AN INVESTIGATION INTO THE PHYSICAL EDUCATION FACILITIES AVAILABLE IN JUNIOR COLLEGE’S IN MUMBAI CITY

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ABSTRACT

In the Mumbai’s as well as Maharashtra’s schools and colleges there is no special faculties like separate principal building, playgrounds, equipments, laboratories, libraries, Gymnasium, indoor halls, swimming pool, coaches, Athletics tracks, Complex, shooting range, wrestling arena, Gymnastics halls, Veloderm, etc. It has also been experienced that such facilities and recent curriculum implement are largely responsible for the success of the program. Therefore, the researcher has review this topic, “An investigation into the physical education facilities available in junior college’s in Mumbai city”. The study was conducted with this objectives like, To determine whether the facilities and curriculum of physical education in junior college can improve the status of physical education students. The method adopted to collect the information/data was the normative survey. The study is descriptive nature. The related data was collected with the help of a custom made Questionnaire, the researcher prepared this questionnaire. Scholar selected 22 Junior colleges in Mumbai city District, especially from the area of Colaba to Mahim & Sion of Mumbai city. Out of 22 colleges 1 is Government college its percentage is 4.5, 18 colleges are semi Govt. its percentage is 81.8 and 03 private college whose percentage was 13.6. Out of 22 colleges 20 colleges have separate sports department and 2 colleges do not have separate sports department. Out of 22 colleges 14 colleges appointed coaches for various games which comes to 63.6% of the total Sample and 8 colleges has not appointed coaches which covers 36.4% of total Sample. Out of 22 colleges 15 colleges are not conducting practical examination, which comes to 68.2% whereas 7 colleges conducting the practical exam, which is 31.8%. This clearly indicates that the government was totally failed to implement the ideal situation regarding the proper implementations of the physical education programs at junior Colleges. In fact, without doubt it can be said that the subject “Physical Education” is suffering a lot in the junior colleges of Mumbai City District and facing tremendous problems regarding its proper implementation. This, come in turn, supports the formulated.


INTRODUCTION

In India physical education has been included in the 11th and 12th junior college curriculum for conducting games and sports for the students of junior college level. Physical education in college requires facilities in the form of playground, equipments, libraries laboratories halls,
swimming pool Athletics, yoga, sports and games and Health Related physical fitness and motor fitness etc are accepted as the essential and standard facilities. Recent trends revealed that to enrich the programme, college physical education demands for enough space and allied facilities. It has also been experienced that such Facilities and recent curriculum implement are largely responsible for the success of the programme. Although ample research reports are available about the status of facilities of secondary schools, however, this status of physical education at college level in Maharashtra is not properly known, more specifically the information about the availability of facilities of physical education at colleges in Mumbai city is not known. The present investigator therefore, selected the research problem entitled, “An investigation into the physical education facilities available in junior college’s for Implementing successfully the recent physical education curriculum in Mumbai city District”.

The study was conducted with the following objectives:

- To know whether there are sufficient physical education facilities to junior colleges for the promotion of the physical education
- To determine whether the facilities and curriculum of physical education in junior college can improve the status of students physical education
- To see whether the available facilities are enough for the requirement of junior college students.
- To understand the present type of physical education facilities.
- To investigate the problems of recent curriculum of physical education teachers and their opinion for proper implementation of physical education in Junior colleges in Mumbai city District.

As the researcher is working in one of the junior colleges of Mumbai city District, he has got experience about the above stated problems. This experience has also been supported by the research literatures. This, on the basis of experience and literature it was hypothesized that for junior colleges in Mumbai city have not sufficient facilities of physical education and there may be some problems relatives to the proper implementation of the physical education programme.

While going through his study, the research recorded the following limitations:

- The area of all colleges of Mumbai city would have been a subject to extensive study for more accurate information to achieve the purpose of the study. However, the researcher could not go beyond the scope of this dissertation.
- The present study could not collect more data due to paucity of time and unavailability of ample financial support.
The present study was conducted single handily. Therefore the researcher has to discard many other information and problems facing by the physical education teacher of different junior colleges of Mumbai city district.

