



Research Article

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A study on sports and recreational activities of Periyar PURA village children and their impact on character

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ABSTRACT

Sports and recreational activities of Tamil Nadu are many and varied. The state had a number of ancient games, some of which have survived till date. In this paper, we focus on the characters of people towards sports and recreational activities of 65 Periyar PURA (Providing Urban Amenities in Rural Areas) villages, which are under the supervision of Periyar Maniammai University. We have analyzed 25 questionnaires, to depict the characters which are more vital for a human being. Moreover, we analyzed the minds of people and how sports and recreational activities help to build the good character. We also compared the results of common people with the sports person for analyzing the similarities and differences of Periyar PURA village people. This analysis helps us to understand them and so as to guide them to improve their skills.

Keywords: Periyar PURA, Sports and recreational activities, Human Character.

INTRODUCTION

Sports and recreational activities keep one physically and mentally fit. Healthy mind resides in a healthy body. One can develop and maintain a healthy body by actively participating in sports and recreational activities. Sports and recreational activities increase the circulation of blood, boost metabolism, burn calories and improve the respiration and digestive system [Rajnish Chauhan and R.C.Kapil, et al., 2007]. A healthy person can work hard cheerfully for a long period of time, and can face dangers boldly.

While playing games, various exercises are performed automatically and one need not join a gymnasium to exercise. Brisk walking, running, cycling, skipping, swimming and yoga are common activities to keep fit. They also tone up the body of both the young and the old. Mild exercises are beneficial for patients recovering from heart attacks and those who suffer from obesity, diabetes, blood pressure etc. Exercise invigorates the mind and the body and helps to keep fit [Bhanumati K, et al., 1984].

A player develops team spirit and he learns to adjust with other person's shortcomings [Linda Rae Shelton 1986]. A player respects and follows the rules of the game he plays. He, thus, becomes a man of principles. Sportspeople display punctuality, diplomacy and self-discipline. Sports help us to face the challenges in life, bravely. One would not be deterred by failures as they are the stepping stones to success [M.S. Omar-Fauzee et al., 2012 and J.Bhullar 1982] Such an approach would help one reorganize one's skills and work harder with renewed vigor, to achieve one's goal.

Effective measures should be taken to ensure people's active participation in games [Coralie Phillips, et al., 1967]. The government should evolve a long-term national sports policy. Children should be informed about the advantages of games that too in villages, since 70% of the people are living in villages and remote places [Jyoti Jungare 2005].

In this paper, we focused 65 Periyar PURA village children's mind towards sports and recreational activities. The region covered by the Periyar PURA project [Novotny.J and Ramachandran.N *et.al.* 2010] encompasses an area comprised of 65 villages in the south west of Thanjavur district and north of Pudukkottai district. More concretely, these villages are situated in three neighboring blocks including south west of Thanjavur block and south of Budalur block (both in Thanjavur district) and north of Gandarvakkottai block (in Pudukkottai district). The overall area of the region is 486 square kms and the total population reaches almost 100,000.

We framed a questionnaire and an extensive survey is made to understand the thinking of the children. A comparative study is made with sportsperson to show the short comings of the children for further improvement [Ranjit Singh *et al.*, 1994].

This paper contains survey questionnaire in Section II. In Section III, we showed the detailed survey report on each question. Next section focuses on comparative study on the data collected from students with the sportsperson view. Finally, we made a concluding remark in the last section.

II. Questionnaire

After making some serious analysis, we made 25 questionnaires for understanding the thought of the children towards sports and recreational activities. Each question is given with 4 options like Excellent, Very Good, Good and Fair. An extensive survey is made among 1130 children in spite of gender and age group. This survey is made among the children of Periyar PURA villages of Thanjavur, TamilNadu. The following list shows the questionnaire

