



# COMPARATIVE STUDY OF INTEREST & PARTICIPATION OF SCHOOL CHILDREN TOWARDS THE INDIGENOUS & COMPETITIVE SPORTS WITH SPECIAL REFERENCE TO TRIPURA

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## ABSTRACT

The purpose of the present study was to determine and compare the interest and participation of school children towards the indigenous & competitive sports of Tripura. For the study 320 students (boys=160 & girls=160) were randomly selected as subjects from the eight (8) government primary schools from all eight (8) district of Tripura. 40 students (boys=20 & girls=20) from each schools. The age of the subjects are ranging from 07– 10 years as per the school admission record. The data has been collected through self-made questionnaire which consist three (3) questions. To find out the interest and participation the descriptive statistical technique was used to identify at 0.5 level of significance. The result showed that the 78% (249) children are interested, 77% (245) children are participating in indigenous sports and 22% (71) children are interested in competitive sports, 23% (72) are participating in competitive sports that mean both interest & participation in the indigenous sports is higher than competitive sports. From the above study following conclusions has been drawn, the majority of the schools children are very much interested and also participating in the indigenous sports in comparison of competitive sports.

**Key words:** *Indigenous, Sports, Interest, Participation, Enjoy, School, Children etc.*

## INTRODUCTION

Participation in sports activities creates physical fitness among the peoples and this physical fitness is the sum total of five motor abilities namely strength, endurance, speed, flexibility and coordination. Sport in India refers to the large variety of games played in India, ranging from tribal games to more mainstream sports such as cricket, badminton and football. India's diversity of culture, people and tribe as well as its colonial legacy is reflected in the wide variety of sporting disciplines in the country. The role of games and sports can never be ignored by anyone as it really the matter of need and importance in everyone's life in the society and gives lifelong benefits in all aspects of an individual's life. Playing games has always been an exciting part of growing up for us all. We recollect with happiness our childhood games and gadget free days. Sports are a great way to make friends and be healthy as well. Participation in the games and sports not only improve physical, mental, social, emotional, spiritual health etc. but also play a vital role in financial development, career, globalization, social image and many more which is strongly help for women empowerment globally. Women also can be involved in the sports activities for their personal as well as professional growth. It is good for both boys and girls to build fine physique. It makes people mentally alert, physically active and strong. Good health and peaceful mind are two most important benefits of the sports.

Tripura is a north-eastern state of India and third smallest state in India. The state has eight districts and comprises of only 0.3% of India's total population. The peoples of this state are very fond of traditional games and sports. The state government also contributes to enhance the indigenous games & sports of Tripura. The Tripuri community has its own traditional sports, which are called Thwngmung in the Kokborok, the Tripuri language. There are many indigenous/traditional games and sports playing in the state. These are the following traditional games and sports which are regularly playing by the schools children are Dari banda, gulla chut, hide and sick, cooking game, save the king, gutti, murble etc. and some of the competitive sports which they like are kho-kho, kabaddi, football, cricket etc.

Here are 4 reasons why we think playing traditional games is good for school children: Does not require expensive gear, Builds life skills, Pass our heritage and Bridge generations

### Statement of the problem

The problem of the present study is to compare the interest and participation in the indigenous or competitive sports among the school children of Tripura

### Objective of the study

1. To check the interest of school children toward the indigenous & competitive sports of Tripura.
2. To check the participation of school children toward the indigenous & competitive sports of Tripura.

### Delimitation

1. The study is delimited to school children of Tripura.
2. The study is delimited to interest and participation of school children
3. The present study is delimited to 320 school children of Tripura

4. The study is delimited to indigenous & competitive sports of Tripura.

### Limitation

Since the study is delimited to government primary schools only, the age range of the subject is 07 to 10 year, so in this stage the children are immature to properly understand the competitive sports, so majority of the children are interested in indigenous/traditional games & sports. In other side the government schools is not having sufficient sports facilities especially competitive sports. The traditional/indigenous games & sports are more enjoyable than competitive sports. The school children are continuing to play their games & sports which they were played in home which will not be under the control of the researcher.

### Hypothesis of the problem

1. It is hypothesized that the interest of the school children towards the indigenous games & sports will be more than the competitive sports of Tripura.
2. It is also hypothesized that the participation of the school children towards the indigenous games & sports will be more than the competitive sports of Tripura.