To keep proper track for completion of the research, investigator delimited his study as follows:

- The study was delimited to the junior college in the area of Colaba to Mahim & Sion of Mumbai city.
- The study was delimited to custom made and need-based Questionnaire and interview, which were, used as a tool the collection of data.
- The study was delimited to the day junior college only. The night Junior college has not seen considered for study.

From the background of the study, objectives, and hypothesis the present researcher believes that this study would be a great help to the physical education profession for facilitating its own growth and development and students of junior colleges participating in physical educational activities may be benefited for enhancing their health and fitness.

METHOD

The method adopted to collect the information/data was the normative survey. The study is descriptive in nature and residing under the head of ‘Descriptive Research.’ The related data was collected with the help of a custom made Questionnaire. According to the need of the study, the researcher prepared this questionnaire. The questionnaire was prepared with the objectives that it will help to assess the status of facilities of physical education available in the Junior college of Mumbai city District. The questionnaire was composed of 2 main parts i.e., part I and part II. The investigator selected syllabi of Maharashtra state Board of secondary and higher secondary education, Pune. In two parts various dimension like practical and part-II Theory. Now on the basis of the said dimension, he prepared the questions. In the main study, the research scholar selected 31 Junior colleges in Mumbai city District, especially from the area of Colaba to Mahim & Sion of Mumbai city. The purposive sampling technique was used for the study. The investigator used questionnaire accomplishes the purpose of the proposed study.

After giving the personal visit to the selected junior colleges of Mumbai city district, the researcher gave proper instructions to the concerned persons and provided them with the questionnaire designed for this study. One week duration was allowed to the for completing the questionnaire must of the colleges gave good response. Out of ninety four colleges researcher selected thirty one colleges for the study. But only 22 colleges have given positive response. Therefore total data collected for the study comprise twenty two junior colleges only. As the present study was a normative surrey under the heading of Descriptive research and as most of the data available were in the form of statements, analysis was done in the percentage from. The data analysis involved generalization on the basis of logic.
RESULTS

RESULT OF THE STUDENT STRENGTH AND P.E. TEACHER STUDENT RATIO

1) Average male students in the colleges were 971.26 students per college while female student strength was found 811.33.

2) Ratio of student P.E. Teacher was very less (1:1361) as compare to required ratio of 1:250 recommended by the Government of Maharashtra.

- **ADMINISTRATION OF THE COLLEGES**: Out of 22 colleges 1 is Government college its percentage is 4.5, 18 college are semi Govt its percentage is 81.8 and 03 private college whose percentage was 13.6.

- **RESULTS OF SEPARATE SPORTS DEPARTMENT IN THE COLLEGES**: Out of 22 college 20 colleges have separate sports department and 2 colleges do not have separate sports department.

- **RESULTS OF APPOINTMENT OF COACH**: Out of 22 colleges 14 colleges appointed coaches for various games which comes to 63.6% of the total Sample and 8 colleges has not appointed coaches which covers 36.4% of total Sample.

- **RESULTS OF HAVING OWN PLAY GROUND**: 14 college have their own play ground this comes to 63.60% of total sample and 8 college do not have play ground. This means 36.40% colleges were not having play ground for their students. It has been observed that most of the colleges have not sufficient ground according to their strength of pupils.

- **RESULTS OF GYMNASIUM HALL**: Out of 22 colleges 15 colleges have Gymnasium, which comes to 68.20% and 7 college, do not have Gymnasium Hall. The percentage of the colleges that do not have gymnasium comes to 31.8%.

- **RESULTS OF BADMINTON COURT**: Out of 22 colleges 4 colleges have badminton courts in the college premises which is 18.2% and 18 colleges do not have badminton court i.e. 81.87%.

- **RESULTS OF BOXING RING**: Out of 22 colleges 5 colleges have boxing ring, which is 22.7% and 17 colleges, do not have boxing ring, which is 77.3%.

- **RESULTS OF CHESS FACILITIES IN THE COLLEGES**: Out of 22 colleges 16 colleges have chess facility, which amounts to 72.7% and 6 colleges do not have chess facility in their colleges, which contributes to 27.3% of the total sample.

