16</u>		<u>1.29</u>	

Not Significant at 0.05 level

Table shows the mean, mean difference, standard deviation and 'f' value of pretest of experimental and control group from the data obtained. The study was to find out the effect of warm up protocols on service performance. The obtained means on experimental group was 45.00 and control group was 51.11 with mean difference of 47.20 the obtained 'f' value was 10.99. This proved that the groups, experimental and control were equal at initial state of the experiment. Table shows the final means, mean difference, standard deviation and obtained 't' value after eight weeks warm up protocols among college girls

### Difference between the Means of the Experimental and Control Group on flexibility

<u>Groups</u>	<u>Means</u>	<u>MD</u>	<u>SD</u>	<u>Obtained't'</u>
<u>Experimental Group</u> (N=15)	<u>38.19</u>	<u>36.</u> <u>97</u>	<u>1.22</u>	<u>1.10</u>
			<u>1.29</u>	

<u>Control Group</u> (N=15)	<u>39.16</u>		<u>1.29</u>	
<b>Groups</b>	<b>Means</b>	<b>MD</b>	<b>SD</b>	<b>Obtained't'</b>
<u>Experimental Group</u> (N=15)	<u>38.19</u>	<u>36.97</u>	<u>1.22</u>	<u>1.10</u>
<u>Control Group</u> (N=15)	<u>39.16</u>		<u>1.29</u>	

Not Significant at 0.05 level

Table shows the mean, mean difference, standard deviation and 't' value of pre-test of experimental and control group from the data obtained. The study was to find out the effect of warm up protocols on service performance. The obtained means on experimental group was 38.19 and control group was 39.16 with mean difference of 36.97 the obtained't' value was 1.10 This proved that the groups, experimental and control were equal at initial state of the experiment. Table shows the final means, mean difference, standard deviation and obtained'f value after eight weeks warm up protocols among college girls

### 3. Conclusion

The study found that the Physical variables like Strength and Flexibility had improved on both experimental groups, in comparison to control group after an 8 weeks training programme and the Plyometric Training group showed significant improvement in all the above physical variables.

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## SPORTS AND JOURNALISM

Sathya murthy G

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### Abstract

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Sport is the root of education, sport is a education will take place through sports education. Sports will becoming more popular within a span of time via media like print media, Digital media, social media, web media, internet and mass media. In this regard particularly mass media having vast scope, here we can define sports journalism is a part and parcel of mass media under these all the categories of sports come into sports journalism. It has a major role in sports promoting it would be either in the form of writing about the sports /games related reports or telecasting as same above mentioned whether it would be national level sports events or international sports or state level sports events when we look in to this in the aspect of media or journalism. Every thing would make it in a channelized way, before and after the sports, a mean while in pre sports reporters should prepare the questions to ask the sportsman. Merit and demerits every thing will be evaluated about sports performance of the player.

Now adays sports journalism having lot of scope, because in the point of sports view :- sports having lot of fans A man large number of viewrs, or readers, are there in the society. Hence sports becoming sensational subject in the news. A large number of followers would be eagerly watching sports, by the way sports creates interests in the people at the same time sports attracts the advertisements and corporate people to draw the funds to run the sports as for as journalism is considered. Each media having sports desk to update the sports events by the way media Agency will create public relations in between people, corporate companies, and sports persons, Media gives link with eminent sports person to advertise companies by this way player will come into advertisement. Then people will recognize the player along with company products, that company products will be sold easily in the market. In this way player will make lot of money

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through becoming a add celebrity or idol or Ambassador for any company. And also interviewing the top sports players media will get high rate TRP over a period of time. That's why sports journalist having vital role in building the public relationship.

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***Author correspondence:***

**Sathya murthy G**

Research Scholar

Dept of Physical education

Bangalore Unviersity

Bangalore - 560056

Ph : 9964250472

Email: sathyamrth72@gmail.com

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## **1. Introduction**

Journalism have very important role in the people to lead the society in a healthy manner, by inculcating the sports culture among the people in society. Through wide spread of sports events by media. Sports moving forward, getting greatness in the society. sports gives to person a total personality, sports person called as ‘Gentleman’ since the beginning of the child, include from education everything will happen to child through sports. Sports brings the brotherhood and sisterhood-ness within the society. sports bring the better relationship in between the nations or in between the states or in between the companies or in between the departments or in between the universities or in between the groups or clubs in this regard, media act as a mediator in between sports and society. In this connection media role is much to promote the sports as well as to increase the huge number of sports followers to build a better and pros -phorous society.

## **2. Methodology**

### **Methods Of Works Of Sports And Media**

- Media makes and encourages the people to develop the sports culture at home.
- Media ensures develop the sports culture at schools and colleges.
- Media giving awareness to the people in regard to their health aspects like good health by practicing sports and be away from the diseases.
- Media makes awareness in the government as well in the corporate sector. And in the society by conducting various programs like run for India, Walk for better lifestyle, like wise media spreading awareness among the people in the society.

- Media creates many participants, A mean contestants Spectators, through holding sports debate by sharing sports man's experience to the public, this encourages the people a lot.
- Sports journalism made the journalist to become long term writer through writing of players history, biographies and investigations by publishing a popular books on sports.
- Sports came in to existence in 1990's it impacting a lot on global business by conducting Olympics games and football world cup and cricket by this way sports attracting many people to invest on sports and huge transactions and lot of funding will take place.
- Sports journalism will make sensitive relationship with sports through reporting various aspects of sports in order to declining the budget, long term projects and by making television documentaries.
- AIPS (International Sports press association was came into existence in 1924, while conducting Olympic games in Paris. It works as a sub Associations and national Associations, also working too closely with international Olympic committee foot balls (FIFA) and works with international track and field event.
- International sports press Association is works towards strengthen the friendship, solidarity, and common interest in between the sports journalists and with all the countries.
- Now a days sports journalism changed its style of working to increase the number of freelance journalists in sports industry by working on online news, and on websites , leads to online social engagement.
- Media is responsible to become Top player as companies Ambassador through giving more publicity by this way 'player' will become very rich in very short period of time.
- Sports media like Daily news paper, weekly magazines, journals and televisions, they give importance on 'live coverage' of sports events.
- A part of media like smart phone through this people can access the sports events, latest updates, games schedules and all the details from any where at any points of time.
- In this modern days mobile APPS can helps to get the sports information and all the happenings of the sports through this can access and enjoy sitting from any where at any point of time.

- Televisions like ESPN sports, illustrated sports fox sports, star sports they largely Telecasting the sports news it consists entertaining and programming. It has side line reporters to interview the players before and after the game. Further production team will be the responsible to edit, produce and telecast the news.
- Now a days social media like facebook, whatsapp, twitter, instargram, blog, very powerful media to spread the news, sports news across the world with in a span of time. These hold the major role like sharing the posters, videos, pictures and documents. In terms of short time. This has become as fashion as dynamic.

### **Key Words :-**

**AIPS, FIFA, IAAF, ESPN, TRP**

### **Hypothes :-**

- Sports media will help the sports to grow from the grass root level in the mind set of the children.
- Sports journalism may help to change the parents mind set, with regard to their children involve in sports and get fit, to become sharp and bright as total development of a student through sports.
- Through media awareness can change the people mindset, by explaining benefits from the sports participation , right decision, well future in society to involve in sports activities change their mindset to make their children involve in sports activities.
- Through sports media can make awareness among the people in consuming right kind of food, being a fit to be the fit person in society.
- Through sports journalism can make the awareness of the people in terms of their physical demand, mental demand, social demand of the people and also their children.

### **TERMINOLOGY :-**

#### **What is sports journalism :-**

Delivering /writing professional sports news and events they work in all the medias like print, electronic, web, Social and Internet media.

### **Kinds of sports journalism:-**

#### **1) Print and internet:-**

Print media journalist work on preview of details,They do post game analysis and write up coming events they analyze the things like player statistics, team standing status. Box scores every thing they will cover, also local and national news which they written they connect it to internet links to their content. Here ESPN sport channel covers large online presence.

#### **2) Broad cast:-**

This journalist they do make real time report and they will be expert in making commentary and sports events on radio broad cast and television. Here side line reporters make the interview of the players before the game starts and after the game end. eg. Star sports, and ESPN sports they provide much entertainments also provides nice programmes.

#### **3) Photo journalism:-**

Here photo journalist will take photo of events and they are capable in capture the game experience in a single click. sports journalist they do also work on illustrated magazines, Television, newspapers and on internet.

### **History of sports journalism:-**

It came to existence since 850B.C. The greekhomer wrote about the sports like Boxing, throwing, racing and wrestling. After many years American writer about the sports in the year 1800. but later in 1914. Sports editor considered their job as actual job.

### **Challenges Of Sports Journalism:-**

1. Many of them think that sport is not a culture it is degree like engineer, doctor etc.
2. In India many of them considered sport is a never profession.

3. Many of them in India have thought that only cricket is considerable sports remaining all neglected sports.
4. Sports journalist facing problems like in the form of dead line like sports starts late in the day and ends closer to the night it creates discrepancy - in writing report and publishing the news.
5. Sports reporters have to uphold the ethical standards and this profession.
6. Sports journalist must maintain their 'bias' and take care of it not to show it to any other teams.

### **Importance of sports journalism:-**

1. Sports journalism is responsible for the student to balance the sports and education . family stood by him. school and college stood by him.
2. Through the sports people will learn to live together sports journalism work on their excellence.
3. An investigative journalism which existed in 1990. It increases the sports importance through conducting events like Olympic games and world cup football. and became global business by gaining a lot of money.
4. Major league baseball gave the special role to the journalist in its games in order to maintain official scores and statistics as official record of league.
5. In order to sports journalism in India modern news paper became so much popular in sports columns.
6. Cause of 'Recreational games' in sports people considered it in the world.
7. Now the sports trend made the people interested in sports pages than other pages of the news paper because of universal readers interest are hidden.
8. In terms of multibillion dollars business the sports is getting, so sports has become now as global business.
9. Billion of dollars were spent on 2010-2012 Olympics so that NBC TV broadcasted the events.

### **3. Conclusion:-**

Every one has to consider the sports is a part of the education since the beginning. Cause of sports media, sports is becoming inclusive rather than exclusive. Most of the sports persons looking for mileage like publicity etc. that all will happen through sports media. sports media will make the community involvement. And will be the responsible

for sports to grow, and the sport is becoming serious subject starting from the beginning of the school curriculum sports journalism up holds the values of the sports.

**Now a days sports grown in the large coverage and in wealth respectively.**

Sports journalism will respect and protect the person who represent it by others. with the support of media, sports brings in a sense of responsibility enhance the leadership abilities and helps to build the bonds that transcend the barriers of cast, religion, and nationality, whether for life skills, recreation, or fitness, a good sport curriculum is of utmost significance in the life of a student at the national level—A healthy mind in a healthy body- this recipe will lead the nation building.

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# INFLUENCE OF COMPUTER APPLICATION IN PHYSICAL EDUCATION & SPORTS

Jeff Sunny Dsouza

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## Abstract

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The impact of computer technology amongst physical education educators is studied and discussed. Computer technology is one of the primary tools utilised to provide knowledge in the current institutions. Physical education educators must develop their knowledge and skills in the cutting-edge computer applications, in order to provide improved guidance. Information technology functions as a research tool and its application in the mixture with the regular sports training provides enhanced outcomes. The necessity of introducing the computer application into the sports training is vital to advance the technical content and the efficiency of sports training. Information technology in sport is an interdisciplinary study that combines the theoretical and practical field methods to provide reliable and enriched results.

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### **Keywords:**

Computer application,  
Information technology,  
Physical education, Sports  
training.

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### **Author correspondence:**

**Jeff Sunny Dsouza**  
Department of Physical Education,  
St Joseph Engineering College, Vamanjoor,  
Mangaluru-575028, India  
Jeffsunny24@gmail.com

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## 1. Introduction

Introduction of computer technology has turned out to be a necessity more than a luxury in the current educational institutions. The schools are built according to the technological requirements and equipped with the necessary network for internet access. The development process of the educational software in the current institution is still in

process(Zamfir, 2008). As society becomes increasingly dependent over technology, schools are expected to keep up with these advances and familiarize students with the skills needed to use technology effectively.

The development in the information technology field has transformed the face of the planet. Today there are increased devices embedded with a microchip than the traditional equipment's. The word 'COMPUTER' comes from the word compute which means 'TO CALCULATE'. Computers were developed from calculators as the need arose for more complex and scientific analysis. Technically, a computer is a programmable machine. This means, it can execute a programmed list of instructions and respond accordingly. A computer is an electronic device that has the ability to store, retrieve and process information. Computer application in physical education is an interdisciplinary study, which combines the imaginary as well as realistic aspects. Computer - assist instruction provide students with an alternative to traditional classroom settings and helps the teacher to provide quality teaching that is better handled with the assistance of the computer. Students can monitor and pay attention to the mechanics of movements in slow motion and learn effectively with the help of this technology. Using the internet one can stay updated with the recent technological development in sports training, changes in sport regulations, to do research and so on. Computers technology has enormous potential applications in the elementary and secondary physical education curriculum. The current usage of information technology in physical education is minimal when compared to other disciplines(Kaur, 2017). Computers application software are highly useful in making broad tasks and projects including budgeting, financial statements, calculations and scheduling in physical education programs. Using computers not only enhances the quality of documentation, but also saves time and operational expenses for sport organizations. Therefore, in this paper, we have critically re-examined how introduction of information science in physical education positively transforms our ways of teaching.

## **2. Discussion:**

Although information technology and physical education are two different fields of study. When combined, they provide a quality and systematic understanding of the training programme in physical education. Heart beat monitors are perfect tools for cardiovascular speed and can provide more concrete information to the students and trainers about their development(Woods, Perlman, Woods, Karp, & Periman, 2008).

Using the advanced technological devices, the teacher can record video clips of some physical skills and movements or can download such clips to his computer and then let the students access these videos through a web site. Physical education teachers can introduce the best players of a sport through technological devices. Moreover, he can record one of the best students' skills and then introduce these techniques in the classroom showing their videos. In this way the student's participation in the subject will be overwhelming and the excitement of learning will be increased (Stanescu, Stoicescu, & Ciolca, 2011).

In addition to the basic advantages some of the advanced applications of the computer technology in physical education are mentioned below.

A. Computers application in research

- 1) Searching literature
- 2) Test administration
- 3) Analysis of data
- 4) Result analysis
- 5) General assist

B. Computers application in motor learning and control

- 1) Movement time and Reaction
- 2) Time- on -target scores
- 3) Location and movement distance
- 4) Neuro-Physiological Neuromuscular variable
- 5) Application Software

C. Computers application in the field of anatomy and physiology

- 1) Computer helps to display minute by minute changes in lactic acid levels in muscular tissue.
- 2) To control the blood pressure, heart rate, pulse rate, analogue to digital converter is used by computer designed software.
- 3) Numerous measures can be recorded at the same time from subjects.
- 4) It is also used to analyse the body fat percentage based on skin fold.

D. Using computers applications in measuring variables Determination of maximum oxygen consumption

- 1) Maximum oxygen consumption is the best indicator of cardiovascular fitness.

- 1) This procedure is used to read gas analysers and calculate percentage of the relevant gases and to read the volume meters for flow rates.
- 2) Auxiliary function may occupy a waste of space, time, etc. while using the computer keyboard alone does the same function rapidly including the barometric pressure determination.

#### E. Fitness prescription

- 1) The fitness professional may prescribe the fitness programme with the commercially available software which helps to accomplish the task quickly.
- 2) After installing the software programme to the system, the result of the physical fitness test of subjects may be entered into the system and compared with the programme.
- 3) Then the appropriate exercise shall be fixed according to the individual's result.

#### F. Body composition

- 1) Body composition software programme is designed for use in health enhancement programmes offered through medical clinics.
- 2) It allows entry of demographic information and also provides selection of body composition methods.

#### G. Computer application in the field of bio-mechanics

- 1) Teaching aids
- 2) Film analysis
- 3) Force measurement
- 4) Force plates
- 5) Using computers with Isokinetic dynameters

#### H. Computers application in sports psychology

- 1) Psychological instruments
- 2) Self-evaluation
- 3) Self-talks
- 4) Concentration task
- 5) Bio-feedback and relaxation technique

### 3. Conclusion

In summary, computer application is vital for improved physical education and sports training. Application of computers in the field of research, motor learning, exercise

physiology, fitness prescription, body composition, bio-mechanics, and sports psychology helps the physical education instructors and sports trainers to provide improved teaching as well as quality training. The incorporation this technology therefore helps enhancing the standard of sports performance. Computer application in sports produces exactness in training and also minimises period consumption. The probabilities of errors in the results analysis of sports events is minimised and provides fair and accurate judgment. Hence, the need to associate computer application in physical education is highly essential.

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## A STUDY ON SPORTS COMPETITION ANXIETY AND MENTAL TOUGHNESS AMONG MALE AND FEMALE BASKETBALL PLAYERS

Mr.Shivakumar.G  
Dr.Venkatesh.C

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### Abstract

The intention of the study was to know the sports competition anxiety and mental toughness among male and female basketball players of Mysore District. For the study purpose, a total of 40 Basketball players (20) male and (20) female players within the age group of 14 to 16 years were selected as subjects. For the study, only Mysore district players were selected. To assess the level of subjects with regard to their anxiety, sports competition Anxiety Test (SCAT, developed by Martens et al. (1990) was used and to measure mental toughness, Mental Toughness Inventory (MIT) developed by Dr. Alan Goldberg was used. The level of significance was set at 0.05. The data obtained after scoring the questionnaires are to be statistically analyzed on a computer through Statistical Package for Social Science (SPSS) version 16.0.

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### Keywords:

Sports Competition Anxiety,  
Mental toughness,  
Male, Female,  
Basketball.

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### Author correspondence:

**Mr.Shivakumar.G**  
Guest Lecturer  
DOSPESS  
University of Mysore.  
Email: Shivuvolley@gmail.com  
Mobile no: 09738460021

**Dr.Venkatesh.C**  
Associate Professor  
DOSPESS  
University of Mysore.  
Email: venkateshphyedn@gmail.com

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## 1. Introduction

Our planet is inhabited by countless species, and all the species have some features unique to themselves which distinguish them not only from other species but within themselves

also, each living organism is born with a unique genetic code, a genetic blueprint, which is passed on to it from its parents.

The word Psychology is a combination of two Greek words PSYCH and LOGUS, PSYCH means soul and LOGUS means science. Psychology is the study of human behavior or mind and body of an individual. It is an academic and applied discipline that involves the scientific study of mental functions and behaviors. It has the immediate goal of understanding individuals and groups by both establishing general principles and researching specific cases.

Sports psychology involves the study of the psychological factors associated with participation and performance in sport. During the past two-decade, sports psychology has emerged as a legitimate field of scientific inquiry and day by day studies has been conducted on why the individual level of performance is increasing.

Sports play a vital role in modern contemporary society. It is an integral part of life essential for the physical and mental well-being of individuals. Anxiety plays a commanding role in sports. It may interfere in the performance or may act as a positive motivating force in sports events. The different sports competition conditions define the degree of anxiety level. Anxiety is an emotional state, represented by a feeling of dread, apprehension, or fear. Anxiety is the body's response to fear. From a theoretical point of view, according to Spielberger (1966), athletes with a high degree of trait anxiety will also have a higher level of state anxiety and consequently a higher risk of performing below his or her potential in the competition.

Mental toughness is —the ability to consistently perform toward the upper range of your talent and skill regardless of competitive circumstances. || or—When the going gets tough, the tough get going || is another way to say it. **Mental toughness is** you, your body, the competition, nature, or the environment has the best of you so that you're physically tapped out and need to figure out how to pull something out of yourself. According to Jones et al. (2002) [10] Mental toughness as the natural or developed psychological edge that enables you to generally cope better than your opponents with the many demands that sport places on a performer.

### **The Objective of the study**

- To identify the significant difference between male and female basketball players on sports competition anxiety.
- To identify the sports competition anxiety between male and female basketball players.
- To identify the significant difference between male and female basketball players on mental toughness.
- To identify the mental toughness between male and female basketball players.

### Method and Procedure

The age group of 14-16 years and a total of 40 basketball players (20) male and (20) female players were selected as subjects. To assess the level of subjects with regard to their anxiety, sports competition Anxiety Test (SCAT, developed by Martens et al. (1990) and to measure mental toughness, Mental Toughness Inventory (MIT) developed by Dr. Alan Goldberg was used. To inspect the hypothesis of this study descriptive statistics like standard deviation and mean was used. The levels of significance were set at 0.05 levels.

### Result and Interpretation:

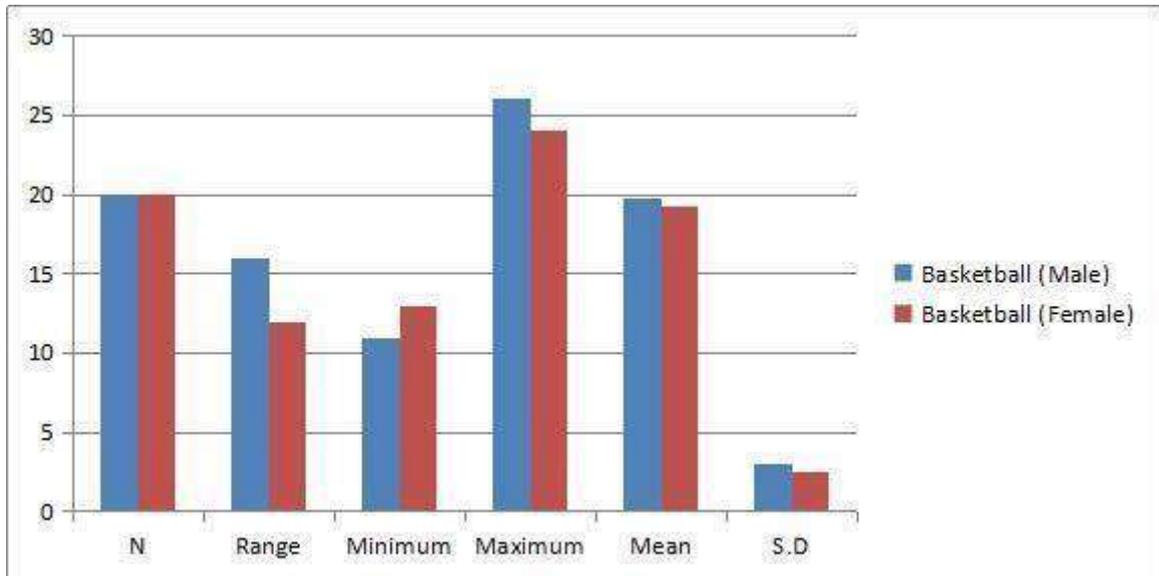
**Table 1: Descriptive analysis of sports competition anxiety between male and female Basketball players.**

Game	N	Range	Minimum	Maximum	Mean	S.D
Basketball (Male)	20	16	11	26	19.75	2.95
Basketball (Female)	20	12	13	24	19.25	2.55

**Table-1** appears that sports competition anxiety comparison between basketball male and female players of selected subjects. Mean squares, Standard deviation, minimum, maximum and range are described in details.

The table depicts that the mean and S.D. for male basketball players were 19.75 and 2.95, whereas the female basketball players were having the mean and S.D. value 19.25 and 2.55, respectively. The male basketball players were found to have a

comparatively high mean score as compared to the female basketball players which indicate that male basketball players have more sports competition anxiety compare to female basketball players.



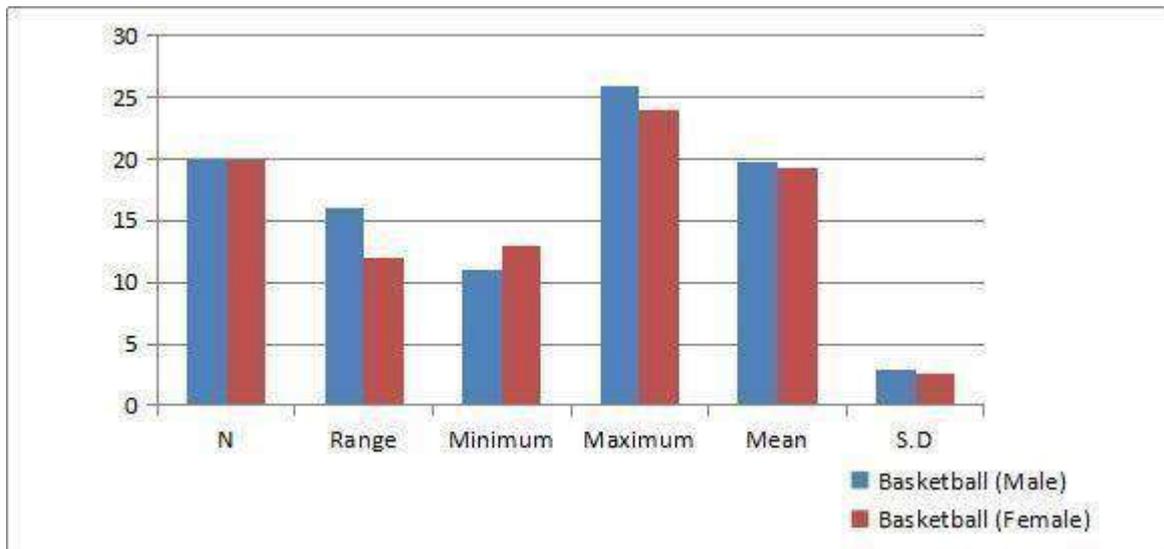
### Graphical representation of sports competition anxiety between male and female basketball

**Table 2: Descriptive analysis of mental toughness between male and female Basketball**

Game	N	Range	Minimum	Maximum	Mean	S.D
<b>Basketball (Male)</b>	<b>20</b>	<b>14</b>	<b>13</b>	<b>26</b>	<b>20.25</b>	<b>3.32</b>
<b>Basketball (Female)</b>	<b>20</b>	<b>13</b>	<b>13</b>	<b>25</b>	<b>19.50</b>	<b>2.96</b>

**Table-2** appears that mental toughness comparison between basketball male and female players of selected subjects. Mean squares, Standard deviation, minimum, maximum and range are described in details.

The table depicts that the mean and S.D. for male basketball players were 20.25 and 3.32 whereas the female basketball players having the mean and S.D. value of 19.50 and 2.96 respectively. The male basketball players were found to have a comparatively high mean score as compared to the female basketball players which indicate that male basketball players are mentally tough as compare to female basketball players.



**Graphical representation of mental toughness between male and female basketball players.**

### **The Conclusion of the study**

- The male basketball players were found to have comparatively high competition anxiety as compared to the female basketball players which indicate that male basketball players have more sports competition anxiety compared to female basketball players.
- The male basketball players were found to have comparatively high mental toughness as compared to the female basketball players which indicate that male basketball players have more mental toughness compared to female basketball players.
- There is no significant difference observed between male and female basketball players on the variable of sports competition anxiety level and mental toughness.

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# ATTITUDE OF GOVERNMENT HIGH SCHOOL BOYS COMING UNDER MYSORE ZONE TOWARDS PHYSICAL EDUCATION AND SPORTS

Ananthapadmanabha Prabhu,  
Karthika K S,

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## Abstract

This study examined the attitude of government high school boys towards physical education and sports of Mysore division. To fulfil this objective 480 high school boys studying in 8th, 9th and 10th Standard ranging 14-16-year-old from eight districts of Mysore Zone of Karnataka State were selected as subjects. For collection of data researcher developed and standardised a questionnaire of -Attitude Scale Toward Physical Education and Sports (ASTPES) for high school boys, which consist of 40 questions, 8 questions each on five aspects such as Academic aspects, psychological aspects, General aspects, Social aspects, Health aspects. Data was tabulated and percentage on responses of subjects for each questions on different aspects were calculated and compared. Result says that, positive attitude shown towards physical education and sports in all aspects and also they viewed the emergency of drastic change in the physical education and sports curriculum and its implementation is needed at high school level to offer a complete education.

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### Keywords:

Attitude;  
Physical Education and  
Sports;  
High School Boys;  
Mysore Zone.

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### Author correspondence:

**Ananthapadmanabha Prabhu,**  
Research Scholar, Dravidian University,  
Kuppam – 517 425 :: A.P  
Assistant Teacher (Physical Education),  
Morarji Desai Residential School,

**Karthika K S,**  
Physical Education Director  
Seshadripuram College  
Bengaluru-560020.  
Email: karthgowda10ksk@gmail.com

Yagachividyapeeta, Kandali, Hassan - 573217  
Email: sportstodream@gmail.com

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## 1. Introduction

Modern society requires human resource those who are physically fit, mentally sound and sharp, emotionally balanced and socially well adjusted. As we know Greek philosopher Plato said that **—lack of physical activity destroy the good conditions of every human being, while movement and methodical physical exercise save it and preserve it**. Great saint swami Vivekananda stated **—better to construct a stadium instead of ten hospitals**. If we overlap these two statements, we understand the importance of implementation of scientific physical education and sports program along with providing sophisticated infrastructure in the educational institution. William James of Harvard University states that **—The greatest discovery of my**

**generation is that human beings can alter their lives by altering their attitudes of Mind**. Every individual is not good at everything, but he can definitely work towards something specific and he will get there a lot quicker. So, if we change the attitude towards some aspect set in mind of an individual can change his behaviour/ lifestyle. So, creating healthy/positive/good attitude towards physical education and sports is very important among children at grass root level.

Attitudes and behaviours can influence each other in a cyclical manner. Our action can influence our attitude and attitude can in turn affect our behaviour. Hence an individual behaviour/action is depends on his attitude regardless of chosen field and it applies to every sphere of his life. Hence a person with a positive attitude is like a fruit of all seasons. He is always welcome.

Implementing scientifically drafted physical education and sports program during early age on the basis of their attitude will play major role on creating culture of active life style among the student. A positive attitude will make a child healthy, caring, confidence, patient, and humble to participate actively in physical education and sports program, whereas negative attitude create an unpleasant environment at home, school and make him to lead sedentary life style, suffer hyperkinetic diseases and become a liability to society and even they pass their negative behaviour to other around them and to future generation.

With this background the research scholar has taken up a project to study the attitude of high school boy's attitude towards physical education and sports.

## 2. Research Method

Descriptive survey method was carried out in this study. The details regarding sample, tool, procedure of data collection and statistical technique are explained below.

### 2.1. Sample:

- 2.1.1. **Source:** Government high Schools of 8 districts of Mysore zone of Karnataka were considered the source of sample.
- 2.1.2. **Sampling technique:** Stratified Random Sampling Technique was adopted.
- 2.1.3. **Sample Size:** 65 students each from 8 districts belongs to Mysore zone were selected. Finally total of 520 (65X8) high school boys were selected.
- 2.1.4. **Sample Characteristics:** high school boys studying in 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> standard ranging from 14-16 year old were selected as sample.

2.2. **Tool:** Researcher developed and standardised a questionnaire called —Attitude Scale toward Physical Education and Sports (ASTPES) for high school boys|| was used as tool for collection of data. The scale consists of 40 statements of which, 20 positive statement and the remaining 20 statements are negative. This is a paper and pencil self

– report instrument with a 5-point Likert – scale continuum, namely strongly agree, agree, undecided, disagree and strongly disagree with assigned score 5,4,3,2 and 1, for positive statements and vice versa for negative statements. The minimum and maximum score one could get is 40 and 200, respectively. The attitude score of a respondent can be calculated by adding up the scores obtained by him on all the items. Questionnaire has construct validity and face validity with having Split-half method of reliability correlation co-efficient of 0.89. Procedure followed during standardisation of questionnaire is explained in the following table.

**Table 1.** Delineation of statement at various steps of attitude scale construction

Steps in attitude scale construction	No. of Statement	
	Statement	Statements

	<b>considered</b>	<b>retained</b>
Collection of items	82	72
Editing of items	72	61
Relevancy analysis	61	51
Item analysis	51	40
Reliability and Validity	40	40

**2.3. Procedure of Data Collection:** In this study self administered and group administered method was adopted to anticipate high response rates since the researcher could ensure that all the questions were answered through assistance to the respondents in understanding the questions. The researcher requested and agreed with

physical education teacher in each school to get support in distributing and collecting questionnaire during the process. The questionnaires were administered in normal class conditions and were completed during a physical education class.

**2.4 Statistical Technique:** Frequency count, percentage, means and descriptive statement were used to analyse the items of the questionnaire. Then the data were organized and presented in the form of tables and chart to achieve meaningful conclusion. The responses of the subjects were tabulated according to the aspects included in the questionnaire. To achieve meaningful conclusion percentage was calculated on responses to each statement on five different aspects given by govt high school boys towards physical education and sports. The average response of total percentage is compared in between five difference aspects were also calculate to fulfil the objective of the study.

### 3. Results and Analysis

The results were presented in the following tables. To achieve meaningful conclusion percentage was calculated on responses to each statement on five different aspects given by govt high school boys towards physical education and sports. The average response of total percentage is compared in between five difference aspects were also calculate to fulfil the objective of the study.

**Table 2: Attitude of Government High School Boys Coming Under Mysore Zone towards Physical Education and Sports on ACCADEMIC ASPECTS**

Q N	Particulars	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree	
		No.	%	No.	%	No.	%	No.	%	No.	%
		.	.	.	.	.	.	.	.	.	.
01	Compulsory physical education and sports is an ideal thing to be implemented at school level	220	42	22	4	108	21	17	33	0	0
02	One of the most encouraging trend in modern education is the growing recognition of the importance of physical education and sports	241	46	88	17	128	25	63	12	0	0
03	Physical education and sports programs in the school are not able to be meet the needs and interest of the students	0	0	0	0	234	45	66	13	22	42
04	Physical education and sports programs should be an integral part of the school education system	176	34	110	21	234	45	0	0	0	0
05	Physical education and sports has little value and should be eliminated from the school curriculum	0	0	106	20	172	33	66	13	17	34
	Students participating in	0	0	0	0	234	45	13	25	15	30

06	physical education and sports programs feel tired and not able to study during the study time					4	5	2		4	
07	Students in the schools should be made aware of the values and benefits of physical education and sports programs	154	30	17	3	19	3	0	0	0	0
08	Physical education and sports programs should be considered a part of school education	0	0	44	8	65	1	30	58	10	21

**Table 2 shows the result of second aspect, psychological benefits of physical activity and result shows positive attitude towards Academic aspects of physical education and sports.**

As for as academic aspects of the questionnaire 244/46% of government high school boys are agreed that Compulsory physical education and sports is an ideal thing to be implemented at school level. 329/63% of government high school boys are agrees that physical education and sports is growing its recognition in modern education system.286/55% of government high school boys are disagreed for physical education and sports programs in the school are not able to be meet the needs and interest of the students. 286/55%of government high school boys are agreed for physical education and sports programs should be an integral part of the school education system. 242/47% of government high school boys are disagreed for the physical education and sports has little value and should be eliminated from the school curriculum. 286/55% of government high school boys are disagreed for students participating in physical education and sports programs feel tired and not able to study during the study time. 329/64% of government high school boys are agreed for students in the schools should be made aware of the values and benefits of physical education and sports programs. 411/79% of government high school boys are disagreed for physical education and sports programs should not be considered as a part of school education

### 3.1. Discussion on Academic Aspects:

Summarized data in the table 1 showed the government high school students of Mysore zone have wide varieties of views toward physical education and sports with reference to academic aspect. In particular, students viewed that physical education and sports program should be made an integral part of school curriculum and it is an ideal thing to be implemented in the school curricular as compulsory subject on the basis of its values and its contribution towards general education. They viewed that there is an encouraging trend in modern education program regarding the growing recognition of the importance of physical education and sports. They also viewed that presently implemented physical education and sports program is not able to meet the

need and interest of the each individual student. They even agreed that the values and benefits of physical education and sports program should be taught and made aware among the students. The data shows the emergency of drastic change in the physical education and sports curriculum and its implementation at high school level to offer a complete education.

Table 3: Attitude of Government High School Boys Coming Under Mysore Zone towards Physical Education and Sports on PSYCHOLOGICAL ASPECT

Q N	Particulars	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree	
		No.	%	No.	%	No.	%	No.	%	No.	%
01	Participation in physical education and sports should not improve the mental abilities of the students and there by the academic objects	0	0	106	20	194	37	22	4	198	38

	also.										
02	Physical education and sports programs help to develop qualities like courage, cooperation, decision making etc. and make positive attitude of the students.	264	51	64	12	192	37	0	0	0	0
03	Physical education and sports activity are important for developing mental	88	17	176	34	171	33	85	16	0	0
	health of the students										
04	Physical education and sports activity cannot help to develop emotional stability and there by controlling short temper	285	55	109	21	126	24	0	0	0	0
05	Participation in physical education and sports makes the students more bold in facing difficulties and challenges in life	198	38	130	25	170	33	22	4	0	0
06	Participation in physical education and sports make no contribution to the development of personality	0	0	42	8	192	3	22	47	4	0

07	Physical education and sports activities develop unhealthy relationship and rivalry among students	0	0	0	0	129	25	173	33	218	42
08	Emotional expressions cannot be brought under control through participation in physical education and sports.	0	0	87	17	128	25	448	8	261	50

Table 2 shows the result of second aspect, psychological benefits of physical activity and result shows positive attitude towards psychological aspects of physical education and sports.

As for as psychological aspects of the questionnaire 220/42% of government high school boys are disagreed for participation in physical education and sports should not improve the mental abilities of the students and there by the academic objects also. 328/63% of government high school boys are agreed for physical education and sports programs help to develop qualities like courage, cooperation, decision making etc. and make positive attitude of the students. 264/51% of government high school boys are agreed for physical education and sports activity are important for developing mental health of the students. 394/76% of government high school boys are agreed for physical education and sports activity cannot help to develop emotional stability and there by controlling short temper. 328/63% of government high school boys are agreed for participation in physical education and sports makes the students bolder in facing difficulties and challenges in life. 286/55% of government high school boys are disagreed for participation in physical education and sports make no contribution to the development of personality. 391/75% of government high school boys are disagreed for physical education and sports activities develop unhealthy relationship and rivalry among students. 305/58% of government high school boys are disagreed for emotional expressions cannot be brought under control through participation in physical education and sports.

## 1.1. Discussion on Psychological Aspects:

Students agreed that physical education and sports program increase mental ability and mental health. Students also agreed physical education and sports programme also develop the qualities such as courage, cooperation, decision making and positive attitude. Students also agreed that physical education and sports activities helps to develop emotional stability and makes the boys bolder in facing difficulties and challenges in life and develop healthy relationship among the boys. Students also agreed good attractive personality will be developed through scientific physical education and sports program in the school curriculum.

Table 4: Attitude of Government High School Boys Coming Under Mysore Zone towards Physical Education and Sports on GENERAL ASPECT

Q N	Particulars	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree	
		No.	%	No.	%	No.	%	No.	%	No.	%
01	Physical education and sports should be made optional in school for those who are not interested in it	0	0	128	25	66	13	130	25	196	38
02	Student should be given awards and privileges those who are outstanding in physical education and sports.	13	25	261	50	64	12	63	12	0	0
	Physical education and sports should be made optional in school for those who are not interested in it	0	0	63	12	130	25	174	33	153	29

03	sports programs are meant only for those who are physically fit and not for others.				2	5					
04	Physical education and 33 128 25 sports do not provide opportunities for learning moral spiritual values of life	0	0	107	2	22	4	173			
05	Physical education and sports activities are meant only for fun and enjoyment	0	0	171	3	21	4	175	34	153	29
06	Accepting the abilities and a question of others are learnt through	65	13	259	5	66	1	130	25	0	0
	participation in physical education and sports										
07	Participation in physical education and sports programs develops punctuality and descriptive among students	21	42	173	3	42	8	86	17	0	0
08	Participation in physical education and sports do not make a person more human in his attitude	0	0	21	4	21	4	217	42	261	50

Table 4 shows the result of general aspect i.e. general attitude towards physical education and sports which consists of eight questions.

As for as psychological aspects of the questionnaire, 328/63% of government high school boys are disagree for physical education and sports should be made optional in school for those who are not interested in it. 393/75% of government high school boys are agreed for student should be given awards and privileges those who are outstanding in physical education and sports. 327/62% of government high school boys are disagree for physical education and sports programs are meant only for those who are physically fit and not for others. 301/58% of government high school boys are agreed for physical education and sports do not provide opportunities for learning moral spiritual values of life 328/63% of government high school boys are disagree for physical education and sports activities are meant only for fun and enjoyment. 324/63% of government high school boys are agreed for accepting the abilities and a question of others are learnt through participation in physical education and sports. 392/75% of government high school boys are agreed for participation in physical education and sports programs develops punctuality and descriptive among students. 478/92% of government high school boys are agreed that participation in physical education and sports do not make a person more human in his attitude.

### 1.2. Discussion on general aspects:

Result revealed that majority of the government high schools boys have positive attitude towards physical education and sports related to questions. Students viewed that physical education and sports should be provided to each individual child irrespective of their physical fitness, interest, ability etc. and make compulsory to all the boys. They viewed participation in physical education and sports is more than fun/ enjoyment because it also develops the qualities of punctuality and make an individual moral, spiritual, more human in their attitude.

Table 5: Attitude of Government High School Boys Coming Under Mysore Zone towards Physical Education and Sports on SOCIAL ASPECT

Q N	Particulars	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree	
		No.	%	No.	%	No.	%	No.	%	No.	%

01	Students who participate in physical education and sports are more sociable	30	5	152	2	63	1	0	0	0	0	0
		5	9		9		2					
02	Participation in physical education and sports programs provide ample opportunities for making friends more easily than in the classroom	28	5	216	4	22	4	0	0	0	0	0
		2	4		2							
03	Physical education and sports programs help to develop the individual leadership qualities	28	5	236	4	0	0	0	0	0	0	0
		4	5		5							

04	Participation in physical education and sports do not help to promote social adjustments	0	0	0	0	64	1	194	37	262	50	
							2					
05	Physical education and sports contribute nothing valuable to our culture	0	0	43	8	106	2	219	42	152	29	
							0					
	There is feeling among students that	0	0	0	0	130	2	214	41	176	34	
							5					

06	those who participate in physical education and sports may lose their character										
07	Participation in physical education and sports do not helps to overcome the barriers of cast, creed, religion etc.	0	0	87	1	172	3	195	38	66	13
08	Skills and qualities learnt from physical education and sports programs are essential for social life	24	4	217	4	42	8	21	4	0	0

Table 5 shows the result of social aspect of attitude towards physical education and sports which consists of eight questions.

As for as psychological aspects of the questionnaire, 457/88% of government high schools boys agreed that students who participate in physical education and sports are more sociable. 498/96% of government high schools boys agreed that participation in physical education and sports programs provide ample opportunities for making friends more easily than in the classroom. 520/95% of government high schools boys agreed that physical education and sports programs help to develop the individual leadership qualities. 456/87% of government high schools boys disagree for participation in physical education and sports do not help to promote social adjustments. 371/71% of government high schools boys disagree for physical education and sports contribute nothing valuable to our culture. 390/75% of government high schools boy disagree for participate in physical education and sports make loss in their character. 261/51% of government high school boys disagree for participation in physical education and sports do not helps to overcome the barriers of cast, creed, religion etc. 457/88 of government high school boys agreed that skills and qualities learnt from physical education and sports programs are essential for social life.

## 3.4 Discussion on social aspects:

Result revealed that majority of the government high school boys had positive relationship regarding to social aspects. They opinioned that, physical education and sports programe will make a child more sociable by provoid ample opportunities for making friends more easily. It helps to inculcate good character, leadership qualities and helps to overcome the barriers of cast, creed, religion there it promote social adjustment among pupil. Hence physical education and sports will make the child to enjoy and learn social life in the school premises.