1. Maintains Good Health
2. Promotes Friendships
3. Creates Good behavior
4. Helps to be very active
5. Encourages broadmindedness
6. Makes to eradicate caste and religious differences
7. Teaches to make necessary amendments in life
8. Teaches to respect individuality of others
9. Learns the virtue of tolerance
10. Helps to build self respect
11. Helps to create self confidence
12. Instructs the importance of team work
13. Helps develop mental determination
14. Creates Positive attitude
15. Creates opportunity to control emotions
16. Helps to face the challenges boldly in daily life
17. Makes to lead tension-free life
18. Makes to be physically strong
19. Makes to be mentally strong
20. Helps to strengthen social relationships
21. Makes to learn good discipline
22. Maintains our old culture
23. Helps to take good decisions
24. Offers favorable opportunities and self-awareness
25. Improves the moral values of people

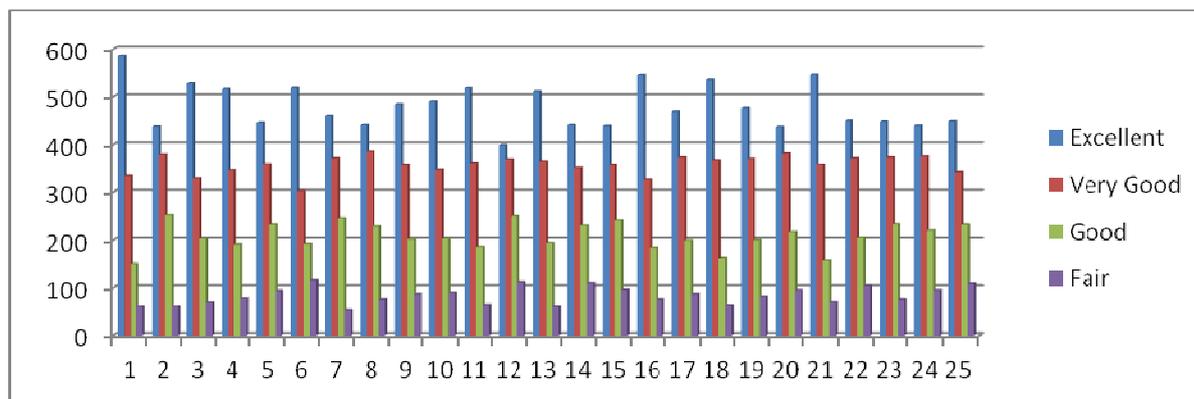


Figure 3.1 Survey Report of 25 questionnaires for children

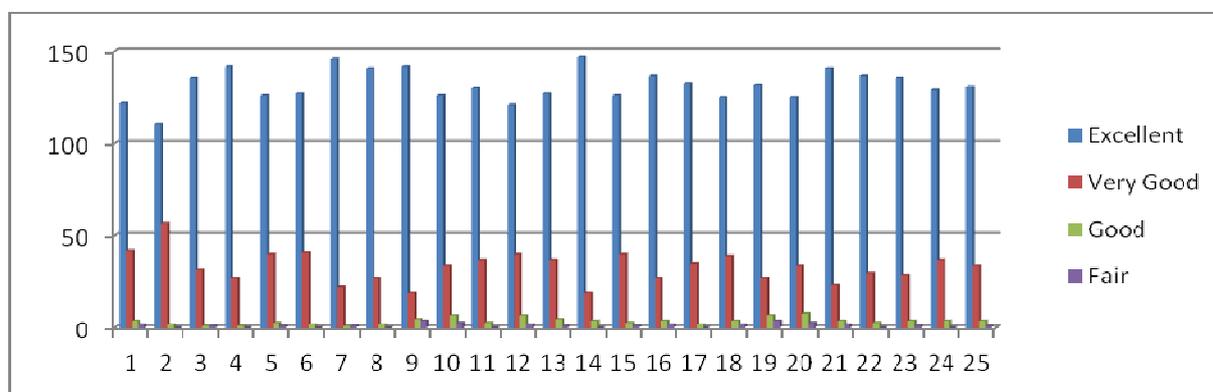


Figure 3.2: Report of 25 questionnaires for sportsperson

The next section shows the graphical outcome of the extensive survey made among the children.