- **RESULTS OF CAROM BOARD FACILITIES IN THE COLLEGES**: Out of 22 colleges 19 colleges have carom board facility which is 86.4% and 3 colleges do not have carom board facility consist of 13.6%.
RESULTS OF GYMNASTICS FACILITIES: Out of 22 colleges only 2 colleges have gymnastics facilities which is 9.1% of the sample and 20 colleges do not have gymnastics facilities which is 90.9%. This indicates that the colleges were not giving enough attention to fulfill the requirements regarding the basic facility for one of the mother games.

RESULTS OF MALLAKHAMB FACILITY: Out of 22 colleges only 3 colleges have mallakhamb facilities which is 13.6% and 19 colleges do not have mallakhamb facility which is 86.4%.

RESULTS OF TABLE TENNIS FACILITY: Out of 22 colleges 14 colleges have table tennis facility, which is 63.6% and 8 colleges do not have table tennis facility, which is 36.4%.

RESULTS OF WRESTLING FACILITY IN THE COLLEGE: Out of 22 colleges merely 1 college have Wrestling facility which is 4.5% and 21 colleges do not have wrestling facility which is 95.5%.

RESULTS OF YOGA HALL FACILITY IN THE COLLEGE: Out of 22 colleges 7 colleges have yoga Hall facility which is 31.8% and 15 colleges do not have Yoga Hall facility which is 68.2%.

RESULTS OF AEROBICS HALL FACILITY IN THE COLLEGE: Out of 22 colleges 4 colleges have Aerobic Hall which is 18.2% and 18 colleges do not have Aerobic Hall facility which is 81.8%.

RESULTS OF JUDO MATS FACILITY: Out of 22 colleges only 5 colleges have judo mats which is 22.7% and 17 colleges do not have Judo mates facilities which is 77.3%.

RESULTS OF SWIMMING POOL FACILITY: Only 4 colleges out of 22 colleges shows availability of swimming pool facilities to them amounting 18.2% whereas 18 colleges have no such facility available, which amounts 81.8%.

RESULTS OF PHYSICAL EDUCATION TIME TABLE: Out of 22 colleges 14 colleges have availability of P.E. Time table amounting to 63.6% were as remaining 8 colleges have no such P.E. Time table Facility available which amount to 36.4%. Actually it was expected that the P.E. timetable should be the integral part of the college timetable because it is mandatory. This proves that 36.8% colleges are not following the government norms.

RESULTS OF PROGRAM ORGANISATION RELATED TO PHYSICAL EDUCATION IN THE COLLEGES: After serving 22 colleges out of which 4 colleges have program facility, which amounts to 18.2%, whereas remaining 18 colleges have no such facility available amounting to 81.8%. This states pathetic
situation in the colleges about not taking interest in the all round development of the students which is the motto of the physical education and education.

- **RESULTS OF C.V. ENDURANCE FITNESS TEST**: Out of 22 colleges 2 colleges have taken C.V. Fitness test, which is 9.1% and 20 colleges; do not take C.V. Fitness test, which is 90.9%. C.V. endurance is one of the prime fitness factors, which should be assessed to see the effectiveness of the P.E. program. Almost 90 percent colleges are not doing the testing, which will make question mark on the implementation of the P.E. program.

- **RESULTS OF C.V. FITNESS EXERCISES**: C.V. Fitness Exercise which is 18.2% and remaining 18 colleges out of 22 colleges surveyed, 9 found in 4 colleges C.V. Fitness exercise Facility available to the students amounting 18.2% were as remaining 18 colleges no such kind of facilities available to the students amounting round about 81.81%. Not organising C.V. fitness exercises is making student unfit in one of the major fitness component was observed form this data.

- **RESULTS OF EXERCISE ON MUSIC FACILITY**: Out of 22 colleges I found 2 colleges had music Exercise facilities amounting to 9.1% whereas 20 colleges hadn’t have got such facility amounting to 90.9%.

- **RESULTS OF AEROBICS AND ROPE JUMPING FACILITY**: Facilities available for Aerobic and Rope Jumping Practise are found on surveyed of 22 colleges, 20 colleges had available the aforesaid facilities amounting 90.9% whereas 2 colleges are found not to be available such facilities amounting to 9.1 percent. Aerobics and rope jumping activities are very helpful in the development of the C.V. fitness and explosive strength of the students. Data revels that colleges are not enough interested in the organising the above said activity.