Table 6: Attitude of Government High School Boys Coming Under Mysore Zone towards Physical Education and Sports on Health Aspect

Q N	Particulars	Strongly Agree		Agree		Undecided		Disagree		Strongly Disagree	
		No.	%	No.	%	No.	%	No.	%	No.	%
01	Some physical ailments can be prevented through regular participation in	329	63	191	37	0	0	0	0	0	0
	physical education and sports										
02	It is possible to improve the health and wellness of the students without physical education and sports program	0	0	0	0	0	0	34	67	173	33
	Physical education and	198	38	237	44	85	16	0	0	0	0

03	sports plays a vital role in the growth and development of the students				6	6					
	Physical education and sports are concerned with muscle building only	0	0	0	0	42	8	28	54	197	38
	A healthy mind is developed in a healthy body through physical education and sports	285	55	235	45	0	0	0	0	0	0
	Physical education and sports programs are essential for the development and maintenance of good health	153	29	260	50	85	16	22	4	0	0
07	Participation in physical education and sports do not helps the students in acquiring good health habits	0	0	42	8	43	8	23	46	197	38
08	Participation in physical education and sports give no benefits to health and well Being	0	0	0	0	64	12	32	62	132	25

Table 5 shows the result of mental aspect of attitude towards physical education and sports which consists of eight questions.

As for as psychological aspects of the questionnaire, 520/100% of government high schools boys agreed that some physical ailments can be prevented through regular

participation in physical education and sports. 520/100% of government high schools boys disagreed that it is possible to improve the health and wellness of the students without physical education and sports program. 435/84% of government high schools boys agreed that physical education and sports plays a vital role in the growth and development of the students. 478/92% of government high schools boys disagree for physical education and sports are concerned with muscle building only. 520/100% of government high schools boys agreed that a healthy mind is developed in a healthy body through physical education and sports. 413/79% of government high schools boys agreed that physical education and sports programs are essential for the development and maintenance of good health. 435/84% of government high schools boys disagree for participation in physical education and sports do not helps the students in acquiring good health habits. 456/87% of government high schools boys disagree for participation in physical education and sports give no benefits to health and well being.

### **3.5 Discussion on health aspects:**

Result revealed that students viewed participation in physical education and sports improves and maintains health of the high school boys. They also viewed participation in physical education and sports not only helps to build muscle but also helps to prevent the physical ailments, contribute on growth and development, improves health and wellness of the boys. Boys agreed that healthy mind is developed in a health body.

## **2. Conclusion**

With the increased attention towards the academic pursuit have resulted neglecting the development of inborn physical qualities inherited by the students. As a result the students are at a higher risk of hypo kinetic diseases. To eliminate this problem, physical education and sports seems to be the most appropriate sub systems and should fit into the total educational system. Physical education and sports program are strong motives and contribute towards physical fitness and exercise adherence, physical skill, sportsman spirit, fair play, co-operation, good citizenship and positive attitude towards life. A positive attitude towards physical education and sport is the primary determinant affair for healthy and physically active life style. Hence physical education and sports is considered primary and compulsory in the high school curriculam to fulfill need of the students.

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## SPORTS JOURNALISM IN INDIA

Shivakumar.K.R  
Usha Nandini

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### Abstract

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The sports columns in modern newspapers have become extremely popular. There is probably more universal reader interest in the sports pages than in any of the other parts of the modern newspapers. Sports throughout the world have assumed an importance beyond the recreational aspect. As a result readers are demanding more and more reading matter on sports events. It is heartening to note that of late sports have received a strong impetus in India. Our people are now taking more interest in games, sports and athletic events than they were doing formerly. Government's interest in sports, once lukewarm, has also heightened to an appreciable degree. The formation of the Sports Council and Sports Authority of India and establishment of the National Institute of Sports are all illustrative of the changed trend. A number of States have introduced sports as compulsory subject in schools and some of them have started sports schools and sports hostels etc. Almost all newspapers of standing in our country, particularly English language newspapers are devoting at least one full page to sports news. Some of the bigger newspapers are devoting two to three pages regularly. This demonstrates the tremendous pull sports command upon the minds of newspaper readers.

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### Keywords:

Sports, Journalism,  
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### Author correspondence:

**Shivakumar.K.R**  
Physical Education Director  
Government First Grade College,  
K G F – Karnataka.  
E-mail: menakashiva@gmail.com,  
Mobile: 9880808219

**Usha Nandini**  
Physical Education Director  
Government First Grade College,  
Yelahanka, Bangaluru – Karnataka.  
krushanandini@gmail.com

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## 1. Introduction

**Sports journalism** is a form of journalism that reports on sports topics and events. Or **Sports journalism** is a form of writing that reports on sporting topics and competitions. Sports journalism is an essential element of any news media organization.

Sports journalism includes organizations devoted entirely to sports reporting – newspapers such as L'Equipe in France, La Gazzetta dello Sport in Italy, Marca in Spain, and the defunct Sporting Life in Britain, American magazines such as Sports Illustrated and the Sporting News, all-sports talk radio stations, and television networks such as Eurosport, ESPN and The Sports Network (TSN). While the sports department (along with entertainment news) within some newspapers has been mockingly called the toy department, because sports journalists do not concern themselves with the 'serious' topics covered by the news desk, sports coverage has grown in importance as sport has grown in wealth, power, and influence.

### **History Of Sports Journalism:**

Known as the Golden Age of Sports, the decade or so between the end of World War I and the beginning of the great depression was described as a decade of change. America and the world wanted to put the memory of the Great War behind them and enjoy life. The economy was booming because of the war and the automobile was becoming a more common means of transportation. This freedom allowed America to fall in love with sports through the exploits of Jack Dempsey, Man O' War, The Four Horseman of Notre, and the biggest name of all, Babe Ruth.

Sports journalism's roots developed long before Sports Illustrated and ESPN. Sports writers, although mocked in early days for not being serious writers, now revel in an industry worth billions. From the Internet, newspapers, radio and television to the movies and magazines, content is vast and packed with heart racing photos and videos of games, plays, moments, and victories and losses. Athletes jockey for a place in the news and the cameras always seem to be rolling,

### **Sports journalism today:**

Today, Sports Illustrated is branching out with an issue for youth. Its content is designed to encourage involvement in sports, provide information about reducing injuries, and

highlighting major names like Michael Johnson and others. The editors know the youth are influenced by what they include in each issue. In response, they often include ads by stars that encourage youth to avoid drugs and alcohol, stay in school and colleges remain clear of trouble. It is one of the few magazines geared towards youth. Newspapers provided sports journalism from the first days of publishing. The coverage was basic and sparse. Writers often did not know much about the sports themselves. Occasionally, a sportswriter would actually have a working knowledge of the game. Times changed when accuracy and details became more important than yellow journalism. This was when the focus was on the sensational bits of news and facts often went unverified, if they were facts at all. As credible papers debuted, sportswriters needed more knowledge of the sport they covered. Now, many companies and stations want actual experience from their writers. This makes former athletes more valuable and offers them a chance to stay -in the game instead of disappearing from sight. The Internet, radio shows and television offer sports journalism. The depth of coverage is intense and high point players garner attention and fame. The stories by sportswriters cover

more than scores and highlights; they also cover future plays, fears of coaches, personal snapshots of players, typical road life adventures, issues with recruiting and trades.

It is not just the fans who pay attention to the sportswriters. Coaches from around the country, scouts and even advertisers watch and listen. Nike, Spalding and other big names use the information provided by the sportswriters when looking for the next big idea. They want to see who will be the next star. The whole wants to know too, and sportswriters have plenty of answers. Today career in sports is at its boom and which also brings wonderful career opportunities for sports journalists as well. Television, radio, magazines, internet have become an integral part of people's life. Many of them are ardent fans of different sports; they switch to TV, websites, newspaper for getting latest updates and news in their sports. Thus, the scope of sports journalism is increasing gradually. Sports Journalism prepares students to sports reporting career and also introduces them with the writing of a sports writer and media professionals use. But still a lot to done in this field, it is disappointing to say that there are not enough good sports magazines in Indian languages. A couple of English sports magazines are available in the market which cater with the need of limited sports fans but many sports loving people who are not comfortable in English do not enjoy this privilege. This requires talented and skilled sports media professionals. To be a sport journalist they need to know inside out of subject and have a passion to make a mark in this vocation. It also demands lot of hard work. However, rewards are lucrative, a

sport journalist gets box seats at the games, meets international sports star, gets lot of exposure while travelling from one country to another, getting to know the people who train Olympics athletes and fame appreciations from the readers and fans. Internet has become an important part of sports journalism. Almost all journalists have to start from ground zero. If any an aspiring Journalist, they can start with their own blogs on your favorite team or particular sport. This helps they to build up your portfolio of self-published clips and if any sports organization finds their blog interesting then they could also get a chance to work with them.

Sports Journalism has turned into long form writing, it also produces popular books on sports which include biographies, history and investigations. Many western countries have their own national association of sports journalists. In India there has been recent growth in Sports Journalism. The sports column in various leading newspapers is widely popular among readers. Indians today not just appreciate cricket but they have also understood the importance of other sports also like football, hockey, wrestling, boxing etc. They could go for a degree in sports journalism which could enhance their writing and reporting skills and also trains efficiently in the areas sports. they would learn to write technical details about a sport

in a simple manner. One could also opt for journalism and match reporting course which deals with going to sport games, sporting events, and venues, meeting with players then reporting all this to sports crazy audience. The career opportunities in sports journalism are match reporter, freelance sports journalist and sports writer. They would get to work in newspaper, radio, TV, magazines and online journalism.

### **Sports Journalism in India**

The sports columns in modern newspapers have become extremely popular. There is probably more universal reader interest in the sports pages than in any of the other parts of the modern newspapers. Sports throughout the world have assumed an importance beyond the recreational aspect. As a result readers are demanding more and more reading matter on sports events. It is heartening to note that of late sports have received a strong impetus in India. Our people are now taking more interest in games, sports and athletic events than they were doing formerly. Government's interest in sports, once lukewarm, has also heightened to an appreciable degree. The formation of the Sports Council and Sports Authority of India and establishment of the National Institute of Sports are all illustrative

of the changed trend. A number of States have introduced sports as compulsory subject in schools and some of them have started sports schools and sports hostels etc. Almost all newspapers of standing in our country, particularly English language newspapers are devoting at least one full page to sports news. Some of the bigger newspapers are devoting two to three pages regularly. This demonstrates the tremendous pull sports command upon the minds of newspaper readers.

### **Growth of Indian Sports Journalism:**

Indian sports journalism is of recent growth. In the main it developed in a very perceptible manner in the early years of independence. Prior to that there were practically no regular sports pages in many newspapers. The first remarkable event in the history of sports journalism in India was the introduction of a sports page by a leading English daily of Bombay in the late thirties. This bold and ‘revolutionary’ step was resented by some readers who had no interest in sports but the majority of the readers liked it. Its sports page became so popular that other newspapers followed suit. Today there are sports columns in all daily newspapers. Yet a distressing feature of Indian sports journalism is that there are not enough good magazines on sports especially in Indian languages. A couple of English magazines are catering to the needs of sports lovers but there is woeful lack of informative and educative journals in Indian languages.

**Sports Journalism:-** In fact sports journalism is recent. In the pre-independence era, the subject "Sports had a very negligible position in society. The idea about it was that it is nothing but a subject of entertainment & its limit was just to have recreation in ideal time. More or less the newspapers were made as it was a medium of social & political awareness. Maharashtra's 80% region had the occupation of agriculture. Whereas the newspaper readers were of urban area. So, the spread of newspaper was in urban civilized class & in that class there was much importance to education in human life. The middle class felt to get maximum education & to achieve a lot of respect & fame in the society. Therefore, their mentality was that youths should spend maximum time in a day for studies. So, sports was exactly opposite to the knowledge of this class. Sports means uselessness, such a role they had. Naturally, such social inactiveness has an adverse effect on sports journalism. It is false that there was not any evolution in sports during pre-independence era. Comparatively cricket & hockey famous in higher middle class.

Wrestling was popular in villages from the pre-independence period. There was a lot of crowd on the playgrounds on these games. But newspapers never took the sports close to them. Kabaddi, Kho-Kho, Atya-Patya etc. games were not known to the newspapers. In pre-independence era neither the Wrestlers like Gama-Gunga nor including hockey players like Dhyanchand were given any special importance by the Marathi newspapers. Though hockey, cricket were even popular; though they even have a place in society, still they weren't recognised that they could get any independent place in sports journalism. But the steps were taken slowly towards the sports journalism. Some numerous newspapers in Pune-Mumbai had started to send their special reporter to get news from the test cricket matches. Madhu Rege (Daily Sakaal), Sadashiv Palsule (Daily Kesari), Manohar Datar (Tarun Bharat) can also be introduced. We can't say them as sport reporter, but it was a step ahead towards it. This idea was started in the real sense due to the publication of Maharashtra Times. To collect sports news & for that sector there should be a full time reporter. He should get the income scale the same as other reporters, the last page of newspaper should be reserved for sports news & sports reporter should give 'live' report of tournaments by being present there. This idea in India was only in English newspapers. Bennet Coleman company adopted this idea & from that the first step of sports journalism was taken. The editor of Maharashtra Times D.B.Karnik, sports journalist V.V. Karmarkar (Nashik), Anand Kelkar (Pune), Vasant Bhalerao (Mumbai) were the people behind this success. Later many newspapers started giving news place to sports news. Still there went a long time to the appointment of full time sports journalist. Yet in Maharashtra Maharashtra Timea, Sakal, Loksatta, Saamna, Lokmat, Tarun Bharat such numerous newspapers have sport journalist. The no. of Marathi daily newspapers has gone over 400. On that background, Marathi sports journalism is very backward. Still, neither a single woman has entered in Marathi sports journalism. Comparatively, the sport having no arrival of women is not there. In fact half time sports journalism are increasing. About 30-40 newspapers have appointed half time sports journalists. In today's era of competition newspaper is an effective source to develop sports. So, the role of sports journalist can play a big role in this development. Like other arts, sports journalism is also an art & in that the role of sports journalist is important.

Today the sports has got a partner of advancement. Many sports became popular but the society is going away from sports & playgrounds. Except some numerous players, other players are brought by forcing them. There are many reasons behind this. Excessive

awareness of parents towards their word's future, the political interference which has grown like a cancer in sport & the importance given to specific sports by media. Sports unions are just nominal as children are hardly coming on the playgrounds. Because the students are being involved more in studies, tuition classes, computer classes, homework, in the age when children should play in that age they are subjected to extreme mental stress. Even then in today's age of competition, for mental & physical healthiness, sports & exercises are very important. As compared to ancient era, in today's era psychological diseases, heart problems

& the propagations of other Diseases has increased. The main cause behind this is the lack of sports & optional physical exercise. In order to make society free from diseases, to increase the rate of health again awareness should be created in society about sports & exercise in a new way. For the promotion and spread of various games along with players, sports unions, sports teachers, govt. system & moreover media - Doordarshan, Akashwani, Internet & Newspapers play a vital role. Sports in India Sport in India includes cricket, chess, badminton, field hockey, tennis, association football and golf. Field Hockey is the national sport in India, in which the country has an impressive record with eight Olympic gold medals. Other popular sports are football, cricket, tennis, volleyball, badminton and also homework and many people make an emotional investment in their favorite spectator sports. Cricket is the most popular sport in India. After the 1982 Asian Games hosted in New Delhi, the capital city not has modern sports facilities. Such facilities are also being developed in other parts of the country. Besides sports and games included in the international sporting

agenda, there are many which have developed indigenously. Throughout the country a wide variety of sports are played. India is home to several traditional sports which originated in the country and continue to remain fairly popular. These include kabbadi, kho kho, pehlwani and gilli-danda. The British rule brought many popular sports in India including football, rugby union, cricket, golf, tennis, squash, hockey, boxing, snooker and billiards.

A sports reporter should be eagle-eyed and with sharp ears. He must not only be sensitive to his environment but must have the capacity to translate the excitement on the field into readable words. So it is a hard road indeed. But in any case journalism as a whole is an exacting master and offers no bed of roses. Working sports journalists are facing another problem peculiar to their sphere of specialization. Many renowned sportsmen and

national sports heroes of the recent past have made ‘intrusions’ into the ‘field’. Newspapers are vying with one another to have the advantage of a byline of a great sports celebrity. A luminous band of sports stars of former times have turned to journalism i.e. sports journalism and they are writing frequently in the national Press. When important matches are staged they ‘cover’ them. For example, half a dozen former test cricketers cover test matches for different newspapers. Their names are well known, their exploits are fresh in the public mind. Naturally their byline attracts readers. Sometimes when two news stories of a single match appear in a paper, the news story of the working journalist (although he may be an eminent journalist) is given secondary treatment. Anyway, seasoned and thoroughly competent men in the profession and those who want to be in right earnest and are painstaking need have no worries. They can do very well. While presenting all the facts that are needed for a story they can add a distinctive touch of their own as a mark of individuality and originality.

### **A Sports Journalists :**

A sports writer has the responsibility to both entertain and inform people about what is occurring within the world of sports. Some sports writers focus on one particular sport whereas others write on all sports within a given area. Some sports writers are syndicated or are published in more than one newspaper and others may write for a local newspaper or even for a website, blog, magazine or TV show. Sports writers may work freelance and sell individual stories to various news outlets or they may work for a given publication. Those sports writers that do freelance work pick their sporting events to cover, whereas those that work for a publication are usually assigned stories. Both types of sports writers have to be able to capture the excitement and interest of the reader as well as provide an accurate depiction of the sporting event or issue that they are writing on.

A sports writer must be willing to work long hours and still make deadlines for printing. Most writers now use computer word processing programs that make editing and revising a bit easier, and also allows for submissions by email to meet tight deadlines. Creativity, a very complete understanding of the sport, good rapport with athletes, coaches and managers as well as an ability to write are all important for a sports writer. An interest in news as well as keeping up-to-date on all issues with regards to the sports community is also important on a daily basis.

1. Attending games and sporting events to be able to write accurately and effectively on the events of the game.
2. Writing insightful, informative and original stories on various aspects of sports from human interest on up to game day results.
3. Researching, networking and developing contacts in the sporting world that can provide accurate and up-to-date information on various aspects of the sport.
4. Meeting with publishers, editors and writing teams to develop and obtain assignments or ideas for possible stories.
5. Keeping in constant contact with athletes, owners, coaches and managers and using high ethical standards to avoid compromising the writing.

### **Journalists who changed the face of Indian journalism:**

**Indian Journalism** has come a long way. Although print media is still at the forefront of outstanding work in Indian journalism there are certain faces in the digital media that inspire you to take up journalism. Their honesty, grit, and perseverance are qualities that make them few of the **best Indian journalists** in the last couple of decades *Prannoy Roy, Barkha Dutt, Gauri Lankesh, Rajat Sharma, Ravish Kumar, Sweta Singh and Boria Majumdar*. Writing or covering news is not as easy a feat as we think it may be. There are a lot of factors involved while covering a news piece, either in print or digital. However, there are certain personalities in the Indian journalism world that cross all obstacles and barriers and come up with a way to deliver the news to India and the rest of the world with utmost honesty. Let's get to know these personalities. Any aspiring journalists and/or writers are sure to be inspired by each and every one of them. With so many students out there pursuing journalism, the work of these journalists and so many others is not just inspirational but also something to be inculcated in our own lives. Honest work always gives you the best results and that is something one should always remember. While the others continue delivering some of their best work day in and day out, we did lose one of the most hardworking and gritty journalists in India and her contribution to Indian journalism and Indian society should not be forgotten. Sports is a business with labor actions, that sometimes are settled amicably and other times not. It depends on government funding for facilities, for cable TV regulation or deregulation, and tax breaks for corporations who buy tickets as a business expense and write off. Sports also need watchdogs. The industry has very few of them

looking into the actual day-to-day operations of the business. Colleges are offering sports business management courses because it's a growing field. Editors and programmers need to look at sports as more than an entertainment forum. Journalists also need to examine the sports industry because, in the end, just about every citizen has some money directly or indirectly invested in the sports industry.

We need more competent journalists taking a closer look. It's great to watch a game and report on it, but the democracy deserves more than a box score when it comes to scrutinizing the business of sports.

## 2. Conclusion

Sport is one of the well-published issues in the Net. Sport issues gain a lot of publicity and discussions in the media. The examples are numerous: thousands of football news article depict the reactions of trainers to a particular event. Important soccer games are an everyday issue in TV channels. New technologies are used everywhere in coverage of sports: tennis streaming video presents the particular strokes of favoured tennis stars, such as Rafael Nadal and Maria Sharapova. At the days of serious matches, fans enjoy watching the game of their favoured teams in tennis or football online. We might ask ourselves: what is the role the Media plays in Sport? One probable answer would be that the media successfully exploits the public need for entertainment. People have always felt the need to be entertained, starting from the days of gladiators, when the public's general demand was to see people die in front of them in exchange for their money. As the years went by, the forms of the entertainment changed and became less cruel, sports news is the best possible entertainment, and watching sport online or on TV is the best possible way to witness the actual thing happening. And here comes the next possible answer: media adheres to the needs of the wide public, fulfilling the desire to watch the -actual thing| on-line. Although a football match might occur in Milano, and tennis game may take place in Moscow, media brings the tennis game and the football match straight to your living room, without the need to get up from sofa and buy the ticket to Milano or wherever you want to get to. Media makes use of our need to witness the actual thing by serving as a mediator between the sporting event, which happens somewhere out there, and us, the viewers. Being a central part of our everyday experience, media brings sports coverage to our living room and shows it to us whenever we choose. I'd say it's a good thing, but you – choose for yourselves.

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# A STUDY ON SPORTS MANAGEMENT AND SPORTS PSYCHOLOGY CONTRIBUTES FOR THE SPORTS PERFORMANCE

TOUSIF AHAMMED  
PUSHPALATHA L K

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## Abstract

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Sports Management has to do with some and all possible facet of sports and recreation. The area of sports is so vast. Sports Management is comparatively new idea in the country, a very few educational institutes throughout the nation having this subject as a soft core. Sports and games are essential for the overall development of the Independent personality. Management is the field of business, in sports it is dealing with sports performance and wellness of the individual, owing an arrival of premier leagues and growing fans are engaging, it is the most undiscovered and exhilarating career access for youth and aspiring sports visionaries.

The students acquire a complete knowledge of the multi-dimensional significance and moral principles of sport. The students are exposed to the implementations and proficiency of sports establishment including those of event management.

Psychology is adept that uses Behavioural comprehension and skills to address peak performance and welfare of sportspersons, developmental and social aspects of sports participation. Sports psychology interference are studied to support sportsmen and other sports personnel (e.g. Coaches. Administrators, parents) from a wide arena of setting for the level of competition and its depend on their age also.

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Sports psychology is an associative science that rely on knowledge from many associated fields including sports mechanics, physiology, science of movement and psychology.

According to Key words, Sports management, Sports psychology, Overall development, peak performance, it needs in the career avenue of competitive sports. As a coach or sports person need to get elite achievement, they must have the knowledge of sports management and sports psychology, it really contribute thorough adaptation and improvement of sports performance in the competitive world of sports.

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***Author correspondence:***

**TOUSIF AHAMMED**

Guest faculty  
BGS College of Physical Education  
Chikkaballapur-560032.  
Email: tousif\_ahammed@yahoo.com

**PUSHPALATHA L K**

Physical Education Director  
Seshadripuram College, Seshadripuram  
Bangalore -560020.  
Email: lkpushpalatha14@gmail.com

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## **1. Introduction**

Sports Management has to do with some and all possible facet of sports and recreation. The area of sports is so vast. Sports Management is comparatively new idea in the country, a very few educational institutes throughout the nation having this subject as a soft core. Sports and games are essential for the overall development of the Independent personality. Management is the field of business, in sports it is dealing with sports performance and wellness of the individual, owing an arrival of premier leagues and growing fans are engaging, it is the most undiscovered and exhilarating career access for youth and aspiring sports visionaries.

Professional sports management companies are grown like mushroom over the country, especially in cities Delhi, Mumbai, Bangalore, Kolkata and Hyderabad and the need for trained professionals in such companies has also grown manifold. Sports management is the study of preparation, supervision and organization of several sporting activities in National and domestic tournaments for Badminton, volleyball, football, kabaddi and many other games.

Sports Management, it is very essential to get result in the elite level of competition, it is deal with equipment, field, sportswear, weather, food, coaches, social environment and team mates.

Sport psychology has existed in almost all the game are depend; it deals with mental ability of the sports person. As per the competition situation and opponent playing ability. One as to act to overcome the technique and skills to get positive result in the national and international sports arena. The first recorded study in sport psychology took place at the close of the nineteenth century. Norman Triplett (1898) analysed the occurrence of social condition, in which performance is affected by the presence of others. It was not until the 1920s that the discipline of sport psychology was formally established.

Vipene (2005) defined sport psychology as a science that deals with the emotional aspects of physical performance. In the context of competitive sports, it is an attempt to explain and predict behavior of an athlete in the environment of competitive sports.

The sports psychologist work on the emotional rivalry of each person, which makes them resolve that are critical to victory or defeat during competition.

### **Importance Of Sports Management**

The students put on a broad comprehensive knowledge of the significance of several aspects and the ethics of sport. The aspirants would also acquire career skills relating to publicity, promotions and business executive, which would help them in the management of an organisation engaged in various sporting activities. The students are exposed to the tools and proficiency of sports management including those of event management as well as enlighten them with modern trends and topics in sport.

The sports science section would cover health issues, Human behavior, study of organs, Physical therapy and promotion of health. Helps students develop administrative skills necessary for managing the media, sports celebrities and officials.

### **Sports management personnel**

At present statistical analysis proved that, by year 2025 at least 23 lakh people are expected to become a part of the Indian sports industry. For every 1,100 people on the field, India would need at least 55 coaches, 15 track & field experts, 25 sports medicine experts, 50 trainers, 22 nutrition experts, 11 psychologists, 106 strength trainers as well as competition managers, bio-mechanical experts, photographers, journalists, management personnel, law experts and event managers.

- 52 approved national sports federations in India: These governing bodies which aim to promote the respective sport as an industry in India need professional sports managers always.
- Sports branding/ marketing: Indian cricketer MS Dhoni earned Rs.153 crores through advertisements/ endorsements as per a Forbes 2014 report. Marketing/ branding therefore has got immense scope in the field of sports. Sports marketing managers & sponsorship managers will be in demand soon.
- Sports goods: Sports professionals who understand the details of sporting merchandise are in demand in India as international brands like Nike, Reebok, Adidas are increasing their presence in the country.
- Sporting event management: Event management companies are hiring sports managers by the dozen to accommodate the rising need to focus only on sports related events. The sports calendar in India is now chock-a-block with a variety of matches and events. It started with just the IPL - Indian Premier League (cricket) in 2008 and by now we have Hockey India League (started in 2013), Pro Kabaddi League (started in 2014), ISL - Indian Super League (for football, started in 2013), Indian Badminton League (started in 2013) and so on. There is going to be a great demand for sports directors, operation managers, communications & PR personnel, venue management professionals, implementation managers, sports administrators, media professionals & so on.

### **Role of psychology**

There has been a case where psychologist and psychiatrists work with athletes. The concern has been to make the athlete better. Sport psychology has a lot of roles to play in the realization of the nations sporting objectives, the following are some of the roles which sports psychology can play in enhancing performance.

### **Group Cohesion**

Festinger (1950) defined group cohesion as the sum of the forces that effect members in whether to be in a group. A strongly attached group is likely to be more united and stay with the group to be success than a group low in unity.

### **Behavioral control**

The entirety of the sportsmen individual's character is involved on the play ground, this could be used for performance improvement through the adjustments of unpleasant point of view.

### **Emotional conflict**

The psychologist work on the emotional competition of each athlete and needs of the individual person, which resolves that are critical to victory or defeat during competition. They must be treated as individual understanding their disagreement.

### **Mental attitude towards pain**

According to Adedeji (1987) an athlete needs to understand what pain is and how pain relate to improvement in sports, so should develop a positive mental attitude towards pain.

### **Human behavior in motivating athletes**

Motivation does not mean material rewards like money, house, car etc. this time motivating the athlete in training by varying training methods, makes them have feedback of progress in training.

### **Intellectual preparation**

According to Adedeji (1987) understanding of those factors that yield a lot of impact on the athlete. These are social status, the home, the economic background, their religious setting, physical tolerance, the moral background, social status and value system in the society.

### 3. Conclusion

Sports Management has to do with all possible facet of sports and recreation. Sports and games are very significant for the overall development of the sportsmen. It is an exciting career avenue for young and ambitious sports enthusiasts, with knowledge of sports management students are exposed to the techniques of sports administration. Sports management is helpful in the study of preparation, supervision and organization of several events.

The sports psychology has been to make an athlete better. Sports psychology has the immeasurable contributions to sports. Sports psychology is necessary and should be involved in the training for optimal performance and well being of athletes. It plays an important role to build the nations sporting objectives. Sports psychology is relevant for the development of sports in the country.

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# MORPHOLOGICAL CHARACTERISTICS OF INTER UNIVERSITY BASKETBALL MALE PLAYERS

**Dr. Krishna. R. Yadav.**  
**Mr. Sudhir. V. Bhainiak**

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## Abstract

**Introduction:** games & sports play a vital role in modern society, especially in young children's & athletes. Now day sports achievements are highlighted in the newspapers, news channels & they become national heroes. The competition in sports and games has become very tuff. To achieve high performance they train hard, the coach try to get maximum from the sportsman's. Thus the study of morphological characteristics in sports has become significant role, because the best structure & physique of athletes will have best outcome in the high competitive world of sports. Sport is a highly organized form of play and play is a general innate tendency. Sports has very important role in growth and development of a human body.

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### *Author correspondence:*

**Dr. Krishna. R. Yadav.**  
Asst Prof Physical Education  
College of Horticulture,  
Mysuru  
krishnayadav1237@yahoo.com

**Mr. Sudhir. V. Bhainiak**  
Physical Education Director  
Seshadripuram First grade College  
Yelahaanka, Bangalore  
vbsudhir@gmail.com

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### **Purpose of the study**

The main Purpose of this study was to investigate, selected morphological Characteristics of the Inter-University Basketball male players.

### **Methodology**

The present study is to identify the significant and limited number of morphological variables of Inter-University Basketball male Players, total **90** subjects were selected for fulfill the aim of the study. The age group of the above players was between 19 to 28 years and players were selected from different universities of Karnataka state. (University of Mysore, Mysuru, Bangalore University, Bengaluru, Karnataka University, Dharwad)

**Result:**

In the Factor analysis Inter University Basketball male players, Among the Thirty six Morphological variables Ten (10) components were identified. The indentified Morphological Characteristics were found significant & limited.

**Conclusion:**

From this study it was concluded that there was a significant role Morphological Characteristics of Inter university level basketball male Players & the morphological variables will helps in the selection of inter university basketball players.

**Keywords:** *Morphology, Anthropometry, Inter-University & Basketball Players.*

**1. Introduction**

In the ancient civilization evolution of man was started with movements, in fact a child will start his/her movements inside mother womb. The human has been very active and more reactive in ancient times because he has run for hunting only aim was to get the food for himself and his family. Same way in sports has the perfect morphological characteristics (structure & physique) has best skill performance. The skill execution depends on the body movements and body structure. Eg: In basketball height of sportsman will have better shooting ability, dunking, rebound collection & defensive tactics. Thus Morphological Characteristics of basketball players has impact on their performance.

In performance sports, competition provides the means by which one can show one's worth by competing successfully. Consequently sports competitions have triggered off a vigorous competition in research on sports physiology, sports psychology, sports training, sports nutrition and sports medicine. Competitive sports have brought into sharp focus many methods for improvement and achieving high level performance. Everywhere

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efforts are on to set up research laboratories so that ways and means could be found out to access and accelerate human performance in sports.

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**Dr. S Ravi Kumar (2017)** the study was to find out the relationship between Basketball playing ability and anthropometric variables among elite Inter-University men guard players. In this study 15 basketball defensive players of south zone interuniversity players were selected as subject. With help of correlation method its was found that significant relations between basketball playing ability and anthropometric variables.

**Sarachandra (March, 2014)** studied on anthropometric dimensions of basketball and volleyball players. To find out the purpose of the study eighty men intercollegiate players, forty basketball players and forty volley ball players were selected as a sample for the study. The data in respect of anthropometric dimensions were collected as per the standard procedure. The collected data were analyzed by using ‘t’ statistical technique with the help of 19th version of SPSS. The results of the study shows that, there exists significant mean difference between basketball and volleyball players in the selected anthropometric dimensions, viz., height, arm length, chest girth, thigh girth, calf girth, there were no significant difference leg length.

### **Purpose of the study**

The main Purpose of this study was to investigate, selected morphological Characteristics

### **Methodology**

The aim of the present study is to identify the significant and limited number of morphological variables of Inter-University Basketball male Players.

### **SUBJECTS**

Total **90** subjects from inter-University Basketball male Players were selected. The age group of subject was 19 to 28 years and the subjects were selected from different

universities of karnataka state. (University of Mysore, Mysuru, Bangalore University, Bengaluru, Karnataka University, Dharwad)

The variables

In order to assess morphological characteristics selected anthropometric measurements were under taken.

#### Administration of Tests

<b>Morphological variables</b>			
<b>Length</b>	<b>Skinfold</b>	<b>Width</b>	<b>Girth</b>
Body weight in Kgs.	Chest	Bi-epicondylar Humorous	Tensed Arm
Stature in Cms	Triceps	Bi-epicondylar Femur	Arm Relaxed
Sitting height	Biceps	Bi-acrominal width	Forearm
Leg length	Sub Scapular	Bi-iliocrystal width	Chest
Arm span	Supra Spinale		Waist
Hand Length	Abdomen		Thigh
	Thigh		Medial Calf
	Calf		

**Table – 1, Varimax (Kaisers) rotated factor matrixes of Interuniversity Basketball**

players

<b>Variables</b>	<b>ROTATED FACTOR MATRIXES</b>									
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Calf Girth	<b>.901</b>									
Body Mass Index	.878									
Forearm Girth	.818									
Wrist Girth	.782									

Humorous Width	.733								
Mesomorphy	.721	.465							
Waist Girth	-.512		-.474			-.445			
Abdomen Girth	-.510		-.396			-.455			
Percentage of fat		<b>.830</b>				.320			
Thigh Skinfold		.773					-		
							.308		
Body Density		-.766	.361	-					
				.316					
Waist Width	.338	-.628							
Femur Width	.326	.626							<b>.517</b>
Thigh Girth	.374	.553							.500
Endomorphy			<b>.867</b>			.384			
Supra Spinal Skinfold			.861						
Sub Scapula Skinfold			.768						
Shoulder Width			.748					.436	.360
Arm Tense Girth				<b>.834</b>					
Muscle Mass				.780					
Arm Relax Girth				.737					.327
Weight		-.343		-				.304	
				.559					
Ectomorphy		.345	-.378	.434	.396				
Arm Length					<b>.962</b>				
Arm Span Length					.952				
Hand Length				.436	.605				
Triceps Skinfold						<b>.880</b>			
Mid Calf Skinfold						.659	-		
							.417		
Ankle Girth		.504		.346		-.514			
Leg Length							-.911		
Sitting Height					.458		<b>.837</b>		
Height								<b>.750</b>	
Abdomen Skinfold		.456	-.414				.451	.531	

Chest Skinfold			.344			.409	-.526	-.330	
Biceps Skinfold								-.826	
Chest Girth	.317		-.405					.553	.353

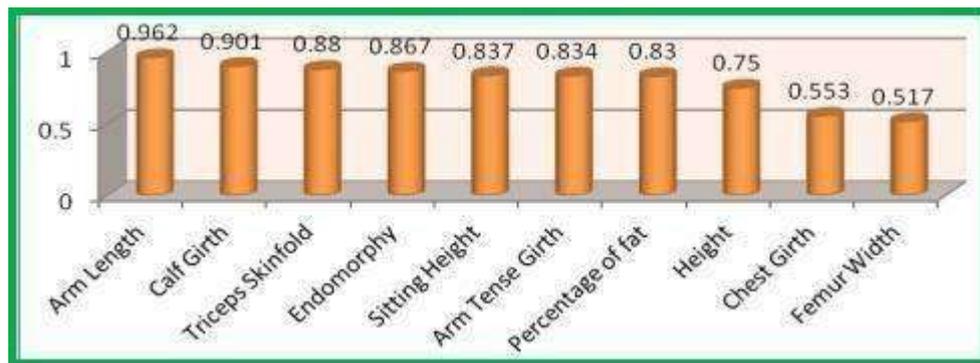
Varimax (Kaisers) rotated factor matrixes along with communalities of variables are presented in

Table 1.

### Results

By the examination of the factor loading in the table, the ten (10) components extracted earlier represent arm length, calf girth, triceps skinfold, endomorphy, sitting height, arms tense girth, the percentage of fat, height, chest girth and femur width based on the high factor loading of related variables.

**Figure 1 significant morphological variables of Inter-University Basketball players graphically represented**



### Conclusion:

The different factors loading of variables in Morphological characteristics of inter-university basketball male players, it was found that arm length (0.962) was maximum, while in femur width (0.517) was found to be minimum. From this research papers we came to conclusion, we found a significant role Morphological Characteristics of Inter university level basketball male Players & the morphological variables will helps in the selection of inter university basketball players.

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## A comparative study of personality traits between men and woman's karate Players of Mysore

Dr. Shreenivas harikanth

H.S. Praveen

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### Abstract

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The study of personality traits is key to the understanding of violent behavior; although it is a complex and controversial aspect of psychological assessment. The martial arts include guidelines for balancing physical discipline with spiritual/mental discipline. People of mysore still continuing their habit of the ancient art like combat games mainly sword play karate and some sports. In these modern days they give more importance for karate. This study is aimed at to know the personality traits of karate of different belt men and woman players and relation with sports performance. Through this study we try to know the various personality traits like neuroticism, extroversion, social desirability and psychoticism affect the performance of the player of karate who has participated at district, state and national championship. This study has been done on 40 karate players who are practicing at various centers at Mysore (girl's karate player 20 and boy's karate player 20). Their performance was assessed and the marks of certificates were given. In this study the questionnaire was filled by different belt, man and woman players of karate. We have used questionnaire Eysenck personality questionnaire revised EPQ-R. The statistical analysis was done by applying the mean, standard deviation, pearson's correlation, and ANOVA to get the results. These study found that mysore girls karate player have higher neuroticism personality.

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#### **Keywords:**

neuroticism,  
extraversion,  
personality,  
psychoticism belt

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***Author correspondence:*****Dr. Shreenivas harikanth**

Assistant Professor,  
Department of P.G of  
Sri Shambhulingeshwar College  
Of physical education Jayanthinagar,  
Pandavapura taluk, Mandy district.  
Email; srinivas052@gmail.com.

**H.S. Praveen**

1st year mped student  
Department of P.G of  
Sri Shambhulingeshwara college  
Of physical education Jayanthinagar,  
Pandavapura taluk, Mandy district.

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**1. INTRODUCTION**

The mysore peoples still continuing their habit of the ancient art like combat games mainly sword play karate and some sports. In these modern days they give more importance for karate, because self protection new days more impotence. Self protection teaching class in large numbers of associations was already started in mysore. The new generation is increasingly becoming health-conscious and taking to art forms that require intense mental concentration and physical effort. Sport psychology researchers have been interested in how athletes' psychological and characteristics influence performance in the games. From this point, it is clear that psychological characteristics differ between more and less effective athletes and teams. Moreover, the ability to mentally prepare is considered a key component of such differences [1]. The importance of personality as a predictor for behavior performance has been recognized in psychology [2].

Personality represents the psychological whole that individualizes and characterizes a distinct and behavior of the human being. Human is a involving the social environment and the context of his social relationships. The study of personality traits is key to the understanding of violent behavior; although it is a complex and controversial aspect of psychological assessment because human personal characteristics could determine the consistent and enduring responses by different individual in accordance to different situations and not sty to behavior everywhere. In sports, coaches and physical teachers look to sport psychology for a sports competitive edge by seeking psychological traits and training programme in order to learn among other thing than While playing time sports persons trite to reaching goal that time changing the behavior and competitive stress,

central concentration, improve confidence and increase communication skills adapting problems come to playing situation.

The combat sports which are aimed at mental and physical self-improvement would very seldom exhibit more aggressive behavior; games in which the competitions must alternately agree and then terminate their action may be more stressful than those in which alternating behavior is not required

than no contact athletes such as golfers or tennis players and have also been found to be higher in narcissism and histrionic scale. epuran, holdevici and tonița, (2001, quoting chappuis), present a classification of sports based on the energetic expenditure and the nervous concentration criteria, according to which karate do is a combat sport that requires a high energetic expenditure and nervous concentration to acquire supremacy. Karate games most aggressive games and man contact sports, that time changes the biologically. We start our commentary from the statement that performance maximization cannot be reached without the maximization of the athlete's personality (epuran, 1990). Sports performance represents the result achieved in a specific activity, usually in a competition, and is expressed by a number or a grading on a value scale, than games environment crating the psychological changes from sports persons. The performance athlete's behaviour will include his capacity of expression, his desire for self-assertion, his effort and commitment, as well as the exigencies and pressures of the social environment it is sports persons adapting the life style. Costa and McCrae (1980) assume that extroversion and neuroticism influence subjective welfare through positive or negative emotions,

The emotions has so many important functions in our life such as in relation of interpersonal communication, internal expression, and health. extroverts compared to introverts experience positive emotions with greatest probability it is useful. According to research of these authors, if we compare emotionally stable personalities with emotionally unstable individuals it is more likely that latter experience negative emotion. extraversion is just trait positive affect and neuroticism is just trait negative effect for persons.

**Four personality traits which are stated in this questionnaire are as follows-**

- 1. Neuroticism-**Neuroticism refers to general emotional instability and the individual's predisposition to neurotic breakdown under stress. An enduring tendency to experience negative emotional state, such as anxiety, anger, guilt and depression. a person who is high in neuroticism has a tendency to easily experience negative emotions
- 2. Extraversion-**It indicates how outgoing and social a person is. A person who scores high in extraversion on a personality test is the life of the party. They enjoy being with people, participating in social gathering and are full of energy its mean every games situation takes easily.
- 3. Psychoticism-** Psychoticism is prone to take risks, might engage in anti-social behaviors, impulsiveness, or non-conformist behavior these are most aggressive sports person like that.
- 4. Social Desirability (lie scale) -** Social desirability bias is a social science research term that describes the tendency of survey respondents to answer questions and undesirable behavior in a manner that will be viewed favorably by others.

## **MATERIALS AND METHODS**

### **Participant**

The population of the study consisted of 20 men karate players and 20 female karate players in the 2017-2018 season in Mysore district karate players. The sample size was equated with the population.

**Methodology-** The selections of subjects for the purpose of this study 40 karate were randomly selected from the various training centers. They are practicing at mysuru district in various places. The ages of the players were between 14 and 20 years and black belt karate players selected.

**Variables-** the dependent variable selected were the black belt and orange belt karate players. The independent variable of Personality Traits measured such as- Neuroticism, Extroversion, Psychoticism and Social desirability.

**Criterion measures/tools administration:** To assess the personality of different level mysuru district karate players, the Personality traits as variable were selected measured with the help of Eysenck personality questionnaire revised EPQ-R, which was constructed and developed by psychologists Hans Jürgen Eysenck and Sybil B. G. Eysenck. It consist 48 statements/ questions. 12 for each of the traits of neuroticism, extraversion, psychoticism and social desirability or lie scale. Each question has a binary response, ‘\_yes’ or ‘\_no’. Each dichotomous item was scored 1 or 0, and each scale had a maximum possible score of 12 and minimum of zero. The questionnaire used in the study was of Hindi version for better understanding to the subjects. The performance of the karate had been assessed by the three experts and their points of certificates would also assess in aggregate score. The design of study was a survey type of research design applied on karate players. The survey for the purpose of this study has been done at mysuru district and others training centers. All the 40 karate players, who have been selected as subjects were asked to fill the selected questionnaire.