III. Survey Report

The survey was made for the children of age 12 to 20 in spite of gender in almost all 65 Periyar PURA villages. Final result showed about 47% of children accepting there was excellent character enhancement due to sports and recreational activities. About 32% of children rated as very good, remaining 18% and 7% shared to good and fair.

The same survey was made on sportsperson and their results were completely different. Almost 78% votes were obtained for excellent character enhancement and 19% votes for very good. Good and fair were negligible. This shows how important sports and recreational activities are. The difference of opinion is due to the awareness towards these activities.

Figure 3.1 and 3.2 shows the responses of children from Periyar PURA village and sportsperson, respectively.

IV. Comparative Analysis

In statistical analysis, we have given weightage for the 4 parameters as:

- Excellent – 4
- Very Good – 3
- Good – 2
- Fair -1

Here, we consider the overall statistics of the children of Periyar PURA village. Total value selected for excellent parameter for all 25 questions from 1030 children is 12004. Weightage assigned for excellent is 4. Hence, the

Children Total Weightage for Excellent (CTWE) is calculated as $4 * 12004$, which is equal to 48016. In the same way, value selected for very good is 8954 and its weightage is 3. Children Total Weightage for Very Good (CTWVG) is $3 * 8954$, which is equal to 26862. Value selected for good is 5204 and its weightage is 2. Children Total Weightage for Good (CTWG) is $2 * 5204$, which is equal to 10408. Value selected for fair is 2088 and its weightage is 1. Children Total Weightage for Fair (CTWF) is $1 * 2088$, which is equal to 2088.

Children Overall Total (COT)

$$\begin{aligned} \text{COT} &= \text{CTWE} + \text{CTWVG} + \text{CTWG} + \text{CTWF} \\ &= 48016 + 26862 + 10408 + 2088 \\ &= 87374 \end{aligned}$$

Average Overall Children Weightage for Excellent (AOCWE)

$$\begin{aligned} \text{AOCWE} &= \text{CTWE} / \text{COT} \\ &= 48016 / 87374 \\ &= 0.55 \end{aligned}$$

Average Overall Children Weightage for Very Good (AOCWVG)

$$\begin{aligned} \text{AOCWVG} &= \text{CTWVG} / \text{COT} \\ &= 26862 / 87374 \\ &= 0.31 \end{aligned}$$

Average Overall Children Weightage for Good (AOCWG)

$$\begin{aligned} \text{AOCWG} &= \text{CTWG} / \text{COT} \\ &= 10408 / 87374 \\ &= 0.12 \end{aligned}$$

Average Overall Children Weightage for Fair (AOCWF)

$$\begin{aligned} \text{AOCWF} &= \text{CTWF} / \text{COT} \\ &= 2088 / 87374 \\ &= 0.02 \end{aligned}$$

For comparing the above results, we have collected the same questionnaire from 170 sportspersons. Total value selected for excellent parameter for all 25 questions from 170 sportspersons is 3296. Weightage assigned for excellent is 4. Hence, the Sportspersons Total Weightage for Excellent (STWE) is calculated as $4 * 3296$, which is equal to 13184. In the same way, value selected for very good is 829 and its weightage is 3. Sportsperson Total Weightage for Very Good (STWVG) is $3 * 829$, which is equal to 2487. Value selected for good is 94 and its weightage is 2. Sportsperson Total Weightage for Good (STWG) is $2 * 94$, which is equal to 188. Value selected for fair is 31 and its weightage is 1. Sportspersons Total Weightage for Fair (STWF) is $1 * 31$, which is equal to 31.

