

TO STUDY THE EFFECT OF SPORTS TRAINING PROGRAM ON THE BEHAVIOR OF STUDENTS IN M. M. LATE. RAMESHDAMLE WRESTLING CENTER

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ABSTRACT

In the present research, to study the effect of sports training program on the behavior of students in Sports M.M.Late.Ramesh Damle Wrestling Centre. Twenty students between the ages of 12 and 14 were selected in a purposive manner. The purpose of this research was to study whether sports training changes the behavior of students. For this, information was collected by pre-testing with the help of teacher training questionnaires and a six-week training program was given and the information was collected by taking the answer test and the information obtained was concluded through statistical tools. There was less and less difference between the components.

Keyword: behavior, sport training, Wrestling.

INTRODUCTION: The basic motivations of human life are essentially linked physical and mental processes. Physical education has been studied scientifically to give color, form and shape to human group life. It cannot be forgotten that students or any person needs psychological factors as much as physical factors to live life.

Physical education is an integral part of student development. It is believed that unfortunately in today's machine age we have given students a modern comfortable lifestyle. Various research findings show that this comfortable lifestyle has started to adversely affect the

psychological factors of the students. The student has forgotten the social and moral values of life. Due to this, the student has started behaving as he pleases and things like stubbornness, carelessness, anger, irritability, preoccupation arise among the students. All these things lead to a change in the behavior of the students. If the student is stubborn, he does not listen to other people. Everything is expected to happen according to their mind. If not, the student misbehaves. Some people are so careless that they don't care if they cause any trouble to others. So he is behaving strangely. While angry students argue over small and big things. And the same does not agree with others. So the angry students turn their anger on each other. The anger of the second is taken out on the third. And some students are self-absorbed. It doesn't matter what anyone tells them. They are absorbed in their own thoughts. This kind of behavior of students has started due to the current hectic life. They cannot exchange their questions. So students start behaving as above. Therefore, the psychological behavior of the students is disturbed in these factors. By finding out the reasons behind it and implementing sports training as a solution, how the effect is seen on the behavior and psychological factors of the students. This study is to study the effect of sports training program in M.M.Late.Ramesh Damle wrestling center on the behavior of students. This has been researched.

REVIEW OF RELATED LITERATURE

Nimbalkar Sadashiv (2002) study on value education and Yogashastra, behavior education is imparted to students in modern education system. An attempt is made to create an atmosphere in the school through books and knowledge. But the practical life of students is influenced by society and family. Students imitate from experience. Therefore, the demonstrations and ideals in yoga education have an effect on the emotional, social, family life, social awareness and spiritual health of the students. Through yoga education he develops his personality along with increasing happiness and confidence. Daily prayer gives them spiritual strength. Therefore, according to Nimbalkar, there is a main branch of the Indian education system in which the seeker shows respect for gurukul education. Ashram schools, Pathshalas are their modified

version. Therefore, he expressed the opinion that yoga education should be effectively implemented in school students.

Shobhane Balraj (2011) A study of the effects of a specific physical activity program on physical fitness, physical activity and behavior in individuals with physical impairment.

Some minimum physical abilities are required to succeed in life. Factors can be measured for these physical abilities. So they understand the capabilities of that person. These abilities can be enhanced to some extent through exercise.

METHODOLOGY

In the present research, the objective of this study is to study the effect of sports training program on the behavior of students in M.M.Late.Ramesh Damle Wrestling Center. The researcher used the experimental research method to achieve this study. To know the behavior of the students, a questionnaire was solved by the teachers. For this research, some districts under Pune Municipal Corporation. 250 students aged 12 to 14 years of M.M.Late.Cap.Shivram Pant Damle School were selected as the research population. Out of them twenty students were randomly selected as samples. After that 6 weeks training program was conducted on these students. After the training, the answers were tested and statistically analyzed.

The collected data were analyzed using the statistical test of t-test as per the research design. Further the results were interpreted and logically discussed to draw conclusions. A level of $p \leq 0.05$ was considered significant. Check this through the table.

RESULTS:

Table1

Summary of Results

Sr.No.	Group	N	Mean	S.D.	M.D.	T value	
1.	Experimental	Pretest	20	35.85	3.67	0.05	10.98
		Post-test	20	42.35	2.99		

***Significantat0.05level**

TableNo.4.6.2persampletestthepre-testmeanisthescoreinwhichtheteachergivesan average score of 35.85 to the student and the post-test mean is the score in which the teacher gives the average score of 42.35 to the student and the difference between the pre-test and post-test mean is 0.821 , is 0.669, the pre-test standard deviation is the score whose distance from the mean is 3.67 and the post-test standard deviation is the score whose distance from the mean is 2.99. A high correlation between pre-test and post-test has been observed at this significance level.

DISCUSSION

The effect of the sports training program on the psychological component of behavior of special children in school was observed because although these selected special age group is similar, each child's behavior is different, so there is a lot of difference between

nthem.A review of the reference literature shows that there are differences in the behavior of the students. It is clear that sports training has never been used in this study. There were differences among the students selected in the study but the sports training program was the same for all. Children feel better.

CONCLUSION:

The sports training program has a small effect on the behavioral factors of the students. A sports training program makes more or less difference in these five components of student behavior.

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