### **Collection of Data:**

The data had been collected on selected variables with the help of standardized questionnaire to measured personality traits from national, state level and district karate players. A panel of three experts was formed to assess the performance of karate. Experts are the qualified coaches from old black belt persons and working as karate coach at various centers of mysuru center. Consider only black belt and orange belt performers.

**Statistical Analysis:** To assumed the personality traits of different level belt of mysuru district karate players. The analysis of variance (ANOVA) and to find out the relationship Pearson's correlation also used at 0.05 level of significance. The descriptive statistics was also calculated.

## **2. RESULT**

The raw data on personality scale was subjects to appropriate statistical analysis and the results of men and women section are presented in

**Table 1. Summary of ‘\_mean and standard deviation’ differences in personality traits between male and female of karate players among mysuru district.**

<b>Sub scale</b>	<b>Male and female</b>	<b>Total Number</b>	<b>Mean</b>	<b>Sd</b>
<b>Extraversion</b>	<b>Male</b>	20	7.4	1.729009

	<b>Female</b>	20	8.65	1.182103
<b>Neuroticism</b>	<b>Male</b>	20	3.35	2.323224
	<b>Female</b>	20	4.4	2.663595
<b>Lie scale</b>	<b>Male</b>	20	6.15	1.899446
	<b>Female</b>	20	6.75	1.618154
<b>Psychoticism</b>	<b>Male</b>	20	6.25	1.618154
	<b>Female</b>	20	5.9	1.552587

**Table 2. Summary of  $t'$  test on differences in personality traits between male and female off karate players among mysure district.**

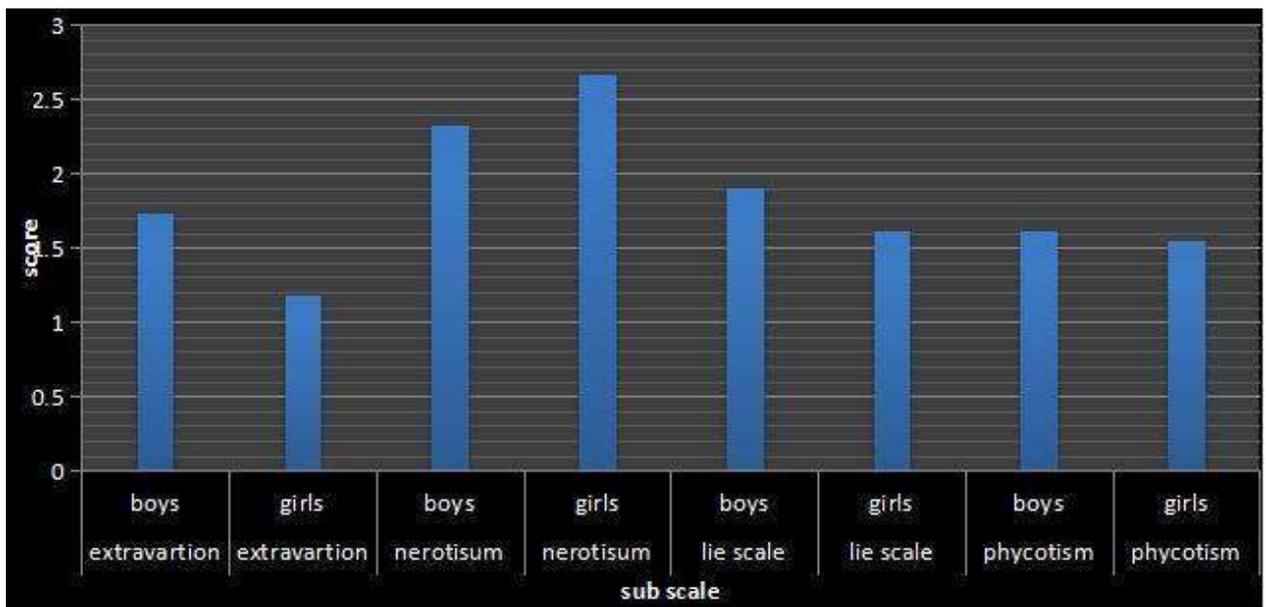
<b>Sub scale</b>	<b>Male and female</b>	<b>Sum</b>	<b>Sd</b>	<b>T test</b>
<b>Extraversion</b>	<b>Male</b>	148	1.729009	0.0116
	<b>Female</b>	173	1.182103	
<b>Neuroticism</b>	<b>Male</b>	67	2.323224	0.1920
	<b>Female</b>	88	2.663595	
<b>Lie scale</b>	<b>Male</b>	123	1.899446	0.2686
	<b>Female</b>	135	1.618154	
<b>Psychoticism</b>	<b>Male</b>	125	1.618154	0.4894
	<b>Female</b>	118	1.552587	

**From table 2.** It is apparent that there are differences in personality traits for male and female karate player among mysuru. From table 2. It is evident that there is significant difference in extraversion among male and female karate player in mysure districts

The information related to differences in sports personality karate players is graphically depicted in **figure 1**.

**Graphical illustration on personality traits of male and female karate players among**

**mysore district**



**From table 2.** It is evident that there is significant difference in **extraversion** among male and female karate players in mysure districts

From **figure 1**. We infer that the mysuru male karate players have higher neurotism personality trait and female karate players have neurotism personality traits.

### 3. DISCUSSION AND FINDING

This study found that significant difference in **extraversion** among male and female karate players in mysure districts. The female karate players have higher neurotism personality and male karate players have higher neurotism. Eysenk defines *extroversion* as

dimension, which focuses on the direction of the sociability and warmth, and some characteristics of the temperament. Leadership, friendship and great energy are the characteristics of the extroverts, sports person is part of society thy life leading in society.

Slepicka (1983) have emphasized the role of social interaction in sports activity. According to them social interaction in sports influence purposefully the progress of interaction among members and the sport activity and all activities presenting their, involving social environmental itself . Friendly interpersonal relations have a positive influence on the performance of the individual. In contrast unfriendly interpersonal relations do not create good per-requisites for performance.

Scientists, examining the relation between sports and characteristics, have established that the sports play an important role in the course of people's socialization and the characteristic development. In their study, Newman and Cooper compared people who do sports and those who do not in terms of characteristics, and detected that people who do sports are more dynamic, self-controlled, extraverted and easy going than those who do not [Korkmaz, N. at all 2003].

Neuroticism means an instable situation related to one's mostly negative feelings. Since puberty is a transition period, an adolescent's emotional status is not stable. Since his/her emotional status is not clear, an adolescent's emotional imbalance does not show any relation to self-esteem. On the other hand, openness to experience is positively related to self-esteem. Adolescents that are open to experience are imaginative, curious, original, broad-minded, more **creative and independent** [Eryilmaz, A., ogulmus S. (2010)].

These find that mysore karete player have social interaction with sports competition. Mysore peoples have sports spirit as specially combat game means karate, wrestling, judo, taekwondo, kabaddi, etc.

#### 4. CONCLUSION

Under the conditions of the present study and within the limitations imposed by the type of subjects and the variable selected for this study, it may be concluded that Mysure karate player have significant difference in **extraversion** among male and females karate players and as well as higher nerotisum personality traits.

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## PSYCHOLOGICAL COUNSELING TECHNIQUE FOR SPORTSPERSONS

PRADEEPA A.V

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### Abstract

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Counseling is a process which involves bringing about sequential (step by step) changes over a period of time leading to a set goal, its Importance in the Field of Sports, the term counseling is used by individuals engaged in different occupational fields like school counseling, employment counseling and even in sporting arena. In modern day sport the role of a counselor is extremely important. Apart from counseling a sportsperson coming out of injury and in rehabilitation, psychological counseling is also an important field in the world of sports. Factors responsible for creating Fear, Anxiety, Frustration, Stress and Depression are Psychological pressure, Motivation, Spectators aspiration, Spectators pressure, Media ~ creating conflict etc., Stress arises when individuals perceive that they cannot adequately cope with the demands being made on them or with threats to their well-being. Stress results from an imbalance between demands and resources. So, how we can control these factors? How we can perform in this situation? How peak performance can be achieved? A theory of psychotherapy acts as a roadmap for Psychologist It guides them through the process of understanding clients and their problems and developing solutions. Approaches to psychotherapy fall into five broad categories they are, Psychoanalysis and Psychodynamic Theory, Behavioral Theory, Cognitive Theory, Humanistic Approach and Holistic/Integrative Therapy

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#### *Author correspondence:*

**PRADEEPA A.V**

Asst Professor,  
Dept of Studies in  
Physical Education & Sports Science  
University of Mysore, Mysuru

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## 1. INTRODUCTION

Counseling is a process which involves bringing about sequential (step by step) changes over a period of time leading to a set goal. Its Importance in the Field of Sports, the term counseling is used by individuals engaged in different occupational fields like school counseling, employment counseling and even in sporting arena. In modern day sport the role of a counselor is extremely important. Apart from counseling a sportsperson coming out of injury and in rehabilitation, psychological counseling is also an important field in the world of sports.

### **Need of Sports Counseling:**

Counseling need in following conditions:-

- Inconsistent athletic performance
- Getting in their own way
- Low self-confidence
- Sense of athletic unfulfillment
- Lack of family support
- Unrealistic dreams within the athletes
- Inability to improve skills or feeling stuck
- Not giving themselves permission to succeed
- Social withdrawal
- Depressive thoughts
- Ineffective goal-setting
- Inability to recognize past successes on the part of the athletes or their coaches or manager.

### **2. Role of Sports Counselor or Psychologist:**

**Enhance performance:** Visualization, self-talk and relaxation techniques can help athletes overcome obstacles and achieve their full potential.

**Cope with the pressures of competition:** Sport psychologists can help athletes at all levels deal with pressure from parents, coaches or even their own expectations.

**Recover from injuries:** After an injury, athletes may need help tolerating pain, adhering to their physical therapy regimens or adjusting to being sidelined.

**Factors responsible for creating Fear, Anxiety, Frustration, Stress and Depression** are Psychological pressure. Motivation, Spectators aspiration, Spectators pressure, Media - creating conflict etc.,

Stress arises when individuals perceive that they cannot adequately cope with the demands being made on them or with threats to their well-being. Stress results from an imbalance between demands and resources.

Dr. Hans Selye, the Canadian endocrinologist, was the first to define the term stress as the "non specific response of the body to any demand made upon it" it can be characterized by diverse reactions such as muscle tension, acute anxiety, increased heart rate, hypertension, shallow breathing, giddiness, and even joy, from a positive perspective, stress is a force that generates and initiates action.

So, how we can control these factors? How we can perform in this situation? How peak performance can be achieved?

**Psychologists generally draw on one or more theories of psychotherapy.**

A theory of psychotherapy acts as a roadmap for psychologists: It guides them through the process of understanding clients and their problems and developing solutions. Approaches to psychotherapy fall into five broad categories:

**Psychoanalysis and Psychodynamic Theory:**

A psychodynamic theory is a view that explains personality in terms of conscious and unconscious forces, such as unconscious desires and beliefs. This approach focuses on changing problematic behaviors, feelings, and thoughts by discovering their unconscious

meanings and motivations. Psychoanalytically oriented therapies are characterized by a close working partnership between therapist and patient. Patients learn about themselves by exploring their interactions in the therapeutic relationship, Sigmund Freud, who believed there were unconscious forces that drive behavior

### **Cognitive Theory:**

This counseling theory focuses on how people's thinking can change feelings and behaviors. Unlike psychodynamic theory, therapy based on cognitive theory is brief in nature and oriented toward problem solving.

Cognitive therapists focus more on their client's present situation and distorted thinking than on their past. Cognitive and behavioral therapy are often combined as one form of theory practiced by counselors and therapists. Cognitive behavioral therapy has been found in research to help with a number of mental illnesses including anxiety, personality, eating, and substance abuse disorders.

### **Humanistic Approach:**

This approach emphasizes people's capacity to make rational choices and develop to their maximum potential. Concern and respect for others are also important themes.

Humanists believe in the goodness of all people and emphasize a person's self-growth and self-actualization. Humanistic theories include client-centered, gestalt, and existential therapies.

### **Holistic/Integrative Therapy:**

Holistic and integrative therapy involves integrating various elements of different theories to the practice. In addition to traditional talk therapy, holistic therapy may include nontraditional therapies such as hypnotherapy or guided imagery. The key is to use the techniques and psychotherapy tools best suited for a particular client and problem.

### **Conclusion:**

- In modern day sport the role of a counselor is extremely important. Psychological counseling techniques can help athletes overcome obstacles and achieve their full potential.
- Psychological counseling is also an important field in the world of sports.
- Sport psychologists can help athletes at all levels deal with pressure from parents, coaches or even their own expectations
- Psychological counseling helps to deal with how to control psychological pressure factors? How we can perform stress, fear, anxiety and other in this situation?
  - How peak performance can be achieved in this situation?

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## ANALYSIS OF EXPLOSIVE STRENGTH OF LEGS AMONG SPRINTERS AND LONG DISTANCE RUNNERS

Dileep Kumar S U  
Kanthareddy C

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### Abstract

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All running events in athletics all time Bond and race against time it demands right amount of explosive strength to pull against time and reduce the same every fraction of second reduced is an achievement that track events are basically divided into short medium and long distance events 100 metres 200 m and 400 m a short distance events 800m 1500m and 3000 m r medium distance events and 5000m and all events above 5000 M are considered as long distance events event studies have been done to understand the explosive strength of legs required to overcome not only the gravitational concept but also the concept of air resistance does any study related to this Basic concept influencing speed of an athlete becomes all the more important. The present study is done to understand if there exists any difference in explosive strength of legs among the sprinters and the long distance runners.

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### Keywords:

Sprinters, long distance runners and explosive strength.

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### Author correspondence:

**Dileep Kumar S U**  
Physical Education Director  
Bapu Degree College  
Bangalore.

**Kanthareddy C**  
Physical Education Director  
S.J.R.College of Law  
Bangalore

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## 1. INTRODUCTION

As we all know athletics is regarded as mother of all events and is prevailing right from the primitive age of human existence. It kindles and acts on the adrenals of its watchers even today. They are the most competitive ones and demands complete human effort to give the

best. Athletics basically comprises track events, field events, cross country and marathon events. All running events in athletics are time Bond and are race against time. It demands right amount of explosive strength of legs to pull against time and reduce the same. Every fraction of second reduced is an achievement that track events are basically divided into short, medium and long distance events. 100 m, 200 m and 400 m are regarded as short distance events. 800m, 1500m 3000m and 5000m are medium distance events and all events above 5000 M are considered as long distance events event. Studies have been done to understand the explosive strength of legs required to overcome not only the gravitational concept, but also the concept of air resistance. Thus any study related to this Basic concept influencing speed of an athlete becomes all the more important.

## **OBJECTIVITY**

The objective of the present study is to understand if at all there exist any difference in the explosive muscle strength of legs among short distance runners and the long distance runners.

## **2. METHODOLOGY**

- The study was basically done on 20 sprinters and 20 long distance runners.
- The study was delimited to test items standing broad jump and vertical jump both related to explosive strength of legs.
- Athletes who are practicing for a minimum of 3 years and who had represent its state at nationals and university at all India University competitions Where are selected as subject for the present study.
- To test the explosive strength of legs the following test items were administered
  - Standing broad jump and
  - Vertical jump

## **ANALYSIS AND INTERPRETATION OF THE DATA**

**Average score, Standard deviation and T-Test value of sprinters and long distance runners among the Fitness variable Explosive strength of legs**

Particulars	N	Sprinters		Long distance runners		T-test value
		Mean	S.D	Mean	S.D	
Standing broad jump	20	110.80 $\parallel$	3.46	101.85 $\parallel$	5.91	6.33*
Vertical Jump	20	9.85	1.57	10.30	1.92	0.98

Critical value at 0.05 level of significance is 2.09\*

When the average scores, standard deviation and T-test value among sprinters and long distance runners among the Standing Broad Jump measuring fitness variable **Explosive strength of legs** were analysed the average scores were 110.80 inches and 101.85 inches respectively, standard deviation were 3.46 and 5.91 respectively. When the two group's mean values were compared as per the **T-Test value were 6.33\*** which was significant at 0.05 level of significance.

When we observe the data, it is noticed that there exists significant difference in the test of —Standing Broad Jump $\parallel$  measuring fitness variable **Explosive strength of legs** as per the T-test at 0.05 level of significance among the sprinters and long distance runners. It can be stated that sprinters had significantly better explosive strength in terms of horizontal jump measured by standing broad jump, when compared to long distance runners in terms.

When the average scores, standard deviation and T-test value among sprinters and long distance runners among the **Vertical Jump** measuring fitness variable **Explosive strength of legs** were analysed the average scores were 9.85 inches and 10.30 inches respectively, standard deviation were 1.57 and 1.92 respectively. When the two group's

mean values were compared as per the **T-Test value were 0.98** which was not significant at 0.05 level of significance.

When we observe the data, it is noticed that there exists significant difference in the test of —Standing Broad Jump measuring fitness variable **Explosive strength of legs** as per the T-test at 0.05 level of significance among the sprinters and long distance runners. It can be stated that sprinters had significantly better explosive strength in terms of horizontal jump measured by standing broad jump, when compared to long distance runners in terms.

**Average scores of sprinters and long distance runners among the —standing broad jump measuring Explosive strength of legs**



**Average scores of sprinters and long distance runners among the —Vertical jump measuring Explosive strength of legs**



### 3. Results of the study

- Sprinters had significantly better explosive strength when compared to long distance runners among the Standing Broad Jump.
- Long distance runners had better explosive strength when compared to Sprinters among the Vertical Jump, but there existed no significant difference.

### 4. Conclusions

Sprinters had significantly better explosive strength when compared to long distance runners when the explosive strength was measured in terms of jump which was horizontal leap in nature. While Long distance runners had better explosive strength when compared to Sprinters among in terms of vertical jump, but still there existed no significant difference.

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# ANALYSIS OF EMOTIONAL STABILITY AMONG TEAM GAME SPORTS PERSON AND INDIVIDUAL EVENT SPORTS PERSONS

Dileep Kumar S U  
Maruthi N

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## Abstract

We all know that even though we give same training, same food, same environment and everything in common to sports person Such that, they are controlled in a total vacuum even them their performance difference this is due to influence of various factors. Every sports persons is a comprehensive unit of innumerable concepts which can be broadly classified has physical aspects physiological aspects and even sociological aspects in the present paper effort is made to study about emotional stability among sports person. Emotions can be stated as mental status of individuals associated with his behavior, thoughts, feelings and degree of pleasure are displeasure. Since every sport, game or event demands optimum involvement of an athlete. This demand is influenced and in turn also influences the emotions of an athlete which determines so the present study aims at studying emotional stability among sports persons.

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### **Keywords:**

Emotions, sports person, psychology and performance.

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### **Author correspondence:**

**Dileep Kumar S U**  
Physical Education Director  
Bapu Degree College  
Bangalore.

**Maruthi N**  
Lecturer in Physical Education  
M.E.S.B.R.S Pre-University College  
Bangalore

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## 1. INTRODUCTION

In the competitive world of sports there is no place for any excuses. It's all about performance and performance is a comprehensive term and we all know that even though we give same training, same food, same environment and everything in common to sports

person Such that, they are controlled in a total vacuum even them their performance difference this is due to influence of various factors. Every sports persons is a unit of innumerable concepts which can be broadly classified has physical aspects, physiological aspects and even sociological aspects. In the present paper effort is made to study about emotional stability among sportspersons. Emotions can be stated as mental status of individuals associated with his behavior, thoughts, feelings and degree of pleasure or displeasure. Since every sport, game or event demands optimum involvement of an athlete. This demand is influenced and in turn also influences the emotions of an athlete which determines his success. So the present study aims at studying emotional stability among sports persons belonging to two different types of sports. The term emotional study can be stated as stable mental status wherein a state of balance is acquired among various aspects of psychological aspects such as behavior, thoughts, feelings and degree of pleasure or displeasure of a sportsperson.

## **OBJECTIVE OF STUDY**

The objective of the present study is to understand the difference in emotional stability among team game sports persons and individual event sports persons.

## **2. METHODOLOGY**

1. For the present study 20 sports persons who have represented state, university or nation at team sports such as volleyball, basketball, kabbadi were grouped as **team game sports persons** (T.G.SP) and second group comprised of sports persons who represented state, university or nation in individual events such as fencing, wrestling, track and field events. They were grouped as individual sports event group (I. E.SP).
2. To measure the emotional stability personality scale questionnaire developed by Dr. B. G. Sudha 1997 was administered on sports persons of both the groups.

3. Mean, standard deviation and T test were statistically administered to establish significance difference among the two groups at 0.05 level of significance.
4. The critical value as per the T-Test for 20 samples at 0.05 level of significance is 2.09\*

### Statistical analysis and discussion on findings:

Mean, standard deviation and T test value of the psychological variable —emotional stability

among team game sports person and individual event sports persons

Particulars	N	Mean	S.D	T-Value
T.G.SP	20	3.30	1.08	2.76*
I.E.SP	20	4.05	0.76	

Critical value at 0.05 level of significance is 2.09\*

When the average scores, standard deviation and T-test value among team game sports persons and individual event sports persons were analysed the average scores were 3.30 and 4.05 respectively, standard deviation were 1.08 and 0.76 respectively. When the two group's mean values were compared as per the T-Test value were 2.76\* which was significant at 0.05 level of significance.

When we observe the data, it is noticed that there exists significant difference in the psychological variable Emotional Stability as per the T-test at 0.05 level of significance. It can be stated that team game sports persons had significantly better emotional stability when compared to Individual event sports persons.

### 3. CONCLUSION

It can be concluded that sports person who participate in team games have significantly better emotional stability when compared to sports person participating in individual events.

### 4. RECOMMENDATIONS

With reference to the present study the following recommendations are made:

- On the basis of the present study initiatives may be taken to find out the reasons for high emotional stability among sports person participating in individual events.
- It is also recommended that measures may be taken to work and improve on emotional stability.

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# INFLUENCE OF PLAY GROUND AVAILABLE AT SCHOOLS ON THE FITNESS OF STUDENTS

Dr. Radha P  
Reeta K

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## Abstract

It is a known fact that place available for any purpose in a city like Bangalore is a costly affair and where each sq. ft of land stands in lakhs, it is even more difficult to get place. When we speak about land available for schools we see that most of them are constrained, it can be stated that it is very challenging to facilitate play ground for high school children.

Though we find many of the old schools having playgrounds, we can see that these are shortened every now and then to meet the rising demands for class rooms and other related infra structures. Schools which are newly started to a large extent have very less and sometimes no playground left which reflects not only on the physical concensus of the students, but also takes toll on their overall personality.

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### **Keywords:**

Play grounds, institutions, high school.

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### **Author correspondence:**

**Dr. Radha P**  
Physical Education Director  
GFGC Hebbur, Tumkur

**Reeta K**  
Physical Education Director  
GVPP Govt First Grade College  
Hagari Bommanahalli, Bellary

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## 1. INTRODUCTION:

It's a known fact that there is acute shortage of play fields among Bangalore city schools. Though we find many of the old schools having playgrounds, we can see that these are shortened every now and then to meet the rising demands for class rooms and other related infra structures. Schools which are newly started to a large extent have very less and sometimes no playground left which reflects not only on the physical concensus of the students, but also takes toll on their overall personality.

## **OBJECTIVES OF THE PRESENT STUDY**

The present survey study is intended not only to enlighten the people about the availability of playground in school but also to bring forth its influence on basis physical fitness of the children.

## **HYPOTHESIS:**

It is hypothesized that there exists no significant difference among the selected physical fitness variables among the students belonging to schools having playground of more than 10000 square metres and students belonging to the schools having play ground of less than 1000 square metres.

## **2. METHODOLOGY**

- 20 schools which had play ground more than 10000 square metre were selected as first group and 20 schools which had play ground less than 1000 square metre were selected as second group.
- 40 Students were selected randomly from both groups of schools each.
- Students were tested for basic fitness variables of speed, agility and cardio vascular fitness as per the AAHPER youth fitness test.
- The average scores of the two groups were compared as per the T-Test and significant difference was established at 0.05 level of significance.
- Critical value for 0.05 level of significance is 2.09\*.

## **3. ANALYSIS AND DISCUSSION ON FINDINGS**

Average scores, standard deviation and T-test value of students belonging to schools having more than 10000 square metres and students belonging to schools having less than 1000 square metres across the variables agility and cardio vascular fitness.

Particulars	N	<10000 sq. m		>1000 Sq. m		t-value
		Mean	S.D.	Mean	S.D.	
Agility (seconds)	20	6.53	1.53	3.70	2.22	4.97*
Cvo2 (min & Seconds)	20	6.95	1.65	5.17	1.41	4.22*

When the average scores, standard deviation and T-test value among students belonging to schools which had more than 10000 sq. metre and among students belonging to schools which less than 1000 sq. metre in the physical fitness test **‘Shuttle run’** measuring **‘Agility’** were analysed the average scores were 6.53 and 3.70 inches respectively, standard deviation were 1.53 and 2.22 respectively. When the two group’s mean values were compared as per the **T-Test value were 4.97\*** which was **significant** at 0.05 level of significance.

When the average scores, standard deviation and T-test value among students belonging to schools which had more than 10000 sq. metre and among students belonging to schools which less than 1000 sq. metre in the physical fitness test **‘600 yards run/walk’** measuring **‘cardiovascular endurance’** were analysed the average scores were 6.95 and 5.17 inches respectively, standard deviation were 1.65 and 1.41 respectively. When the two group’s mean values were compared as per the **T-Test value were 4.22\*** which was **significant** at 0.05 level of significance.

#### 4. DISCUSSION ON FINDINGS

The hypothesis of the present study states that **there exists no significant difference among the selected physical fitness variables among the students belonging to schools having playground of more than 10000 square metres and students belonging to the schools having play ground of less than 1000 square metres.** But as per the results obtained it can be stated as there exists significant difference among both agility and cardiovascular endurance when students belonging to schools which had more than 10000 sq. metre and students belonging to schools which less than 1000 sq. metre were

compared. Thus the null hypothesis is rejected and it is stated that fitness status of students belonging to schools having playground area of more than 10000 sq. metres is significantly better than student studying in schools having play ground area less than 1000 sq. metres.

#### **4. CONCLUSION:**

Area of play ground available in a school influences the physical fitness of the children studying in it.

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# The Physical and Psychological Variables on Physical Injuries in Football

Mahesh P M  
Dr. R Munireddy

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## Abstract

The Present study evaluates the effect of age, category, equipment, and anxiety/feature in the occurrence of injuries in football (soccer). A total of 277 players from 26 different football teams

### *Keywords:*

FOOTBALL, INJURY.

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### *Author correspondence:*

Mahesh P M  
Research Scholar,  
Dept of Physical University College  
Education and Sports,  
Acharya Institute of  
Graduate Studies,  
Bangalore- 07.

Dr. R Munireddy  
Professor,  
University College  
of Physical  
Education & Sports  
Bangalore- 56.

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## 1. INTRODUCTION

Each sport is usually related to one type of injury or other, since the technical movements differ according to the sport and the exposure to external factors differs. With respect to football, lesions of the ankle, knee (meniscus problems), tendonitis, sprains, etc., fundamentally of the lower members (Junge & Dvorak, 2004). The causes of injuries that occur in football are diverse and on occasion can depend on each player. In general, these lesions have common factors, i.e. physical and physiological factors as well as levels of fatigue (Clansey, Hanlon & Wallace, 2012), nutrition (Fernández, Gutiérrez & Castillo,

2007), physical condition of each player (Gregory & Lynn, 2004), and age (Díaz, Buceta & Bueno, 2002). With respect to this latter variable, it is evident that as the athlete ages, the stamina and quality of the conjunctive tissues is lower and therefore the probabilities of injury increase (Arnason, Sigurdsson, Gudmundsson, Home, Engebretsen & Bahr, 2004). Furthermore, as time passes, the player is subjected to more instances of risk. This factor should also be taken into account, as in football situations of injury risk continually arise because of the differential characteristics of this sport.

### **Design and Participants**

This study has a transversal and descriptive quantitative design. The participants were selected by stratification techniques, proportionality, and randomness. A total of 277 football players from Schools and College level Carmen (Mexico) participated, aged 10 to 18 years ( $M=14.24$  years;  $D.T=2.58$ ). With respect to the variable category, 78 players (28.2%) belonged to the beginner category, 94 (33.9%) to the junior category, and 105 (37.9%) to the senior category.

### **Variables and instruments**

The present study took as a reference the following variables and measuring instruments:

- 1. Category.** Divided into Beginner, Junior, and Senior.
- 2. Team.** Divided into 26 categories, one per team.
- 3. Sports Injury.** Divided into two possible response options: occurrence or not of injury.
- 4. State of Anxiety/Feature.** This is one of the most widely used questionnaires in the world to measure states of anxiety, proposed by Spielberger, Gorsuch & Lusbene (1970). It is used currently within the field of health (Ronquillo, 2012) and specifically in the context of sports (Horikawa & Yagi, 2012). It is composed of a Likert-type scale with values from 0=nothing to 3=much, referring to 40 items which, after scoring, give two levels: State of Anxiety (caused at a given moment by a stressful stimulant) or Feature Anxiety (continuous over time and promoted by the tendency of a person to behave habitually in an

anxious way). Taking into account that the injuries were recorded over the season, only anxiety/feature was measured, since we considered that anxiety/state measured only at the moment when the questionnaires were passed out would not offer relevant information on the number of injuries.

**5. Self-recording of Sports Injuries.** Developed in a specific way in this study for recording the variables categories, age, other socio-demographic variables, number of injuries in the 2010/11 season, and degree of severity. The evaluation system used for reference was the Colorado Injury Reporting System (Hanson, McCullagh & Tonymon, 1990), which classifies the injuries as minor, moderate, and serious, taking as a criterion the down time from normal activity.

## 2. Procedure

Information was collected with the Anxiety/Feature Questionnaire at the Malnad and Coastal area Schools and Colleges Football Players.

### Data analysis

The analysis techniques used were descriptive analyses, the Cronback alpha reliability analysis (see Instruments section), and Pearson's frequency analysis and correlation coefficient.

## 3. RESULTS

Taking the descriptive analyses as a reference, with respect to the variable —Football injuries, most of the participants did not suffer any type of injury, (n=232; 83.8%). Only 45 participants (16.2%) were injured.

### Table 1

Table 1. Results for the number of injuries of the participants.

Injury	Frequency	Percentage	
With injury	45	16.2%	Without injury

232 83.8%

Total	277	100%
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Table 2

The variable —categoryll (Table 2) indicated that the number of participants in the category beginners was 78 (28.2%); junior 33.9% (n=94) and seniors 37.9% (n=105).

Table 2. Results for the variable —categoryll.

Category	Frequency	Percentage
Beginners	78	28.2%
Juniors	94	33.9%
Seniors	105	37.9%

Total	277	100%
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Table 3

With regard to anxiety/feature (Table 3), 52.7% (n=146) of the football players presented normal values, followed by 46.2% (n=128) with high anxiety and only 3 participants with low anxiety.

Table 3. Results of the variable Anxiety/Feature.

Anxiety/Feature	Frequency	Percentage
Low	3	1.1%

Normal	146	52.7%
High	128	46.2%

Total	277	100%
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Table 4

Table 4. Results of the relation between the variables lesion and age ( $p=.542$ ).

Age	Injury		Total
	YES	NO	
10 years	3	33	36
11 years	4	17	21
12 years	2	19	21
13 years	6	23	29
14 years	4	20	24
15 years	11	30	41
16 years	6	31	37
17 years	5	38	43
18 years	4	21	25

Total	45	232	277
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Table 5

No statistical differences ( $p=.127$ ) were found, either, in the relation between the variables injury and category (Table 5):

Table 5. Results for the relation between the variables sports injury and category ( $p=.127$ ).

Category	Injury		Total
	YES	NO	
Beginners	9	69	78
Juniors	21	73	94
Seniors	15	90	105

Total	45	232	277
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Table 6Table 6. Results for the relation between the variables sports injury and anxiety/feature ( $p=.598$ ).Anxiety/Feature

	Injury Count	Low	Normal	High	Total
Yes		0	26	19	45
	% Injury	0	57.8%	42.2%	100%
	% A/R	0	17.8%	14.8%	16.2%

No	Count	3	120	109	232
	% Injury	4.3%	63.4%	32.3%	100%
	% A/R	100%	82.2%	85.2%	83.8%

<b>Total</b>	<b>Count</b>	<b>3</b>	<b>146</b>	<b>128</b>	<b>277</b>
	<b>% Injury</b>	<b>1.1%</b>	<b>52.7%</b>	<b>46.2%</b>	<b>100%</b>
	<b>% A/R</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

### 3. DISCUSSION AND CONCLUSIONS

In sports, especially those related to performance, athletes are subject to many demands, sometimes provoking stress as well as physical and emotional overload that is difficult to overcome. As commented above, one of the consequences of this overload, despite that in some cases appropriate injury-prevention programmes are developed (Gioftsidou et al., 2012), sports injuries can nevertheless occur (Bahr &

Maehlum, 2007; Horikawa & Yagi, 2012), related to periods of overtraining (Mesussen, Duclos, Gleeson, Rietiens, Steinacker & Urhausen, 2006) maintained by the athlete as a way to control different states and emotions that can be generated by stress. Focusing on the variable sports injury, we find that 16.2% of the participants were in fact injured. This percentage cannot be considered high, given that football is a contact sport with frequent situations of bodily impact. Olmedilla et al. (2006) for example, recorded 31.5% of the 92 players between 10 and 15 years old sustained injuries. From our perspective, the levels of

injuries registered in the participants may have been because these players may have been influenced by certain variables present in the sports context that encourage this type of state, e.g. the relationship with teammates, motivational factors, learning styles of the trainers, competition, or the capacity for self-control.

Taking as a reference the correlational results, we find that anxiety/feature do not specifically encourage these sports injuries (only 45 players over the season). Other authors, however, have detected a clear relation between lesions and anxiety (Johnson & Ivarsson, 2011; Rivas et al., 2012). Also, we should note that the sample selected included athletes belonging to the base sports and therefore it is probable that psychological factors such as anxiety/feature had no relevance in the occurrence of injuries such as physical factors, where at this age the football players suffer a lower number of direct traumas, more common on the other hand in professional categories (Garret, Kirkendal & Contiguglia, 2005). Finally, it is bears highlighting certain limitations of the present research that could limit the extrapolation of the results. First of all, it would be of interest to record other variables in addition to the ones used in this study. Also, the number of participants could be increased to include females and examine athletes in other sports. For the present study, the main conclusions are:

1. In the sample selected, age, category, and anxiety/feature did not influence the incidence of athletic injuries.
2. The distinctive personal characteristics of each team may be factors determining the possibility of developing effective measuring instruments for the diagnosis of sports injuries as well as the formulation of objective and reliable injury-prevention programmes.

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## DEVELOPMENT OF KABADDI DEFENSIVE SKILL TESTS FOR HIGHER PRIMARY SCHOOL BOYS

Mr. BASANAGOUDA LAXMESHWAR.  
Dr .K. K AMARNATH

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### Abstract

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This study is mainly focused on Kabaddi game defensive skills test development for school boys. Now days so many games like football, basketball, volleyball, and cricket etc.ave their own skill test batteries to assess player's performance and increase their ability to demonstrate those skills in a game situation. Unfortunately there is no skill tests developed for Kabaddi, this study is new and pioneering in Kabaddi development. In this study we mainly focus on basic different Defensive skills viz. Ankle hold, Defensive footwork, Front blocking and Block & Chest drop very basic skills for a Defender to master. If a skill test battery is developed on such variables it will allow us to analyse and improve the individual skill abilities and game performances of the Kabaddi players. This type of study can also help of the Kabaddi game. The result shows that tests are highly co-related with game performance. This particular study is aimed at development of skill tests on high school students, further it is recommended that such skill tests can be developed for different age groups and level of participation in Kabaddi.

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### Keywords:

Kabaddi, Defensive Skills and Skills Tests

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### Author correspondence:

**Mr. BASANAGOUDA LAXMESHWAR.**  
Research Scholar  
University College of Physical Education,  
Bangalore University, Bangalore.  
Email-bslaxmeshwar@gmail.com  
Mobile No-8884111990

**Dr .K. K AMARNATH**  
Research Guide  
Associate Professor,  
University College of Physical Education,  
Bangalore University, Bangalore.  
Email-kamarnathucpe@gmail.com  
Mobile No- 8151868959

## 1. INTRODUCTION

The Kabaddi game involves both speed and endurance as skills, strengthening of specific group of muscles and neuromuscular co-ordination. The aim of our study is to develop a skill test battery (Group of skill test), which help us to determine the efficiency of skills present in players and also helps in the development of Kabaddi as a sport. Efficient research must be based upon past knowledge and this helps us to eliminate the duplication of what has been done, and provides useful hypotheses and helpful suggestions for significant investigation. —Huang (1982) conducted a study Devised Physical Fitness Test on 100 junior high school boys. Factor analysis yielded five factors. Seventy percent of total variance of physical fitness was observed. The factors identified by him were speed, explosive strength of leg muscles, dynamic strength and flexibility.

### Statement of the problem

The purpose of the study was to develop the Kabaddi defensive skill test for higher primary school boys.

### Hypothesis

The composite score of defensive Kabaddi skills tests for middle school students are significantly co-related with their score of playing ability.

## 2. Methodology

### Selection of subject:

Data's are collected from higher primary school boys. 100 samples from different schools were randomly were selected for the study. The schools which are taken for the study were Navodaya vidyalaya Hangal, Shri kumareshwar high school Hangal, Government high school Akkialura, Haveri, M G High school Devagiri, and Government high school Byadgi.

### Equipment:

- Stop watch, Colour Cones, Field/ground, Measurement tape, Powder, Whistle, Cricket Ball, and Football.

### **Test administration**

**The following defensive skills tests were administered to gather the data.**

1. Ankle Hold 2. Defensive footwork 3. Front blocking 4. Block & Chest drop

### **Description**

#### **1. Ankle Hold:**

Purpose: - To measure the hold ability.

Equipments: - Powder, Ground, Stop watch, Score sheet, Balls, Measurement tape and Whistle.

Procedure: - The subject stands behind the bonus line of chosen corner. On the whistle of the examiner, the subject makes defensive Corner chain movement, and then the examiner indicates the ball colour to the subject to hold the ball as in ankle hold skill.

Scoring: Total three trials are given out of which one best trial is considered.

#### **2. Defensive footwork:**

Purpose: - To measure the defensive footwork ability.

Equipments: - Powder, Ground, Stop watch, Score sheet, Measurement tape and Whistle.

Procedure: - The subject stands behind the bonus line. On the whistle of the examiner, the subject performing defensive footwork moves as shoes the image.

Scoring: Total three trials are given out of which one best trial is considered.

#### **3. Front blocking:**

Purpose: - To measure the blocking ability.

Equipments: - Powder, Ground, Stop watch, Score sheet, Measurement tape and Whistle.

Procedure: - The subject stands behind the bonus line. On the whistle of the examiner, the subject with chain movement moves and returns to the baulk line, and then performs the front blocking skill.

Scoring: Total three trials are given out of which one best trial is considered.

#### **4. Block & Chest drop:**

Purpose: - To measure the chest drop ability.

Equipments: - Powder, Ground, Stop watch, Score sheet, Foot balls, Measurement tape and Whistle.

Procedure: - The subject stands on the starting mark, with the whistle of the examiner starts running towards one chosen side and to collect the ball, further, continues to run up to lobby line and performs the chest drop skill and returning to the starting point.

Scoring: Total three trials are given out of which one best trial is considered.

#### **Statistical Analysis**

After getting the composite score of skills data was put into SPSS 21.0 version composite score of skills and average score of experts were tested for correlation at 0.01 level.

#### **3. Results**

Data was collected to test the hypothesis. Each and every skill are considered on the basis of student's performance and tested. These data's are collected from repeated tests conducted and these tests are explained in Methodology. And the collected data was analysed using SPSS (Statistical Package of Social Sciences). Composite score of skills and experts rating were tested for their correlation.

**Hypothesis:** The composite score of defensive Kabaddi skills tests for school students are significantly in co-relation with their score of playing ability.

In the table given below, the Mean and Standard Deviation of composite scores of skills of students and experts rating about playing ability of students in correlation with Karl Pearsons co-efficient are described.

Table 1: Mean and Standard Deviations of Composite score of skills of students and experts

rating about playing ability of students and correlation.

	Number of subjects	Mean	Standard Deviation	Pearson Correlations
Expert Rating (out of 10)	100	7.0065	1.2875	.82 <sup>**</sup> 3
Total score of defensive skills	100	23.0630	7.7800	.86 <sup>**</sup> 0

Correlation is significant at the  $** < 0.01$  level (2-tailed).

From the above table we can observe that, the Mean and Standard Deviation of experts rating and composite score of skills are different. But to know, whether both the scores are significantly correlated or not, the data was put in to karlpearson's coefficient of correlation and found that there is significant positive correlation among the composite skill scores and experts rating. From this we can conclude that the defensive skill tests which were used to measure the skill ability are highly correlated with the playing ability of the players. So the hypothesis is accepted.

#### 4. Discussion

Defensive skills of the students are very important in the game. Karnataka state has introduced P.E as one of the compulsory academic subject. It includes Kabaddias one of

the practical subject; since it is new many teachers are getting problems in evaluating skills. So to help the teachers to evaluate students, these tests were administered and tested with the students playing ability at match situations. And found that the playing ability and defensive skills are positively correlated with each other. So we can say that *“defensive skill tests measures those defensive skills in match situations”*.

## 5. Conclusion

From this study we can conclude that the defensive skills tests which were mentioned in test battery will assess the defensive playing ability of the player. And it is highly co-related with their playing ability in match situation.

## Recommendations

Based on the findings and conclusions made in the present study, further researches on this topic are recommended as follows.

We may extend this study for girls as well.

1. Physical education is compulsory subject for high school student's, so we can develop similar tests skills for other games.
2. Present research is mainly focused on defensive skills in Kabaddi, further such researches can be conducted for offensive skills also.
3. Such skill tests can be developed for different age groups and level of participation in Kabaddi.
4. Further it will help to build the norms, which in turn will help to evaluate students easily.

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# A STUDY ON CONTRIBUTION OF KODAGU IN THE FIELD OF HOCKEY IN KARNATAKA

Ramesha H N  
Dr. Kishore Kumar C.K.

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## Abstract

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Movement activities intermixed with man's life from the time immemorial. In course of time these movement activities culminated into organized games and sports which took original forms in different geographical regions. The establishment of controlling bodies of the sports and games saw to their propagation in alien lands by transgressing the boundaries of the places of their origination. Field Hockey was propagated mostly with the efforts of the British Hockey game. Set its foot on Indian soil along with the British army personnel. In the international sports competitions it was in this game India earned greatest honour. Not all the Indian unions nurtured Hockey in the similar way. A few states in India patronized this game in a big way. The author of this study noted that Kodagu district, a small one in Karnataka state, had contributed players to the national contingent very consistently. Therefore the author was motivated to undertake a study on the contributions of Kodagu district to Karnataka state in the area of field Hockey game. To facilitate the study the author adopted questionnaire method coupled with interview technique. Separate questionnaires were administered to the secretaries of Karnataka State Men's Hockey Association, Karnataka State Women's Hockey Association, Kodagu District Hockey Association and the Director of Physical Education, Mangalore University. The analysis and interpretation of the data culminated in drawing the following conclusions, Kodagu District contributed a sound organizational support, ten clubs in men's section and three clubs in women's section which were very active in Kodagu had groomed a number of hockey players who later on became the players of hockey teams of industries, banks,

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### Keywords:

Contribution,  
Kodagu, Hockey,  
Karnataka

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army units, clubs and such other all over the country, Kodagu contributed a sizable number of qualified hockey coaches and officials, the establishment of practice of hockey game in almost every educational institution helped to propagate the game among the masses, 75% of players of Karnataka team belonged to Kodagu district in men's section and women accounted for 60% which was phenomenal, the presence of student hockey players hailing from Kodagu district in the Mangalore University men's and women's teams was highly significant, Kodagu district organized regularly state level hockey tournaments and coaching camps, in every hockey tournament organized in Karnataka, teams of Kodagu participated in them, the rolls of honour of hockey tournaments in different sections in the last ten years included the name of Kodagu district, the initiation of family hockey tournament was a monumental contribution of Kodagu to the tradition and culture in general and hockey game in participation in Karnataka state.