Sportspersons Overall Total (SOT)

$$\begin{aligned} \text{SOT} &= \text{STWE} + \text{STWVG} + \text{STWG} + \text{STWF} \\ &= 13184 + 2487 + 188 + 31 \\ &= 15890 \end{aligned}$$

Average Overall Sportsperson Weightage for Excellent (AOSWE)

$$\begin{aligned} \text{AOSWE} &= \text{STWE} / \text{SOT} \\ &= 13184 / 15890 \\ &= 0.83 \end{aligned}$$

Average Overall Sportsperson Weightage for Very Good (AOSWVG)

$$\begin{aligned} \text{AOSWVG} &= \text{STWVG} / \text{SOT} \\ &= 2487 / 15890 \\ &= 0.16 \end{aligned}$$

Average Overall Sportsperson Weightage for Good (AOSWG)

$$\begin{aligned} \text{AOSWG} &= \text{STWG} / \text{SOT} \\ &= 188 / 15890 \\ &= 0.011 \end{aligned}$$

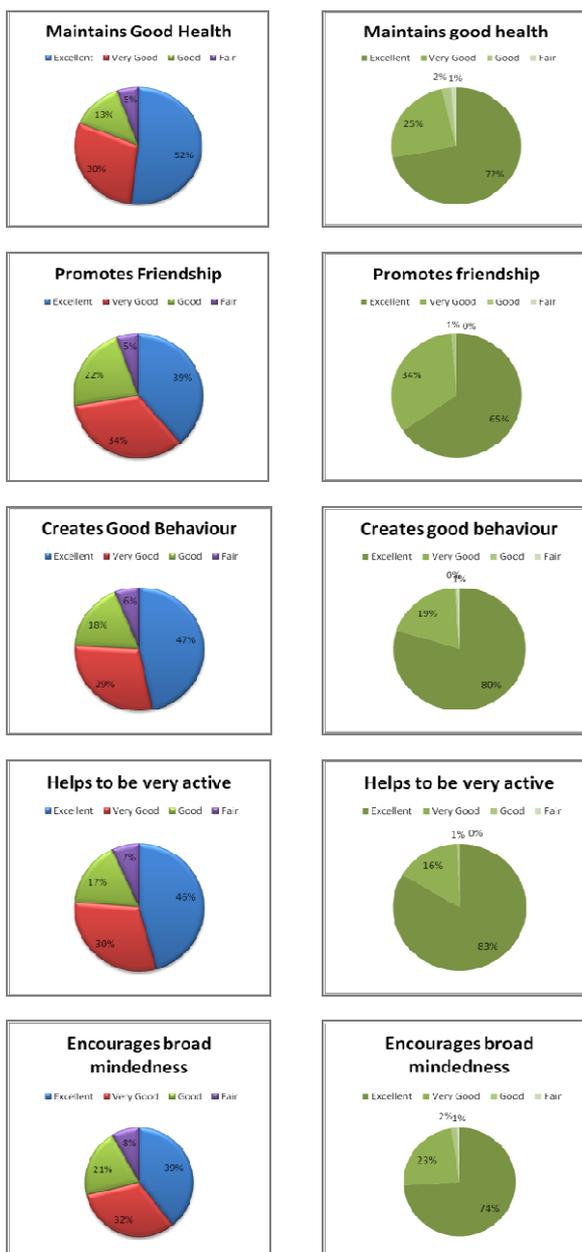
Average Overall Sportsperson Weightage for Fair (AOSWF)

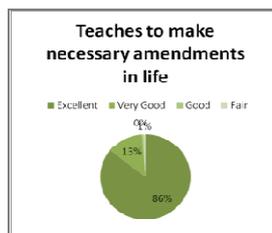
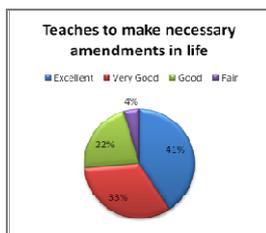
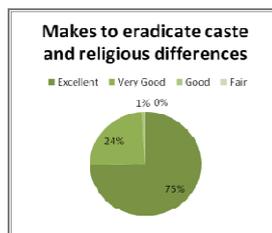
$$\begin{aligned} \text{AOSWF} &= \text{STWF} / \text{SOT} \\ &= 31 / 15890 \\ &= 0.001 \end{aligned}$$