- **RESULTS OF CIRCUIT TRAINING ACTIVITY**: So far as the circuit training is concerned, out of 22 colleges 18 colleges were not having circuit training facilities which amounted to 81.8% whereas only 4 colleges were having this facility which contributes to just 9.1%. Circuit training is helpful to develop C.V. endurance, strength endurance and strength of the students. This is very good practice to implement the circuit training routine in the training program which is effective in relation to time, many man power, and can be conducted in the small space. But almost 81 percent colleges are not utilizing this simple training facility in their colleges.

- **RESULTS OF FACILITY OF MUSCULAR STRENGTH TEST**: Upon serving 22 colleges I found 20 colleges had muscular strength test amounting to 90.9% whereas there was such facilities in remaining 2 colleges amounting to 9.1%. Muscular strength is one of the basic components of fitness. The result shows that almost 90 percent colleges were ignoring to assess this component.

- **RESULTS OF MUSCULAR STRENGTH TEST FACILITY**: Danda’s: Danda’s are traditional Indian activity to develop muscular endurance. Data revels that out of 22
colleges, there were 16 colleges where I found Danda’s facilities equal to 72.7% whereas no such facilities available in remaining 6 colleges amounting to 27.3%.

- **RESULTS OF MUSCULAR STRENGTH TEST FACILITY**: Push Ups: Push up is one of the simplest and effective activities to develop muscular strength and endurance of the arms and shoulder girdle. Data reveals that 16 colleges out of 22 colleges, I found push-ups facilities, amounting to 72.7% whereas no such facilities available in support of remaining 6 colleges amounting to 27.3%.

- **RESULTS OF MUSCULAR STRENGTH TEST FACILITY**: Pull Ups: One of the questions asked in the questionnaire was about the activity of pull-ups. Following surveying 22 colleges, I come across, 16 colleges were not having pull-ups facilities which comes to 72.7% whereas availability of such facilities was with only 6 colleges amounting to 27.3% of the sample. This shows that even the pull-ups facility is necessary colleges are not providing the same for better implementation of the physical education in the colleges.

- **RESULTS OF MUSCULAR STRENGTH TEST FACILITY**: Squat: Out of 22 college surveyed I found 16 colleges had squat facilities amounting to 72.7% where has 6 colleges had no such facilities available amounting to 27.3%. Squatting exercise is helpful in development of the strength of the thigh muscles, which cost nothing if done without equipment. Even though the one third of the colleges are not taking this exercise in their colleges. This definitely shows that the teachers of P.E. are not aware of the importance of this activity.

- **RESULTS OF MUSCULAR STRENGTH TEST FACILITY**: Arm Hang Test: Arm Hang facilities was not available in 19 colleges out of 22 colleges amounting to 86.4% whereas no such facilities available to 3 colleges amounting to 13.6%. Result of this data and data given in the table no. 4.29 shows that even though the colleges were having facilities to conduct the arm hang test three colleges were not conducting this test.

- **RESULTS OF MUSCULAR STRENGTH TEST FACILITY**: Rope Climbing: Researcher come to conclusion upon surveying 22 colleges, rope climbing facilities was not available in 21 colleges, amounting to 95.5%, and whereas only one college is having such facility amounting to 4.5%. In reality rope climbing activity cost very minute amount and requires very less space. This result indicates that colleges were not utilising their space and budget in effective manner.

- **RESULTS OF MUSCULAR STRENGTH TEST FACILITY**: Sitting Ball Throw Test: Explosive strength development is one of the objectives of the physical education. Sitting ball throw facility was not available with 16 colleges amounting to 72.7%, whereas such facility was available to 6 colleges amounting to 27.3%. Actually sitting ball throw test requires very little space and equipment. Even though the colleges were neglecting towards this simple activity. This blame points toward the P.E. teachers inability to capitalised the situations.
RESULTS OF MUSCULAR STRENGTH TEST FACILITY: Lunges: Lunges is one of the without equipment activity used to develop the leg strength and flexibility. Out of 22 colleges 18 colleges are not conducting lunges for the students amounting to 81.8% whereas 4 colleges were providing such facility amounting to 18.2%. Failing to conduct such simple activity gives direction to conclude that the teachers in P.E. were not aware of the importance of the activity.