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***Author correspondence:***

**Ramesha H N**  
Asst. Director,  
Dept. of Physical Education,  
Mangalore University,  
Mangalore, Karnataka.

**Dr. Kishore Kumar C.K.**  
Director,  
Dept. of Physical Education,  
Mangalore University,  
Mangalore, Karnataka.

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**1. INTRODUCTION**

Primitive man depended upon motor qualities for his sustenance and safety. These qualities were grouped as survival, preservative and developmental depending upon the purpose for which they were used. In course of time many more motor activities aroused and from these skills originated sports and games. Sports and games were dormant in the initial stages and have become very dominant in the present times. Each day millions of people are engrossed in sports and games with billions of dollars spent on facilities, contests, equipment, publicity and so on. Although these sports and games originated in different parts of the world at different times in different forms, with new looks penetrated into alien

lands with lots of gusto. One such game which came to India along with the Britishers was Field Hockey, whose popularity in the subcontinent raised to the zenith with India salvaging its pride in the international sports contents. Karnataka state a union of India has also received hockey game in a big way. The state has been sponsoring teams for national level competitions in all sections such as men, women, boys and girls. Besides, state level tournaments in hockey were held for different sections every year. A cursory glance at the list of players of Karnataka state who have donned the national colours, the state teams and the rolls of honour of state level tournaments indicate that the people of Kodagu stand out distinctly which fact motivated the author of this study to undertake a research problem entitled Contribution of Kodagu in the Field of Hockey in Karnataka.

## **2. METHODOLOGY:**

To achieve the purpose of the research, the author desired to collect the data from the Karnataka State Men's Hockey Association, Karnataka State Women's Hockey Association, Kodagu District Hockey Association and the Department of Physical Education, Mangalore University. Questionnaire and interview techniques were adopted to gather data from the said sources. While interpreting the data narration technique was adopted and wherever necessary percentages were computed.

## **3. CONCLUSIONS:**

The analysis and interpretation of the data culminated in drawing the following conclusions.

1. The Karnataka state men's hockey association had its affiliates in sixteen districts out of the thirty. Similarly the Karnataka State Women's Hockey Association had its affiliates in seven districts. Kodagu, a small district comprising of three taluks was boastful of District Men's Hockey Association and District Women's Hockey Association. This fact suggests that the Kodagu district contributed a sound organizational support to hockey in Karnataka state.
2. There were twenty eight clubs registered with the State Men's Association, among them eight clubs belonged to Kodagu, which worked out to 46.60%. This fact suggests that to that extent Kodagu has contributed a number of players.

3. On the rolls of Karnataka State Men's and Women's Hockey Associations there are coaches who hail from the entire state. The percentage of coaches contributed by Kodagu was 33.33% and 26.66% in men and women sections respectively.
4. A whopping 75% in men section and 30% in women section qualified technical officials were contributed by Kodagu district. A salient feature was that Kodagu accounted for 10 international technical officials.
5. The Kodagu District Hockey Association has claimed that hockey grounds were available in almost every school and college which was a significant contribution.
6. The number of participants of Kodagu district in the state level tournaments ranged between 37.5% to 56.2% while the participants from other districts ranged between 43.8% to 62.5%. To the size of Kodagu district and its population the percentage of participation was quite significant and this fact indicates that Kodagu has given a sizeable number of players. In women section among the state level participants 50% teams hailed from Kodagu district.
7. A phenomenal percentage of representation ranging between 62.5% to 75% of players of Kodagu in the state teams was indicative of the contribution of qualitative stuff to the Karnataka State teams, in men section. Whereas the Karnataka state teams in women section consisted of 50% of the players from Kodagu district.
8. For the national level tournament when the Karnataka state men's, women's and junior boys teams were sponsored, the players from Kodagu in the teams ranged between 7 and 10 in different years, and in junior girls section the number ranged between 6 and 10.
9. The Mangalore University which had sponsored men and women teams for Inter-university hockey tournaments, the players of Kodagu district the university teams ranged between 16 and 17 out of the maximum of 18 players. This fact evidently proved that Kodagu has contributed a significant number of hockey players.
10. This study revealed that Kodagu district took active part in organizing coaching camps at all levels and it was emphatic at the university level.

11. The fact that no hockey tournament in the state was conducted in the absence of the teams from Kodagu district which illustrates the Kodagu's commitment and flair for hockey game.
  12. The study brings to light the Kodagu district hockey association has been consistently organizing state league tournaments, besides the other invitational tournaments.
  13. A striking phenomenon was that in all the state level hockey competitions the Kodagu district men, women, junior boys and junior girls sections earned some distinction or the other in the last ten years which fact speaks volumes as regards to the contribution of Kodagu.
  14. The initiation of family tournament, the one and the only kind, probably in the entire world, is by far a monumental contribution of Kodagu to tradition and culture in general and hockey game in particular.
- On the basis of the above listed conclusions the hypothesis that Kodagu district did not make any significant contribution in the area of field hockey game in Karnataka was rejected and it was concluded that Kodagu district has significantly contributed in the area of field hockey by providing organizational support, conduct of coaching camps, tournaments, clinics, helped to groom coaches and technical officials of repute and more than all helped to establish sporting tradition.

#### **RECOMMENDATIONS :**

As a consequence of interpretation of data and arrival of conclusions the researcher offers the following recommendations.

1. International and national level tournaments are conducted on synthetic surfaces. Since the people of Kodagu have a natural flair for hockey game and instantly involve in hockey practice, synthetic surfaced hockey fields be provided at important towns in Kodagu district. This act helps continue hockey training in Kodagu even during the periods when inclement weather prevails.

2. The central government and the state government shall provide generous financial support to the institutions which are promoting field hockey game in Kodagu.
3. Under special area assistants technical and financial support shall be bestowed on -Kodava Hockey Academy| who have a novel venture in -family tournament|.
4. The employment agencies and institutions who desire to recruit hockeyplayers shall sponsor the hockey tournaments conducted in Kodagu and depute their representatives to hunt for the talent.
5. The author recommends that future investigator undertake a study to bring to light the contribution of Kodagu by way of literature in the area of hockeygame.
6. The author suggests that the future researcher undertake study to bring to light the contribution of Kodagu in different other sporting events.

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# ANALYSIS OF COMPUTER LITERACY AMONG PHYSICAL EDUCATION TEACHERS

**Dr. Shoba A  
Sandhya E.**

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## **Abstract**

Every profession today utilizes the technology as per its requirement and computer knowledge has more or less compulsory for every individual physical education s who are integral part of education system stands as no exception for them to be competitive impressive appealing and to reap the benefits of latest technology they need to be computer literate.

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### **Keywords:**

Computer literacy, Physical education, technology.

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### **Author correspondence:**

**Dr. Shoba A**  
Physical education Director  
G.F.G.C. Peenya,  
Bangalore

**Sandhya E.**  
Assistant Proffessor  
Dept. of computer science  
G.V.P.P. Govt. First Grade College  
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## **1. INTRODUCTION**

In today's competitive era it is a known fact that how important it is for an individual to be acquainted with the knowledge of using computers. Knowledge of computers paves way for us to be technologically sound. Every profession today utilizes the technology as per its requirement and computer knowledge has more or less compulsory for every individual physical education s who are integral part of education system stands as no exception for them to be competitive impressive appealing and to reap the benefits of latest technology they need to be computer literate.

## OBJECTIVE

The objective of the present study is to analyse the level of computer literacy among physical education teachers.

## 2. METHODOLOGY:

The present study was a survey study where in required data regarding the computer literacy among the physical education teachers were found out by administering a questionnaire.

The questionnaire was designed with appropriate questions which were decided after consultation with experts in the field of both Computer Education and physical education.

40 physical education is serving as physical education directors at the first grade colleges across Karnataka were s elected for the present study.

The data obtained through administration of questionnaire is statistically analysed in terms of percentages to interpret and draw conclusions.

## ANALYSIS AND INTERPRETATION OF DATA

### Percentages across the items of questionnaire among the physical education teachers

Particulars	N	Yes %	No %
Trained	40	37%	63%
Regular use	40	21%	79%
Own system	40	17%	90%
Use of computer oriented teaching	40	8%	92%

when we analyse the item stating whether the physical education teacher is being trained or has undergone any course related to computer education, it was observed that only 37% of the selected physical education teachers where trained in Computer Education while 63% of them stated that they did not undergo any computer literacy programs.

The second item of the questionnaire was whether the physical education teachers used the computer system regularly in their day-to-day activities- the responses of the physical education teachers stated that only 21% of them used the system regularly in their day to day activities, while 79% of them stated they occasionally used or did not use any of the computer system

The third item of the test was whether the physical education teachers own a computer system, only 17% off them stated they had a system of their own to work on, while 83% of them stated they did not own any computer system.

Fourth item of the questionnaire related to whether the physical education teachers use computer oriented teaching in their regular classes only 8% of the physical education teachers stated that they use the computer system to teach physical education while 92% of the physical education teachers stated that they did not use the computer system oriented teaching in physical education.

## **DISCUSION ON THE RESULTS OF THE STUDY**

When the following results are observed it can be stated as:

The computer literacy among physical education teachers is considerably below 50 % and due attention is to be given to empower them with knowledge and skills of using computers.

Even among those who are trained and have knowledge about using the computers we find very few using the same in their day to day teaching programs and also very few own a system which essentially can elevate their teaching standard.

## **3. CONCLUSION**

There is immediate necessary to educate Physical Education teachers about the importance and relevance of knowledge about computers. It is also necessary to empower them to utilize the acquired knowledge in their teaching programs.

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## TECHNOLOGY USES IN PHYSICAL EDUCATION

PRASANNA KUMAR T.K

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### Abstract

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The purpose of the study was to highlight the technology uses in Physical education. Many Technological aspects are using in Physical education like Camera ,Projectors, Heart Rate monitors, Pedometers, Mobiles, Stopwatches, Recorder/Mp3 players, Fitness tracker, Internet for browsing like YouTube, Fitness apps etc. Technology has manifested itself in multiple ways to bring the students closer to subjects. At present days Physical education has changed drastically with the use and advancement of modern technologies.

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### *Author correspondence:*

**PRASANNA KUMAR T.K**

Assistant Professor Of Physical Education ,  
IUCTE-RIE Mysore, Mysuru - 570006.

+91 9449178548

Email: prasu4390@gmail.com

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### 1. INTRODUCTION:

Teaching in physical education classroom it's a challenging, because lack of equipment's and lack of knowledge to use smart board, projector, computer. To face these challenges, some experts are trying to prepare more friendly technical classes to students for teaching in best level. Here giving some examples of technology how we can use in classroom to teach students.

#### **Pedometers**

The use of pedometers can be a very useful tool to motivate students to set goals, increase their physical activity, and measure their level of participation.

#### **Heart Rate Monitors**

We can use Heart rate monitors in fitness class to assess the student pulse rate, and based on that we can suggest them workout program. Using this heart rate monitor we can fix and aim of the students workout plan. Maintaining heart rate is the biggest challenge but we can sustain the heart rate with help of Heart Rate monitors.

### **Health Tracking**

With the help of heart monitors and pedometers we can maintain health status and we can keep long term workout plan. Some pedometers and heart monitors have connectivity built in . Using these pedometers and heart rate monitors we can track students health status and once they start to use this types of equipments its easy to track their health.

### **Apps**

present days single man have at least two mobiles, mobiles are like human part of. mobile technology is like anything in one mobile we can install plenty of application and physical education experts have a more helpful applications. For example, Fitness guru, Aerobics, zumba dance, Daily workout, Map My Fitness etc. for bodybuilding, for dieting so many applications are there. Some appshelp us to maintain BMI level, some apps giving details about games. Students can access easily and they can use it.

### **Video Resources**

In physical education field video resource have a more value because student can learn effectively when they watch or seen it like visual media. So student can watch and learn through you tube and some other apps. Even they can question in YouTube and they can get answer also. And main thing if somebody want to teach they can teach through video and somebody can learn from watching that types videos. And more important while using videos resource we need to take care of them are they using for educational purpose or some other purpose.

### **Flip Video Camera**

The more important tool is Flip video camera, using this flip camera we can make a videos of student skills and we can analyze their skills level.

### **MP3 Player/Recorder**

MP3 Player is common device, but todays it's a part of mobile application, we can use mp3 player in fitness class, yoga class, in Gym, in Aerobics class Mp3 player is very essential. We can use this MP3 player as a recorder and we can record some important voice notes, some important theory lessons and later we can reuse it. This really assisted the kinesthetic learners who enjoyed the ability to move while they learned.

### **Mobile Phones**

Today we cannot see a man without mobile phones some people have two are more mobiles. People are like using their mobiles like anything. We can use the mobiles as a learning tool, and within a second we can get more information using mobile.

### **Clock/Stopwatch**

Today we can see wrist fit band, fitness band using this bands we can track health , heart rate, pulse rate , we can use fitness band as a clock and stopwatch , while practicing with the help of stopwatch or fitness band we can improve our performance. And we can use it as a reminder and alarm clock.

### **Google Docs**

Google docs is free application we need not pay anything and its big advantage is auto saving you need not worry about your documents once you start the work its save automatically. And you can access anywhere anytime but its need internet connection. And one more thing in google drive we can use slide share, keep notes, translate and you can share your works and documents with your students. When you are using google docs many number people can work on one document at a time.

## **3. Conclusion**

Using these modern technology we can teach well in advance level for students. In physical education classes we can use these technologies and we can create more varied and dynamic classes for students. When we are using these students can get more interest on class and also they are involving themselves in class.

Tags: physical Education, Technology Uses in Physical Education Classes

## EFFECTS OF 6-WEEK COMBINED TRAINING ON BADMINTON PLAYER OF UNDER THE AGE GROUP OF 14 YEARS

Ravindra B C,  
Dr.Sundar Raj Urs

### Abstract

This pilot study investigated the effects of 6-week Combined training (Strength training and Agility training) on badminton players under the age group of 14 years. Twenty badminton players (Boys Only) from sports authority of India, Bangalore whose ages ranged from 13 to 14 years were included in the study. The subjects were randomly divided in to two groups of 10 subjects in each:1) Training group I (Combined training) and a controlled group. The training groups performed 4 days a week for 6 consecutive weeks. Combined training (Strength and Agility), was assessed using a 30meter sprint test, vertical jump test and 'T' shape test, Zig-zag tests, and skill performance were assessed using anaerobic field test and short service test, and game performance of the subjects were assessed through the coach rated basis. All the subjects performed the tests before and after the training program. Data were analysed using a depended mean value and in-depended mean value. A confidence level of .05 was considered significant. The results presented that the Combined training (Strength, Agility), and game performance of the subjects were significantly improved in the training group. Significant not found in controlled group. There were also statistically significant differences identified between the 2 groups after training program. The training group had higher Strength and Agility compared to controlled group. This study provides support to the fact that 6-week Combined training (Strength training and Agility training) can be used as an effective training program to improve Strength, and Agility in badminton players.

#### **Keywords:**

Strength, Agility,  
Combined training,  
Male Badminton  
players.

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**Author correspondence:**

**Ravindra B C,**  
Research Scholar,  
University Collage of Physical Education,  
Bangalore University, Bangalore,  
Karnataka -560056, India,  
email: jayaravindra.99@gmail.com.

**Dr.Sundar Raj Urs**  
Registrar, Bangalore North university,  
Bangalore, Karnataka-India,  
sundarrajurs@gmail.com

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**1. INTRODUCTION**

Badminton is a popular sport in India. It is the second most played sports in India after Cricket. The world's second fastest racket sport. Badminton's debut as an Olympic Game has manifestly boosted interest internationally.

Badminton is a game in which you struggle hard to get stamina better than a football player hands stronger than a volleyball smasher, core strength more than a basketball player, wrist stronger than a squash player & agility higher than a table tennis player. It is one of the fastest game and no one can easily get into the game to higher position. Continuous back and forth bends improve spine strength, side changes of legs benefits for toes, heels and thighs. Warm and cool strength, side changes of legs is also beneficial for toes and thighs. Warm up and cool down of the game makes your body breathe from each part, sweating and breathing improves blood circulation. There is no evidence of any research being don on this game, hence this study.

**2. The Statement of the problem**

The purpose of the study is to find out the —**Effects of 6 week Combined training (Strength**

**Training and Agility Training) on badminton players of different age groups** with the help of selected fitness programme or training, skill test and game performance.

**The Significance of the study**

The study has wide application in Physical fitness testing program.

The study may help to know the ability of player.

The study may help to compare the performance of different age groups during training period. The study can reveal the changes in performance in relation to the physical fitness level of the players.

The study may help the coach plan for specific training models to train and obtain better performance.

The study may help to make appropriate coaching programmes planned for different age groups.

The study may help to find out the effects of the short term or long term trainings programmes.

## **Hypothesis**

1. It was hypothesised that there would be greater amount of changes in the performance after the 6 weeks of specified skill training.
2. It was hypothesised that there would be greater amount of difference in the performance levels.
3. It further hypothesised that the Combined training (Strength Training and Agility Training) after 6 weeks of Combined training have greater influence on the skills and performance of the players.

## **3. OBJECTIVES OF THE STUDY**

The objectives framed in the present study are as follows:

1. To determine whether the combined training would significantly improve the performance and skill performance of Gurukhul badminton academy and sports authority of India players.
2. To determine whether the strength training would significantly improve the performance variables and skill performance of Gurukhul badminton academy Players and sports authority of India players.
3. To determine whether the Agility training would significantly improve the performance variables and skill performance of Gurukhul badminton academy Players and sports authority of India players.

## **Delimitation**

- The study is delimited to Bangalore Gurukhul Sports Academy players/student. The study is delimited to SAI Bangalore (Sports Authority of India)
- The study is delimited to age group of 14 years' boys only.
- The study is delimited to selected physical trainings of 6 weeks' duration.
- The study is delimited to selected badminton skills.
- The study is delimited to selected fitness training.

### **Limitation**

The following were the limitation of the study.

The instrument used to measure the fitness parameter during the test were not calibrated due to non-availability of the instruments are concerned of the limitation of this study.

Although the subjects were asked to give the best in the final test it was likely they were not sufficiently intrinsically and expectedly motivated to performance. This is also considered as a limitation of the study.

## **2. REVIEW OF RELATED LITARATURE**

A study of relevant literature is an essential step to get a full picture of what has been done and said with regards to the problem under study. Collection of relevant literature provides the basic understanding of the problem and its depth. Such a review brings about a deeper insight and a perspective of over-all fields. Its key to the thinking of the investigator. The present study is intended to analyse the effectiveness of 6 weeks strength and agility training on selected skill performance of badminton players.

In order to facilitate cite the explanation and finding of the eminent educationalist expert and physiologist in the field of physical education and exercise physiology the investigator is induced to refer to the authority's statement and findings of various authors'. Researchers have presented the literature pertaining to the study as an additional a dimension to the study. Information so collected is being presented in this chapter.

**Hoff, J. and Berdhal, G.O. (2010)** investigated that resistance training loads do not affect power jumping. Load dependent strength training effects on power production and performance. The literature proposes that light loads (30% 1RM) and heavy loads (85% 1 RM) are the appropriate loads to improve dynamic athletic performance, usually the vertical jump. In these formulations, body weight is seldom considered. It could be an

important factor. This investigation used male soccer players performing half-squats under different treatments. A control group (N=10). A body-weight alone group doing simulated training without external loads (N=11). A group using an external load of 30 % of 1 RM squats (N=10). A group using an external load of 85% of 1 RM squats (N=10) when performing the exercises in the treatment groups, emphasis was placed on the maximal mobilization of force in the concentric portion of the half-squat training, 3×5 vertical counter-movement jumps were performed. In both externally loaded groups, 1 RM increased. Vertical jump improved only in the highest training load group but only when the vertical jump was performed with a 50-kg weight. Vertical jump measures did not improve in unweighted or light-loaded jumping protocols. The highest power production occurred when jumping without any external load. Sprinting tests of 10 and 40 m improved only in the highest-load training group. It was concluded that improving vertical jumping height involved more than just the training load in resistance training. The specificity of the training effects of resistance exercises is again demonstrated in this investigation. There is little to no carry-over of training benefits to actual dynamic performance. However, why sprint times improved and the specifically targeted vertical jump did not is not addressed. One could propose that sprinting is improved by strength training, but since the training employed only the half-squat, which is more related to vertical jumping and less so to sprinting, the effects are puzzling. The effects of strength training activities on the performance of a dynamic vertical jump are minimal at best.

**Karel Hulk et al. (2013)** in their study they determined that what changes in explosive strength of the lower extremities take place after a 6-week plyometric training applied in training units during the pre-season in elite basketball players. Elite basketball players (N=12, age 24.36±3.9years, height 196.2±9.6cm, weight 92.9±13.9kg) performed a 6-week plyometric training (PT) programme predominantly focused on explosive strength of the lower body and upper body and was conducted in sixteen training units during pre-season. The changes in explosive strength were measured by the Counter Movement Jump Free Arms test and Two Step Run Up Jump test; agility was measured using the —TII Drill test and Hexagonal Obstacle test. The players participated in three measurements. The 1<sup>st</sup> (pretesting) was performed on the first day of pre-season, the 2<sup>nd</sup> (post-testing) was done two days after completing the PT programme and the 3<sup>rd</sup> (post-testing) six weeks after completing the PT programme. Friedman's ANOVA for repeated measurements was used to determine the significance of differences between the measurement sessions (p<.05). A

significant effect of the training programme was observed only for the Hexagonal Obstacle test ( $p=.01$ ). A post hoc analysis revealed a significant increase in test performance between the 1<sup>st</sup> and 3<sup>rd</sup> measurement ( $p<.01$ ) and between the 2<sup>nd</sup> and 3<sup>rd</sup> measurement ( $p<.01$ ). The results of the study of elite basketball players did not positively support the assumption that plyometric exercises can be an effective tool for the improvement of explosive strength and agility. However, in some players the improvements corresponded to average improvements after training programmes presented in literature.

**Aleksandar M Ignjatovic et al. (2011)** examined the effects of medicine ball training on the strength and power in young Male handball athletes. Twenty-one young male handball players (age,  $16.9\pm 1.2$  years) were randomly assigned to experimental and control groups. Experimental group ( $n=11$ ) participated in a 12-week medicine ball training program incorporated into the regular training session, whereas controls ( $n=10$ ) participated only in the regular training. Performance in the medicine ball throws in standing and sitting positions, 1 repetition maximum (RM) bench and shoulder press were assessed at pre- and post-training testing. The athletes participating in the medicine ball training program made significantly greater gains in all medicine ball throw tests compared with the controls ( $< 0.01$ ). Also, the experimental group made significantly greater gains in bench and shoulder press power than control group ( $p<0.05$ ).

**Both training groups € and © significantly ( $p<0.05$ ) increased 1 RM bench and shoulder**

strength, with no differences observed between the groups. Additionally, medicine ball throw tests showed stronger correlation with power tests, than with 1 RM test. These data suggest that 12-week medicine ball training, when incorporated into a regular training session, can provide greater sport-specific training improvements in the upper body for young Male handball players.

**Noyes, Frank R et al. (2013)** determined if a sports-specific training program could improve neuromuscular and performance indices in male high school basketball players. We combined components from a published anterior cruciate ligament injury prevention program for jump and strength training with other exercises and drills to improve speed, agility, overall strength, and aerobic conditioning. We hypothesized that this sports-specific training program would lead to significant improvements in neuromuscular and performance indices in high school female basketball players. Fifty-seven female athletes aged 14-17 years participated in the supervised 6-week program, 3d wk. (-1) for

approximately 90-120 minutes per session. The program was conducted on the basketball court and in weight room facilities in high schools. The athletes underwent a video drop-jump test, multistage fitness test, vertical jump test, and an 18-m sprint test before and upon completion of the training program. All the subjects attended at least 14 training sessions. After training, a significant increase was found in the mean estimated VO<sub>2</sub> max ( $p < 0.0001$ ); however, the effect size was small (0.09). No improvement was noted in the mean normalized knee separation distance ( $p < 0.0001$ ), indicating a more neutral lower limb alignment on landing a significant improvement was found in the vertical jump test ( $p < 0.0001$ ); however, the effect size was small (0.09). No improvement was noted in the sprint test. This program significantly improved lower limb alignment on a drop-jump test and estimated maximal aerobic power and may be implemented pre-season or off-season in high school male basketball players.

### 3. METHODOLOGY

The study will be conducted on an experimental basis on the badminton player to know their level and performance and skill through 6 weeks of designed training, through pre-test and post-test method.

In this chapter the procedure adopted for the selection of subjects, selection of variables, tester reliability, instrument reliability, training schedule, reliability of data, test administration and statistical technique for the analysis of the data has been described.

#### Selection of Subjects

The purpose of the study was to find out the effects of six weeks' strength training, agility training on selected variables and parameters among the badminton players. 30 players/children were selected as subjects who were playing for ranking badminton tournaments of under the age group of 12 years who were training in Gurukhul badminton academy and SIA (Sports Authority of India) training centres in Bangalore Karnataka. The selected subjects were divided into three groups of 10 subjects in each group. Group one acted as experimental group I (strength training) group two acted as experimental group II (Agility training group), group III acted as controlled group. Group one underwent Strength training, group two underwent Agility training, group three underwent routine physical exercise for six weeks.

### **Selection of variables**

The research scholar reviewed the various scientific literatures pertaining to the strength training and agility training on selected variables from books, journals, periodicals and research papers.

For this study the following variables were chosen

- Strength
- Agility
- Skills
- Game performance

The experimental group underwent training for six weeks. The data was collected before and after the training period for analysis. A pilot study was carried out to assess the initial capacity of the subjects in order to fix the training load. For this purpose, 30 students were selected and divided into three groups strength training, agility training, and controlled group. The intensity of the training was decided according to the age group of the players. The method for strength training consist of calculating the quality or state of being physically strong of the badminton players and the method for agility training consist of calculating the ability of the badminton player to move quickly and easily.

Basedon the response of the subjects in the pilot study, the training for the experimental group were constructed, however the individual difference was not considered, while constructing the training programmes the basic principles of training (progression, overload and specificity) were followed.

### **Selection of tests**

Based on the availability of the instruments feasibility and also based on the review, the selected variables were tested by using standardized test items and the following test items were selected for the study.

### **TESTS SELECTION**

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Sl. No	Variables	Test Items
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1.	30 MTR Sprint test	Stop Watch, Measurement Tape
2.	Vertical jump test	Chalk powder. measurement Tape
3.	—Tll Shape test	Cones, Stopwatch, Tape
4.	Zig Zag test	Cones, Stopwatch, Measurement Tape
5.	Short service test	Chalk, 6MTR Rope, Tape
6.	4 Point anaerobic field test	Cones, Tape, stopwatch
7.	Game performance	Coach rated (For 10 point)

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### **Orientation to the subjects**

Before the collection of data, the subjects were oriented about the purpose of the study. The researcher gave instruction to the subject about the experimental and testing methods and out the efforts required and testing methods and procedures, so that there was no confusion about the efforts required on their part. In order to get full co-operation from the subjects, they were oriented as follows. The method of performing the test items were explained and demonstrated to the subjects. The method of strength, agility, skills variables, game performance were explained

to the subjects, to ensure proper understanding and effective cooperation, so as to obtain reliable data from the tests.

### **Experimental design**

The study was formulated as true random group design, consisting of a pre-test and post-test. The thirty subject were randomly assigned to three equal group of 10 badminton player in the age group of 12 years. The group were designed to as strength training, agility training and control group respectively. pre-test data was collected for all the 30 subjects on selected variables. Strength training was given to strength training group for four days in a week for six weeks and agility training was given to the agility group for four days in a week for six weeks, and controlled group

left on their own. The post-tests were conducted on the dependent variables after a period of six weeks of strength training, and agility training.

**Table-I**

**Training Schedule for Group- I (Combined Training groupU-14)**

Day	Morning Session	Evening Session
Monday	Agility training	Badminton practice and Skill e and Stretching exercises
Tuesday	Strength training	Badminton practice and Skill e and Stretching exercises
Wednesday	Agility training	Badminton practice and Skill e and Stretching exercises
Thursday	Strength training	Match And Stretching exercises
Friday	Agility training	Badminton practice and Skill e and Stretching exercises
Saturday	Strength Training	Recreational Game (Basketball)
Sunday	Rest	

### 3. METHODS AND MATERIALS

#### 1. The —T|| Shape test Procedures

For the person administering the test, four cones should be set up in the shape of a —T||. Cone A and B should be set up 10 yards (9.14 m) apart from each other. Cones B and C should be set up 5 yards (4.57m) apart from each other. Cones B and D should be set up 5 yards (4.57 m) from each other as well. The subject starts at cone A On the command of the timer, the subject sprints to cone B and touches the base of the cone with their right hand. They then move left and shuffle sideways to cone C and also touches its base, this time with their left hand. Then shuffling sideways to the right to cone D and touching the base with the right hand. They then shuffle back to cone B touching with

the left hand, and run backwards to cone A. The stopwatch is stopped as they pass cone A.

## **2. Zig-Zag test**

This test requires the athlete to run around a series of cones as fast as possible.

- The athlete warms up for 10 minutes**
- The assistant marks out a rectangle 10 by 16 feet with four cones and places a cone in the centre**
- The assistant gives the command "GO" and starts the stopwatch.**
- The athlete commences the test at the Start & Finish cone and follows the grey route indicated in the diagram**
- The assistant stops the stopwatch and records the time when the athlete's torso crosses the Start & Finish cone.**

## **3. 30M**

### **Sprint Test**

#### **Procedures**

Both clubs used their usual warm-up that was conducted by the respective fitness coaches. Both sprint tests involved a stationary start with the player initiating the sprint in their own time, that is, with no requirement to react to a starting signal. A player positioned the toe of the front foot on the start line, players required the foot to be 50 cm behind the start line. The sprint was required to be commenced from a stationary position so that a —rolling start was not allowed. A player allowed two maximum sprints, with the best split times being retained for analysis. Players were encouraged to wait until they felt completely recovered before performing the second sprint trial, which typically took 2 to 3 minutes.

Although the test protocols were slightly different for the two clubs, the purpose was not to compare the absolute times but the relationships between the various split times within each group. Best time will be taken to analyse.

## **4. Vertical Jump test**

Everybody is born with a certain amount of athletic ability; however, you can improve your vertical jump and lower-body power. Power is a combination of muscular strength and movement speed. Training the lower body means developing an explosive first step. As mentioned previously, research shows that during an average 5-second point in a badminton match, there can be as many as four direction changes. Therefore, it is important to develop powerful legs. The vertical jump is a measure of lower-body power. It is the height you can reach while jumping from a standing position minus the height you can reach when standing.

### **Procedure:**

Vertical jump can be measured using one of several pieces of equipment designed for this purpose.

1. After adjusting the height of the device, reach up with both hands, keeping your heels on the ground, to establish your reach height.
2. Jump as high as you can, hitting the vanes of the measuring device with your hand.
3. Perform at least two jumps, but continue until you do not hit any additional
4. Stand with your side to a wall. Reach up and touch the wall as high as you can.
5. Have a partner mark the spot you touch on the wall.
6. Attach a measuring stick to the wall from the highest reach of your fingertips. Put chalk on your fingers.
7. Jump with your side to the wall (do not take a step), reaching as high as you can on the measuring stick.
8. The difference between your standing reach and the highest point of your jump is your score.

### **5. Four point Anaerobic Field Test**

#### **Procedure**

**Players used their usual warm-up that was conducted by the respective fitness coaches. Warm up for 10 minutes before the test start's and stand on the center point of the badminton court which is initial start.**

**Movements:** CP M1 CP M2 CP M3 CP M4 CP □ □

Player touch's the point M1, and come back to the CP than moves faster towards point M2 and Touch the Net, after that moves back to CP. From the CP players moves towards M3 on the M3 jump and smash the same thing on M4 (Smash Jump).

## **6. French Short Service Test**

### **Purpose:**

To measure the ability to serve accurately with a low and short placement degree of serving skill should be developed before the test is administered.

Equipment's & Facilities required: Ground marking, ropes, poles, shuttle racket, shuttle cock and score sheet were used.

### **Administration and Direction:**

A cloths-line rope is stretched 20 inches directly above the net and parallel to the net. A series of 2-inch lines in the form of arcs are placed at distances of 22, 30, 38, and 26 inches from the midpoint of the intersection of the center line and the short service line of the right service court. Each measurement includes the width of the 2-inch lines. The test performer may stand anywhere in the right service area, diagonally opposite the target. Three legal serves are attempted at the target. To earn points, the serve must pass between the rope and net and lands somewhere in the proper service court area for doubles play.

**Scoring:** A score is awarded to any legal serve that passes between the rope and net and lands in the proper service court for doubles play. A score of 0 is recorded for any shuttle that does not pass in between the rope and the net. The awarded points (5, 4, 3, 2 and 1) are based on the placement of the shuttle. Shuttles that land on a target line are awarded the point value of the higher area. If a shuttle hits the rope, the trial is not counted. The illegal serves may be repeated. The test score is the sum of the three serves.

## **7. Game performance or playing ability**

The criterion measure of overall playing ability was measured by a panel of experts consisting three persons. They were outstanding players at state level in the game of Badminton and have been serving as renowned & qualified coaches for about a decade. The experts were asked to make a subjective assessment of the overall playing ability of the players using the 10point scale which consist of all factors. The average rating of the three experts on the overall playing ability was considered as the score of subjects. To see the degree of agreement between the three qualified coaches, rank order correlation was used in this study. The results revealed high correlation, which means that there was a close agreement in rating between the coaches. The guidelines for rating was provided by the investigator.

### Criterion Measures

By glancing the literature and in consulting with professional experts the following measures were applied to collect data on the selected criterion and predictor variables.

**Table -2 Shows criterion**

Sl. No	Variables	Test	Criterion
1	<b>Strength</b>	30 MTR Sprint Test	Acceleration, Speed and Reaction
		Vertical Jump Test	Lower limb power, Thigh muscles, calf muscles power, explosive Strength and solder reach
2	<b>Agility</b>	‘T’ Shape Test	Ability to change the direction at speed ( Quick movement of Forward, lateral and backward )This test requires locomotor fundamental motor skills)
		Zig-Zag Test	Coordination, Position of centre of gravity Running Speed and Skill
3.	<b>Skill</b>	French Short service	Directing a shuttle towards a particular area of opposite court, to determine the effects of changing the distance through, which serve must pass on scores made. Wrist power and for arm power.

		4 point anaerobic field test	To find the For hand smash, back hand smash, receive the net drop, Net smash, striking ability
4	<b>Game performance</b>	The performance of badminton game was measured by coaches rated scale.	Badminton techniques ability(short service ability, long service ability, fore hand clear ability, back hand clear ability, hand movement and wrist movement ability), or Badminton game performance of the players was measured out of ten points by a panel of three qualified coaches during actual competition and the average of three scores was considered as game performance of the badminton players

### ANALYSIS OF DATA

The statistical analysis on significance of the mean gains or losses made in the scores in the performance variables, skill performance variables and game performance of badminton players of Combined Training (strength training and Agility training) are presented.

### 3. RESULTS OF INDIVIDUALIZED TREATMENT EFFECTS

The result of individualized effects of Combined training (Strength and Agility training group (CTG) and Control group (CG) on performance variables of Strength, agility, upper body strength, lower body strength, endurance, leg explosive power and skill performance variables ability, and overall playing ability are presented below;

**Hypothesis:-** It was hypothesized that Combined training group would significantly improve the performance variables of strength, agility, upper body strength, leg explosive power and skill performance of short service ability, long service ability, fore hand clear ability, back hand clear ability, hand movement and wrist movement ability, From baseline to post-test above hypothesis the collected data were analysed by using paired sample  $t$  test between the pre and post-test mean on performance variables and skill performance of male badminton players. The analysed data are presented in the below table;

**Significance of mean gains / losses between pre and post-test of combined training (ctg) on selected performance variables and skill performance on badminton players of 14 years of age group**

<b>VARIABLES</b>	<b>PRE TEST MEAN± SD</b>	<b>POST TEST MEAN± SD</b>	<b>M.D</b>	<b>Std.Error Mean</b>	<b>=t'- VALUE</b>	<b>Df</b>	<b>sig</b>
<b>PERFORMANCE VARIABLES</b>							
<b>30M sprint speed in seconds</b>	7.32±.619	5.14±.50	2.18	.114	19.04	9	.000
<b>Vertical Jump explosive</b>	22.20±3.011	41.60±3.33	19.4	.60	32.33	9	.000

<b>strength in Centimetre</b>							
<b>Agility T-Shape test</b>	13.96±.892	12.02±1.29	1.93	.20	9.26	9	.000
<b>Zig-Zag Test</b>	10.20±.40	6.83±.50	3.36	.094	35.66	9	.000
<b>SKILL PERFORMANCE VARIABLES</b>							
<b>Anaerobic Field Test (in seconds)</b>	11.29±.79	8.30±.94	2.98	.168	17.74	9	.000
<b>Short service test (in points)</b>	6.30±1.56	12.10±1.59	5.80	.32	17.75	9	.000
<b>GAME PERFORMANCE TEST</b>							
<b>Game</b>	2.90+.73	7.80+.788	4.90	.17	27.27	9.	.000

performance	-	-					
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\* Significant at 0.05 level, Table value-2.262

Table-4 shows the mean value from pre to post-test in the performance and skill performance variables were: **2.180sec** and **19.41Centimetre's** (Strength), **1.936sec** and **3.369sec**(Agility), **2.989sec** and **5.80points** (Skill performance), **4.90**(Game performance) Overall playing ability test. Badminton game performance of the players was measured out of ten points by a panel of three qualified coaches during actual competition and the average of three scores was considered as game performance of the badminton players.

Table performance, also shows skill the obtained performance  $\underline{t}$ ' values of and game pre to post-test performance mean differences on variables were:

**19.048sec****32.333Centimetres**(strength), **9.262sec**, **35.66sec**(Agility), 17.745sec, 17.759 in points (Skill performance), **27.297** coach rated points (Game performance) Overall playing ability test.

The obtained  $\underline{t}$ ' values were tested at **0.05** level of significance. Since the calculated  $\underline{t}$ ' values were greater than the table  $\underline{t}$ ' value at **0.05** level for degrees of freedom **9**. null hypothesis was rejected at **0.05** levels of significance and formulated research hypothesis was accepted. Thus it was concluded that six weeks of combined training program showed significant improvement in Strength, Agility, Skills and Overall playing ability (Game performance), as the study the above remark can be given at 95% confidence.

#### **SIGNIFICANCE OF MEAN GAINS / LOSSES BETWEEN PRE AND POST-TEST OF CONTROLLED GROUP ON SELECTED PERFORMANCE VARIABLES AND SKILL PERFORMANCE ON BADMINTON PLAYERS OF 14 YEARS OF AGE GROUP**

VARIABLES	PRE TEST MEAN $\pm$ SD	POST TEST MEAN $\pm$ SD	M.D	Std.Error Mean	$\underline{t}$ '- VALUE	df	sig
<b>PERFORMANCE VARIABLES</b>							

<b>30M sprint speed in seconds</b>	8.19±.643	7.97±.709	.22	.104	-2.125	9	.063
<b>Vertical Jump explosive strength in Centimetre</b>	24.10±4.84	24.60±3.94	-.50	.428	-1.168	9	.273
<b>Agility T-Shape test</b>	14.74±.77	14.14±.859	.613	.180	3.390	9	.009
<b>Zig-Zag Test</b>	12.04±1.02	11.35±1.29	.690	.362	1.90	9	.089
<b>SKILL PERFORMANCE VARIABLES</b>							
<b>Anaerobic Field Test (in seconds)</b>	12.18±.510	12.11±.88	.063	.200	.314	9	.761

<b>Short service test (in points)</b>	5.40±.843	5.90±1.44	-.500	.619	-.808	9	.440
<b>GAME PERFORMANCE TEST</b>							
<b>Game performance</b>	2.70±.823	3.10±.737	-.40	.305	-1.309	9	.223

\* Significant at 0.05 level, Table value-2.262

Table-5 shows the mean value from pre to post-test in the performance and skill performance variables were: **0.22sec** and **-0.50Centimetre's** (Strength), **3.390sec** and **1.90sec**(Agility), .063sec and **-0.50points** (Skill performance), **-0.40** (Game performance) Overall playing ability test. Badminton game performance of the players was measured out of ten points by a panel of three qualified coaches during actual competition and the average of three scores was considered as game performance of the badminton players.

Table also shows the obtained  $t'$  values of pre to post-test mean differences on performance, skill performance and game performance variables were: **2.125sec** -

1.168Centimetres(strength),3.395sec, 1.90sec(Agility), **0.314** sec, **-.808** in points (Skill performance), -1.309coach rated points (Game performance) Overall playing ability test.

The obtained  $\underline{t}'$  values were tested at **0.05** level of significance. Since the calculated  $\underline{t}'$  values were lesser than the table  $\underline{t}'$  value at **0.05** level for degrees of freedom **9**. null hypothesis was rejected at **0.05** levels of significance and formulated research hypothesis was accepted. Thus it was concluded that six weeks of controlled group program showed no significant improvement in strength, agility, skills and overall playing ability (Game performance), as the study the above remark can be given at 95% confidence.

#### **4. RESULT**

After 6 weeks of training the training group showed significance improvement in all the variables while those in the controlled group unchanged. When comparing post-test result between the training group and the controlled group, it was found that combined training group (Strength and Agility Training) and game performance in the training group were significantly greater than those in the controlled group.

#### **Discussion**

The purpose of this study was to demonstrate the efforts of short term combined training (Strength, Agility Training) on badminton player of age group of under-12 years of badminton players who is playing for state ranking tournaments. The result in this study showed that 6 weeks of combined training (Strength and Agility) could significantly improve the game performance in the badminton players. These findings support several previous studies which have suggested that combined training (Strength and Agility) can enhance badminton ability.

#### **5. SUGGESTIONS**

1. The proposed Combined training (Strength and Agility training) program should be a part of the physical preparation for badminton players because of its significant effectiveness in improving the skill of the Badminton players.

2. The present study was a pilot study so significant differences in leg muscle power were found and quick movement of Forward, lateral and backward movement were found. A research should include more volunteers which may result in a better sample and possibly a significant difference in game performance between the training groups and controlled group.

3. Future study will be conducted in the same area on different samples in terms of age and gender to see if the Combined training (Strength and Agility Training) group program will be effective in these group as well.

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# NEED FOR RE-LIVE OF BRETTON WOODS SUMMIT FOR PROMOTING DIGITAL REVOLUTION.

Pramod A V

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## Abstract

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With advent of Technology hovering around the world, it's imperative business round the world have to acquaint themselves to technological innovations, the development of the has grown to that extent where the role of government around the globe in business settlements is vanishing and need for apprehensions in technology is sought by the citizens.