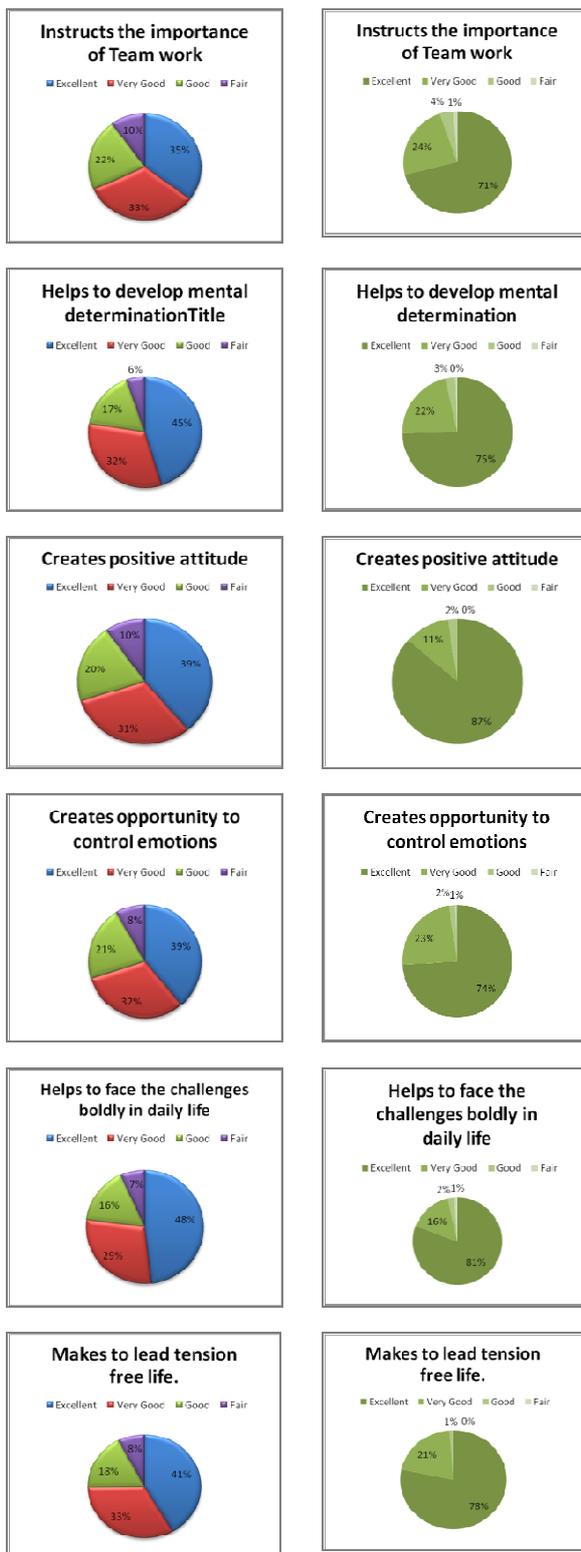
Comparison Table

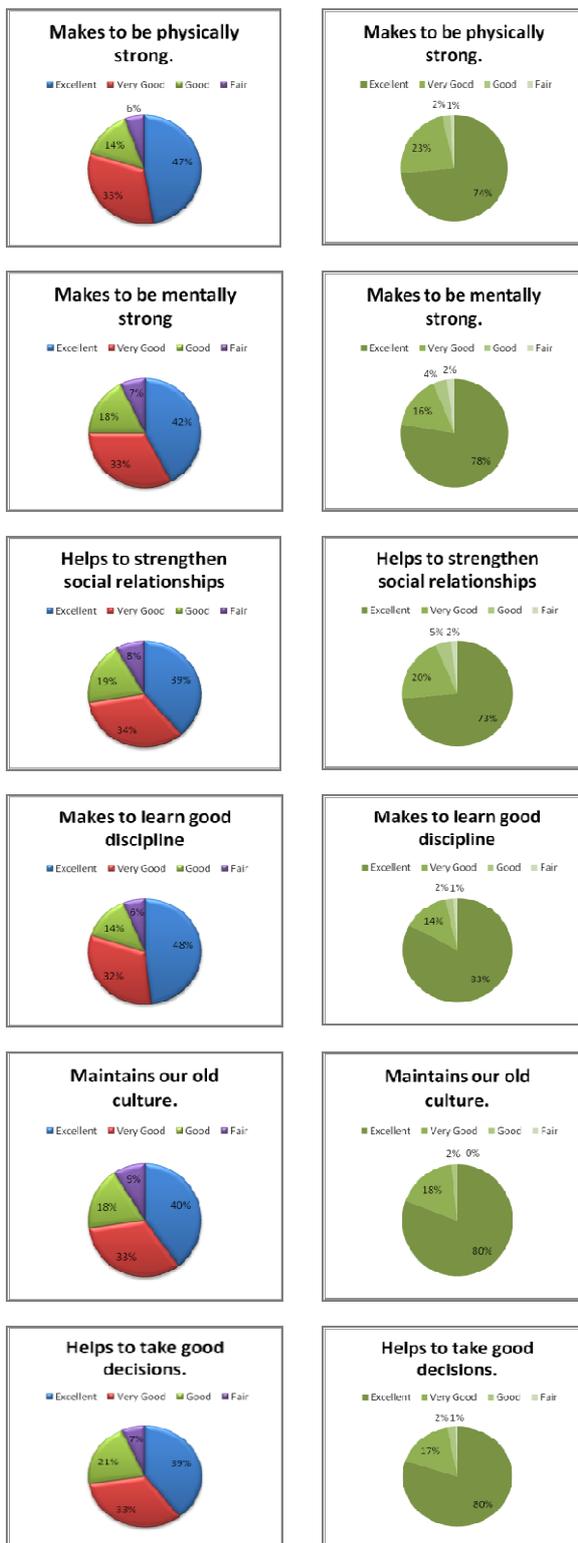
| | Excellent | Very Good | Good | Fair |
|--------------|-----------|-----------|-------|-------|
| Children | 0.55 | 0.31 | 0.12 | 0.02 |
| Sportsperson | 0.83 | 0.16 | 0.011 | 0.001 |

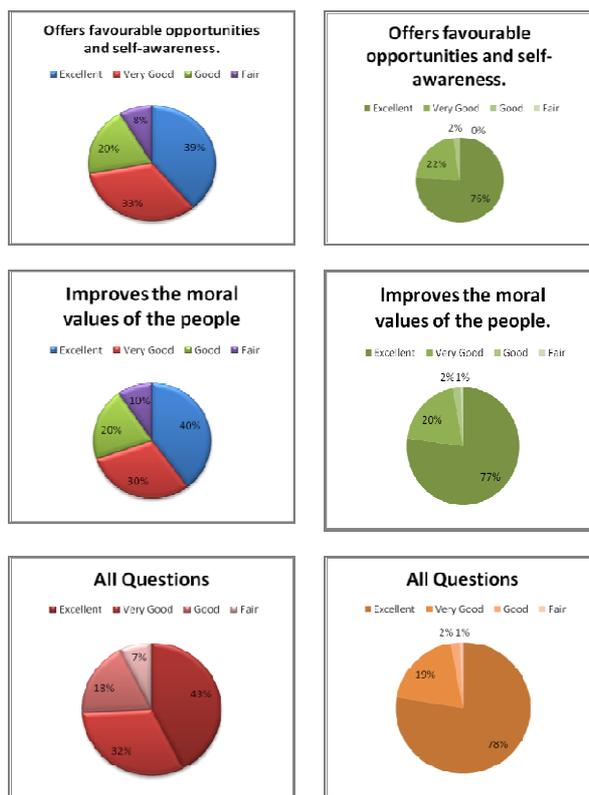
The following pie chart gives the complete picture of views of children and sportsperson, respectively for each question.











CONCLUSION

Motivation for this research is to identify the knowledge of people towards sports and recreational activities. We have done an extensive survey on two groups, one on children and another on sportspersons. Our comparison of the survey shows in what ways the children are lacking. Based on the survey, we can identify the area of weakness among the children and then, we can take steps to make them understand the need of sports and recreational activities.

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