RESULTS OF MUSCULAR ENDURANCE TEST CONDUCTION: Muscular Endurance testing is important to assess the improvement in this component. Out of 22 colleges, 20 colleges were seen not granting muscular endurance test, which comes to 90.9% whereas only 2 colleges are granting such facility, which is 9.1%. This shows lack of awareness in capitalizing the situation by the colleges and the P.E. teachers.

RESULTS OF WHETHER COLLEGES CONDUCT FLEXIBILITY TEST?: Flexibility is also one of the prime components of health related physical fitness. Out of 22 colleges surveyed it was found that 19 colleges are not offer flexibility test amounting to 86.4 % whereas only 3 colleges are providing such facility, which comes to 13.6%. Even though in reality flexibility testing is less expensive as well as less time-consuming most of the colleges were fail to conduct this test.

RESULTS OF FLEXIBILITY EXERCISE ORGANISATION: After surveying 22 colleges 13 colleges are not providing flexibility exercises amounting to 59.1% whereas 9 colleges are providing such facility come to 40.9%. This shows that even if it was possible, almost 60 percent colleges were not giving flexibility exercise to their student.

RESULTS OF FACILITY SURYANAMASKAR: Upon survey taken of 22 colleges I found 14 colleges were not doing suryanamaskar activity amounting to 63.6%, whereas such facility was available to 8 colleges which amounting to 36.4%. Suryanamaskar is one of the best exercises to develop flexibility, which requires minimum space and no equipment.

RESULTS OF FACILITY TESTING BODY COMPOSITION: All the surveyed 22 colleges were not providing body composition test facility, which come to 100%. Actually testing BMI requires only Weighing scale and stadiometer, which is not so costly.

RESULTS OF FACILITY OF WAIST TO HIP RATIO TEST: 17 colleges out of 22 colleges were not conducting waist to hip ratio test amounting to 77.3% whereas 5 colleges were conducting the said test which amount to 22.7%. Waist to hip ratio calculation requires only one tailor tape which cost hardly few rupees. Even though the almost one-third college were not calculating this important factor.

RESULTS OF FACILITY OF COUNSELLING ON NUTRITION: After surveying 22 colleges, 12 colleges were found not providing for counselling on nutrition facility amounting to 54.5% whereas such facility was available in 10 colleges amounting to
45.5%. Cities like Mumbai where malnutrition percentage is high demands educating the students about nutrition, almost 50 percent colleges fail to help them.

- **RESULTS OF FACILITY OF MOTOR FITNESS TEST**: Out of 22 colleges 10 colleges are conducting Motor fitness test, which comes to 45.5% whereas 12 colleges, are not conducting motor fitness test, which comes to 54.5%. This indicates that colleges are not trying to identify the sports talent available in their colleges.

- **RESULTS OF FACILITY OF ATHLETICS ACTIVITY**: Out of 22 colleges 12 colleges are regularly conducting athletic activities in their colleges amounting 54.5%, whereas 9 colleges are not doing so which amounts 40.9%. One college has not given any information about this question. Athletics activities are best activities to develop the Physical Fitness of the students. It was not good situation to see that 50 percent of the colleges were not engaged in carrying out this activity.

- **RESULTS OF ACTIVITY OF WARM UP AND SPECIAL EXERCISE**: Out of 22 colleges 16 colleges takes warm up and special exercises for there students amounting 72.7% while 6 colleges doing so which amounts 27.3%. This was very pathetic to observe that the 27 percent teachers were keeping aside the basic law of the physical education that the warm is essential for better performance and injury free conduction of the program.

- **RESULTS OF FACILITY OF TRAINING FOR SPECIAL MOTOR ABILITIES**: Only 7 colleges out of 22 colleges are giving training for special motor abilities which comes to 31.8 % while remaining 68.2% i.e. 15 colleges are not doing so. This situation clearly indicates that the about 70 percent colleges were not concentrating on the development of the sports persons in their colleges.