In this regard, paper focuses on necessity of a global Summit involving all major countries to come up with data Bank very similar to World Bank which was set up to rejuvenate the destructed countries to restructure their economy. The data is based on secondary sources and sector wise possible synchronisation of data of various countries through high encrypted security is discussed to enhance digitalization and educating every citizen to be a part of on-going digital revolution.

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### **Keywords:**

Encryption,  
Digital Revolution,  
Digital Security,  
Synchronisation.

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### **Author correspondence:**

**Pramod A V**

Assistant Professor in Commerce

Seshadripuram Institute of Commerce and Management

9972677099

[nanepramod@gmail.com](mailto:nanepramod@gmail.com)

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## 1. Introduction

After the conclusion of the Second World War in the year 1945, the countries involved in the war came to conclusion that 'Principle of Nationalisation' leads to destruction and does

not uplift human beings. The evidence of destruction was found in Europe, partially in Asia and American continents.

United Nations monetary and financial conference was aimed at peace and creation of Financial Institutions at international level funded by those countries which were financially sound that Wood lends money to those countries affected by devastations caused during Second World War.

The creation of Monetary Fund to stabilize the exchange rate of various currencies was promulgated to bring in importance to the business and trade across the political borders. the success of International Bank for reconstruction and development in providing finance for rebuilding devastated economies is now replaced as world bank with modification its objective of providing financial assistance for business, infrastructure across the globe.

Nearly seven decades down the lane now it is necessary for United Nations to think in similar lines of conducting and other continents to brighten oats with an intention to implement data banks of various sectors around the globe to recreate the confidence that the world is driving itself to ethics based data management and not only management with no proper regulation.

## **2. Statement of the problem**

Mismatch in the order of the day, be it education, be it resources, or be it skills with this principle in the world is talking of digitalization and covering the complete citizens and urban banner for every activity or task to be performed through database or depositories. The study focuses on mechanism through which data can be managed, stored and accessible with proper Regulation and control through setting up of Institutions specifically to manage data under the banner of United Nations.

## **3. Scope of the study**

The Global Institutions are regulated by the laws timely framed and managed by the United Nations. The paper focuses on emerging trend in the area of digitalization around the globe and the possible regulations that can be set up with international status, made possible through another round table conference like Bretton Woods Conference.

#### 4. Research methodology

Paper is descriptive in nature. It is based on assumptions, required data is obtained from secondary sources, paper comprises discussion based on already carried out works in the area of analysing Bretton Woods's conference. Primary data is drawn from discussions with entrepreneurs to understand latest business Trends especially in the area of settlements.

Krishna, V. (13/11/2017). *These five industries need to adopt block chain immediately:* Has set an objective based on the five major industries in the Indian context, the paper emphasizes on the need of the adoption of the technology and modifications to be adopted by these industries in this context

Kemp, L. (2017). IBM Blockchain underpinned by highly secure infrastructure is a game changer: Has covered the aspects of the security to be strengthened in the area of blockchain and has emphasized on the proactiveness demanded by the administrators in securing the data.

Hegadakatti, D. K. (2017). AADHAR ON BLOCKCHAIN. *MONEY WISE* , ISSUE 11 VOLUME6: The author has emphasised on the requirement of the Government to upgrade to new technology on maintenance of AADHAR.

(Helleiner) The author emphasizes on the comparative aspect of World Bank with the Current trend with statistics.

#### Scope for further research

The management of a large data is a challenge faced by the current business Enterprises, which has emerged data has been one of the fifth factor of production. The available data should be used meticulously which requires proper management through structural design and access with authenticity and accuracy. The paper is limiting itself only to the area of identifying how to setup a data Bank which provides scope for further researches to carry out the process of simplification of data extraction and better structures and design in the similar field.

#### 5. Objectives of the Study

1. Understand statistics around the globe.
2. To device the best possible strategy for implementing digital literacy.

3. To analyse working of block chain technology against current banking system.

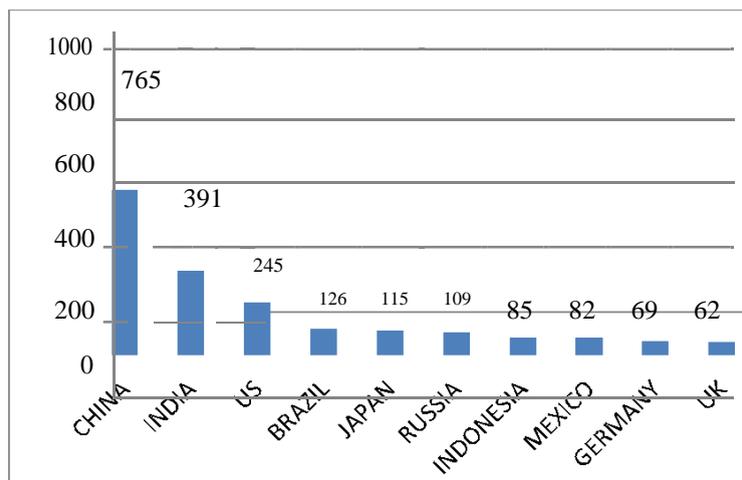
### Analysis and interpretation of Data

The data interpretation is taken up in the order of the objectives

Understand statistics around the globe.

With around 750 million illiterate people in the world of which two thirds are women dominated mostly in Asia and African countries. The statistics reveals that 102 million between the age group of 15 to 24 in the world suffer from complete illiteracy of not even being able to write a sentence and understand basic numeracy. Digital divide speaks about computer literacy around the globe, flipside the uses of Technology and information communication technology and the other side lack of understanding of Technology. There is ambiguity in the uses of Technology as to what skill sets are required for getting employed with decent jobs and entrepreneurship.

#### INTERNET USERS POPULATION IN MILLIONS



#### TECH SAVY GOVERNMENTS

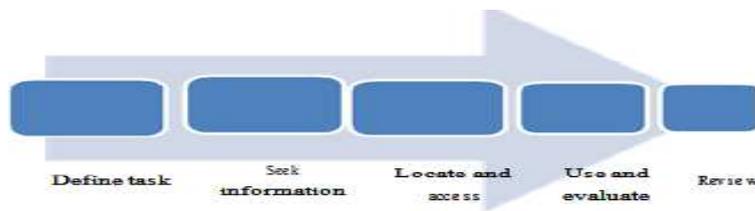
COUNTRIES	1
SINGAPORE	2
UAE	3
BAHRAIN	4

REPUBLIC OF KOREA	5
QATAR	6
MALAYSIA	7
JAPAN	8
ESTONIA	9
LUXEMBERG	10
UNITED KINGDOM	

The education on digitalization is a combined effort from Grass root level to international level, stepwise regulation becomes mandatory followed with infrastructural up gradation from time to time.

To device the best possible strategy for implementing digital literacy.

### Process of Digital Literacy



Digital Revolution is the requirement of the hour, most of the countries in the world have wilfully or unwilfully accepted digital revolution, to implement digital revolution following case may be considered.

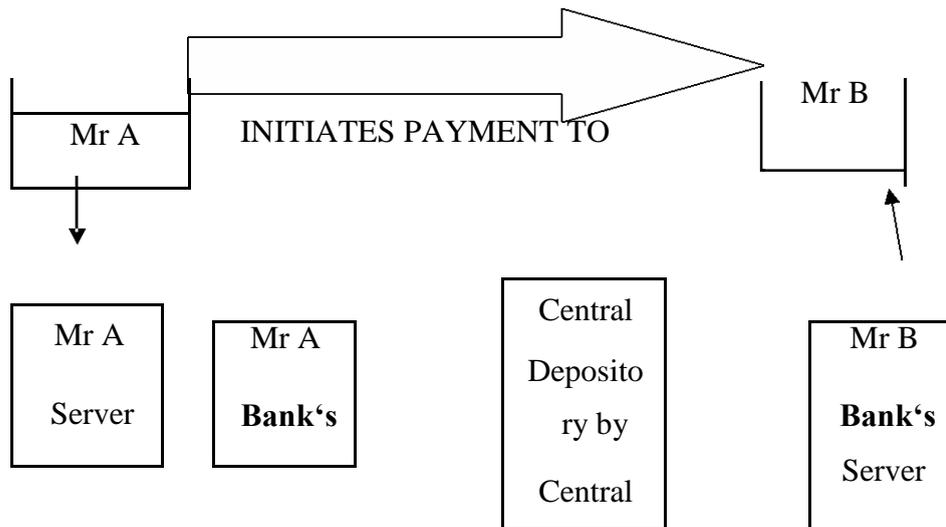
A company in its board meeting decided to digitalise it's recording in internal communication within span of 2 years. The task was assigned to all the strategic business units, one SBU was able to complete the process of digitalization within 6 months, when enquired the head you quotes the following considerations which drove digitalization in his department.

- The techno Savvy person was identified in the department and was discussed about the requirements.
- The templates for various parameters of communication were designed.
- Staffs were insisted to have the mandatory emails for correspondence.

- Circulars were served to the stamp to communicate through mains and through designated and designed templates.
- When once implementation trial run was carried out and idea to create new integrated management information system emerged.
- The proposal was given to contact and IT industry and requested for customised software in the subsequent years to be used in the company.

To analyse working of block chain technology against current banking system.

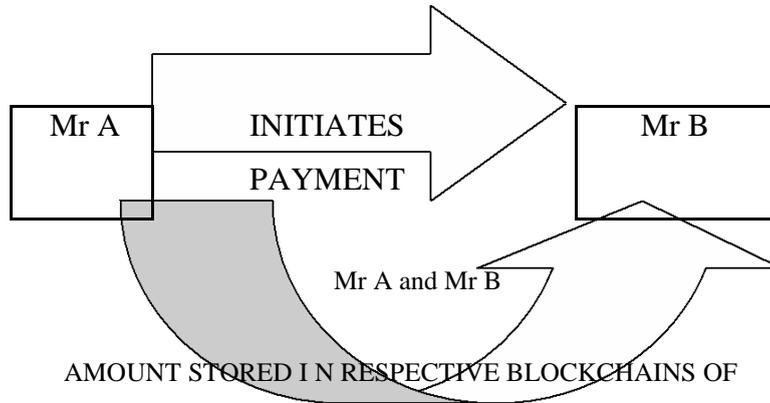
**Working of current system:**



1	Mr.A initiates payment to Mr. B through online payment
2	The information is transmitted to banks main server from the local server of the payer.
3	The amount gets debited in Mr. A Account immediately after confirmation of details
4	Banks transmits data to central depository controlled by Central Bank

5	Then server transmits the data to receiver bank through furnished information.
6	The amount gets credited to Mr.B.

**Working of block chain**



Step	Process
1	Mr.A initiates payment to Mr. B through online payment
2	The transactions are remitted through node s forming various servers and the data once validated is permanently stored in both the parties' block chain.
3	The block chain transaction demands crypto currency or digital assets which are commonly accepted around the globe
4	Thes common e ly accepted digitized security moves from peer to peer without interference of centralized servers or intermediaries.

5	The transaction recording may be taken over by Artificial Intelligence and the authenticity of transaction can be checked either of the parties as it is permanently stored in the decentralized servers.
6	The involved parties to the transaction is not disclosed, the transfer happens only to the specific identification codes of individual, so the problem of delay , fraud can easily be curtailed.

## 5. Conclusions and Suggestions

The education system around the globe are decentralized and are controlled by the governments, it is imperative for The aged educationist to include digital literacy in their academic and make it mandatory to all the youngsters to inculcate the culture of digitalisation from early ages.

The higher education Institutions has to include digital literacy in their career readiness programs and solve the ambiguous situation of understanding be very existence of digital literacy.

The practice of the government should be digitalised it has to create atmosphere to compel citizens to use Technology. the binding of statutory compliance of the government by citizens has to be digitalised.

The technology up gradation is not a onetime phenomenon, it is a continuous process and it is imperative that it works with collaboration of different organisation within and outside the political borders.

The Institutions promoting digital literacy has to conduct gap analysis to assist contact or unexplored citizens and create learning atmosphere to them.

With the concept of environmental sustainability discussed around the globe paper saving has become a prime agent tools and Technology has to be set up to create interest to people by influencing them to contribute for environmental sustainability.

The organisations under any form of business has to take initiative to instigate employees at all levels to try for digitalization training programs has to be scheduled at all levels to educate employees regarding application of Technology.

Any activity planned at any level gets proper road map only through government regulations it is indeed and need of the hour for the United Nations and other allied Global Institutions to organise another meeting in line with Bretton Woods conference to facilitate implementation of digitalization.

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## PSYCAP: A TOOL FOR SUSTAINABLE GROWTH AND COMPETITIVE ADVANTAGE

Prof. Vidya.S.Shivannavar

Smt. Vinija. C

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### Abstract

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PsyCap is a concept conceived by Luthans and Carolyn M. Youssef to assess the psychological capital. It is defined as a person's positive psychological state of development which comprises key dimensions like hope, confidence or self efficacy, resilience, optimism – known as HERO. He suggested that human resources can serve as a competitive advantage as they are distinctive in terms of skills, abilities and competencies. It is a study and application of optimistic and psychological capacities of human resources which is a barometer for measuring performance improvement. PsyCap is a capital for all types of organizations seeking sustainable growth and competitive advantage. It is a tool emerging to measure the positive state of human resource at workplace and leadership development which has a bearing on the performance and betterment of the employees as well as the organization. The data is collected from primary source through distribution of google form/questionnaires to 41 respondents from different arenas like academicians, corporate professionals, entrepreneurs and industrialists and also from secondary source. The sampling method adopted is random sampling technique for data collection. This study focuses on psychological development, employee behavior and its impact on the performance of employees at workplace It is concluded that Higher the PsyCap, higher is the performance which puts the company in a superior business position

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#### **Keywords:**

PsyCap, Hope, Efficacy,  
Resilience

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providing a competitive advantage.

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***Author correspondence:***

**Prof. Vidya.S.Shivannavar**

**Smt. Vinija. C**

Seshadripuram Institute of Commerce and Management

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## **1. Introduction**

The success of the organization always depends on the capacity of the employees to think innovative and implement quality and efficient work. So, the key success of an organization is Human Resource. The rational participation of management and employees in would bring lot of efficiency in the work. The psychological participation of employees with a positive attitude towards organization is a vital factor to achieve organizational goals.

PsyCap contains the attributable concepts to measure and increase the performance of employees in the organization. It is a tool to measure and identify the core competence, human motivation, leadership skills and strive to achieve success which results in efficiency at workplace. The key factors of PsyCap are Self efficacy – individuals belief in their innate ability to achieve goals, Hope – aspiration or desire to achieve goals, Optimism – confidence about future success, Resilience – ability to recover quickly from challenges at work place.

### **Objectives of the study**

- To understand the concept of PsyCap.
- To analyse the application of PsyCap at workplace.
- To understand whether there is an impact of PsyCap on employees in an organisation.

### **Need for the Study**

This paper focuses on the awareness level and application part of the emerging concept PsyCap and its impact on the employee performance at work place. It also helps analyse whether PsyCap has an influence on the positivity, efficacy, resilience and hope of the employees.

### **Research Methodology**

The data for the study is collected through both primary and secondary sources. The primary data is collected from 41 employees of different organizations and institutions like academicians, corporate professionals, entrepreneurs and industrialists through google questionnaire/forms. The data is collected using random sampling technique and is analysed using simple statistical tools like tabulation, percentage analysis and graphical method. Secondary data is collected from internet and other published journals.

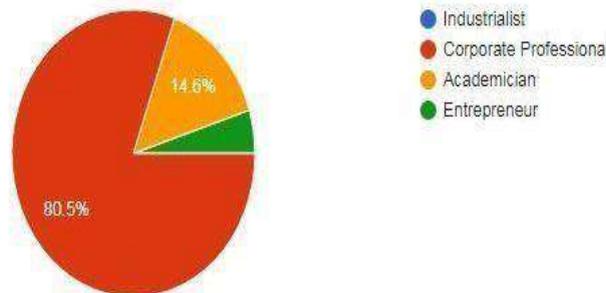
## Data Analysis and Interpretation

### Occupation of respondents

Occupation		
Parameters	No. of Respondents	Percentage (%)
<b>Academician</b>	6	14.63
<b>Corporate Professional</b>	33	80.49
<b>Entrepreneur</b>	2	4.88
<b>Industrialist</b>	0	0
<b>Total</b>	41	100

### Occupation

41 responses



### Source: Primary Data

**Interpretation** From the above graph we can infer that 80.5% of the data is collected from the corporate professionals, 14.6% of them from academicians and 4.9% from entrepreneurs.

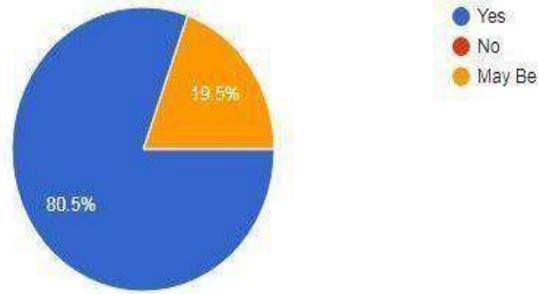
Do you feel that PsyCap is an essential resource?

Parameters	Yes	Percentage (%)	May be	Percentage (%)	Total
<b>Academician</b>	4	12.12	2	25	6
<b>Corporate</b>	27	81.82	6	75	33

<b>Professional</b>					
<b>Entrepreneur</b>	2	6.06	0	0	2
<b>Industrialist</b>	0	0	0	0	0
<b>Total</b>	<b>33</b>	<b>100.00</b>	<b>8</b>	<b>100</b>	<b>41</b>

Do you feel that PsyCap is essential resource for an organisation?

41 responses



**Source: Primary Data**

**Interpretation**

From the above graph we can opine that majority of the respondents i.e., 80.5% feel that PsyCap is essential resource for an organization, whereas 19.5% have a negative view about PsyCap.

**Does the organisations consider PsyCap as an essential resource?**

Parameters	Strongly Agree	Percentage (%)	Agree	Percentage (%)	Neutral	Percentage (%)	Disagree	Percentage (%)
<b>Academician</b>	0	0	2	15.38	4	21.05	0	0.00
<b>Corporate Professional</b>	7	100	9	69.23	15	78.95	2	100
<b>Entrepreneur</b>	0	0	2	15.38	0	0	0	0
<b>Industrialist</b>	0	0	0	0	0	0	0	0
<b>Total</b>	7		13	100	19	100	2	100

Does your organisation consider PsyCap as an essential resource?

41 responses



**Source: Primary Data**

**Interpretation**

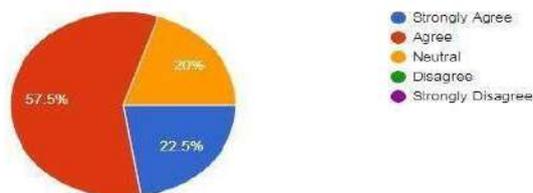
From the above graph we can infer that 48.8% of the respondents agree that their organization considers PsyCap as an essential resource whereas 51.2% of them don't consider PsyCap as an essential tool.

Do you interpret optimistic events about your own ability to improve a given situation?

Parameters	Strongly Agree	Percentage (%)	Agree	Percentage (%)	Neutral	Percentage (%)
Academician	0	0	5	20.83	1	12.5
Corporate Professional	8	88.89	18	75.00	7	87.5
Entrepreneur	1	11.11	1	4.17	0	0
Industrialist	0	0	0	0	0	0
<b>Total</b>	<b>9</b>	<b>100.00</b>	<b>24</b>	<b>100</b>	<b>8</b>	<b>100</b>

Do you interpret optimistic events about your own ability to improve a given situation?

40 responses



**Source: Primary Data**

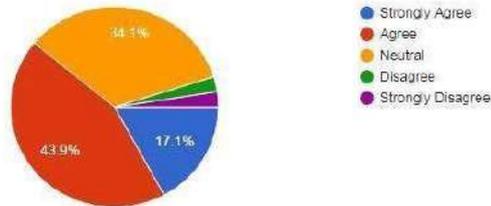
**Interpretation**

The above graph shows the level of optimism of the employees to improve a given situation. 80% of the respondents feel that they interpret optimistic events about their ability to improve a given situation whereas 20% of them are neutral. Do you agree that your employer accept and execute your inputs and suggestions for the development of the organisation?

Parameters	Strongly Agree	Percentage (%)	Agree	Percentage (%)	Neutral	Percentage (%)	Disagree	Percentage (%)	Strongly Disagree	Percentage (%)
Academician	2	28.57	2	11.11	2	14.29	0	0	0	0
Corporate Professional	5	71.43	14	77.78	12	85.71	1	100	1	100
Entrepreneur	0	0.00	2	11.11	0	0	0	0	0	0
Industrialist	0	0	0	0	0	0	0	0	0	0
<b>Total</b>	<b>7</b>	<b>100</b>	<b>18</b>	<b>100</b>	<b>14</b>	<b>100</b>	<b>1</b>	<b>100</b>	<b>1</b>	<b>100</b>

Do you agree that your employer accept and execute your inputs and suggestions for the development of the organisation?

41 responses



**Source: Primary Data**

### Interpretation

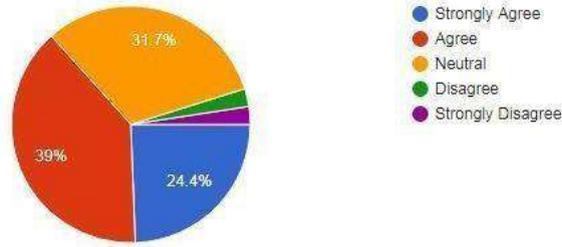
From the above graph we can infer that 61% of the respondents agree that their employer accepts and executes inputs and suggestions of the employees for the development of the organization whereas 39% of them don't agree or are neutral to this.

Do you agree that you are successful at your workplace?

Parameters	Strongly Agree	Percentage (%)	Agree	Percentage (%)	Neutral	Percentage (%)	Disagree	Percentage (%)	Strongly Disagree	Percentage (%)
Academician	2	20	3	18.75	1	8.33	0	0	0	0
Corporate Professional	7	70	12	75	11	91.67	2	100	1	100
Entrepreneur	1	10	1	6.25	0	0.00	0	0	0	0
Industrialist	0	0	0	0	0	0	0	0	0	0
<b>Total</b>	<b>10</b>	<b>100</b>	<b>16</b>		<b>12</b>	<b>100</b>	<b>2</b>	<b>100</b>	<b>1</b>	<b>100</b>

Do you agree that you are successful at your workplace?

41 responses



**Source: Primary Data**

**Interpretation**

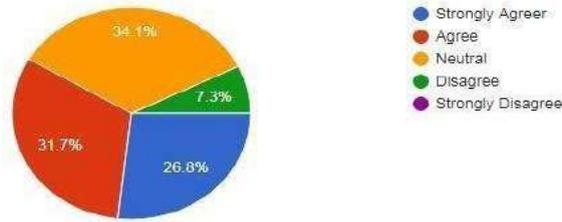
From the above graph we can infer that 63.4% of the respondents opine that they are successful at their workplace whereas 39% of them are neutral and 5% of them disagree about their success at workplace.

Do you feel confident about the work atmosphere at your organisation?

Parameters	Strongly Agree	Percentage (%)	Agree	Percentage (%)	Neutral	Percentage (%)	Disagree	Percentage (%)
Academician	2	18.18	2	15.38	2	14.29	0	0.00
Corporate Professional	9	81.82	9	69.23	12	85.71	3	100
Entrepreneur	0	0.00	2	15.38	0	0.00	0	0.00
Industrialist	0	0	0	0	0	0	0	0
<b>Total</b>	11		13	100	14	100	3	100.00

Do you feel confident about the work atmosphere at your organisation?

41 responses



Source: Primary Data

**Interpretation**

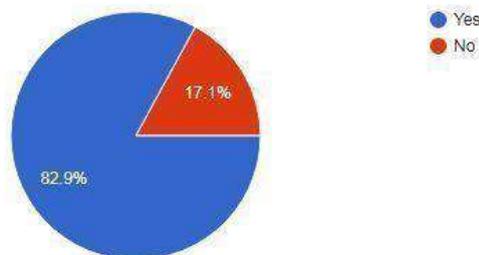
From the above graph we can infer that 58.5% of the respondents feel confident about the work atmosphere at the organization whereas 34.1% of them are neutral and 7.4% of them aren't confident about the workplace at their organization.

Do you see the positive side of challenges at your workplace?

Parameters	Yes	Percentage (%)	No	Percentage (%)
Academician	5	14.71	1	14.29
Corporate Professional	27	79.41	6	85.71
Entrepreneur	2	5.88	0	0
Industrialist	0	0	0	0
<b>Total</b>	<b>34</b>	<b>100</b>	<b>7</b>	<b>100</b>

Do you see the positive side of challenges at your workplace?

41 responses



Source: Primary Data

### Interpretation

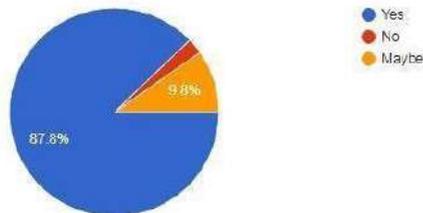
From the above graph we infer that 82.9% of the respondents opine that they see the optimistic side of challenges at workplace whereas 17.1% of the respondents are not optimistic about the challenges at workplace.

Are you able to meet the work goals set by yourself?

Parameters	Yes	Percentage (%)	No	Percentage (%)	May Be	Percentage (%)
Academician	6	16.22	0	0	0	0
Corporate Professional	29	78.38	0	0	4	100
Entrepreneur	2	5.41	0	0	0	0
Industrialist	0	0	0	0	0	0
<b>Total</b>	<b>37</b>	<b>100.00</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>100</b>

Are you able to meet the work goals set by yourself?

41 responses



Source: Primary Data

### Interpretation

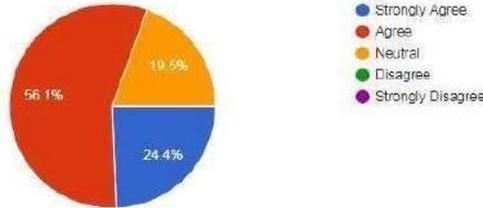
From the above graph we may infer that 87.8% of the respondents feel that they are able to meet the work goals set by them whereas 12.2% of them opine that they may or may not attain their work goals.

Are you capable enough of finding alternatives to get out of a complex situation?

Parameters	Strongly Agree	Percentage (%)	Agree	Percentage (%)	Neutral	Percentage (%)
Academician	1	10	4	17.39	1	13
Corporate Professional	9	90	17	73.91	7	88
Entrepreneur	0	0	2	8.70	0	0
Industrialist	0	0	0	0	0	0
<b>Total</b>	<b>10</b>	<b>100</b>	<b>23</b>	<b>100</b>	<b>8</b>	<b>100</b>

Are you capable enough of finding alternatives to get out of a complex situation?

41 responses



Source: Primary Data

**Interpretation**

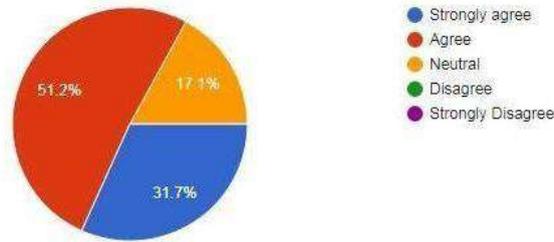
From the above graph we infer that 80.5% of the respondents feel that they are capable of finding alternatives to get out of complex situations whereas 19.5% of them are not very confident about finding alternatives to a given situation.

Do you agree that higher PsyCap results in higher performance?

Parameters	Strongly Agree	Percentage (%)	Agree	Percentage (%)	Neutral	Percentage (%)
Academician	2	15.38	3	14.29	1	14
Corporate Professional	10	76.92	17	80.95	6	86
Entrepreneur	1	7.69	1	4.76	0	0
Industrialist	0	0	0	0	0	0
<b>Total</b>	13		21	100	7	100

Do you agree that higher PsyCap results in higher performance?

41 responses



**Source: Primary Data**

### Interpretation

From the above graph we infer that 82.9% of the respondents strongly opine that PsyCap results in higher performance whereas 17.1% of them are neutral regarding this.

### Findings

- From the above data we inferred that 80.5% of the respondents feel that PsyCap is an essential resource to the organization but only 48.8% of the organizations have implemented PsyCap as tool for better performance of their employees.
- Majority of the respondents are optimistic and capable about improving a given complex situation.
- Majority of the respondents agree that their employer involves participative management i.e., accepts and executes inputs and suggestions of the employees for the development of the organization.
- Majority of the respondents opine that they are successful and confident about their workplace.
- 82.9 % of the respondents see the optimistic side of challenges at workplace and also are capable of finding alternatives to get out of complex situations which enhance the performance of employees.
- Majority of the respondents strongly opine that PsyCap results in higher performance of the employees. Organization should adopt continuous training programs on stress management, time management.
- Encouraging participatory management involving all the stake holders.

- Continuous Evaluation of employees on post training programs to improve individual performances.
- Including PsyCap as a barometer for performance appraisal.
- Along with monetary rewards employees should also given appreciation for the daily code of conduct.

### **Suggestions and Conclusions**

Implementing positive PsyCap criteria at workplace like hope, efficacy, resilience and optimism reflects on the betterment of performance of the employees and also enhances sustained competitive advantage for the organisation. Positive PsyCap has higher probability for achieving success based on the optimism and efforts of the employees. From the study it is inferred that employees opine PsyCap is essential for an organization to motivate and achieve greater results but very few organizations have implemented PsyCap as a mechanism to evaluate the performance appraisal. Its implementation has ensured better confidence, hope, optimism among the employees which has resulted in better performance where PsyCap is implemented. We conclude that higher PsyCap results in higher employee performance which also provides competitive advantage to the organization.

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## A Study on Donation Based Crowd Funding relating to Indian Platforms

Meghana C  
Nagasudha R

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### Abstract

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As Crowd funding is the emerging financial alternatives for the many starts up. Even it can used for personal causes and social causes. Donation based crowd funding as one type among the different types of crowd funding. As donation or charity is old concept to India usually in temples they used to collect the amount for celebration, the new thinking is going online. As curious how the donation based crowd funding is used really people are accepted online concept? An attempt is made to know it by taking crowd funding platforms relating to Donation based. Data used is secondary based on platforms given information.

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### **Keywords:**

Donation Based Crowd  
funding, Agencies/  
Platforms, Successful  
projects.

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### **Author correspondence:**

#### **Meghana C**

Research Scholar (Dayananda Sagar University)  
Assistant Professor - Dayananda Sagar College  
of Arts, Science and Commerce  
Kumarswamy Layout Bengaluru- 560078  
Mobile Number: 7337702414  
Email Id: [meghanac1092@gmail.com](mailto:meghanac1092@gmail.com)

#### **Nagasudha R**

Assistant Professor  
Seshadripuram College Bengaluru-560020  
Mobile Number: 8147627937  
Email Id: [nagasudharsatish@gmail.com](mailto:nagasudharsatish@gmail.com)

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## 1. Introduction:

As Name starts with the crowd. —Crowd itself a powerful word where large number of members. Funding means money investing in the some activity. So crowd funding in simple words means large group of members are investing for some project, causes start-ups etc. Contribution may be donors it may be small or huge amount doesn't matters.

Donation based Crowd Funding refers to collecting or raising the funds from the backers for special causes – Personal and Social Causes. It's one of popularised in different types of crowd funding.

What are purposes for which Funds are Available?

- A Fund relating to new start-ups.
- A funding Businesses
- Causes based such as Educational Expenses, Medical, and Emergencies etc. - Personal Causes.
- A funding relating to Social Causes.

## 2. Literature review:

S.N agalakshmi: Authors has started with the introduction of 2008 financial crisis give raise to crowd funding concept as the alternative financing for raising the funds. Before it coined India has successful story relating to crowd funding were Reliance Industries is also emerged with the same concept and become a big company in India. US and India scenario has explained US Securities and Exchange Commission highlights and key factors are listed. Different models have been explained. Challenges like low trust on industry, online transfer etc. are want to gain trust the people advantages and disadvantages and some related project relating to platforms have been highlighted in the article. In conclusion ended with positive hope efficient system can makes crowd funding successful in upcoming years. **Need of study:** As a —Human giving something earned as contribution for a need people shows Humanity and self-satisfaction. Donation is not anew concept to India. Funding online is new. So people of India accepted an Online concept or not. As a

Majority of Indian People use Smart phone and going digitalized is the other motive were Government is introduced Digital India. So it's an attempt made to know that online concept is accepted in India and other hand people will contribute for the personal and social causes.

### Objectives:

- To Know Top Donation Based Crowd funding Platforms worldwide.
- To Know Donation Based Indian Crowd funding Platforms.
- To Know Different causes Project funded and Successful stories relating to India.

### 3. Methodology:

The entire study is based on secondary data and is collected from the resources- Websites, Articles, and Journals which is mentioned in references.

### Data Analysis and interpretation:

#### 1. The Top Donation Based Crowd Funding Platforms in the World:

SL.No	Platform Name	Websites
1	JustGiving	<a href="http://www.justgiving.com">www.justgiving.com</a>
2	YouCaring	<a href="http://www.youcaring.com">www.youcaring.com</a>
3	DonorsChoose.Org	<a href="http://www.donorschoose.org">www.donorschoose.org</a>
4	Crowdrise	<a href="http://www.crowdrise.com">www.crowdrise.com</a>
5	GiveForward	<a href="http://www.giveforward.com">www.giveforward.com</a>
6	Mightycause	<a href="http://www.razoo.com">www.razoo.com</a>
7	Fundly	<a href="http://www.fundly.com">www.fundly.com</a>
8	FirstGiving	<a href="http://www.firstgiving.com">www.firstgiving.com</a>

9	FundRazx	<a href="http://www.fundrazr.com">www.fundrazr.com</a>
10	HoneyFund	<a href="http://www.honeyfund.com">www.honeyfund.com</a>
11	GoGetFunding	<a href="http://www.gogetfunding.com">www.gogetfunding.com</a>
12	Experiment	<a href="http://www.experiment.com">www.experiment.com</a>
13	Salsa and Givezooks	<a href="http://www.givezooks.com">www.givezooks.com</a>
14	Plumfund	<a href="http://www.plumfund.com">www.plumfund.com</a>
15	Piggybackr	<a href="http://www.piggybackr.com">www.piggybackr.com</a>
16	Microgiving	<a href="http://www.microgiving.com">www.microgiving.com</a>
17	PitchFunder	<a href="http://pitchfunder.asufoundation.org">pitchfunder.asufoundation.org</a>

18	PledgeCents	<a href="http://www.pledgecents.com">www.pledgecents.com</a>
19	FunderHut	<a href="http://www.funderhut.com">www.funderhut.com</a>
20	CrowdhelPs	<a href="http://www.crowdhelPs.com">www.crowdhelPs.com</a>

Sources: <https://crowdfundingpr.wordpress.com/top-100-crowdfunding-websites/top-20-donation-crowdfunding-sites/>

## 2. Donation Based Crowd funding Platforms in India:

Sl. No	Fundingplat Form	Websites
1	FundDreams	<a href="http://www.funddreamsindia.com">www.funddreamsindia.com</a>

		
2	Impact Guru	www.impactguru.com
3	Crowdera	gocrowdera.com
4	Bitgiving	www.bitgiving.com
5	Ketto	www.ketto.org

This are crowd funding agencies in India working for donation based crowd funding it may be for personal or social causes. Websites relating to platforms and started in the year as been mentioned in the above table. First it was started in the year 2012 in India.

### 3. To Know Project and Successful stories relating to India: To analysis this two platforms is taken for the study.

#### A. **Ketto:** Founders

and Co- Founders – Varun Sheth, Kunal Kapoor and Zaheer Adenwala. It can be followed through Facebook, You tube, Twitter, Instagram, LinkedIn.

It is funding varieties of categories like Health, Children, Entrepreneurship, Education, Technology, Sports, Animal Welfare, Women Empowerment, Creative, Environment, and Community Development.

It gives a fund raiser 3 main cause for which the funds has to be raised: Personal, Charity/NGO or creative. Based on it they can fill the application and move on the process relating to crowd funding platform.

Presently platforms as 250000 Plus supporters, 80000 Plus Fund raisers and Rs. 300 Crores raised for the projects.

Majority of Project as successfully funded in the platforms.

Amounted Raised (Rs)	Backers
3,97,045	70
1,61,181	52
82,380	54
1,49,022	187
5,08,749	355
10,31,010	663
16,47,280	538
14,28,350	200
1,07,160	30
5,41,575	46
Amounted Raised (Rs)	Backers

The above table shows the projects funded, amount raised and backers. Many other projects is there the list goes on. Only few are mentioned.

### B. Impact Guru:

Founder and Co- Founders – Piyush Jain and Khushboo Jain. Partnership with Global Giving. It can be followed through Face book, Twitter, You Tube, Whats Up.

Funding Categories are personal cuases, Emegrgency, Medical, Transplant, Child Health, Cancer, NGO, Education and Film. Majority of funds kept only for medical realted.

Prresently platforms as 15 plus countries impacted, 10,000 Plus Individuals and organisation and Rs 150 crores.

Projects	Amounted Raised (Rs)	Backers
Residents of Delhi and Bangalore fought to save their Environment	3,58,000	213
Young Volunteers funded waste storage facility to	3,00,000	48

keep the Himalayas Clean		
Adults with developmental disabilities found employment through Café Apran	7,82,000	90
A 17 Year old funded hygiene for girls in Govt. schools	11,00,000	139
Annada a social enterprise aimed to achieve Zero Hunger providing nutritious meals to 12000 children	7,15,000	329
Prem Ashram trust educated girls in rural Karnataka	5,22,000	33

The above table shows the projects funded, amount raised and backers. Many other projects is there the list goes on. Only few are mentioned.

**Findings:** Presently Crowd Funding platforms is growing very rapidly in India relating to Donation Based. Complete awareness of the services in needed so savings based can be converted into investments based attitude, Some of Tax Benefits schemes also there were 80G deductions can be claimed by the investors. Government want to take initiatives where regulatory authority and it can develop many platforms too so employment opportunities are increased. More than that entrepreneurs will be increased so India can be developed country with in few years.

**4. Conclusion:** Donation based crowd funding is successfully making the impact all over the world even in India its rapidly growing very fast. It's successful reaching the target of fundraiser contributions not only in India all over the world. People of India is accepting the on line concept as majority of platforms and their successful stories inspires to invest for the causes based projects. Again its showing Humanity based contribution and even Tax benefits projects is also there. As platforms as many causes list based on the interest the investors can giving contribution for their loving causes healthfully.

As crowd funding as good growth and acts as alternative services for causes in future it will be great successfully because people are accepting online concept. As many projects are successfully raised huge amount of contributions and still many projects are in the list.

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## ASSESSING INCLUSION WITH NEW DIMENSION A STUDY BASED ON PURNEA DISTRICT

Aman Shreevastava

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### Abstract

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With the wave of increasing financial inclusion in developing countries, government policies and many such variables are the catalyzing factor for the boost in the making the citizens financially literate and accessible. There are many factors which directly or indirectly affects the penetration of inclusion at various levels of the society. Financial inclusion seems to be one the most important determinant of economic development in the case of developing countries. When talking especially in the context of India, economic development determinant may change according to the tier of the city. One of the most important ways to assess the real development of any economy would be to analyze the financial inclusion in tier 2 and 3 cities. Technically the concept of inclusion took a boost when the genesis of Grameen Bank of Bangladesh under the aegis of Dr. Mohammed Yunus took place. The facilitation of micro credit and various investment and savings avenues by micro finance institutions are one of the major contributors of inclusion. The role of MFIs in the case of inclusion is not limited to lending but includes advisory, savings, insurance, hire-purchase and literacy aspects. The study is based on the contribution of MFIs in the case of inclusion in Purina, a district in Bihar. The study provides a brief idea about the actual scenario of inclusion from grass root level in context of tier to city. The study also tries to provide modified approach to CRISIL Incusix (An index used to assess financial inclusion of a region). In the current scenario the inclusion of digital banking into the assessment of financial inclusion may be a healthy practice in order to get an exact scenario of the situation. The secondary data provided by the lead bank reveals many unfolded aspects which might be core reasons behind the success or failure of any micro credit scheme. The paper is a result of inputs collected from actual beneficiaries and credit and savings pattern data received from the lead development manager. In the

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study it could also be found that digital aspects of finance also play a very significant role in the inclusion. The current parameters used to assess the inclusion are becoming null and void during the passage of time. Many new factors have been evolved and impact the inclusion drastically. The digital aspect could be included in order to get the actual scenario.

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***Author correspondence:***

Aman Shreevastava  
Assistant Professor  
School of Business Studies and Social  
Sciences CHRIST (Deemed to be University)

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## **1. INTRODUCTION**

After 1990s there is a drastic change that could be observed in Indian economy. India after almost 75 years of democracy is in developing stage. During the recent years India has been observed as world's fastest growing economy with almost growth rate of 7 to 8 %. After the introduction of Grameen Banks in Bangladesh, genesis of RRBs and micro finance institutions took place in rest of the world along with India.

For the overall development of any economy it is very much essential to be accessible to basic financial services by every individual of the nation. After 2014 with the introduction schemes like Jan Dhan Yojana, government low premium insurance schemes and low interest credit facilities we are heading towards financial inclusion. Through this study we would try to investigate relationship between financial inclusion and microfinance institutions.

According to one study by PWC, it is stated that by the end of 2050 India will be world's second largest economy preceded by China. During the 30 years of development this paper will try to investigate the relationship between the two variables in Purnea, a developing district of Bihar. The main aim will be find contribution of micro finance institutions in financial inclusion of that particular place. The main reason to choose Purnea as the ground of study was to track the level of financial inclusion from the developing areas' point of view. The place has a population of almost 3, 11,000 and is India's largest grains market. The market there caters demands of most of the north eastern states along with Nepal.

When talking about inclusion in term of finance, we should include accessibility, literacy and most importantly the digital aspect of it. The main reason we should focus more on digital aspects is that it is very contrasting that nowadays all the services and information is available on the tip of the fingers with the help of smart devices. There are many analyses and studies performed which demonstrates to assess the inclusion, the important aspects that should be included in the calculation of the inclusion level would include number of accounts, insurance, bank branch penetration and many more.

One of the most important indices to assess the level of inclusion would be CRISIL Inclusix. There is a formula that could be used to assess financial inclusion of any place by considering 2 to 5 variables depending upon the requirement. Every year they come up with a report calculating inclusion level of each district. The report is very crucial in nature as all the materialistic input for any person is taken under the supervision of experts. This can be also anticipated in future that topics like this have very wider scope of research due to upcoming inclusion based policies and recent trends.

Today why it is important to include digital finance , literacy and accessibility in the study because in the current scenario , even in extremely remote areas they don't have proper knowledge and accessibility to formal banking adequately but digital options like UPIs , Paytm and many more are supporting their financial needs conveniently. One of the reasons could be overall development of India with special reference to communication sector.

## **2. REVIEW OF LITERATURE**

There always exists a difference between the formal and informal financial institutions. The difference might be from the perspective of interest rate. Micro finance institutions are playing a major role towards financial inclusion in India. In the longer run micro finance services are major contributor towards inclusion of financial services. But scenario differs in the shorter run. One of the major players of financial inclusion will be financial literacy and government schemes. Again after introduction of small credit institutions beneficiaries are more accessible to basic financial services.