### METHODOLOGY

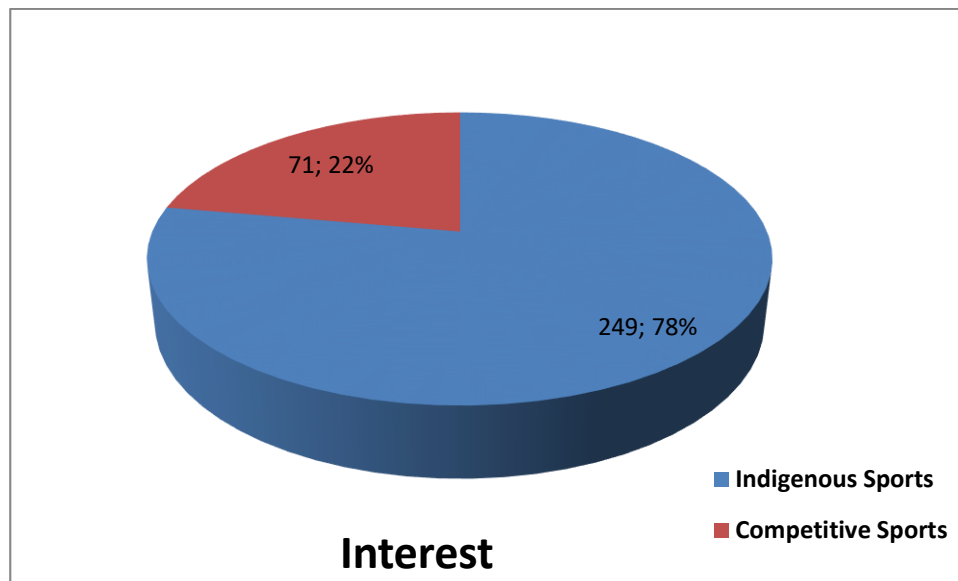
The purpose of the present study was to determine and compare the interest and participation of school children towards the indigenous & competitive sports of Tripura. For the study 320 students (boys=160 & girls=160) were randomly selected as subjects from the eight (8) government primary schools from all eight (8) district of Tripura. 40 students (boys=20 & girls=20) from each schools. The age of the subjects are ranging from 07– 10 years as per the school admission record. The data has been collected through self-made questionnaire which are relevant and serve the purpose of the study. During data collection the researcher first brought all the subjects in to a classroom and explained them about the study and actual purpose of the study and also make them understand the objectives and significant of the study. Distribution and collection of questionnaire is consumed maximum 5-10 minutes and questions are also very easy to understand by the subjects. To find out the interest and participation the descriptive statistical technique was used to identify at 0.5 level of significance.

### RESULT AND DISCUSSION

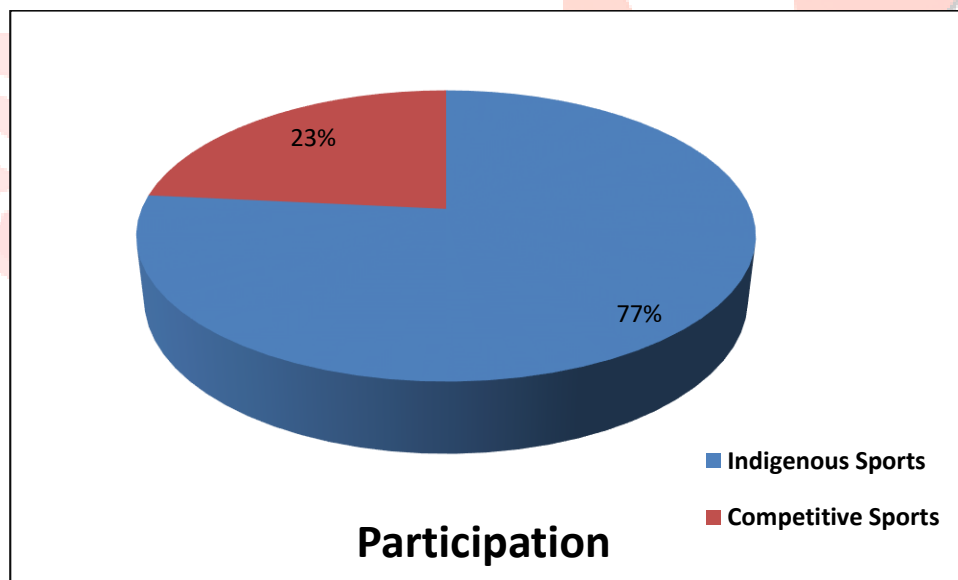
The result showed that the interest and participation of school children in Tripura towards the indigenous sports is higher than the competitive sports, it means the hypothesis by the researcher is accepted.

**Table No: 1**

| Variables     | Total responses of indigenous sports out of 320 | % of Responses | Total responses of competitive sports out of 320 | % of Responses |
|---------------|---|----------------|--|----------------|
| Interest      | 249   | 78             | 71   | 22             |
| Participation | 245   | 77             | 75   | 23             |

**Chart No: 1:** Comparison of interest between indigenous & competitive sports

It is cleared from the table-1, that the interest of school children towards the indigenous sports is greater (78% > 22%) than competitive sports.

**Chart No: 2:** Comparison of participation between indigenous & competitive sports

It is cleared from the table-2, that the participation of school children towards the indigenous sports is greater (77% > 23%) than competitive sports.

**In chart 1 & 2:** It is cleared that the interest and participation of school children in the indigenous sports is 78% and 77% respectively and were as interest and participation of school children in the competitive sports is 22% and 23% so, that means interest and participation of school children in Tripura in the indigenous sports is higher than interest and participation in the competitive sports. The hypothesis of the researcher is accepted.

## CONCLUSIONS

From the above study following conclusions has been drawn:

- The interest of school children towards the indigenous sports is greater (78% > 22%) than competitive sports
- The participation of school children towards the indigenous sports is also greater (77% > 23%) than competitive sports
- So it is clearly evidence that the interest and participation of school children in Tripura in the indigenous sports is higher than interest and participation in the competitive sports. The school children of Tripura are very much interested in and like to participate in indigenous/traditional games and sports in comparison of competitive sports.

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