

## STUDY OF INTRA-MURAL COMPETITIONS IN SELECTED UNIVERSITIES OF PUNJAB STATE

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### ABSTRACT

*A study was conducted on six universities of Punjab State. The purpose of the study was to examine the present status of intra-mural competitions in universities of Punjab state. Eighteen physical education personnel and 180 players were selected for the study in hand. A modified questionnaire developed by Prasad (1993) was used to collect the required information. The collected responses were converted into percentage and chi square test was applied to check the significant difference among the collected responses. Results of the study revealed that physical education personnel were found somewhat satisfied but players were not found satisfied regarding the frequency of intramural competitions. It was also found that the provision of prizes for intramural competitions was very poor.*

*Key words: intramural competitions, prizes, universities, physical education personnel, players.*

### INTRODUCTION:

Involvement in sport and physical education can play a significant role in the enrichment of a child's social life and the development of social interaction skills (Hallal et. al. 2006). Childhood provides a great opportunity to influence attitudes and participation levels positively towards physical activity. A child who emerges from school with confidence in their physical body and skills and who has been exposed to positive experiences in physical activity is more likely to adhere to an active lifestyle as they age (Woods et. al. 2010).

Physical education is recognized as an "education through the physical activities for the development of the total personality of the child to its fullness and perfection in body, mind and spirit" (National plan for physical education and recreation, 1956). "Through physical education and sports the people, regardless of age, sex, religion, and race come to know each other. Participation in physical education and sports helps in the development of social traits in the individual members of the society" (G. S. Sundarajan, 1998).

In its broadest perspective, physical education covers play, exercise, recreation and sport and is characterized by a general program of motor activity, skill, free play and exercise assuring

strength, health, fitness and well-being within and even outside education. Precisely, participation in physical activity programs may help the individual to know of his potentiality, realize his self-hood, improve his social status, enhance work efficiency, effect economy in physical movements, live abundantly and be at peace with himself and his environment. Physical education is educating body, mind and spirit through vigorous movements (Kamlesh, 2000).

International Charter of Physical Education and Sports (UNESCO,1978) convinced that one of the essential conditions for the effective exercise of human rights is that everyone should be free to develop and preserve his or her physical, intellectual and moral powers, and that access to physical education and sports should consequently be assured and guaranteed for all human beings.

“Intramurals and extramurals comprise that phase of a physical education program in a school, college, industrial or other organization that is geared to the abilities and skills of the entire student body or the members of the organization. It consists of voluntary participation in games, sports, and other activities” (Bucher, 1979). He further stated that the objectives of intramural and extramural activities are compatible with the overall objectives of physical education and also with those of education in general.

1. To provide the students at the institution with opportunities for fun, enjoyment, and fellowship through participation in sports.
2. To provide the students at the institution with opportunities that will be conducive to their health and physical fitness.
3. To provide the students at the institution with the opportunities for release from tensions and aggressions and to provide a feeling of achievement through sports participation, all of which conducive to mental and emotional health.

Intramural competitions are one of the main programs of physical education which are organized within the walls of an institution. Only intramural competitions could ensure the mass participation of students of a respective institute. The study in hand is an attempt to assess the status of intramural competitions in the selected universities.

## METHOD AND PROCEDURE:

A survey approach has been adopted to examine the frequency of intra-mural competitions organized and the provision of prizes for the winners of intramural competitions in selected universities of Punjab state.

### Sample-

Names of the selected universities of Punjab State have been given below.

1. Punjab Agriculture University- Ludhiana.
2. Guru Angad Dev Veterinary and Animal Sciences University- Ludhiana.
3. Sant Longowal Institute of Engineering and Technology- Longowal.
4. Thapar University of Technology- Patiala.
5. Dr. B.R. Ambedkar National Institutes of Technology- Jalandhar.
6. Lovely Professional University- Jalandhar.

Three physical educational personnel and thirty players from each university were included in sample comprising a sample of eighteen physical education personnel and 180 players.

### Questionnaire-

A modified questionnaire developed by Prasad (1993) was employed for the collection of required information. Respondents were asked to mark the tick in the respective column as per their level of satisfaction.

### Statistical Analysis-

Collected responses were converted into percentage for the presentation of data and chi square was employed to check the significant difference between the opinion given by physical education personnel and players.

## RESULTS:

Collected responses regarding the frequency of intramural competitions and provision of prizes by the selected universities have been shown in table 01.

Table 01

Percentage of responses regarding the frequency of intramural competitions and provision of prizes

| Item                                 | Respondents                  | FD | D  | N  | S  | FS | X <sup>2</sup> |
|--------------------------------------|------------------------------|----|----|----|----|----|----------------|
| Frequency of intramural competitions | Physical Education Personnel | 11 | 22 | 11 | 33 | 22 | 3.11           |
|                                      | Players                      | 25 | 31 | 14 | 20 | 10 | 25.72*         |
| Prizes for intramural competitions   | Physical Education Personnel | 17 | 44 | 11 | 28 | 0  | 10.33*         |
|                                      | Players                      | 23 | 55 | 10 | 12 | 0  | 186.33*        |