When talking about the role of microfinance institution in Nigeria we can figure out that

there exists a direct relation between the microfinance institutions. They bridge the gap between the low income people with financial inclusion. There exists two side barrier namely demand side and supply side barrier. (Adeola & Evans, 2017) With the introduction of small credit facilities in the district of Dhanbad due to the courtesy of banks like NABARD, Bank of India and many microfinance institutions , inclusion is still at its infancy stage . Initiatives are to be taken with the respect of SC/ST. These practices may result in financial equality and enhancement in credit- deposit ratio has been observed. With these almost everyone of the locality are able to save, borrow and invest money. (Choudhary, 2012) Microfinance institutions are playing a major role in financial inclusion in India. If SHGs are linked with inclusion model the steady growth can be observed. On the other hand commercial microfinance institutions are not doing such great. Commercial multilateral investment funds should not be banned but regulated as they are

significant players of inclusion. (Tara, 2016) Having financial access is the main concept of inclusion. If we observe there are fair results are there in northern and eastern region but the condition is improvement prone in north eastern and central regions of the country. The best condition is at Southern market. For the overall growth it is required to have complete financial accessibility to all the individuals. (G.Ramesh Pandi, 2012)

When talking about barriers, according to a survey done in India, Bangladesh and South Africa it was discovered that on an average an individual uses four informal financial instruments. It was observed that the turnover from these sources was more than the formal source. The barriers could be simply differentiated in two categories demand side and supply side. Demand side may include financial literacy for the first time users. At the same time some of the least significant factors may be cultural and geological. Supply side will be lack of proper financial products, complex terms and conditions, minimum balance requirement etc. (S, 2013) Microcredit is always identified as an effective way to reduce poverty. Indeed most of the results are supporting the previous notion. But when grass root analysis is done, it is identified that there are several factors which directly or indirectly impacts the effectiveness of the microcredit. These initiatives are very prevalent in the cases of low income earning women. Again demographic factors also impact the success of MFIs in terms of elevating poverty. ( Adams, D. W., & Vogel, R. C. , 2013)

### 3. OBJECTIVES OF THE STUDY

1. To determine the trend of CRISIL Inclusix in a decade
2. To propose modified Index for Inclusion by considering digital aspects

### VARIABLES OF THE STUDY

Independent Variables: UPI Knowledge, UPI Usage

Dependent Variable: CRISIL Inclusix yearly value

### POPULATION AND SAMPLING TECHNIQUE

The sampling method which has been adopted in order to collect the data was non probabilistic sampling. The reason behind this was to understand the problem with deep rooted approach.

Again as the target respondents used to belong from remote areas, it was difficult to conduct probabilistic approach. The population of the study generally belonged to the different strata of society and had different demographic profiles.

In non probabilistic approach convenience sampling was chosen. The reason behind selection of this was the simplicity of the target population identification under this technique. When talking about the population, they belonged to class of larger population who have taken a loan below

25,00,000 from Development Banks in order to run their operations , expansion or the initiation of any new venture. They were of different demographics in terms of marital status, annual income, qualification etc. This feature of the target population makes it of varied nature and gives an overall glimpse of the dynamics of the larger population in micro aspects.

The population used to belong from Purnea. It is a district in Bihar and belongs to the tier 2 category. The reason for choosing this as our study area will be because there is almost high growth in terms of inclusion. This before fact becomes evident after watching the Inclusix score for a past decade. The index is the resultant of four major components i.e. Branch Penetration, Insurance penetration, deposit penetration, credit penetration. The place is zonal headquarters for many banks and has more than 20 microfinance banks in public category.

All the samples which are selected belong to the literate section and minimal sample of the population has zero educational background. When talking about in specific to the population we would find that the population exists in the developing environment and the study area is the fourth largest district of Bihar.

## HYPOTHESIS OF THE STUDY

H1: The sample population has higher mean value in terms of usage and knowledge of UPI.

## SAMPLING

The sampling was done was based on questionnaire and CRISIL Inclusix report. The data retrieved from CRISIL report was the indices that indicated the inclusion level of Purnea district. The primary data was calculated from the actual beneficiaries who took loans from microfinance institutions for various purposes.

The questionnaire had two parts as mentioned below:

### Part 1

Demographic variables includes age, income level, marital status and qualifications.

### Part 2

The second part of the questionnaire is much more research centric and contains many variables like their knowledge and usage of various financial products. The questionnaire also tries to assess the satisfaction level of the beneficiaries based on various factors.

## DATA ANALYSIS AND INTERPRETATION Descriptive Statistics

**Table 1 : Sample Profile Age and Gender**

Age	Gender			Total
	Female	Male	others	
13 to 18 years	0	0	0	0
19 to 24 years	2	8	0	10
25 to 30 years	11	24	0	35
	13	48	0	61
	15	53	0	68

31 to 35 years	2	21	0	21
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Source: Cross tab through SPSS

The questionnaire was circulated and 205 responses were recorded. Out of 205, 199 responses were qualified for the analysis. In the analysis it was found that most of the respondents belong to age a category of 31 to 35years. In total 154 respondents were male and 41 respondents are female.

### Reliability Analysis

The questionnaire was passed among the beneficiaries in order to mark to responses. The reliability of the questionnaire was checked through Cronbach alpha.

**Table 2: Reliability Statistics**

Cronbach's	N of Items
.945	6

Source: SPSS reliability analysis

This particular test is done to reliability of the questionnaire. As the value is more than 0.75, the

questionnaire is highly assigned with study's objective.

### Objective 1: To determine the trend of CRISIL Inclusix in a decade

The study tries to find a common trend of CRISIL Inclusix of Purnea city. The index is mainly consisting of almost 4 variables which might also be considered as the actual components of financial inclusion. There are several developments which has created a variation in the inclusive score within a decade.

### Kolmogorov–Smirnov test

**Table 3 Normality Analysis**

**Hypothesis Test Summary**

	Null Hypothesis	Test	Sig.	Decision
1	The distribution of VAR00001 is normal with mean 24.09 and standard deviation 6.01.	One-Sample Kolmogorov-Smirnov Test	.875	Retain the null hypothesis.

Asymptotic significances are displayed. The significance level is .05.

Source: SPSS Kolmogorov Smirnov Test

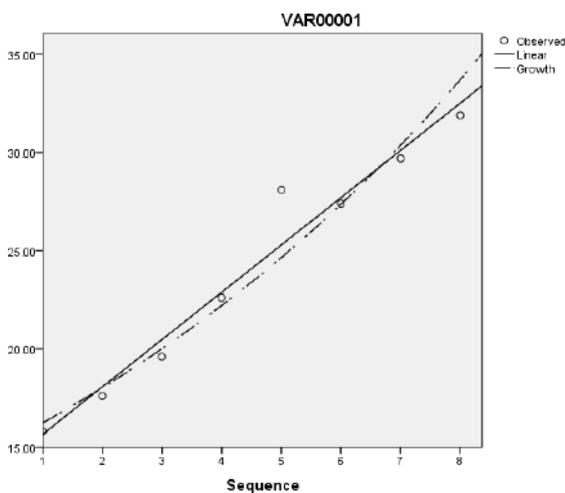
Since the value of significance is more than .05 it could be considered that the data is normally distributed. There is no severe deviation in the data provided.

**Regression curve Analysis**

**Table 4 Regression curve analysis**

Equation	Model Summary					Parameter Estimates	
	R Square	F	df1	df2	Sig.	Constant	b1
Linear	.962	151.836	1	6	.000	13.261	2.406

Source: SPSS regression analysis



If we observe there is constant increase in the inclusive score as the year passes. A linear growth model could be observed from the above graph and it may be steeper as

the year passes on. The increase in the index might be due to the enhancement of each of the factors of CRISIL Inclusix.

**Objective 2: To propose modified index for inclusion by considering digital aspects.**

Originally, the CRISIL inclusix considers four major factors in order to assess the inclusion of the particular demographics. The factors include Brach Penetration, deposit, Insurance penetration etc. But what we lack is the ignorance is the digital payments. Almost every second household is a frequent user of digital finances. We will try to propose a new model based on CRISIL Inclusix.

**H1: The sample population has higher mean value in terms of usage and knowledge of UPI.**

**Table 5 Descriptive Statistics**

One-Sample Statistics		Test Value = 4				
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
					Lower	Upper
Please rate your K1wledge of following skills on the scale of 1 to 5 . (1 signifies zero awareness and 5 signifies complete awareness) [ UPI (BHIM, PayTM, PhonePe, Mobikwik,freecharge, Google Pay, Amazon Pay etc.)]	.244	198	.808	.020	-.14	.18

Source: SPSS

**Table 6 One Sample T test**

**One-Sample Test**

Please rate your K1wledge of following skills on the scale of 1 to 5 . (1 signifies zero awareness and 5 signifies complete awareness) [ UPI (BHIM, PayTM, PhonePe, Mobikwik,freecharge, Google Pay, Amazon Pay	199	4.02	1.163	.082
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Source: SPSS One Sample T test

**Table 7 Descriptive Statistics**

One-Sample Statistics	Test Value = 4					
	t	df	Sig. (2-tailed)	Mean Difference	95% Confidence Interval of the Difference	
N	Mean	Std. Deviation	Std. Error	Lower	Upper	
Please rate your knowledge of following according to their usage by you. (Where 1 is never used and 5 signifies the usage awareness and 5 signifies complete awareness) [UPI ]	199	2.44	1.305			
UPI (BHIM, PayTM, PhonePe, Mobikwik, freecharge, Google Pay, Amazon Pay etc.)]	.244	198	.808	.020	-.14	.18

Source: SPSS

**Table 8 One Sample T test**

	Test Value = 2.5				
	t	df	Sig. (2-tailed)	Mean Difference	95% C
Please rate the following according to their usage by you. (Where 1 is never used and 5	-0.625	198	One-Sample T Test	-.058	Low

Source: SPSS One Sample T test

If we go through the above statistics we could find that the P value in both cases of the knowledge and usage are more than 0.05, so we could accept the null hypothesis. From the above analysis we could find that the usage and knowledge of digital products is more than population.

#### 4. CONCLUSION AND DISCUSSION

Through this paper we could assess that there are several factors which affects the financial inclusion of any particular demographic. India is in developing phase and there are many districts which are developing at a very rapid pace. Our study area Purnea belongs to such type of districts. After doing analysis we found that there was awareness about digital financial products and the usage was also very much prevalent.

$$IFI = 1 - \sqrt{\frac{(1-p_t)^2 + (1-a_t)^2 + (1-u_t)^2}{3}}$$

The above equation is the general equation to assess the financial inclusion and (p,a,u) represents different factors at the district t.

$$IFI = 1 - \frac{\sqrt{(100 - p)^2 + (100 - a)^2 + (100 - u)^2 + (100 - i)^2}}{\sqrt{4}}$$

This is the equation which is used by CRISIL to assess the inclusion of any district based on these four factors which include Branch Penetration, Credit Penetration, Deposit Penetration and Insurance Penetration. Normally any value of index above 57 signifies high financial inclusion.

As there were very much significant result in context to the usage and knowledge of digital financial tools among the respondents, ignoring that while calculating the inclusion might give us incomplete results regarding the same. The proposed model to get a better idea about inclusion will be as follows:

$$\sqrt{(100 - p)^2 + (100 - a)^2 + (100 - u)^2 + (100 - i)^2 + (100 - k)^2}$$

Here UPIP represents digital finance tool penetration.

It has been observed that the usage of digital products is very much prevalent in the Indian subcontinent. There are huge difference which could have been observed a decade before. The current inclusion criteria seems to be having greater significance in the olden days but after the availability of communication devices and high speed networks at cheaper costs, the usage of digital tools for transaction and banking purposes have increased drastically. The scenario was highly catalyzed when the UID concept developed in India. It could be seen that even a person below 18 years is doing financial transactions through UPI but according to the current measure it could not be a contributing factor for the inclusion.

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## IMPACT OF BLOCK CHAIN ACROSS INDUSTRIES IN INDIA

Ramesh Babu G

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### Abstract

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Innovation is the ever changing an ever upgrading phenomenon in the world. As the world is evolving and outnumbering the offerings, it is inevitable that the business houses have to come up with innovative way of – conceiving, producing and distributing – doing their business because now the world (probably the most) is living in the age of plenty. Innovation is like a life blood to every organization to cope and sustain in the real stream of business. Be it in either way mentioned earlier. Backed with internet, there lies a high-profile platform for the business houses to think beyond their tradition of thinking within the geographical boundaries. Now internet offer another world – private and virtual – where a seller can meet consumer anywhere in the world. This makes the consumer of far geographical location more reachable, pushing the local sellers to compete to international standards. However, the consumer would definitely get the benefit out of this competition, it is more rigorous to the seller. Now it is the turn of the seller (offerer) to look at his offerings whether it matches with competitor? Or INNOVATE!!

For instance, take an example of online seller. Online selling is one of the fields where innovations have crept to the visible extent. Change in the business model have resulted in greater contribution in cost-efficient supply chain management especially with respect to online sellers. A more pilot study is conducted at Amazon India with the details obtained through various external sources like newspapers and other relevant reports like magazine

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etc. The study, though not detailed, will boost the fact that innovation has resulted in change in the business model and bringing efficiency in cost.

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***Author correspondence:***

**Ramesh Babu G**

St Josephs College of Commerce,  
Brigade road, Bangalore

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**1. Introduction**

A block chain is decentralized set up of network where the computers are interlinked for the transactions data to be stored. The architectural components of the transactions are here by mentioned in the form of blocks of a block chain system. The storage is been done in the form of blocks. The format of a transaction would be Input i.e which can be the reference of the output of the previous output. The continual point of a inputs to different transactions is an uninterrupted flow of information. Block chain is considered as most revolutionary in terms of technology without any intermediaries in place that mounts for faster pace in terms of transacting the data. The amount of transactions are done at so much of pace. According to SAP Labs India, *Blockchain is based on distributed ledger technology, which securely records information across a peer-to-peer network. Every participant can see the data and verify or reject it using consensus algorithms. Approved data is entered into the ledger as a collection of “blocks” and stored in a chronological “chain” that cannot be altered. Although it was originally created for trading Bitcoin, blockchain’s potential reaches far beyond cryptocurrency. Blockchain ledgers can include land titles, loans, identities, logistics manifests – almost anything of value.* (krishna, 2017) India on this implementation of the technology is at very nascent stage, as the technology moves from the protocol stage to the infrastructure stage. This is the perfect time and space for India to capitalize to pay a careful attention to this phenomenon to find out more opportunities on this space. They are two type worlds of block chains public chain that creates trusted transaction networks that do not know or trust each other. Private networks are only between the known entities. Automation is an important for any organization to grow , by choosing an appropriate vendor you need to determine at what stage of the

business cycle is your organization at the moment, and detailed analysis needed to be done whether in reality is it necessary for the company to go for automation or not..? The automation is done through technologies such as chat-bots, self service automation, RPA (Robot process automation) without intelligence, cognitive intelligence with RPA. The block chain helps the user to enforceably complete the transaction without involvement of intermediaries. The encryption techniques involved in the process that can choose the trusted participants who can participate in the overall process. Digital Signatures to be used to increase the security through proper authenticity and non repudation. The data loss won't be compromised in the overall process and master data management is executed without any hassles.

Block chain has an adverse impact on several industries in India, the countries such as US (29%), China (18%), Australia (7%) are the countries who had started using this technology. The five industries that can have an adverse impact is Retail | Manufacturing | Banking | healthcare | Government. The consortium which is agreeable for the people who wants to be on single platform. AI coming into place, definitely the impact is very high among industries that spreads across different verticals at large including the educational space.

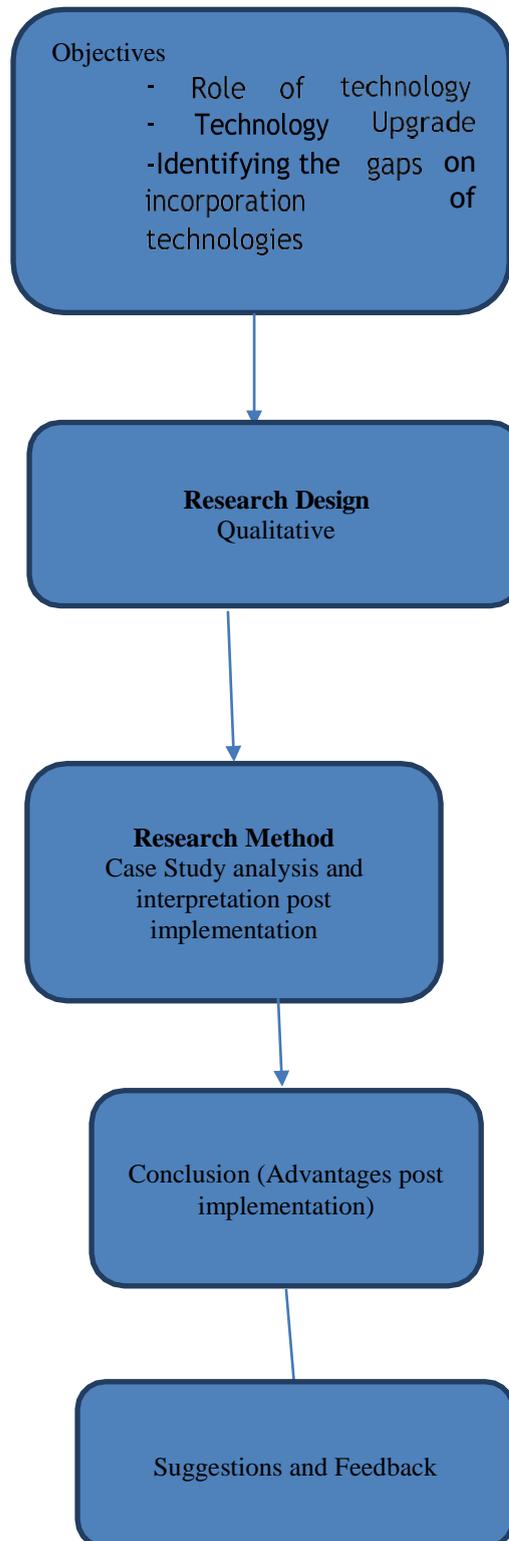
## 2. Case Study

In 2016, Vishakhapatnam which is part of united Andhra Pradesh implemented block chain technology as a part of e governance. Piloted two projects vehicle registrations and land registrations at large through i.e Fintech Valley, the accounts had a staggering effect on the overall process where 66% of the civil cases had been resolved with this kind of phenomenon.

The retail sector is only 10 percent which is organized and \$650 billion dollars in over all size of the industry. The POS integrated with the ERP and the number of transactions taking place at different times on single platform where the block chain comes into the stage in helping the transactions going at large.

The Digital Assets and Block chain Foundation of India brings up different regulations their by bringing the phenomenon of self-regulation in the country. The technology had been used in several ways by the banking sector like ICICI, Yes bank and Axis Bank. The Major crypto currency users such as PwC, Nokia, Microsoft, Yes Bank.. There is a tremendous growth in generating the bot coin currencies in the year 2017, the year called as the year of block chain.(Varshney, 2017)

## Research Design



The Objective of the block chain and its impact would be

- Role of technology in automation of the processes across industries
- Scaling up of technology from the current set up to upgrade the overall systems and processes.

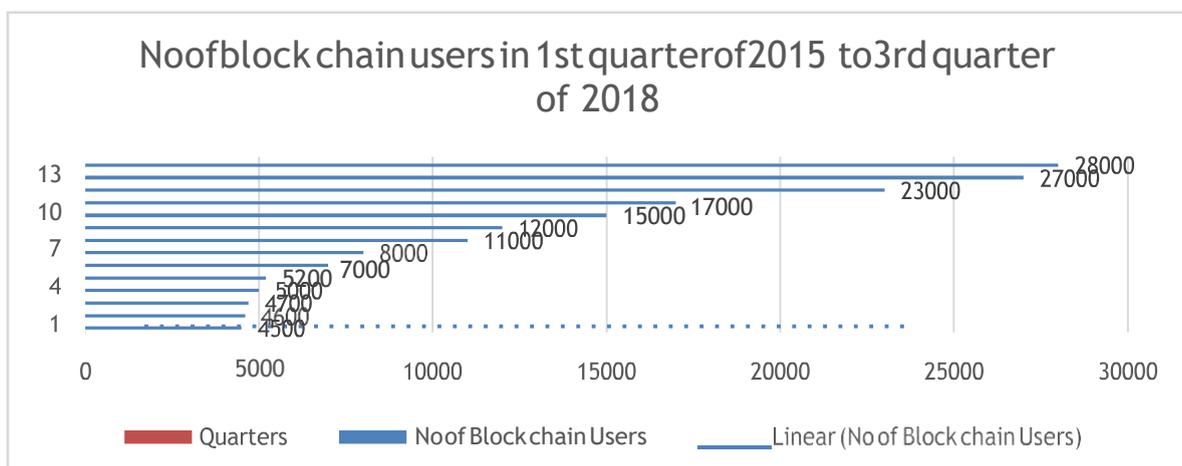
- Identifying the gaps and the measures taken to incorporate the latest technologies

The research design starts with study of the block chain implementation with impact on overall industries. How the technology would be a stimulator across industries , and is it necessary for the company to upgrade its infrastructure? Or should it go for complete overhaul. The approach of this methodology would be a qualitative one in the form of case study and the implications of how the impact of the block chain is seen at the ground level. The Implementation of this technology to govern the people for distribution of various schemes to the needy. The total number of users of the block chain had an significant impact in the usage of this technology. The number of block chain users across industries and the growth about how they transcend towards it is a significant trend towards development. Finding out overall industries in brief and the usability of this technology in a larger scale and the advantages for the company in speeding up the transactions on daily basis. The number of users across the verticals growth had been significant, and there by motivating the companies to on par with excellence.

The suggestions and the feedback needs to be taken from the customers whom the needs are to be catered to and scope of improvement needs to be improved at large.

## 2. Analysis and Interpretation

The total number of users that uses block chain as a technology is growing on a rapid pace when compared to previous years from first quarter 2015 to 3<sup>rd</sup> quarter 2018. The overall users who gets adapted to the block chain technology are



Block chain usage in the financial sector is definitely a important phenomenon and usage of technology on regular basis goes to this sector as the prominent one. The distributed ledger technology (DLT) looks promising is based on completely trust and privacy and the

regulatory advantages and finding proper support from the regulators pay the ways for. According to the inaugural World Semiannual Block chain Spending guide from IDC (International Data Corporation). (Kujur, 2018)

### **3. Findings and Recommendations**

India is a developing country with lot of challenges at the ground level and the gaps needed to be filled. The decision making needs to be made in order to implement this technology. Implementation of the technology of this kind across different functions of the organization does have a adverse impact on the company's performance. The different challenges what we would face needs to be addressed while going ahead with the technology of this kind.

I would recommend the company to take an important decision by doing a proper assessment of the infrastructure and the viable options before arriving at a important decision.

### **4. Conclusion**

Organizations if wants to implement the technology called block chain needs to show itself the readiness and must be able to adapt the technology of this kind in the challenging environment. I feel the proper analysis needs to be made across industries and to what level the technology needs to be upgraded is the scenario that needs to be taken into consideration. The block chain has got huge impact in the industry and can contribute significantly to the growth of the economy. I conclude that organizations can diversify and multiply its business portfolios by using this technology called block chain. At the bottom line , we must come up with the conclusion , that human intervention is necessary for any automation process and with his uniqueness of skill sets can sustain in this competitive world.

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**–THE ESSENCE OF NEW INSTITUTIONAL ECONOMICS –  
APPROACH OF TWO NOBEL LAUREATES||**

Navya G.S

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**Abstract**

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Institutional economics draws attention on many different fields such as psychology, management, commerce, public policy, sociology and so on. It is very essential to understand the nature of Institutions and their economic and social influence on the evolution and performance of economies. The study of economic literature has led us to believe that two seminal contributions have come from Oliver E Williamson and Elinor Ostrom who are awarded Nobel Prize for their contribution to New Institutional Economics. Both these economists apart from expressing their delight in the way people develop institutions in solving human problems have further contributed to the mechanism and to the origin of formatting formats in drawing up solutions for providing safety, security, authenticity and ownership for strengthening institutional mechanisms through strong innovation approach. The purpose of new institutional economics principles here to ensure value creation in building resurgent social and human capital. This thought paper uses ideas derived from New Institutional economics to explore a wide range of economic problems, including the process of economic policy making and suggestions. This will enable to understand the nature of institutional approach in application of governance mechanisms.

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**Keywords:**

New Institutional Economics,  
Innovation,  
Governance,

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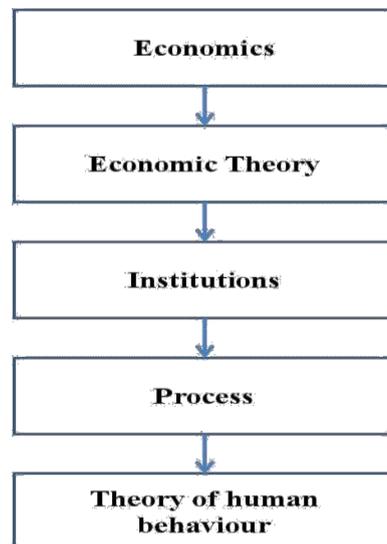
**Author correspondence:**

Navya G.S  
Research Scholar

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## 1. Introduction

Institutional economics sheds light on a broader study of institutions and observe the markets as a result of the complex and systematic interaction of several institutions such as individuals, firms, states, social norms etc. The heterodox tradition continues today as a leading classical approach to economics. A significant shift from the main stream approach variant is the New Institutional economics from the later 20<sup>th</sup> century which merges and integrates recent developments of neo classical approach. There is absolutely no common agreed upon definition of new institutional economics. Institutions subject matter lies in economic performance. The purpose is to bring and explain the determinants of institutions and their evolution over time and evaluate the implications on performance of an economy, governance, efficiency and distribution. All the economic activities are running under the framework of institutions in formal or informal existence. New Institutional economics operates with in the framework of new classical economics but it certainly relaxes some of the major assumptions and incorporates institutions as an additional constraint. The very basis of new institutional economics is must be based upon an acceptable theory of human behaviour. This can also be explained through a flow chart.



**Figure 1: Institutional framework in shaping behaviour**

The foundations of economic analysis are in the structure of the economy we live in. All economies are political economies. All economies are political economies. Given this

backdrop, each country has its own economic structure based on polity. Any change in polity will lead to change in economy which in turn will change in results we get. All economies are expected to meet the goals set by the society and populism is base for the structure of polity. Performance is the basis of structure of an economy. Given a populist framework, we have governance and structure of economy leading to functioning of all economic agents. The contribution of an economy will be in terms of performance. Performance function of an economy has its roots in critical aspects of production of goods and services, methodology of production of goods and services, efficiency level of use of factor endowments and the functioning of the economy in terms of policies, programs, strategies and actions. Legal framework is one of the structures associated with functioning an economy. Legal sanctity to any policy is essential. So laws of business, laws that govern the economy also matter here. So, as the society changes, you find the structural economy will also change. The process is slow but yet it is true. That is the reason why there will be always non-compatibility in terms of operations of policies, programmes, strategies and actions. The contribution of an economy is measured in terms of growth, place of growth, development, reach and the welfare aspects connected with overall performance. We expect fruits of development to reach every unit and every economic agent in the population. But fruits of development have to be assessed on the basis of investment. The new institutional economics will be a set bench mark for determining the determinants of governance mechanisms.

### **Backdrop of Theory**

Today the term new Institutional Economics has been widely spread across and is associated with the vast literature. The study of economic literature has led us to believe that several seminal contributions have come from Oliver .E. Williamson, Elinor Ostrom, Douglas North, Ronald Coase, Olson, Hardin, Fogel, Rutheford, Simon Kuznets who are awarded Nobel prize for their contribution to economics literature. All these economists have been investigated by appropriate evaluating methods on working of institutions. Some traces of institutionalisation in solving economic problems have been documented by J.R Hicks. There are several theories which provide a more comprehensive literature review. A few of the theories pertaining to new institutional economics are transaction cost theory, contract theory, end point theory, Path dependence theory, Game theory, theory of

institutional deficiencies ,Price theory and so on. These theories will set the guideline for understanding the evaluation and functioning of institutions in a proper channel.

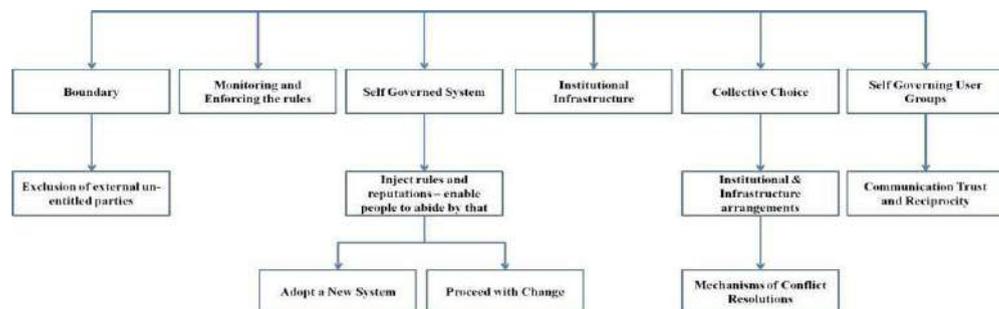
### **Analysis of Economic Governance - Elinor Ostrom Approach**

Elinor Ostrom has made her analysis of economic governance especially the —commonsll. Her research lense consists of the framework within institutions like appropriation and provision, collective choice arrangement, effective monitoring, scale of sanctions, mechanism of conflict resolution, self-determination and organization of multiple layers and so on. She was the first woman to be awarded Nobel Prize in economics.

Her seminal works through light on her concern towards common property resources. She suggests for the appropriate institutional arrangements to protect the resources. The principles of Elinor are more connecting with settling disputes for distribution. Elinor Ostrom stresses on institutional growth. The dynamics of institutions in decision making, policies and functioning is to create value for the group, society or people at large. Institutions must emerge because problems will emerge. Problems cannot be foreseen. When problem has emerged and reach a stage where no one can solve then institutions will solve it. CPR is one of the areas in which she has concentrated upon. The way of Management of CPR can also apply to the way of management of an organisation with definite vision, mission and goals.

This can be solved through leadership, with people and with resources. All that happens as a part of organisational setting. Elinor Ostrom opines that individuals cannot not solve problems, society cannot solve, business organisation cannot solve but institutions can solve. So institutional growth should be well planned. Institutions should be based on principles. They should always adopt societal rules and regulations. She talks about Good governance which is an essential element for functioning.

#### **Design Principles for economic governance under Institutional Mechanism**



**Figure 2:** Design Principles for economic governance under Institutional Mechanism

### **Transaction Cost – A New Dimension**

Oliver E Williamson, transaction cost theory explains and predicts the nature of the firm, with respect to its existence, structure, conduct, behaviour and relationship to the market. Oliver .E. Williamson in this paper wonders why some of the economic transactions take place within firms and other transactions take place in the market place. He claims that organisations and firms should exist not only for proper planning and for good administration but to solve the conflicts of interests. Firms exist as an alternative system to the market-price mechanism when it is more efficient to produce in a non-market environment. Oliver .E. Williamson highlights and stresses the following points;

1.           **Existence** - He gives much importance for the emergence of firms. He questions why firms emerge? Why the transactions will not be mediated in the market instead it happens with in.
- 2            **Boundaries** - He questions why transactions will take place within the stipulated boundaries? He further questions why it happens internally and a few transactions happen externally? Boundaries may be in the form of legal, rational, irrational, operational and executive.
3.           **Organisation** - Stress has been laid on the power centralized in the hands of authorities, Price mechanism, economic planning and economic performance. For any economic organization, transaction is the basic unit of analysis and transaction cost economizing is central to the study of organizations. Formalization of the organization and operationalisation will enable power to deliver.
4.           **Behaviour** - The behaviour of the firm will be bounded by rationality which sets as an assumption on which transaction cost analysis relies upon. Rational agents can operate by receiving, storing, retrieving and transmitting the information
5.           **Asset Specificity** - Asset specificity is one of the important dimensions for describing transactions and also one of the most neglected factors in organisation. It can arise in three ways. Site specificity, physical asset specificity and human asset specificity. He opines that the existence of firms derives from asset specificity in production where value will be less in second best use. This causes problems in transaction when assets are owned by different firms such as purchaser and supplier
6.           **Critical dimensions for describing transactions** – 1. Uncertainty 2. The frequency with which transactions recur 3. The degree to which durable, transaction specific investments are required to realise least cost supply.

7. **Heterogeneity** – In terms of the firm's actions and performances. The parameters which drive different actions and performances of firms.
8. **Evidence** – Attempts have been done to identify that ,are there any tests to prove the respective theories of the firm
9. **Rationality-** sheds light about bounded rationality. Distinguishing between economic man and organisation man. Features of bounded rationality are receiving, storing, retrieving and transmitting. Rationality of individual is limited by the information they have, cognitive limitations of their minds and the finite amount of time that they have to make a decision.

### **Framework of New Institutional Economics**

1. Need to mix up, need to blend the social and political variables in to it.
2. Performance should always optimised
3. Optimisation of performance is in terms of restructuring an economy to fine tune the end results expected from a growth initiative.
4. Growth initiatives are done in terms of policies ,planning and strategies
5. The nature of production has got to be analysed through institutions.
6. The nature of markets has got to be analysed through institutions
7. The nature of consumer movement which in turn will help to correct the system has also got to be analysed through institutions.
8. Consumer movements are through institutions
9. Institutional interventions will help in better performance
10. Institutions must exist on the basis of certain costs and revenues.
11. The nature of costs and revenue streams will enable institutions.

### **4. Conclusion**

New Institutional economics has thus examined and explained the economic principles under self governed mechanism system and combines the concept of bounded rationality with the forum of creating social value and providing institutional change in the mechanisms. Specific policy prescriptions and strategies involved on the basis of findings and research in several works of the Nobel Laureates. Several studies on the economic evaluation of institutions in the context of increasing complexities in governance by

several established mechanisms. The fundamentals of economics as applicable to all the institutional set up has been investigated under the governance mechanisms.

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# INDIAN HEALTH INSURANCE COMPANIES IN THE VUCA WORLD WITH SPECIAL REFERENCE TO COVERAGE OF CARE TAKES FEE

Ashwini V  
Sowmya.T.S

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## Abstract

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In the past few years, India has witnessed growth in health insurance sector. A recent report presented by FICCI and KPMG in 2019 reveals that only 27% of the Indians have health insurance coverage. The substantial portion of healthcare is provided by the private sector, mainly because of poor quality of government healthcare. A substantial portion of the population fall under the category not eligible for government health insurance schemes. The people have ended up taking individual and group health insurance scheme. There are many insurance companies providing health insurance services under public and private sector. Thus, efforts have been made to understand coverage and benefits of the health insurance policy provided by major health insurance companies and awareness about it among the policy holders. Secondly, in the VUCA world the family system, life style and human values are changing. Thus, an attempt has been madeto understand the need for care taker and coverage of care takers fee in policy. The findings of the study show that majority of the policy holders don't know about the coverage and benefits of the health insurance policy held by them. More than 80% of the policy holders say they have thought of having a care taker for their family members who is not able to help themselves and/or sick and about 64% are ready to buy the insurance policy which covers care takers feepartially.

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### **Keywords:**

Health insurance,  
coverage and benefits of  
policy,  
care taker,  
care taker fee.

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### **Author correspondence:**

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**Ashwini V**

Asst. Prof.in Comm & Mgt.  
 MLA Academy of Higher Learning  
 Malleshwaram,  
 Bangalore.  
[ashwini.bsv@gmail.com](mailto:ashwini.bsv@gmail.com)

**Sowmya.T.S**

Asst. Prof. PG Department  
 MLA Academy of Higher Learning  
 Malleshwaram, Bangalore.  
[sowmyasrinivasan.t@gmail.com](mailto:sowmyasrinivasan.t@gmail.com)

**1. Introduction**

The economic development of any country largely depends upon overall development of the people in the country. In recent years, because of gradual development, people are able to come out of extreme hunger and poverty. Majority of the population are in a position to afford for basic

necessities of life like food, clothing and shelter. India has shown improvement in economic indicators but the country is yet to improve when it comes to health care sector. India spends less on health care than other BRIC countries. It has spent only 4% of GDP on healthcare in 2012. This has led to low healthcare infrastructure development.

<b>Health indicators</b>	<b>India</b>	<b>Brazil</b>	<b>Russia</b>	<b>China</b>	<b>South Africa</b>
GDP spending on health care, 2012 (%)	4%	9.30%	6.30%	5.40%	8.80%
Health expenditure, private(% of GDP)	66.90%	53.60%	39%	44%	52.10%
Health expenditure, public(% of GDP)	33.10%	46.40%	61%	56%	47.90%
Life expectancy at birth (years, 2012)	66	74	70	75	56
IMR (per 1,000 live births, 2013)	41	12	9	11	33
MMR (per 1,00,000 live births, 2013)	190	69	24	32	140

Source: World Data Bank – World Development Indicators -2005-2013

Indian healthcare infrastructure is not able to keep pace with changing demand of growing population. The market share of private healthcare providers are more in India compared to the government healthcare services. People tend to go for specialized hospital in emergency cases because of the advanced medical facilities available there. When people go for these hospitals the medical expenses shoot up. The basic insurance facility provided by the central and state government and other special schemes may not be sufficient to

meet these expenses. On the other hand, major portion of India's population who work in private sector may not get financial support for medical expenses incurred by them on themselves or family members unlike government employees.

The excellent way to manage these situations is to have a health insurance policy. The majority of the people who stay in urban areas prefer to go for health insurance policies offered by public and private health insurance companies. According to the Health Insurance Association of America, health insurance is defined as "coverage that provides for the payments of benefits as a result of sickness or injury. It includes insurance for losses from accident, medical expense, disability, or accidental death and dismemberment"

The private health insurance companies have different types of plans to maximize coverage and benefits. Some of the coverage includes pre and post hospitalization expenses, cashless facility, hospitalization cost, day care proceeds and domiciliary treatment, organ donor charges etc. Each of these are explained below:

- Hospitalization expenses incurred during the stay of patients in the hospital while he is admitted.
- Pre-hospitalisation expenses in health insurance refers to those medical expenses which we incurred before admission of the patient into hospital like any test undertaken to diagnose the illness for which patient is admitted later on. Most health insurance policies cover medical expenses between 45 to 90 days before the hospitalisation.
- Post-hospitalisation expenses, in health insurance sector refers to, those medical expenses which we incurred for the follow up treatment for which you were hospitalized. Most health insurance plans will cover these medical expenses for anywhere between 45 to 90 days after the discharge date from the hospital.
- Post-hospitalisation expenses, in health insurance sector refers to, those medical expenses which we incurred for follow up treatment after the major treatment for which was hospitalized. Most health insurance policies cover medical expenses between 45 to 90 days before the hospitalisation.
- Cashless Hospitalization is a facility facilitates the policyholders to get admitted and undergo necessary treatment without paying any amount to hospital directly. The

medical expenditure which is incurred is settled between the insurance company and the hospital.

- Domiciliary treatment is home based treatment done for a disease, illness or injury. It could be because of lack of accommodation at the hospital or because the patient's condition doesn't permit them to get admitted in the hospital.
- Organ Transplant medical expenses for an organ donor's in-patient treatment for the harvesting of the organ donated is also covered.

But, most often, insurance companies do not advertise or give more awareness to people about these benefits. They focus more on sum insured and chain of hospitals in which their policies are accepted for cashless facility on and above all these due to the changing lifestyle family structure more and more nuclear families are increasing. The expectations of the customers from healthcare policies are also changing.

In the VUCA world, family system, lifestyle and human values are changing. The slow movement from joint family to nuclear family to individual (no family) . There were times when there was one bread winner in the family, but now there are multiple bread winners. The definition or concept of necessities has changed in the current world. There were times when there was interdependence among neighbors of different families. But now, interdependence within the same family is becoming impossible.

When a family member is suffering from illness or not able to help themselves someone should be there to assist them. But, if the person who is assisting is employed or bread earners of the family he may have to take off from his job. If the sick person needs assistance for longer period like 3 to 6 months it is very difficult to manage such situation. In this world of volatility, uncertainty, complexity and ambiguity one may have to compensate with his human values and emotions for the purpose of his job. There, are people who leave their aged parents at old age home just because they are not able to attend to their needs properly at home. Some may end up appointing private care takers whose fee is minimum of Rs.15,000 p.m which again increases the family expenses. Unlike, countries like United States where medical insurance covers care taker fee. In India such policies don't exist in both public and private insurance companies. Care takers are persons employed to look after people who are sick'. This creates more financial pressure in the family.

## 2. Research Design

### a. Statement of the Problem

Lack of awareness about the coverage and benefits of the health insurance policy among the policy holders and the need for care taker and coverage of care takers fee in policies.

### b. Objective of the study

- To understand coverage and benefits of the health insurance policy provided by major health insurance companies.
- To understand the awareness among the policy holders about coverage and benefits of the health insurance policy provided by major policyholders.
- To know the need for care takers and coverage of care takers fee in the health insurance policies.

### c. Hypothesis

H<sub>0</sub> - There is a need to create awareness among policy holder and prospective policy buyers about coverage and benefits of the health insurance policy.

H<sub>0</sub> – There is need among policy holders for care taker and coverage of care takers fee in policies.

### d. Scope of the study

Firstly, the efforts has been made to understand coverage and benefits of the health insurance policy provided by major policy holders and awareness about it among the policy holders. Secondly, to understand the need for of care takers and coverage of care takers' fee in policies.

### e. Sampling Technique

**i. Sample Unit** – Health insurance policy holders in public and private insurance companies apart from basic health insurance schemes offered by State and Central Government.

**ii. Sample Size** – The responses of about 45 health insurance policy holders in public and private insurance companies is considered.

**f. Methodology**

Based on the objectives of the study, the health insurance policy holders in public and private insurance companies apart from basic health insurance schemes offered by State and Central Government are considered for the study. The design of the study was exploratory type and the data is collected from both primary and secondary sources. Primary data, responses of about 45 health insurance policy holders in public and private insurance companies is considered. Secondary data is collected through websites of the health insurance companies. The data collected were tabulated for analysis and the inferences were drawn from the statistical analysis.

**g. Literature review**

*K.V. Ramani, Dileep Mavalankar, (2006)*, focuses on health and socio-economic developments which are closely intertwined that it is impossible to achieve one without other. He says that there is a need for building health systems that are responsive to community needs. He says health is a priority goal and central input into economic development and poverty reduction.

*J Anita (2008)*, says in countries like United State and United kingdom benefits offered by private long-term insurance policies include nursing home care and home care. Typically, only care given by nurses or doctors is covered. But, some insurance companies do cover home care. Normally, policies offer a fixed compensation if care is needed. Benefits are paid for a limited time; e.g. five years or remaining lifeyears.

**h. Limitation of Study**

Due to time constraint, in-depth study was not conducted. But the study is being conducted at the surface level.

- i. Only major health insurance companies were taken into consideration for the study
- ii. Future forecast of rate of growth in nuclear families, percentage of population entering into retirement phase and approximate quantifiable need for care takers in near future could not be studied.