- **RESULTS OF ACTIVITY OF INDIVIDUAL TACTICS TEACHING**: Only 7 colleges out of 22 colleges are engaged in giving knowledge about individual tactics abilities, which comes to 31.8 % while remaining 68.2% i.e., 15 colleges are not doing so.

- **RESULTS OF ACTIVITY OF TEACHING TEAM TACTICS**: There were only 9 colleges i.e. 40.9% of 22 colleges are giving team tactics knowledge to their students whereas remaining 59.1% i.e. 13 colleges are not doing so.

- **RESULTS OF ACTIVITY OF YOGA PROGRAM**: Number of colleges providing yoga program was 6 i.e. 27.3% out of 22 colleges whereas 16 colleges are not providing yoga program to their students which amounting 72.7%. The results indicate that the colleges were not enough capitalising the gift of Yoga for the development of the students, which actually very cost effective.

- **RESULTS OF ACTIVITY OF INTRODUCTION TO NEW ASANA**: Only 4 colleges out of 22 colleges were introducing new asana to their students, which amounts 18.2% whereas remaining 81.8% i.e.18 colleges are not doing so.
RESULTS OF PHYSICAL EDUCATION AS COMPULSORY SUBJECT: Only 5 colleges i.e. 22.7% of 22 colleges were providing physical education as compulsory subject whereas remaining 17 colleges had fell to provide physical education as compulsory subject. This clearly shows the pathetic situation in the field of physical education that colleges were not giving the due importance to the subjects nor to the government policy.

RESULTS OF P.E. THEORY EXAM: Data revels that out of 22 colleges surveyed 16 colleges are not conducting theory exam amounting to 72.7% whereas 6 colleges are conducting the exam, which comes to 27.3%. The result indicates about alarming situation to the field of education and government authority by not implementing the laid norms of the government.

RESULTS OF PRACTICAL EXAMINATION OF PHYSICAL EDUCATION: Out of 22 colleges 15 colleges are not conducting practical examination, which comes to 68.2% whereas 7 colleges conducting the practical exam, which is 31.8%. This clearly indicates that the government was totally failed to implement the ideal situation regarding the proper implementations of the physical education programs at junior Colleges.

RESULTS OF GUIDANCE LECTURE ABOUT NUTRITION: After surveying 22 college only 7 colleges arranges guidance lecture about Nutrition which was 31.8% and 15 colleges where not engaged in conducting Guidant lecture about nutrition which comes to 68.2%. Data was presented in the table no. 4.53. The result warns that the colleges were not giving enough importance to the need of the students.

RESULTS OF GUIDANCE FOR INTERNATIONAL UNDERSTANDING: Only 8 out of 22 colleges were giving their students guidance for international understanding that was 36.4% whereas remaining 14 colleges that were 63.6% colleges are not doing so. It was clear that on this front also colleges failed to capitalise the subjects’ importance.

RESULTS OF GUIDANCE LECTURE ABOUT DOPING: Out of 22 colleges surveyed 17 colleges are not giving guidance lecture about doping to their students amounting to 77.3% while only 5 colleges are giving guidance about doping which comes to 22.7%. Similarly with other results about educating students in the field of physical education on this front also most of the colleges have shown failure.

On the basis of the result of the survey research the investigator of the present study has drawn the following conclusions-

- Junior colleges in Mumbai city district do not have appropriate facilities for the promotion of effective physical education program.
- Physical Education teachers were facing the problems in the implementing the activities for the youth of junior colleges of Mumbai City Districts.
It was also seen that the most of the activities can be implemented in small space, less equipment and with less manpower were also not implemented in the colleges.

Awareness of the administrator and physical education teachers about syllabus and its requirements has to be developed.

Findings and the conclusion stated in this report helps to recommended the following

- Coach facility should be provided to improvement of the sports standard of the students.
- Play fields for different sports should be provided for skill development of the sports person.
- Physical Education timetable should be strictly followed in the colleges. Fitness testing Facilities such as C.V. endurance, flexibility, strength endurance, BMI, Waist to hip ratio (WHR) etc should be provided in each college and similarly they should be utilised to check the progress or status of the students.
- Physical Education should be given status of compulsory subjects.
- Nutrition awareness drive should be conducted in the colleges to keep our young generation fit and healthy.

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