\* Significant at .05 level

Table value of X<sup>2</sup> at.05 level for 4df = 9.49

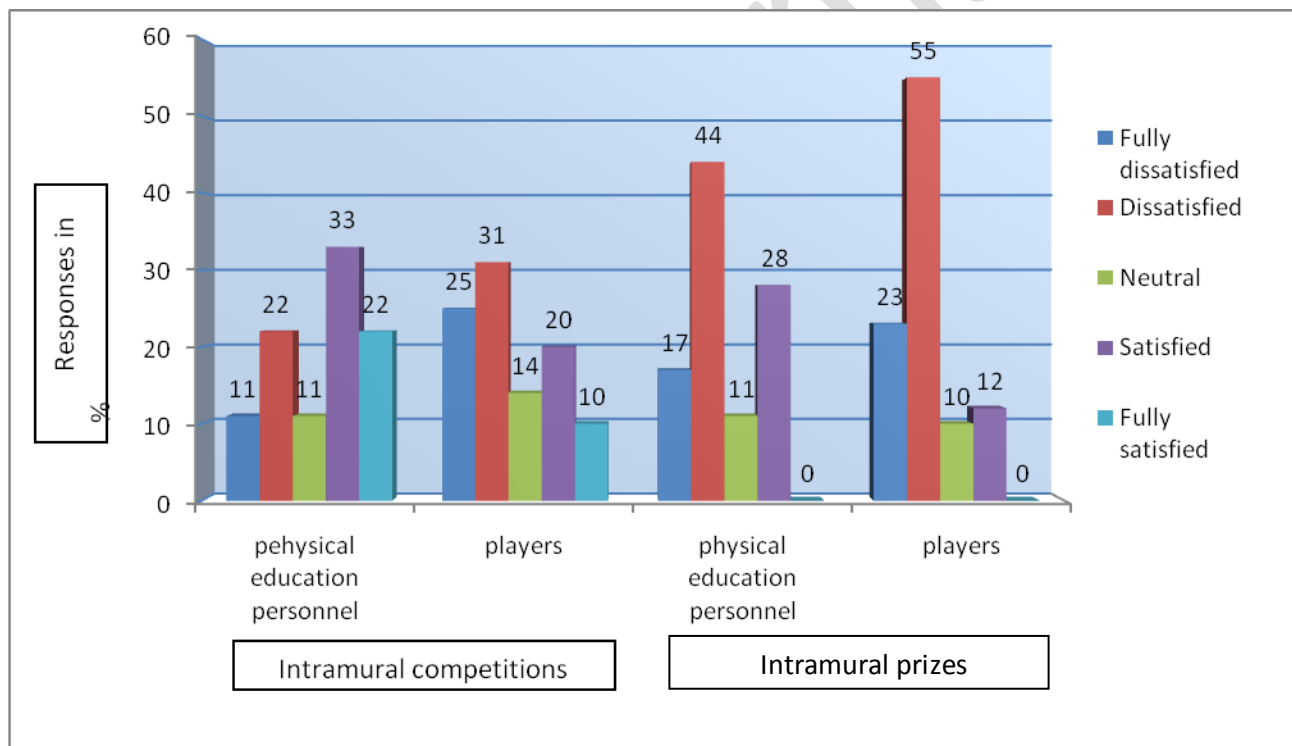
FD (Fully dissatisfied), D (Dissatisfied), N (Neutral), S (Satisfied), FS (Fully Satisfied).

Data presented in table no. 01 revealed that in case of frequency of intramural competitions 11% physical education personnel and 25% players were found fully dissatisfied, 22% physical education personnel and 31% players were dissatisfied. 11% physical education personnel and 14% players were neutral in their responses. 33% physical education personnel and 20% players had given their favour as satisfied, and 22% physical education personnel and 10% players were found fully satisfied. Regarding the provision of prizes 17% physical education personnel and 23% players were found fully dissatisfied, 44% physical education personnel and 55% players were dissatisfied. 11% physical education personnel and 10% players were neutral. 28% physical education personnel and 12% players had marked their opinion in favour of satisfied, whereas, none of the respondents was found fully satisfied.

Table 01 revealed that attained  $X^2$  value 25.72 in case of players regarding the frequency of intramural competitions, 10.33 and 186.33 regarding the prizes for intramural competitions both for physical education personnel and players was found higher than the tabulated value 9.49 to be significant at .05 level. It has shown that significant difference was found in the pattern of responses for these items among the respondents. Graphical presentation of responses has been given in figure 01

Figure 01

Percentage of responses regarding the frequency of intramural competitions and provision of prizes



DISCUSSION:

It has been found in results that physical education personnel and players were having differences in their opinion regarding the frequency of intramural competitions. Significant

difference was not found in case of physical education personnel, but in case of players significant difference was found towards negative side. It might be attributed to the fact that players were not satisfied with the existing number of intramural competitions; they might have demanded more number of intramural competitions. Although selected universities had been organizing intra-mural competitions, but the provision of prizes was not found satisfactory, therefore, a considerable number of frequencies were marked in favour of dissatisfied. It might be interpreted that selected universities were not giving much importance to intra-mural competitions; therefore, they did not award handsome prizes in intra-mural competitions.

#### CONCLUSION:

On the basis of results and discussion it could be concluded that intramural competitions in selected universities were organized in limited numbers, whereas the condition of prizes for intramural participation was found very poor.

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