**Analysis, Findings and Observation of the study**

**Table: 2.1 Showing Basic Coverage and Benefits Offered By Top Health Insurance Companies in India.**

<b>Coverage and Benefits</b>	<b>Oriental Insurance Company Ltd.</b>	<b>Apollo Munich Health Insurance Company Ltd.</b>	<b>Star Health and Allied Insurance Company Ltd.</b>	<b>Max Bupa Insurance Company Ltd.</b>	<b>SBI Health Insurance Company Ltd.</b>	<b>Religare Health Insurance Company Ltd.</b>	<b>Cigna TTK Health Insurance Company Ltd.</b>	<b>Bajaj Allianz General Insurance Co. Ltd.</b>	<b>New India Insurance Company Ltd.</b>
<b>Pre - Hospitalization Expenses</b>	Max. cover of 30 days	Max. cover of 60 days	Max. cover of 60 days	Max. cover of 30 days	Max. cover of 30 days	Max. cover of 30 days	Max. cover of 60 days	Max. cover of 60 days	Max. cover of 30 days
<b>Post - Hospitalization Expenses</b>	Max. cover of 60 days	Max. cover of 180 days	Max. cover of 90 days	Max. cover of 60 days	Max. cover of 60 days	Max. cover of 60 days	Max. cover of 180 days	Max. cover of 90 days	Max. cover of 60 days
<b>Organ Transplant</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Domiciliary treatment</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>DayCare Proceeds</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Cashless Hospitalization</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Care taker Fee (not nursing)</b>	×	×	×	×	×	×	×	×	×

From the above analysis it is evident that all the major companies in health insurance provide all the basic coverage and benefits required by individuals. The difference is only

seen in maximum days of pre and post hospitalization services (care takers' fee not covered)

**Table: 2.2 Showing Policy Holders Response towards Annual income of the family and insurance premium paid by them every year**

Particulars	Percentage Annual Income of the Family	Percentage of total amount spent on Insurance Premium
Less than 10,000	-	15.55%
10,000 – 20,000	6.66%	28.88%
20000 – 30,000	71.1%	42.24.%
30,000 and above	22.28%	13.33%

About 42.24% spend Rs.20,000 to Rs.30,000 on health insurance premium every year for private and public insurance providers from their own pocket. But, about 48.88% of the respondents have not made any claims in the past 5years.

**Table: 2.3 Showing Policy Holders Response towards Number of Days of Pre and Post Hospitalization Expenses Covered By the Policy Held by Them.**

Particulars	f days Pre -Hospitalization expenses covered (%)	days Post - Hospitalization expenses covered (%)
Less than 30 days	28.8%	33.335%
Upto 60 days	4.44%	11.11%
Upto 90 days	-	4.44%
Not Covered	11.11%	-
Do not Know	55.55%	51.11%

The responses of the policy holders about pre and post hospitalization services covered by the insurance policy held by them is analyzed, the results shows that more than 55.55% of the respondents are not aware of the exact number of days of pre and post hospitalization services covered by the insurance providers. About 10% who have answered know about it has they have gone for insurance claims in the last 5 years. About, 11.11% have answered

it has not covered because of the ignorance that insurance is covered only for hospitalization.

**Table: 2.4 Showing Policy Holders Response towards Various Expenses Covered By the Policy Held by Them.**

Particulars	Yes	No	Actually	Actually
			Yes	No
Cashless facility	93.33%	6.67%	93.33%	6.67
Day care proceeds	55.55%	44.45%	100%	-
Domiciliary treatment	62.22%	37.22%	88.88%	13.33%
Organ Transplant charges	33.33%	66.67%	88.88%	13.33%

When the policy holders are asked about the other medical expenses covered under their insurance policy majority have answered that it doesn't cover organ transplant charges and domiciliary treatment but when cross checked with the amount of premium paid and the kind of policy that they hold in various companies like Oriental Life Insurance, Maxx Bupa it is actually covered. This shows that customers don't have proper knowledge about the coverage and benefits of their policy.

**Table: 2.5 Showing Policy Holders Response towards Leave Taken To Take Care Of the Family Member Covered Under Insurance Policy**

Particulars	Percentage
1 weeks	24.44%
1 – 2 weeks	15.55%
2 – 3 weeks	17.77%
1 -3 months	33.33%
More than 3 months	8.88%

This shows that majority of them have taken off from their jobs or temporarily quit their jobs to take care of their family members. More than 33% of the family members had to take more than one month leave to take care of the family member. This can put real pressure on the individuals who would like to balance both family and work. It can be a

conflict among professional and personal responsibility, human values and emotions. If the person is the bread earner of the family the pressure is evenmore.

**Table: 2.6 Showing Policy Holders Response towards Additional Benefits Expected By Them from the Insurance Companies.**

Particulars	Yes (%)	No (%)
Did you ever think of appointing a care taker for taking care of your loved one?	82.22%	17.78%
Do you have a paid care taker for your family member currently?	26.66%	73.34%
If previous one is yes, does your expenses/fee/charges of care taker partially or fully?	11.11%	88.89%
Are you ready to pay more premiums if the policy covers 50% of care takers charges under post hospitlization expenses?	64.4%	35.6%

About 82% responders are of the opinion that they have thought of appointing a care taker for their loved one when they were sick. But, 26.66% have responded that they already have a paid care taker for their family member. When asked about coverage of care takers expenses in the insurance policy held by them more than 88.89% have responded that it is not covered. More than 64.4% of the policy holders are ready to pay more than 50% of the current premiums if the policy covers the care taker chargespartially.

### Recommendations

□ The insurance companies can focus giving better awareness and information to policy holders about the coverage and benefits available to them has, majority of the respondents are not aware number of days of pre and post hospitalization expenses, day care expenses, domiciliary charges and organ donation expenses covered bythem.

- The insurance companies can think of covering care taker charges incurred by the policy holder this helps the family members to continue their job and at the same time be with the family members though not physically and emotionally.
- There is an opportunity for insurance companies to explore care taker concept under health insurance.

### 3. Conclusion

In the volatile, uncertain, complex and ambiguity world the human values are also undergoing lot of changes. The service industries like insurance firms are also looking upon making profits rather than giving importance to creating confidence in the minds of the customers about their product. There is gap between the coverage and benefits provided by insurance company and what customers think they have in their policy. There is a need to create awareness among policy holder and prospective policy buyers about coverage and benefits of the health insurance policy. There, were days when the people use to take care of the family members who are sick but in the current generation it is not easy because of more number of nuclear families and both husband and wife working. Thus, there is need among policy holders for care taker and coverage of care takers fee in policies. The insurance companies can work on coming out with different marketing approach to create better awareness about their products and a new insurance policy can be designed to meet the unmet need of policy holders like coverage of care taker fee in health insurance policy felt by the customers.

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## THE NEW INVESTMENT PATTERNS OF DEVELOPED COUNTRIES : THE CRYPTOCURRENCIES

Mrs Raji Pillai  
Dr Lokanadha Reddy

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### Abstract

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Cryptocurrencies have the potential to change the lives of some of the world's poorest and most desperate people for the better. Despite its increasing relevance in the financial world, a comprehensive analysis of the whole system is still lacking, as most studies have focused exclusively on the behaviour of few cryptocurrencies. Cryptocurrency can improve lives by helping residents of developing countries participate in the global economy and escape from poverty. Cryptocurrencies have become an important research topic recently, thanks partly to the excitement brought by bitcoin. Even though blockchain technology continues to make strides in developed countries, investment bank Exotix believes that it will have the biggest effect in emerging countries. At present, it is estimated that the transaction volume of cryptocurrencies exceeds 100 million USD per day. At the core of this new advancement is a distributed consensus protocol known as blockchain, a public ledger that acts as the underlying infrastructure to record electronic transactions. Bitcoin is the first decentralized cryptocurrency, it is growing as the most prosperous implementation of the concept known as digital currency. The Bitcoin maintain its transactions through a public log which is called the blockchain. The Bitcoin technology - the protocol and the cryptography – which runs under a strong security track record and this network is known to be as one of the largest distributed computing project in the world. But the practical use and applicability with crucial acceptability were limited by

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#### **Keywords:**

*Cryptocurrency,  
Block chain,  
turnover of  
cryptocurrencies.*

the spread of internet usage and volume of e-commerce. Over the last decade digital currency emergence has increased drastically. Thus, the present study is to examine the history of the entire market and analyse the behaviour of 1600 cryptocurrencies introduced between April 2013 and Aug 2018, the number of active cryptocurrencies, market share distribution and the turnover of cryptocurrencies.

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***Author correspondence:*****Mrs Raji Pillai**

Ph.D. Research Scholar

Reva University, Bangalore

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**1. Introduction:**

Money and currencies were always been the center of attention of economics. Historically, there has been multitude of currencies used in the same area, fulfilling different functions. In 20th century, when *currency* became a synonym for *national currency* and questions concerning multiple small currencies were subsided. Managing currency was technically difficult until internet allowed almost anyone to create some sort of electronic currency that would be stored and operated through computer network. Cryptocurrency were designed from the ground up to take advantage of the internet and how it works. Instead of relying on traditional financial institutions who verify and guarantee your transactions, cryptocurrency transactions are verified by the user's computers logged into the currency's network. Since the currency is protected and encrypted, it becomes impossible to increase the money supply over a predefined algorithmic rate. All users are aware of the algorithmic rate. The cryptocurrency market has evolved erratically and at unprecedented speed over the course of its short lifespan. Since the release of the pioneer anarchic cryptocurrency, Bitcoin, to the public in January 2009, more than 550 cryptocurrencies have been developed, the majority with only a modicum of success. Therefore, since each algorithm has a roof limit, no cryptocurrency can be produced or "mined" beyond that.

Since Cryptocurrency is completely in the cloud, it does not attain a physical form but have a digital value, and can be used for digital equivalent of cash in a steadily increasing number of retailers and other businesses. Bitcoin was the first cryptocurrency that was ever created, and while there is a small fee for every cryptocurrency transaction, it is still considerably lesser than the usual credit card processing fees.

A cryptocurrency is a digital token produced by cryptographic algorithms. Hyperinflation, poverty, lack of jobs, lack of access to banking, lack of capital, and poor access to markets are among the problems that altcoins can help people in developing nations solve. This will be achieved by giving everybody in the world access to modern banking and financial services through the blockchain. There are now many entrepreneurs, economists, aid officials, and bankers who believe a combination cryptocurrency and mobile phones, will give the world's poor access to the global economy.

Developed countries have post-industrial economies, meaning the service sector provides more wealth than the industrial sector. They are contrasted with developing countries, which are in the process of industrialization, or undeveloped countries, which are pre-industrial and almost entirely agrarian. Bitcoin relies on a peer-to-peer network to track transactions that are performed with the currency. For this purpose, every transaction a node learns about should be transmitted to its neighbors in the network. As the protocol is currently defined and implemented, it does not provide an incentive for nodes to broadcast transactions they are aware of. In fact, it provides an incentive not to do so.

### *Financial System of Developing Countries*

(2015)<sup>1</sup> **June- Borromeo Ring Signatures, Gregory Maxwell and Andrew**

**Poelstra**, published in Bitcoin Forum Journal on *—Confidential Transactions, Content privacy for Bitcoin transaction*, their study is based on the concept developed by Abe, Ohkubo, and Suzuki in 2002, a new type of ring signature based on the discrete logarithm problem, which used a novel commitment structure to gain significant savings in size and verification time for ring signature. Ring signatures are signatures using  $n$  verification keys which require knowledge of one of the corresponding secret keys. They are then considered as signatures of a disjunctive statement. We generalise their construction to handle conjunctive statements also and thereby gain the ability to express knowledge of any monotone boolean function of the signing keys. This can be trivially done by use of multiple independent ring signatures; our construction saves space relative

to this by sharing commitments across the individual rings. We also describe a new way of thinking about these ring signatures, and ordinary Schnorr signatures, in terms of —causal loops‖ which may provide a framework for further generalisations.

(2015)<sup>2</sup> Oct- **Jonathan Donier and Jean-Philippe Bouchaud** in their research articles

—*Why Do Markets Crash? Bitcoin Data Offers Unprecedented Insights*‖ they have studied two main features, Firstly, the price level should lie within a range where the underlying demand (resp. supply) is able to support large—but expected—fluctuations in supply (resp. demand). When the price is clearly out of bounds (for example the pre-April 2013 period for Bitcoin) the market is unambiguously in a precarious state that can be called a bubble. Our main result allows one to make the above idea meaningful in practice. The outcomes are three natural liquidity measures based on, the knowledge of the full order book, on the average impact of meta-orders, and on the ratio of the volatility to the square-root of the traded volume are highly correlated and do predict the amplitude of a putative crash induced by a given (large) sell order imbalance. Since the latter measure is entirely based on readily available public information, our result is quite remarkable. It opens the path to a better understanding of crash mechanisms and possibly to early warning signs of market instabilities. However, while claiming that the amplitude of a potential crash can be anticipated, it is of course not able to predict when this crash will happen—if it happens at all. Still, the analysis motivates better dynamical risk evaluations (like value-at-risk), the impact adjusted marked-to-market accounting or liquidity-sensitive option valuation models.

(2015)<sup>3</sup> Sep – **Robert Viglione**, —*Does Governance have a Role in Pricing? Cross-Country Evidence from Bitcoin markets*‖. He emphasised on the branches of academic literature that influenced the Financial Institutions and systems, and economic freedom and its role with growth, and Banking and financial crises and catastrophe assets and risk pricing. They tried to establish the significant and persistent differences in Bitcoin prices do exist across the world. Standard assurance theory suggested inter-market price differences exists because of microstructure characteristics like trading volume and bid-ask spreads. The composite Economic Freedom Index plays an important role in prices investors are willing to pay for the same asset in different countries; this is at least true for Bitcoin, and would be interesting to investigate for other assets, like gold. Taxes also plays an important role in pricing of potential disaster assets. Bitcoin can be seen as a disaster asset offering a new channel to evade domestic jurisdiction repression, a process

resembling imperfect markets for catastrophe insurance inducing unexpectedly high premiums. Finally, whether this finding can be extended to other assets, in other words, whether endogenous social technologies effect systemic risk and manifest in the pricing kernel.

<sup>4</sup>  
(2015) May—Ryan Farrell, —*An Analysis of the Cryptocurrency Industry*|| The cryptocurrency industry is rapidly moving forward. It has shown itself to be resilient in the face of major thefts, including Mt. Gox, and government shutdowns. Further, the industry has expanded dramatically in the number of coins currently in circulation. The industry has also shown its creativity in implementing workable solutions to deficiencies in the development of new coins. Bitcoin may not dominate the industry in the long run, but the industry owes its existence to the pioneering anarchic coin.

## 2. Objectives of the study

- To understand the financial impact of Cryptocurrencies.
- To study the impact of Virtual currency on an Economy.
- To assess the turnover of cryptocurrency market.

## Research methodology

Secondary data and empirical observations has been used. Secondary data was also not readily available but trading details available in **bithumb.com**, the official site for Cryptocurrency. Data has been collected from various journals, websites and books.

## Understanding the financial Impact of Cryptocurrencies

Cryptocurrency is designed from the ground up to take advantage of the internet and its working. Instead of relying on traditional financial institutions who verify and guarantee your transactions, cryptocurrency transactions are verified by the user's computers logged into the currency's network. Since the currency is protected and encrypted, it becomes impossible to increase the money supply over a predefined algorithmic rate. All users are aware of the algorithmic rate. Therefore, since each algorithm has a roof limit, no cryptocurrency can be produced or "mined" beyond that.

Over the last few years, the term cryptocurrency has rapidly gained visibility in the public eye. In present world, cryptocurrency is fast becoming essential to people who value

privacy, and for whom the idea of using cryptography to control the creation and distribution of money does not sound too far-fetched. Cryptocurrency, led by Bitcoin, Litecoin, Ether, etc. are taking the financial world by storm as more people invest and buy these currencies. At the same time, there is still widespread confusion and bias which detracts for the overall effectiveness of Cryptocurrency. Educating users about such alternative forms of currency is extremely important given its volatile nature.

Since Cryptocurrency is completely in the cloud, it does not attain a physical form but have a digital value, and can be used for digital equivalent of cash in a steadily increasing number of retailers and other businesses. Bitcoin was the first cryptocurrency that was ever created, and while there is a small fee for every cryptocurrency transaction, it is still considerably lesser than the usual credit card processing fees.

Bitcoin is the most popular cryptocurrency which has seen a massive success. There are other cryptocurrencies such as Ripple, Litecoin, Peercoin, etc. for people to transact in. But for every successful cryptocurrency, there are others which have died a slow death because no one bothered to use them, and a cryptocurrency is only as strong as its users.

Some of the salient features of Cryptocurrency include -

- Cryptocurrency can be converted into other forms of currency and deposited into user's accounts at a lightning speed.
- Most Cryptocurrency can be transacted anonymously, and can be used as discreet online cash anywhere in the world. Users therefore do not have to pay for any currency conversion fees
- While not 100% immune from theft, Cryptocurrency is generally safe to use and difficult for malicious hackers to break
- Bitcoin and other Cryptocurrency can be saved offline either in a "paper" wallet or on a removable storage hard drive which can be disconnected from the internet when not in use

### The Future of Virtual Currency

In 2016 Bitcoin, saw this digital currency grow almost 79% as compared to Russia's Ruble and Brazil's Real, the world's foremost hard currencies. It resulted in emerging as a better investment for investors while beating foreign exchange trade, stock exchange trade, and

commodity contracts. The reasons for the impact of Cryptocurrency is exceptionally relevant in the present includes -

□ **Reduced Remittance**

Governments around the world are implementing isolationist policies to restrict remittances made from other countries or vice versa either by making the charges too high or by writing new regulations. This fears of not being able to send money to family members and others is driving more people towards digital Cryptocurrency, being Bitcoin the pioneer.

□ **Control Over Capital**

As autonomous currencies and their practice outside of their home country are being regulated and restricted to an extent, thereby driving the demand for Bitcoin. As the Chinese government recently made it tougher for people as well as businesses to spend the nation's currency overseas, thereby trapping liquidity. Resulting in options such as Bitcoin have gained immense popularity in China.

□ **Better Recognition**

At present more consumers are using Bitcoins than ever before, and that is because more legitimate businesses and companies have started accepting them as a form of payment. Today, online shoppers and investors are using bitcoins regularly, and 2016 saw 1.1 million bitcoin wallets being added and used.

□ **Corruption Crackdown**

Although unfortunate, digital Cryptocurrency such as Bitcoin are now also seeing more usage because of the crackdown on corruption in many countries. Both India and Venezuela banned their highest denomination and still-circulating bank notes in order to make it tougher to pay bribes and make accumulated black money useless. But that also boosted the demand for Bitcoins in such countries, enabling them to send and receive cash without having to answer to the authorities.

### The Impact of Virtual Money on an Economy

While Cryptocurrency and its usage is at an all-time high, so are the misconceptions about it. Most people still seem to be unaware of Cryptocurrency. Since such currencies use

different algorithms and are traded in unconventional ways, it is important to lookout for some important characteristics before investing in Virtual currency. This includes -

#### □ **Daily Trading Volume and Overall Market Capitalization**

Market capitalization of a cryptocurrency is the total worth of all its forms which are currently in circulation. New forms of Cryptocurrency might not be widely available, and therefore might not have high market capitalization. Similar to this is the daily trading volume, and a cryptocurrency which has higher trading volume than the others is considered more successful.

#### □ **Authentication Channels**

Each cryptocurrency has its own verification method. One of the most common methods for verification is called "Proof of Work". Wherein, to verify a transaction, a computer has to spend time and computing power to solve difficult mathematical problems. On the other hand, "Proof of Stake" method allows users with the largest share of the cryptocurrency to verify the transactions, which requires far less computing power.

#### □ **Acceptance of Cryptocurrency**

Unless a cryptocurrency is not accepted by major retailers or other businesses that you deal with, it doesn't stand much use. That is why Bitcoin still remains the most popular form of digital currency, since its reach is widespread and is accepted by many businesses and retailers alike.

### **Dynamics of the Cryptocurrency Market**

While Bitcoin's astronomical growth cannot be understated, Cryptocurrency in general have several challenges to meet before finding universal acceptance. These challenges include -

#### 4) **Safety and Reliability**

Purely based on its digital form, Bitcoin and other types of Cryptocurrencies are nowadays the favorite mode of payment for both hackers and criminals because of the air of

anonymity it lends. This instantly makes the general populace weary of using it. In 2014, Mt. Gox, the largest Bitcoin exchange was hacked and robbed of almost \$69 million, thereby bankrupting the whole exchange. While the people who lost money have now been paid back, it still leaves a lot of people wary of the same thing happening again.

### □ **The Debate on Bitcoin Scalability**

The cryptocurrency community is up in arms over how the blockchain will be upgraded for future users. As the time and fees required for verifying a transaction climbs to record highs, more businesses are having a tough time accepting Bitcoins for payment. In early 2017, more than 50 companies came together to speed up transactions, but till now the results have not yet been felt. As a result, more users might start using normal modes of currency to overcome such blockchain hassles.

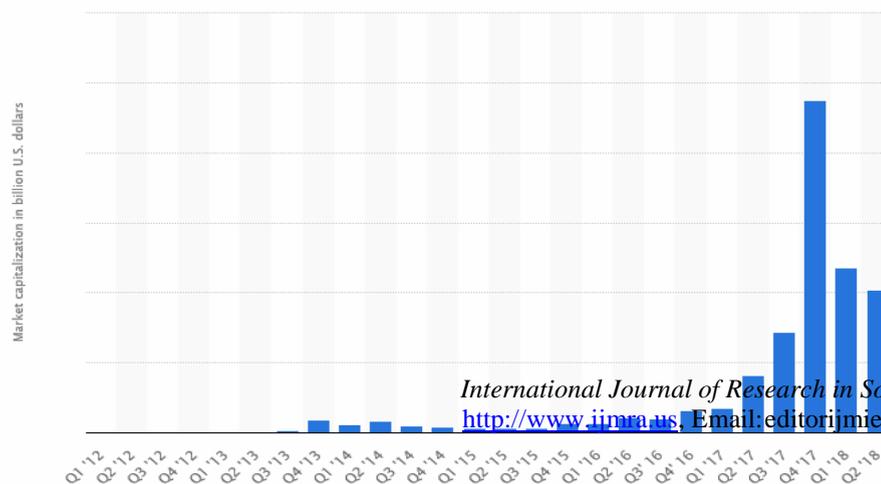
### □ **The Rise of the Rivals**

Today, Bitcoin is not the only game in town, and while its value has increased by almost 100% since the beginning of 2016, its share of the digital currency pile is rapidly reducing owing to almost 700 different competitors. Its market share has reduced to 50% from 85% a year before, a sign of the times to come.

### □ **Unrecognized by Governments**

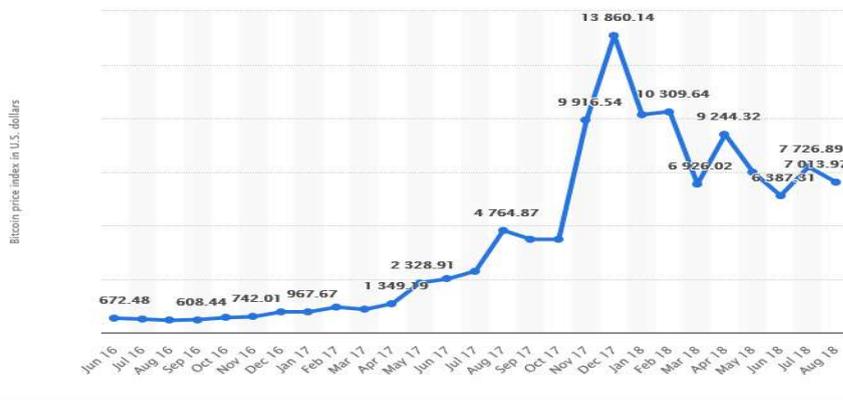
Most of the general populace doesn't understand Bitcoins, and nor does most of the world's governments. The cost of gaining a license to set up cryptocurrency companies is sky-high, and there are no regulations in sight which might make it easier for people looking to invest into them. The U.S. Securities and Exchange Commission recently rejected a proposal by Bitcoin to run a publicly traded fund based on the digital currency, which in turn led to a big plummet in Bitcoin's shares.

Market capitalization of Bitcoin from 1st quarter 2012 to 2nd quarter 2018 (in billion U.S. dollars)

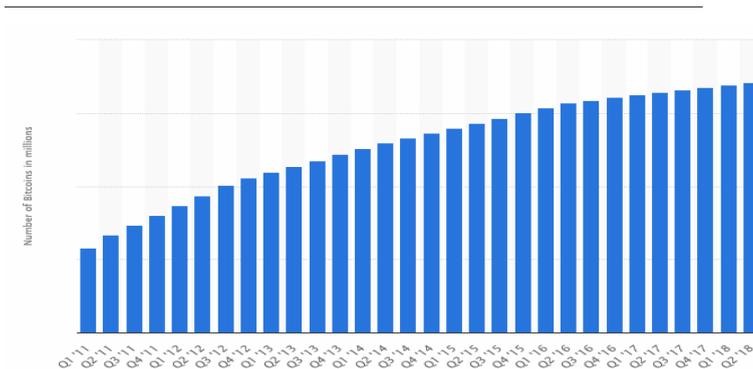


The statistic presents the market capitalization of Bitcoin from the first quarter of 2012 to the first quarter of 2018. Market capitalization is calculated by multiplying the total number of Bitcoins in circulation by the Bitcoin price. The Bitcoin market capitalization increased from approximately 0.04 billion U.S. dollars in the first quarter of 2012 to approximately 101.96 billion U.S. dollars in the first quarter of 2018

Bitcoin price index from June 2016 to August 2018 (in U.S. dollars)

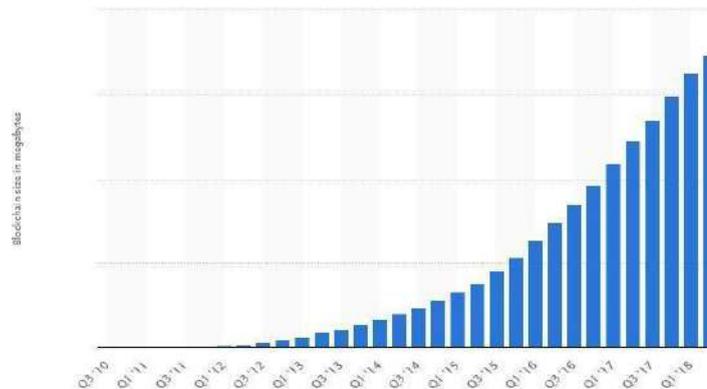


The graph presents the evolution of bitcoin price index from June 2016 to August 2018. The bitcoin price index is an average of bitcoin prices across leading global exchanges. The bitcoin index value for the end of August 2018 amounted to 7,013.97 U.S. dollars. Number of Bitcoins in circulation worldwide from 1st quarter 2011 to 2<sup>nd</sup> quarter



The statistic presents the total number of Bitcoins in circulation from first quarter of 2011 to second quarter of 2018. The number of Bitcoins has been growing since the creation of this virtual currency in 2009 and reached approximately 17.12 million in June 2018.

### Size of the Bitcoin blockchain from 2010 to 2018, by quarter (in megabytes)



The statistic presents the total size of the Bitcoin blockchain, the distributed database that contains a continuously-growing and tamper-evident list of Bitcoin transactions and records, from the third quarter of 2010 to the latest quarter.

The size of the Bitcoin blockchain has been growing since the creation of the Bitcoin virtual currency in 2009, reaching approximately 173 gigabytes in size by the end of June 2018.

### **3. Conclusion:**

In the present digital world, transactions and speculative motives of cryptocurrency users are impacting on the emerging trends of digital currency as well as economic development of a country. Some of the virtual currency properties are understood through the acceptability of money and search models built on this theory. External virtual trading properties are mostly influenced by the speculative motive because it is operated by speculation on appreciation, Bitcoin only allows speculation on appreciation. However internal currency transactions are driven mostly by transaction motive and are largely independent on cryptocurrency trading. Traders and currency users thus coexist in separate circuits, typically interacting indirectly through exchange rate and acceptability of virtual currency. In accordance with search models and network effects Real output index responds more than proportionate to growth of number of active accounts. The index also grows with number of transactions, though we could not prove that transactions are getting larger. While working with Cryptocurrency data many obstacles were faced, most of which starts from programming of the currency. While Bitcoin provides great volumes of unique data, the data is subject to many technical biases and interpretation may often complicated.

Still, we believe that virtual currency is a useful sandbox for monetary economics and has potential for much more future research.

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## WORKING CAPITAL MANAGEMENT: A CASE STUDY ON STATE BANK OF INDIA

Dr. Bharati R. Hiremath

Prof. Poornima K,

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### Abstract

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Working capital management is noteworthy in financial management owing to the fact that it plays an important part in keeping the wheel of the business moving. Every business needs finance, without which it cannot be initiated. Working capital management is the managing various assets that are current. Therefore working capital management is the management of cash, marketable securities bills receivables, stocks and various current liabilities. Working capital is known to be the contextual and life blood of any business in everywhere in the world. This makes it clear that there should be sufficient working capital to help in dropping constant occasion or case of bank distressing. This study is under taken to know how the current asset and current liability impact on working capital of State Bank of India. The main objective of this paper is to study the facts of working capital, to know conceptual aspect of working capital, to understand an overall view of organization, to investigate and relate working capital of bank with help of ratios and statements of changes in working capital, to suggest improving for managing the working capital in bank. Keywords: Working capital management, current assets, current liabilities, cash, marketable securities, bills receivable inventories etc.

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### *Author correspondence:*

**Dr. Bharati R. Hiremath**, M.Com, M.Phil, Ph.D\*

Assistant Professor

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B.L.D.E.A's, A.S. Patil College of Commerce (Autonomous),

M.Com Programme, Vijayapur

Mobile No.:9741606730

e-mail id: bharatirhiremath@rediffmail.com

**Prof. Poornima K**, M.Com, NET\*\*

Assistant Professor

Seshadripuram College, Seshadripuram, Bengaluru-20

Mobile No.: 9731408450

e-mail Id: poornimabeml24@gmail.com

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## 1. INTRODUCTION

Working capital is indeed a life blood of any organization which helps the organization to maintain in well condition. Any day today financial obligation can be seen without any scarcity of fund. All expenditures and current liabilities are rewarded on time. Adequate working capital enables a firm to face business crisis in emergency such as depression. A firm having adequate working capital high solvency and good credit rating can arrange loans from banks and financial institutions in easy and favorable terms. Quick payment of credit purchase of raw material ensures the regular supply of raw material and continuous production.

### 1.1 NEED FOR THE STUDY

Working capital helps to operate the business smoothly without any financial problem for making the payment of short term liability. Working capital is very essential to maintain smooth running of business. No business can run successfully without an adequate amount of working capital. Purchase of raw material and payment of salary, wages and overhead can be made without any delay. Sufficient working capital enable a business concern make prompt payment and hence aids in generating and conserving goodwill. Goodwill is enriched because all current liabilities and operational expenses are paid timely. Adequate we help in maintaining solvency of business by providing an interrupted flow of production.

### 1.2 STATEMENT OF PROBLEM:

Working capital is known to be the background and life wire of any business in every part of the world. This makes it impetrate that there should be efficient working capital to

help in reducing constant incident or case of bank distressing. This study is under taken to know how the current asset and current liability are impact on working capital of State Bank of India.

There are many banks that are not able to meet the demand of

their customer owing to their inability to manage their working capital effective and efficiently. The problem is really related to the following:

1. Inadequate cash reserve
2. Poor management of the allowable fund
3. Non compliances rules and regulating in giving loan to their customer
4. Nonpayment of loan extend to customer on time and some time not paying at all
5. Constant withdraw of many deposit in bank by their deposit owing to lack of confidence by customer

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

The following are the important objective of the study of working capital management.

1. To understand conceptual aspect of working capital.
2. To know an overall view of organization.
3. To analyze and compare working capital of bank with help of ratios and statements of changes in working capital.
4. To suggest to improve for managing the working capital in bank.

### **1.4 RESEARCH METHODOLOGY:**

The nature of data collected for the study of working capital is based on secondary data that has been collected from annual reports of the SBI and other published information. The study covers the period of five years i.e. from 2013-14 to 2017-18.

### **1.5 SCOPE OF THE STUDY:**

The project report shelters different financial aspect and its impact on profitability. Different aspects, which have been covered under the subject matter of the report, are:

- i) Collection of the information as per requirements of subject matter.

- ii) Sequencing the information as per the use.
- iii) Analysis part of the information.
- iv) Interpreting the data and giving recommendations.

The subject matter of the report will assist that how analysis should be done and compared and how to draw conclusions out of it.

### **1.6 LIMITATIONS OF STUDY:**

The study conducted and done is analytical subject to the following limitations:

- i) The secondary data was taken from the annual reports of the SBI. It may be possible that the data shown in the annual reports may be window dressed which does not show the actual position of the banks. The analysis and interpretation is based on information given by state bank of India annual report.
- ii) The study is conduct in the short period of time and hence the results vary from time to time.
- iii) The study is subject to certain limitation owing to the historical nature of certain book referred.
- iv)

### **1.7 CONCEPT OF WORKING CAPITAL:**

There are two concepts of working capital (1) Net working (2) gross working

#### **1. Net working:**

Working capital is the excess of current assets over current liabilities. It is explained in the form of equation as follows:

Working capital = current assets – current liabilities

#### **Component of working capital:**

According to net concept working capital has two components  
viz.

1. Current assets
2. Current liabilities

#### **A) Current Assets:**

Those assets which are converted into cash within a period not exceeding one year normally, such assets are called current assets. Examples of current assets – cash in hand, cash at bank, bills receivable, sundry debtors, prepaid expenses, outstanding incomes.

**B) Current Liabilities:**

Those liabilities are to be paid within a short period say one year, such as liabilities are called current liabilities. Generally current liabilities are funded out of current assets or the income from the business. So the net working capital is an accounting concept. Net working capital may be positive or negative. Examples of current liabilities – trade creditors, outstanding expenses, short term borrowings, taxes and dividend payable, bank overdraft, advance received from parties against goods to be sold.

**2. Gross working capital:**

According to them working capital represents only current assets. So the gross working capital concept is financial or going concern concepts. From the above two concepts, as per the general practices, net working capital is preferred to simply as working capital.

**1.8 An Overview of SBI**

State bank of India is a multinational, public sector banking and financial services company. It is a government – owned corporation with its headquarters in Mumbai, Maharashtra. On April 1, 2017, the State Bank of India, which was India's largest bank, merged with five of its associate banks (State Bank of Bikaner and Jaipur, State Bank of Hyderabad, State bank of Mysore, State Bank of Patiala and State Bank of Travancore), and with the Bharatiya Mahila Bank.

This was the first ever large scale consolidation in the Indian banking industry. With the merger, SBI became one of the 50 largest **banks in the world (balance sheet size of ₹ 33 trillion, 278000** employees, 420 million customers, and more than 24000 branches and 59000 ATMs). SBI's market share was projected to increase to 22 percent from 17 percent. It has 198 offices in 37 countries; 301 correspondents in 72 countries. The company is ranked 232<sup>nd</sup> on the Fortune Global 500 list of the world's biggest corporation as of 2016. The bank descends from the Bank of Calcutta, founded in 1806, via the Imperial Bank of India, making it the oldest commercial bank in the Indian subcontinent. The Bank of Madras merged into the other two —presidency banks in British India, the Bank of Calcutta and the bank of Bombay, to form the Imperial Bank of India, which in turn became the State bank of India in 1955.

The Government of India took control of the Imperial Bank of India in 1955, with Reserve Bank of India (India's central bank) taking a 60% stake, renaming it the State

Bank of India. In 2008, the government took over the stake held by the Reserve Bank of India.

The State Bank of India has 20% market share in deposits and loans among Indian commercial banks.

## 1.9 ANALYSIS OF THE DATA

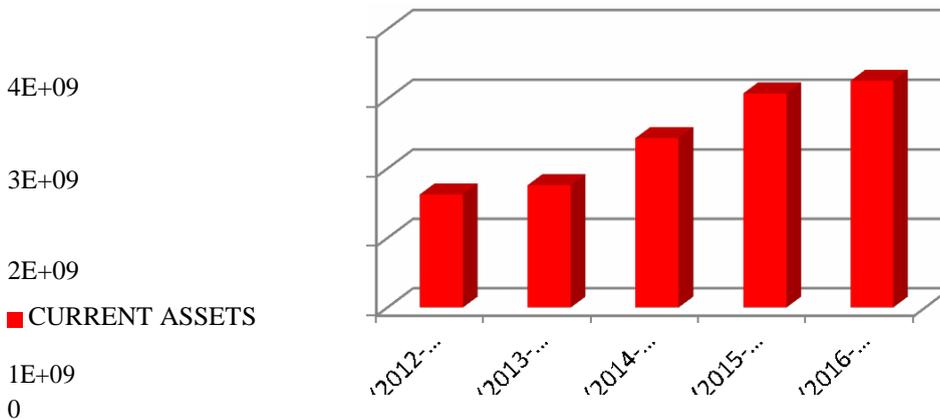
**Table No: 1 Gross Working Capital**

YEAR	2012-13	2013-14	2014-15	2015-16	2016-17
CURRENT	1,62,71,21,934	1,76,09,55,348	2,43,69,68,475	3,07,87,60,616	3,25,97,93,742

Sources: Annual report of State Bank of India

**Graph No – 1 Gross Working Capital from the year 2012-13 to 2016-17**

### CURRENT ASSETS



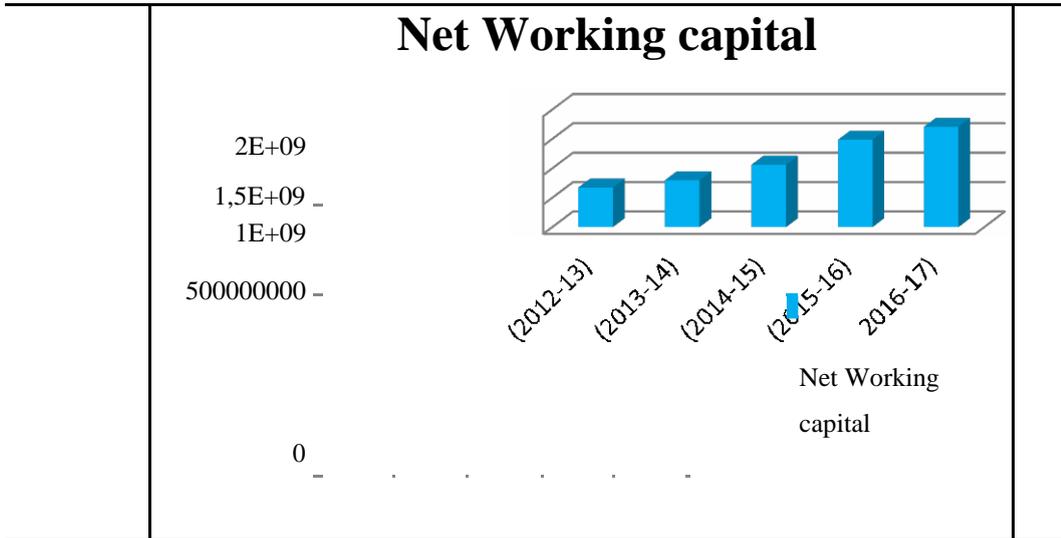
**11. NET WORKING CAPITAL: Table No: 2 Net Working Capital**

Year	2012-13	2013-14	2014-15	2015-16	2016-17
Current Assets	1,62,71,21,934	1,76,09,55,348	2,43,69,68,475	3,07,87,60,616	3,25,97,93,742
Current Liabilities	95,45,50,670	96,41,29,619	1,37,69,80,357	1,59,27,60,809	1,55,23,51,885
Net Working Capital	67,25,71,264	79,68,25,729	1,05,99,88,118	1,48,59,99,807	1,70,74,41,857

Capital					
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Sources: Annual report of State Bank of India

**2 Net Working Capital from the year 2012-13 to 2016-17**

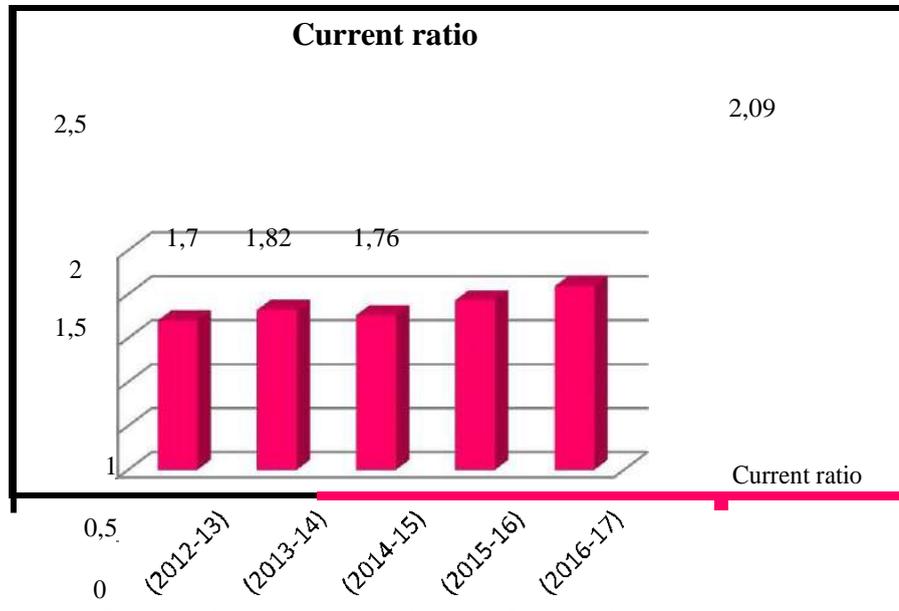


□ **CURRENT RATIO: Table No: 3 Current Ratio**

Year	2012-13	2013-14	2014-15	2015-16	2016-17
Current Assets	1,62,71,21,934	1,76,09,55,348	2,43,69,68,475	3,07,87,60,616	3,25,97,93,742
Current Liabilities	95,45,50,670	96,41,29,619	1,37,69,80,357	1,59,27,60,809	1,55,23,51,885
Current Ratio	1.70	1.82	1.76	1.93	2.09

Sources: Annual report of State Bank of India

**Graph no – 3 Current Ratio from the year 2012-13 to 2016-17**



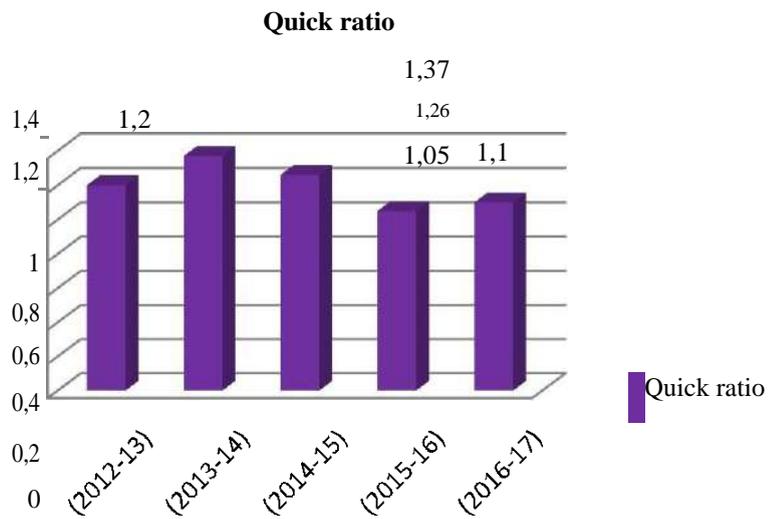
**1. QUICK RATIO:**

**Table No: 4 Quick Ratio**

Year	2012-13	2013-14	2014-15	2015-16	2016-17
Quick Assets	1,14,82,01,645	1,32,54,96,327	1,74,86,13,037	1,67,46,76,565	1,71,97,16,498
Quick Liabilities	95,45,50,670	96,41,29,619	1,37,69,80,357	1,59,27,60,809	1,55,23,51,885
Quick Ratio	1.20	1.37	1.26	1.05	1.10

Sources: Annual report of State Bank of India

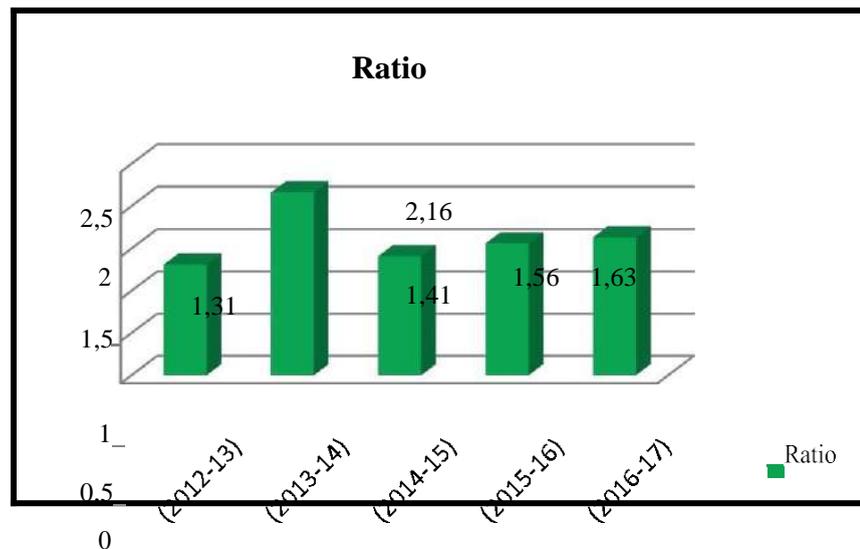
**Graph No – 4 Quick Ratio from the year 2012-13 to 2016-17**



**3. SUPER QUICK RATIO: Table No: 5 Super Quick Ratio**

Year	2012-13	2013-14	2014-15	2015-16	2016-17
Absolute Liquid Assets	65,83,04,104	84,95,56,605	1,15,88,38,435	1,29,62,93,253	1,27,99,76,177
Quick Liabilities	50,03,29,909	39,27,89,830	82,15,94,587	82,90,16,724	78,38,30,756
Ratio	1.31	2.16	1.41	1.56	1.63

Sources: Annual report of State bank of India

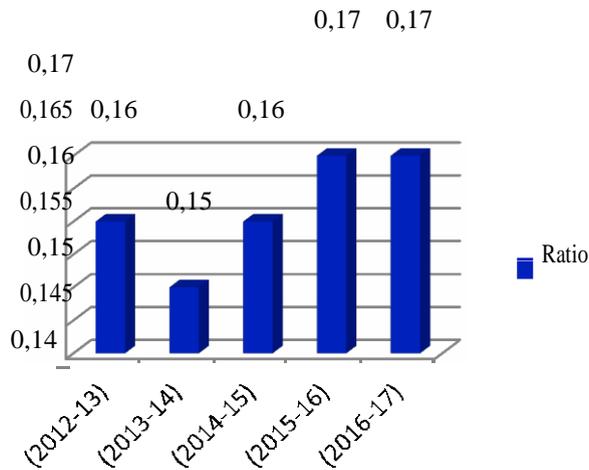
**Graph No – 5 Super Quick Ratio from the year 2012-13 to 2016-17****□ SOLVENCY RATIO: Table No: 6 Solvency Ratio**

Year	2012-13	2013-14	2014-15	2015-16	2016-17
Total Outside Liabilities	2,64,63,77,806	2,79,54,38,445	3,42,84,83,283	3,84,06,61,607	4,72,92,88,468
Total Assets	15662610403	17922345989	20480797998	22590630328	27059663041
Ratio	0.16	0.15	0.16	0.17	0.17

Sources: Annual report of State Bank of India

**Graph No – 6 Solvency Ratio from the year 2012-13 to 2016-17**

**Ratio**

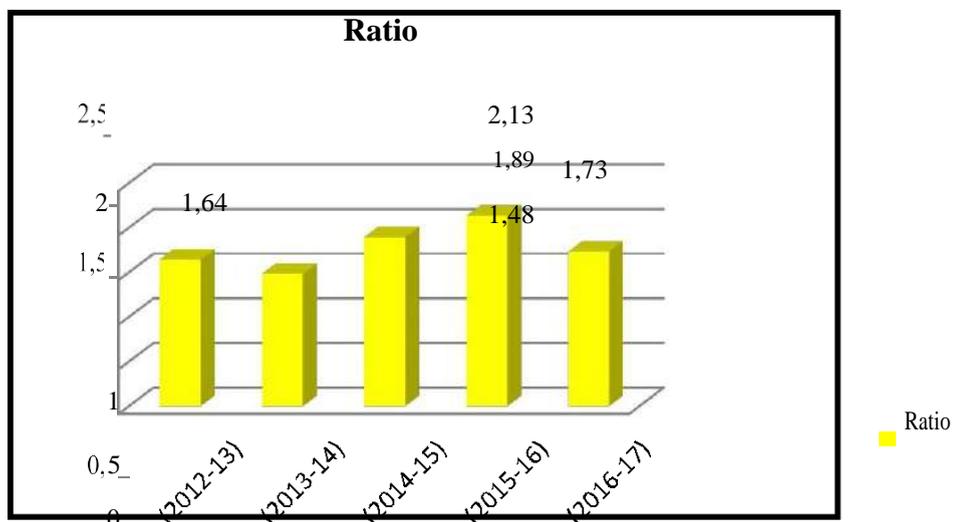


**3. CURRENT ASSETS TO NET WORTH RATIO: Table No: 7 Current Assets to Net worth Ratio**

Year	2012-13	2013-14	2014-15	2015-16	2016-17
Current Assets	1,62,71,21,929	1,76,09,55,348	2,43,69,68,475	3,07,87,60,616	3,25,97,93,742
Net Worth	98,88,36,854	18,28,22,496	1,28,43,82,265	1,44,27,44,360	1,88,28,60,626
Ratio	1.64	1.48	1.89	2.13	1.73

Sources: Annual Reports of State Bank of india

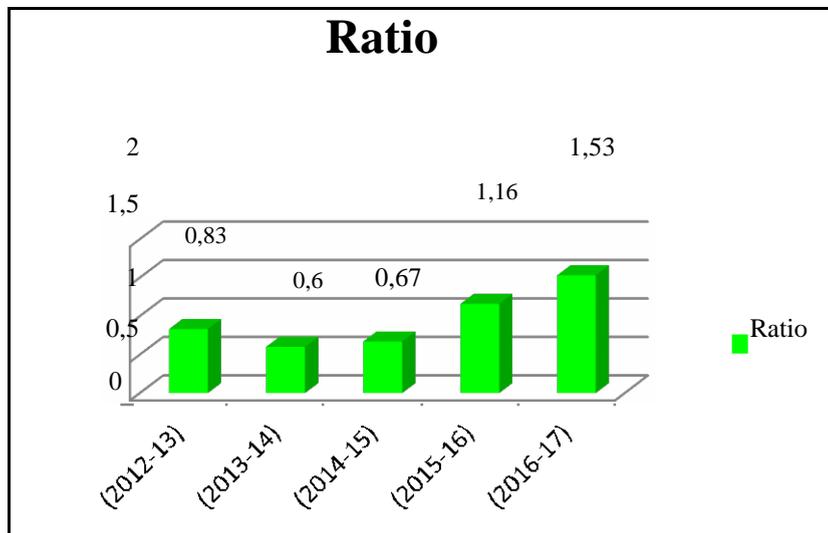
**Graph No – 7 C A to Net worth Ratio from the year 2012-13 to 2016-17**



**5. CASH TURN OVER RATIO: Table No: 8 Cash Turn Over Ratio**

Year	2012-13	2013-14	2014-15	2015-16	2016-17
Net Assets	54,89,70,511	51,54,80,572	78,16,47,080	1,50,79,76,823	1,96,92,66,423
Cash	65,83,04,104	84,95,56,605	1,15,88,38,435	1,29,62,93,253	1,27,99,76,177
Ratio	0.83	0.60	0.67	1.16	1.53

**Graph No – 8 Cash Turnover Ratio from the year 2012-13 to 2016-17**



## 2. FINDINGS, SUGGESTIONS AND CONCLUSIONS

### a. FINDINGS:

1. The standard current ratio is 2:1. The highest current ratio of bank is 2.09 in the year of 2016-17 and the lowest current ratio is 1.70 in the year of 2012-13.
2. The standard quick ratio is 1:1. The bank highest quick ratio is 1.37 in the year of 2013-14 and the lowest quick ratio is 1.05 in the year of 2015-16.
3. The highest current asset to net worth ratio is 2.13 in the year of 2015-16 and the lowest current asset to net worth ratio is 1.48 in the year of 2013-14.
4. The gross working capital is more in the year of 2016-17 is 325 crores and the lowest in the year of 2012-13 is 162 crores.

5. The net working capital is more in the year of 2016-17 i.e., 170 crores and the lowest in the year 2012-13 i.e., 62 crores.
6. The cash turnover ratio is more in the year of 2016-17 is 1.53 and the lowest in the year of 2013-14 is 0.60.

#### **b. SUGGESTIONS:**

After the study on working capital management of State Bank of India interprets that some problems arise while making a study on calculation of ratios it would be suggested that Bank should try to have future plans and forecast the future requirement of working capital so that it can increase its profit. Current ratio of bank is increasing slowly during the last four years, so current ratio should be maintained by bank in such a way that ratio does not come below 2:1. Cash turnover ratio is less than its standard ratio hence bank should take suitable measures to its cash resources.

#### **3. CONCLUSIONS:**

After the study of working capital system at State Bank of India found that current assets are main part of working capital of the business. It shows that bank maintains its ratio efficiently. State Bank of India is a well established public sector bank this project helps to understand the overall practice aspects of SBI.

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# IMPLEMENTATION OF LEAN ACCOUNTING SYSTEM IN A LEAN ENTERPRISE – A STUDY

Balaji M  
Sandesh V

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## Abstract

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Accounting is as old as human history, but accounting is not the same as it was when introduced. It has taken many forms to suit the different methods adopted in the ever changing Industrial environment. In the past thirty years, many companies in many sectors have transformed their manufacturing system by introducing lean strategy. Recently, companies and accounting practitioners have been realizing that not only production processes but also cost management and accounting system need to be changed to suit with lean manufacturing. In this viewpoint, Lean Accounting is proposed as an alternate to traditional management accounting systems in managing, evaluating, controlling and accounting processes of companies that implement lean strategies. The main objective of Lean Accounting is to support lean strategies and solve problems caused by traditional accounting system. Lean Accounting offers an accounting support to lean operations and proposes the use of lean tools and techniques within accounting area. The main aim of this paper is to explore existing literature on cost management and accounting practices within a lean manufacturing environment, with particular attentions on Lean Accounting, principles and tools of this innovative approach. The paper then outlines earliest results of a case study about designing and implementing a LA system in an Indian manufacturing enterprise. Weaknesses and problems associated with the

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### **Keywords:**

Lean Manufacturing,  
Lean accounting, Performance,  
Strategies

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introduction of Lean Accounting are also discussed.

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***Author correspondence:***

**Balaji M**

Assistant Professor,  
St Joseph's Evening College  
Museum road, Bangalore

**Sandesh V**

Lecturer,  
Sheshadripuram College  
Sheshadripuram, Bangalore

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## **1. Introduction**

Toyota Motor Company is wide noted for having created a very important new management model within which the initial just-in-time inventory management (JIT) has evolved into a lean production paradigm [1]. This model is characterized by reduction or elimination of waste, enhanced quality and productivity, continuous improvement, low inventories, short lead-times and maximized flow of materials, products, services, information and cash [2]. Lean manufacturing strategy is concentrated on processes and clients and its core is that —all business processes and functions integrate into a unified, coherent system whose single purpose is to still give higher price to customers [3].

Since the first 1990's several corporations in several industrial sectors have reworked their manufacturing systems and have adopted a lean strategy. The effects of this transformation have generated high interest among business homeowners and managers yet as professionals and researchers. Many authors have studied lean principles and practices and the way enterprises might adopt them so as to with success implement lean producing ways.

During the last 10-15 years a brand new topic has been raised with regard to lean enterprise. Companies and practitioners are realizing that not solely production processes however additionally value management and accounting systems have to be compelled to

be in step with lean strategy. Maskell and Kennedy [4] argue: —For firms that have chosen the lean journey, it's necessary that their accounting, control, and measuring ways modification substantially. In this perspective, some authors have extended lean thinking to accounting systems and monetary reporting, proposing another approach – specifically Lean Accounting (hereafter LA) – specifically self-addressed to lean companies [5, 6, 7, 8, 9]. According to some authors, LA refers to a wide spectrum of changes in managing, evaluating, controlling and accounting processes of companies that implement lean strategies [10].

The purpose of this study is to explore the extant literature on value management and accounting practices among a lean manufacturing surroundings. In specific, this study focuses on LA in order to describe characteristics, principles and tools of this innovative approach. The paper then outlines earliest results of a case study about designing and implementing a LA system in an Italian manufacturing enterprise. This company introduced a lean producing strategy nearly 2 years ago and currently it's recognizing the necessity for a homogenous management accounting and system. Company's managers set to check, in-depth, LA and verify if and how it may support their lean manufacturing strategy. Motivations and difficulties of implementation method square measure analyzed within the paper.

This paper is structured in three parts. In the 1st half, main literature on Lean Accounting is presented. Then the case study is given and key results square measure mentioned. Finally, the most conclusions and implications from case study square measure drawn.

## **2. Literature review**

Many authors highlight that ancient management accounting systems – supported customary prices, variance analyses, allocation of overheads – are not suitable for a lean environment [4, 10, 11, 12, 13, 14, 15, 16, 17]. Actually ancient accounting systems and ways were planned to support ancient production and that they don't seem to be in keeping with lean production [10, 17]. For instance, ancient accounting systems think about high inventory as price that will increase company's profits. On the contrary, lean manufacturing strategy adopts JIT inventory management and aims to reduce inventories that are considered as a waste [14]. Traditional mass-production measurements assume that

profit is higher if firms absolutely exploit their production capability. In lean enterprise profits increase if company optimizes the flow and creates price for purchasers [4]. Standard cost accounting system is straightforward to keep up in a very single-production enterprise manufacturing high volume of uniform output, however it's inefficient and inconvenient in a very multiproduct lean producing surroundings [18]. Several authors [12, 4, 14] have highlighted alternative varied important problems with ancient mass-production measurements in a very lean surroundings, such us: inconsistency of normal prices with continuous improvement principle; uselessness of calculation of product costs; negative effects and incorrect behaviors generated by variance analysis; complexness of accounting processes, that need several labor, specific competencies and complicated tools.

The main purpose of los angeles is to unravel issues caused by ancient management accounting systems [17], to support lean transformation and to favor lean methods [12]. In specific, the term LA refers both to accounting support to lean operations and to the use of lean tools within the accounting area [17].

LA is AN innovative accounting approach and it's different to ancient management accounting systems. Main variations between the LA and ancient ways square measure summarized in Table one.

Table 1 – Main differences between lean accounting and traditional accounting systems

	Traditional Management Accounting Systems	Lean Accounting
<b>Main Features</b>	Large and complex Require huge amounts of non-value work Take a long time	Lean Fast Timely
<b>Object</b>	Are focused on labor efficiency and overhead absorption	Financial performance and non-financial measures: quality, efficiency, timely, service, etc.
<b>Purpose</b>	Maximize use of firm's resources Match standard costs	Maximize "flow" Promote continuous improvement Provide value to internal/external customers.
<b>Focus</b>	Products and costs	Value Stream Processes
<b>Tools</b>	Product costs Standard costs Variance analysis	Value Stream Costing/Value Stream Profit & Loss Visual Performance Measurement/ Box Score
<b>People involved</b>	Controller Management	Accounting personnel Value Stream Team Management
<b>Reports</b>	Complex and often late Use a language not always easy to understand	Clear and easy to understand Frequent: daily / weekly / monthly basis

**LA extends** —lean philosophy to accounting and performance activity systems. This approach, in fact, adopts principles in line with lean producing. These principles area unit as follows [12]:

- > Elimination of waste from transactions, processes, reports, and accounting systems;
- > Continuous improvement at each level of the organization, enclosed accounting area;
- > specialise in processes and client worth. whereas ancient firms specialise in prices, the main target of a lean organization —will

perpetually get on what should be done to make a lot of worth for the customerll [4]. dominant prices and earnings is incredibly vital in a very lean organization however this is often some way to boost client worth and not the most purpose of the accounting systems;

On the premise of those principles, the objectives of los angeles area unit as follows:

1. measure and watching performance in line with the logic of lean organization;
2. Simplifying accounting processes and internal control systems, mistreatment lean principles and tools to confirm an efficient control;
3. Encouraging the lean transformation throughout the organization and support lean culture through employees‘ motivation and empowerment;
4. up decision-making and operational processes, by providing relevant, clear, timely and easy-to-understand data, at each level of the organization.

These objectives area unit pursued through the subsequent tools:

1. worth Stream Costing/Value Stream Profit & Loss;
2. visual Performance Measurement/ Box Score.
3. Value Stream Costing/Value Stream Profit & Loss

In a LA approach, the most and distinctive price object is that the worth Stream (hereafter VS), that's a method through that company provides worth to customers. A VS will be outlined as —a cluster or family of connected product or services that use a similar method stepsll [18] or as —the sequence of processes through that a product is reworked and delivered to the customerll [19]. It encompasses all activities from client order to delivery (purchases, production, selling, marketing, client care, delivery, maintenance, etc.) and resources (labor, materials, machines, equipment, etc.) necessary to understand product

and services for purchasers [20, 21]. Lean organizations area unit organized around VSs and, per LA system, costs, revenues and profit news ought to be organized round the VS [4]. therefore the name of VS cost accounting (hereafter VSC).

VSC aims to calculate VS total price VS (and not the price of single products) and perceive the way to maximize the worth obtained in every stream. prices allocation is created in accordance with the logic of direct cost accounting. prices to be charged to a VS will be classified into three classes [22]: purchase prices of raw materials and alternative inputs used directly therein stream; process prices or conversion prices, i.e. prices incurred to manage and operate the VS, like workers prices, depreciation, alternative prices with reference to plant and instrumentation, prices for support activities (e.g., technical, data system and internal control workers, etc.); facility prices or occupancy prices, that's prices associated with the employment of area. The latter (e.g., depreciation or rental prices, heating, electricity, security, building maintenance, insurance, etc.) area unit the sole indirect prices that may frequently be split between the VSs mistreatment Associate in Nursing allocation basis. Usually such prices area unit allotted on the premise of money supply occupied by every VS, considering not solely production space, however conjointly warehouses, offices for employees operating on to the VS, etc. As a consequence, reduction of areas occupied by every VS is inspired [20], also as reduction of inventory and rethinking of production processes, in line with the logic of lean producing.

How indirect prices that can't be directly allotted to VSs area unit accounted for? It depends. If their worth is low, indirect prices area unit merely recorded within the general company's earnings report. However, in per lean production principles, these prices ought to be monitored and presumably reduced. If indirect prices area unit high, they will be allotted to VSs employing a simplified version of activity-based cost accounting. during this means, indirect prices area unit appointed to every VS supported the employment of activities that have caused those prices [22].

Is value noting that prices area unit recorded after they occur and not per the step-up principle. this implies that prices of raw materials don't seem to be charged to warehouse, however forthwith charged to VSs. during this means, in line with the logic of JIT, purchases created before materials are literally required area unit discouraged

1. Similarly, the assembly to stock is discouraged. prices (direct labor, instrumentation depreciation, etc.) of unsold product area unit actually charged to VSs within the amount during which they were incurred. VS prices area unit calculated every week to permit stream's accountable to understand in real time information needed for the management and management of the method. VS's prices area unit enclosed within the worth Stream Profit & Loss (hereafter VSP&L). It shows VS profit, ensuing from the distinction between revenues from sales and prices charged to the VS. Table two shows Associate in Nursing example of VSP&L.

In summary, VSC provides information that are: objective and simple to calculate, as VSC is —a straightforward outline mistreatment direct cost accounting of the VS|| and prices allocation is de facto reduced [4]; simple to grasp by all those operating in VSs and not solely by accounting personnel [12]; timely, since VSP&L ought to be ready weekly [19]; in line with the lean producing approach, as, for instance, profit of a VS will increase if behaviors in line with lean principles (eg., reduction of inventory) area unit adopted; what is more —it will encourage improvement of the flow for the whole VS|| [21].

Table 2 – An example of VSP&L (adapted from IMA [19])

<b>Item</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Goal</b>
<b>Sales</b>	<b>2.708.333</b>	<b>2.998.500</b>	<b>3.200.000</b>
			<b>1.300.000</b>
Material costs	1.040.000	1.229.000	
			<b>195.000</b>
Employee costs	190.667	192.000	
Equipment-related			
			<b>155.000</b>
costs	156.000	156.000	
			<b>120.000</b>
Occupancy costs	120.022	120.022	
Other value stream			
			<b>275.000</b>
costs	296.942	298.451	
<b>Total value stream</b>			<b>2.045.000</b>
<b>costs</b>	<b>1.803.631</b>	<b>1.995.473</b>	

<i>Value stream profit</i>	<i>904.702</i>	<i>1.003.027</i>	<i>1.155.000</i>
<i>% on Sales</i>	<i>33,40%</i>	<i>33.45%</i>	<i>36,09%</i>

Due to its innovative nature, VSC cannot be introduced suddenly and without adequate preparation. On the contrary, it is necessary that some conditions are met and that companies are adequately prepared. This means, first of all, that VSC introduction should be preceded by the progressive introduction of lean production, used to reorganize production processes and identify VSs at the production level. When this stage is completed and the company has fully assimilated lean principles, it is possible to rethink the management control system and introduce the VSC.

#### Visual Performance Measurement/ Box Score

-Visual management is used in lean organizations in order to relay information as soon as it is needed in a simple, easy-to-understand fashion [4]. LA eliminates long and complex reports, resulting from a top-down process. Performance measurement is done frequently and quickly. It focuses on few key indicators, expressed in plain language and easy to understand by all personnel involved in the VSs. Moreover in LA traditional financial information are integrated by non-financial information, for example, relating to products quality and production efficiency. Each indicator, to be truly useful and meaningful, must be linked to company's strategic objectives [20] and its key success factors [9].

In other words, indicators should be developed according to a top-down approach as they should be defined in the following sequence: first at the corporate level, then at the division level, then at the VS level and finally daily cell metrics should be defined [23].

According to the logic of visual performance management, performances should be daily measured by VS members and hand-written on special boards located in places where value is created, primarily in production departments [20].

Every week these measurements come together in a Box Score (hereafter BS), a summary report in which operational indicators are integrated with other information relating to VS performance. BS is complementary to VSP&L and it consists of a simple board showing three types of indicators: operational section, capacity section and financial section [4, 9, 20, 24]. The operational section contains an average of 3-6 operational performance indicators, such as: on-time delivery, first time through, throughput time, average cost, etc. The capacity section contains three indicators measuring (in percentage):

capacity consumed by productive activities, capacity consumed by supporting activities (e.g., downtime caused by setting up and maintenance); unused and so available capacity. These indicators show how production capacity is used and potential bottlenecks in the operations flow. Unlike the other two sections, capacity indicators need not be calculated weekly, but only when changes in production processes are introduced. The financial section contains main financial indicators, calculated according VSP&L: revenues, VS costs, VS profit, VS ROS, etc. Each indicator is compared with the value of the previous week and with the annual objective. Table 3 shows an example of BS.

Each BS is analyzed in specific weekly meetings involving managers, VS directors and some representatives of employees working in that VS, so that they can discuss operational, financial and capacity issues and find a solution to problems encountered in the VS. So BS allow a direct and understandable vision of the current situation in each VS, with respect to its objectives. They also allow identifying areas for improvement and increase staff motivation [4, 12, 20, 23].

Table 3 – An example of Box Score (adapted from IMA [19])

Item	Last Week	This Week	Future State
<i>Operational</i>			
Units per person	46	516	550
On-time shipment	92%	94%	98%
Dock-to-dock days	15	15	14
First time through	85%	85%	90%
Average product cost	112.75	111.50	110.00
<i>Accounts</i>			

Receivable	42	43	42
Days Outstanding			
<hr/> <i>Capacity</i> <hr/>			
Productive	42	42	45
Nonproductive	38	38	30
Available	20	20	25
<hr/> <i>Financial</i> <hr/>			
Sales	2.708.333	2.998.500	3.200.000
Material costs	1.040.000	1.229.000	1.300.000
Value stream profit	904.702	1.003.027	1.155.000
Return on Sales	36%	39.85%	42.55%

### Case study and main results

Empirical research is based on a case study and the participant observation method was adopted [25, 26]. In participant observation, researchers are directly involved in the field; they have personal contacts with both the people and the setting, and may personally experiencing the situation in a real-world fieldwork [26].

In particular, the authors were full participants in the design and implementation of the project, with a collaborative approach (not as simple spectators), and multiple observations

were realized continuing over time (the project started in October 2013 and is still ongoing).

The case was selected with a purposive sampling strategy [27], aimed to identify a company that is currently experiencing a path towards lean accounting. The case study involves a medium-sized company (about 230 employees and more than \$ 60 million turnover), operating in the engineering industry. It is located in Bangalore region, but it exports its products in all five continents. The company has preferred to remain anonymous, so it's not possible to provide further information about its products, as it would allow easy identification of the company.

The company adopted a lean manufacturing strategy nearly two years ago and now it is recognizing the need for a consistent management accounting and control system. The company's management decided to study, in-depth, LA and verify if and how it may support their lean manufacturing strategy. In this sense, this case represents an ideal opportunity for authors to collect information about the planning and implementation process of LA.

Adoption of lean principles has already led to some early changes in the company: identification of five value streams, reduction of inventory, process and layout redesign, improvement of production flows, quality improvement, identification of some operational indicators to monitor production process efficiency and product quality (e.g. throughput time, number of non conforming products, quantity of scrap), organization of weekly meetings with VS workers to discuss and resolve production process key issues.

In the last years the size of the company has been rapidly growing. This growth is partly the result of a merger operation with another engineering company, and partly the consequence of recent huge investments (in R&D, new plant and equipment, product innovation) that have allowed and will allow the company to attack new markets and gain growing market share.

As part of this complex process of change, the company has begun to consider the opportunity to implement a new management control system, that is consistent with its organizational characteristics and with external competitive conditions. To date, in fact, the

company has neither a controller nor a real management control system. It makes use of many different tools that monitor business performance, without any coordination and using the logic of traditional control systems. The responsibility of management control is in the hands of the general manager (who is also the CEO of the company). He is supported by an accounting officer, who produces and processes accounting data, and by some outside consultants. To design the new management control system, a work group was created. Two –historical business consultants – who have supported the company in its recent strategic and production process

transformation – and two academics (authors of this paper) belong to this group. This solution has enabled the creation of a mix of different skills: operational, financial, academic, etc. The work group, which is still working, meets monthly and periodically discuss with the board chairman and with the general manager-CEO of the company. The aim of the work group is to create a management control system consistent with lean production principles and able to properly measure costs and economic results in each VS.

The project has been divided into six steps: 1) recognition of the main and most innovative theoretical management control systems; 2) identification of the system more consistent with company's strategic, organizational and operational characteristics; , mapping of systems and methods the company currently uses for management control; 4) early designing of a new control system and possible replacement / integration of existing systems and tools; 5) development of the new management control system; 6) implementation.

The study of management control systems recently proposed by literature, together with the analysis of company's characteristics and information needs, led to identify LA as the most suitable approach to set the new management control system. In fact the company has already acquired lean enterprise principles and has already introduced these principles in the organization of the production process. Now is therefore ready to adapt its cost accounting system and to adopt VSC. At present, therefore, the main problem is how to introduce and manage change. For this purpose, a mapping of all the accounting tools currently used by the company has been prepared. The working group is now thinking to create a unique control system, so that it is integrated, coherent and streamlined, with no

overlap or redundancy of information. At the same time, starting from available accounting data, the work group has started a simulation of VSC, it is improving existing VSs and is developing a scheme of VSP&L. The next step will be the creation of a BS. The starting point will be the company's strategy. It will allow identifying company's competitive advantage and key success factors and then identifying key performance indicators to be monitored.

### 3. Conclusions and Implications

The design of the new system of management control is proceeding in respect of two key words: -gradualism and -personalization. The work group think that it is necessary to proceed with caution and with -small steps, to be able to progressively identify accurate and timely performance indicators. This means adopting a continuous learning perspective that will allow the work group to define a management control system actually accurate, streamlined and timely.

The principle of personalization is consistent with the idea that the -one best way no longer exists. This means that in designing the new management control system it's important to share LA basic principles, but it is equally important that these principles are applied respecting company's peculiarities and needs. It is impossible to implement a standard LA system in every company. On the contrary each company need to design its own LA system, customizing tools, procedures and implementation process.

But a good design of the system is not sufficient to ensure adequate implementation and proper use of LA. The organizational aspect should not be underestimated and it is from this point of view that arise some concerns about the project.

As already mentioned, the design of the new management control system has been assigned to a working group composed of external consultants. The main reason is that in the company currently doesn't exist a controller. So the problem is: The work carried out by work group has been approved by top management, but who will manage the new control system when the project will be completed and the system will be implemented? To date it is still unclear who will be the future controller and this is a very critical issue. There are several possible hypotheses and they all have some weaknesses.

The accounting officer, who currently supports the general manager/CEO, could be the future controller. The advantage of this solution is to appreciate the professionalism of the officer and his knowledge of the company. However it would be necessary to involve him as soon as possible in the work group and in the planning and implementation process of the control system. In this way the effectiveness of the next phase of implementation of the control system would be increased and the new controller could gradually acquire knowledge needed to manage the new system.

Company's top management, on the contrary, could decide to recruit a controller from outside. But, in this case, will the new controller approve the new control system? In this latter case, in fact, the risk is that the work carried out so far is criticized and disapproved, with the result that the company would lose valuable time searching for a new model to be adopted.

Growing and rapidly changing company needs to have as soon as possible tools that can effectively measure its performances and its ability to achieve its objectives. But it is necessary to have people who can use these tools. Perhaps the company would have done better to immediately identify a controller and assign him the project responsibility. It is questionable, in fact, that a LA system is completely outside designed and managed. Such a change, in fact, requires a clear sponsorship by company's top management, but also strong involvement of company's staff and, above all, of its controller.

It's important to remember, in fact, that according to LA principles, the controller is no longer the one who holds and produces information for management control, but he's an important manager whose role is essential for the success of LA. His role is to help the entire organization to adopt and acquire LA principles, providing VS teams information and tools to let them prepare their own performance reports. The controller must offer his expert advice to company's VSs [17]. If this figure is missing or does not have adequate involvement in the project, the risk is that everything remains only -on paper|.

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# IND-AS CONVERGENCE WITH IFRS: CHALLENGES & OPPORTUNITIES TO INDIAN CORPORATE SECTORS

Rajath B.S.

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## Abstract

Doing business making profit is the prerequisite element of every business but with the same every business need to record their day to day business transactions in the books of accounts. In the earlier days business men records his transactions for his own reference or for financial assistance from various financial institutions to run his business, today business not only limited to individual person or country, the whole universe become one market and businesses become multinational and transnational companies, which were attract the investments whole over the world. The business transactions should recorded in the manner which were familiar to all the stakeholders', by keeping this all point of view Institute of Chartered Accounts of India (ICAI) developed the Ind-AS which were converged with IFRS. Ministry of Corporate Affairs (MCA) has announced compulsory adoption of IFRS with the phase manner.

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### **Keywords:**

Convergence,  
Business,  
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### **Author correspondence:**

**Rajath B.S.**

Research Scholar

Department of Studies and Research in Commerce

Tumkur University, Tumkur

rajathbelur@gmail.com

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## **1. Introduction:**

The word globalization has been encompassed after 1991 in India. The Indian companies extended their business throughout the world and made some collaboration with world

class corporate and also the foreign companies extended their business in to Indian market. For the expansion and development of any business investment is an important element, that can be gathered from the investors whole over the world through entering the primary and secondary markets and offer the company's shares to the investors. Till the companies/countries adapting globalization they were recording their business standards as per their set of standards/Generally Accepted Accounting Principles (GAAP) specified by the concerned authorities of that county. But now the investment and stakeholders are from different countries, sometimes from whole over the world, hence the companies should adopt an Accounting Language which should be understandable to each and every one who is directly or indirectly related to the organization. By considering this the International Accounting Standard Board (IASB) has been framed in 2001 and it has developed The International Financial Reporting Standards (IFRS). Till now more than 120 nations have adopted and converged with IFRS. India is also one of the nation has converged its Ind-AS with IFRS.

#### **Meaning of Accounting Standards:**

Accounting Standards are the frame works for the Financial Accounting in guiding companies in preparing and presenting its business transactions and its equities, liabilities and assets.

#### **Meaning of IFRS:**

**International Financial Reporting Standards (IFRS)** are framed with the globally acceptable accounting languages which are most commonly acceptable and understandable whole over the world.

#### **Definition of IFRS:**

**International Financial Reporting Standards (IFRS)** is a universally acceptable accounting language developed by an independent, non – for - profit organization called the **International**

**Accounting Standards Board (IASB).**

**IFRS includes the following financial statements:**

1. Balance Sheet
2. Income Statement
3. Cash flow Statement
4. Statement of changes in equity

5. Includes summary of important accounting policies and other information.

## 2. Objectives of IFRS:

The principle objectives of IFRS are as follows:

1. To develop, with the public interest, a single set of high quality, understandable, adoptable & globally accepted IFRS based upon clearly expressed principles.
2. To promote the use and difficult in application of those standards.
3. To facilitate for the adoption of IFRS.
4. To bring about convergence of national accounting standards, International accounting standards & IFRS to high quality solutions.

### IFRS in India:

IFRS stands for —International Financial Reporting Standards|| It is a unique, high quality, easily understandable global accounting standards. It is also known as —principles based|| set of standards which are easy to understand and apply.

- IASB (International Accounting Standard Board) is developed and approves these standards.
- IFRS guides the proper disclosure and financial reporting methods to the corporate.
- Upon its inception the IASB adopted the body of International Accounting Standards.

### Why IFRS in India?

IFRS offers many benefits over the Indian GAAP.

- Improve Transparency in accounting system
- Globally Accepted
- New Opportunity
- Allows exercise of professional judgment

IFRS are increasingly being recognized as Global Reporting Standards for financial statements.

Indian GAAP is getting old because it has some restrictions compared with IFRS.

As the company's attracts capital from global capital markets, hence the companies need to adopt IFRS.

- IFRS has been already adopted by more than hundred countries and getting benefited.

Why Companies adopts IFRS in India?

Considering the present state of affairs of IFRS in India many Indian companies are adapting IFRS not only for the purpose of extending their business globally and earn profit or to acquire huge capital, but also they may present their financial statements which would be acceptable and understandable anywhere in the world, which leads to a unique accounting standards can be followed. Through this an organization can present the true and fair financial information to its stakeholders.

Benefits of IFRS in India:

Through this the Indian economical growth increases in the form of International Business.

Indian corporate attracts the foreign capital through adoption of IFRS and improves the capital flow towards the country.

It will benefit to the Indian investors, as it gives fair, trustworthy, timely and comparable statements. The investors can easily compare the financial statements of one company with other.

The Indian investors can understand the financial statements of companies better way compare to earlier, so that they can invest in any company across the globe, through this the foreign companies can get the investment with less risk.

It reduces the cost and creates many opportunities for the professionals to promote and serve the global clients.

Convergence of Indian Accounting Standards with IFRS:

The terms 'adoption of IFRS and convergence with IFRS' are often used interchangeably, but one needs to understand the technical differences between the two. Adoption of IFRS means that the country adopting IFRS will be implementing IFRS in the form as issued by IASB and would be 100% compliant of IFRS. However, convergence with IFRS means the Accounting Standard Board of the country applying IFRS will work together with IASB to develop high quality Accounting Standards for its own use which is compatible with IFRS. Thus converged Accounting Standards may be in variation with IFRS to some extent.

Extent of IFRS application	Additional Information
IFRS Standard are required for domestic public companies	Indian Accounting Standards (Ind AS) are based on and substantially converged with IFRS Standards as issued by the Board. India has not
IFRS Standard are permitted but not required for	-
IFRS Standards are required for or permitted	No.
The IFRS Standard for SMEs is required or	No.
The IFRS Standard for SMEs is under	No.

Table 1.1 shows the uses of IFRS standards in India.

Conceptual framework:

Due to high investment through the various sources the companies should maintain the stability of economic system. To maintain the stability and confidence IASB has developed the IFRS. International Financial Reporting Standards (IFRS) are a set of International

Accounting Standards states that how to record the every particular transactions and other related information in the books of accounts and financial statements. IASB not only issued the IFRS, it has also mentioned that how specifically the accounts need to recorded and these accounts should be easily understood to everyone.

**Ind-AS Convergence with IFRS: Challenges & Opportunities to Indian Corporate Sectors:**  
This paper intention to provide the knowledge about IFRS as well as to identify some challenges facing while adopting IFRS and what are all the opportunities available through the effective implementation of IFRS in Indian corporate sectors.

Review of literature:

Identified en numbers of literature regarding Ind-AS Convergence with IFRS: Challenges & Opportunities to Indian Corporate Sectors and it has been a global topic now days. For the further understanding and to bring out the importance of IFRS and to find the research gap the review of literature is bringing out as follows:

S. Sudalimuthu & P. Jesintha (2011). Researched through empirical study to analysis auditor perception towards IFRS, with the objectives to assess the benefits of implementing IFRS and to analyze the problems faced by the companies while implementing IFRS. By considering the primary data the authors conducted the area of study at Coimbatore district. The outcome of the study brings some of the important key challenges faced by the Indian companies such as data analysis and policy changes, Education & Training, High cost, Expert person, Project planning. Finally the authors concluded that implementation of IFRS will be more benefited to the corporate world and the Accounting professionals in the same time they have to face some challenges in their convergence process. The concerned parties should ready to share the responsibility of International harmonization and convergence.

V. Manickavasagam & K.N. Srinivasan (2011) states that in the present global scenario, the importance of IFRS is growing rapidly. The authors have made an attempt to analyze the treatment of IFRS in specific areas. The author has also identified challenges of switching to IFRS. Switching to IFRS is a strategic move for all companies adopting IFRS because it requires effective management of stakeholder's expectations, with proper budgeting and investor's relationship management. The author states that their accounting

exercise required monetary sponsorship and strong support from senior management in terms of collecting resources and commitment for the enterprise for accounting changes. Finally authors concluded that companies have to hire finance consultants and auditors who have enough knowledge and experience in IFRS and upgrade and adopt new accounting information system across the company.

Dr. Vinay K Srivastava (2013) states that IFRS began in European Union and attracted quickly around the world. IASB has developed the new standards IFRS. According to US Securities and Exchange Commission, on August 2008, more than 113 countries around the world have adopted IFRS. India is currently on the transition from stage I to stage III of IFRS adoption popularly known as Ind AS. The ICAI was announced that IFRS will be mandatory in India for financial statement for the period's beginning on or after 1 April 2012. The ICAI was also stated that IFRS will be applied to companies above 1000 cores from April 2011. The author mentioned the three phases of adoption of IFRS in India. The Paper explained the need for IFRS by comparing the different Accounting Standards while computing the profits of a company. There are many benefits of Implementing IFRS which are Economy, Investor and The Industry. Finally the author concluded the MCA prepared a roadmap for the implementation of IFRS and provides specific date's adoption of IFRS in India on the basis of the company's net worth. So as to encourage free trade of money so that companies can rise or invest capital from other countries.

## **2. Objective of the study:**

To discuss the need for adoption of IFRS in India.

To discuss the benefits for Indian corporate sectors through adoption of IFRS.

To discuss the challenges and problems while adopting IFRS in Indian corporate sectors.

**Research Methodology:** By considering the above objectives the study is primarily an empirical study based on secondary data. The Secondary data was collected through published sources like magazines, books, journals and websites.

**Need for adoption International Financial Reporting Standard in Indian corporate sectors:**

To provide high quality global financial reporting standard to improve the comparability of financial statement.

To provide a simplified and self-contained set of standard to make financial reporting user friendly.

To remove choices for accounting treatment and to simplify recognition and measurement.

To enable investors, lender and others to compare company's financial performance, financial condition and cash flow.

To ensure companies financial statement true and fair in the entire angle and to facilitate auditing practice over it's reporting.

Benefits for the Indian corporate sectors through adoption of International Financial

### **Reporting Standard:**

The International Financial Reporting Standard for the Indian corporate sectors was developed to offer an accounting outline for deliver quality financial statement and to meet the needs of financial statement to the users: Implementation of International Financial Reporting Standard for The Indian corporate sectors have following benefits:

International Financial Reporting Standard for the Indian corporate sectors facilitates better financial reporting. Hence it facilitates better decision making and results more efficient functioning of capital markets.

The IFRS for the Indian corporate sectors will provide good flat form for companies that which is interested in entering public capital market where application of full IFRS is required the under lying benefit will helpful to the Indian corporate sectors to grow in larger size and will meet its capital requirements.

Adoption of IFRS for the Indian corporate is expected to result in a better quality of financial reporting due to consistent application of accounting principles.

IFRS provides the better quality of financial reporting and ensures creditability and comparability of financial statements. IFRS is based on the fundamental principle of full International Financial Reporting Standard, but in many cases, it has been simplified to make accounting requirements less complex and to reduce the cost and effort require to produce the financial statement.

Comparison of Framework of IFRS for the Indian corporate sectors with Indian AS

A number of key difference and minor difference between IFRS for the Indian corporate sectors and Ind AS exist with regard to reorganization, presentation and measurement as well as disclosure. The adoption of international financial reporting standard for the Indian corporate sectors would require understanding how this standard differs from Indian GAAP. Some important differences are presented as bellow:

Frame work of international financial reporting standard for Indian corporate sectors is very simplified, structured and make accounting requirement less complex and reduces the cost and effort required while producing financial statements whereas as Indian GAAP is too complex and producing financial statement is very difficult and expensive.

International financial reporting standard for the Indian corporate sectors adopt both historical cost basis and fair value basis. Further, under IFRS initially cost is recognized under historical and than fair value whereas according to Indian GAAP Historical cost basis is the Most commonly adopted measurement basis in preparing their financial statements. It is usually combined with other measurement basis like current cost, replacement value and present value.

International financial reporting standard for the Indian corporate sectors has few and less disclosure requirements compare to Indian GAAP.

Finally in general the requirements in international financial reporting standard for the Indian corporate sectors are simpler than those in Indian GAAP and simplification might make the standard more attractive to financial statement preparer.

The challenges and problems while adopting international financial reporting standard for the Indian corporate sectors

Convergence process of accounting practices of the Indian corporate sectors to international financial reporting standard involves various operational and information technology process. These operational and information technology process are very costly and it's very difficult to bear such cost.

Proper implementation international financial reporting standard for the Indian corporate sectors require extensive education and training but in many case it's hard to get by the corporate sectors due to lack of adequate financial facility.

Lack of awareness about full international financial reporting standard also major challenges for the corporate sectors in India.

In most of cases it's difficult to understand issues which are all related to international financial reporting standard for the Indian corporate sectors.

It's difficult adhere with practices of full international financial reporting standard because of non availability of professional personals And also its costlier to hire such professionals for domestic companies.

Full implementation of international financial reporting standard will leads to lot of changes in reporting practices of the Indian corporate sectors thus it faces many challenge while reporting its financial position.

#### **Limitations of the study:**

The scope of the study in this paper is limited to the extent of secondary data i.e. Journals, magazines, published articles trough online and printed mode and websites. The study is qualitative in nature. Hence it is difficult to examine the issues through quantitative tools.

### **3. Conclusion:**

International financial reporting standard for the Indian corporate sectors is an eagerly waiting step by the economies. In India there are many criticisms against the full implementation of IFRS which leads to the unnecessary burden on Indian corporate sectors. Through the adoption of IFRS the Indian corporate sectors may faces many challenges in the initial stage but definitely they benefited in the future in all the aspects of the economy. The IFRS adoption may open the doors of the world economy for the accessing finance, expanding business, earn profits, to do joint ventures and for many more.

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