

A COMPARATIVE STUDY
**Athletic Performance of Rural and Urban Athletes
in State Universities of Punjab.**

Dr. Baljit Singh Sidhu*

ABSTRACT

The present study is an endeavour to explore the comparison of the performance of Rural and Urban athletes in state universities of Punjab. A purposive method of sampling was used to include participants and position holder male athletes of state universities of Punjab. Percentage statistical technique was used for analysis of data.

INTRODUCTION

Struggle for existence is fundamental to all animal life, but people struggle not only for existence but also to get ahead, often to surpass each other. According to Cantril ceaseless striving is an outstanding characteristic of man. An athlete puts himself under various stresses of training just to run faster, throw farther and jump higher or longer than any human before him, this is the Motto of olympic games given by the fathers of Olympic games Barron Peirre. D. Coburtin. An athlete puts himself not only against other man, but also against the limitations which nature has imposed upon him, Man is born with an instinct to play and activity. We always learnt that sound mind lies in a sound body, but sound mind also plays an important role to build sound body. Today, everyone wants to be better than others, but it is not easy job as the modern era is more competitive. For this, we have to develop ourselves physically, mentally, socially, emotionally and ethically fit citizens. Charles Darwin

said, "Survival of the fittest". No strength, no technique, chain breaks at the weakest link.

If you desire to develop your personality as a free and cultured citizen, then make your body fit, strong, agile and tolerable. You should be intelligent, physically strong, aesthetic and ethical. Sports is a kind of learning which comes from participation of body movements and exercise. Exercise helps in building strength, speed, endurance, teaching of motor skills and develop personality. It is a channelliser of surplus energy like a pressure cooker whose extra steam passes away. Our people are not much interested to do sports, i.e. we are much behind in world sports. Even we are nowhere in Olympic Medal Tally. Even in Asian games, we are much behind China, Japan, Korea etc. Countries like USA, Russia, China, Australia, Germany, France and many other countries even some islands are much ahead India. These countries are far ahead in every field i.e. their people are too ahead than our

*Former Controller of Examinations, Punjabi University Patiala.

people in every field like, defence, technology, agriculture, marketing etc. These countries have developed infrastructure of sports extra ordinarily but we are lacking in making physical exercise compulsory in all the schools. Trim yourself through sports, it is oftenly seen in German.

People of Punjab are hard working, having occupation of agriculture and labour, they are brave, having will power, fighting spirit, bear pain etc. But due to poor policies of the Govt., lack of infrastructure, our athletes are lagging behind. India is a state of rural people. Rural people always do hard work, So they can achieve more if facilities are given to them.

Rural means, a small area with small population which follows agriculture and labour, not only as an occupation but also as way of life. The village is the oldest permanent community of man. Ancient village community was a very small group of ten to twenty families. There is an intimacy between the rural people. They know each other personally, through culture, customs, traditions etc, It is a primary wing of society. They do agriculture and labour. They believe in simple living and hard work. They have good diet and have good environment.

Rural places are far away from large towns or cities, having less population. People do labour, agriculture, dairy farming, piggery, poultry etc. That is why they eat pure diet like, milk, ghee, paneer, curd, vegetables and have open airy environment. So they possess good

physique and have good body built. If govt. emphasises the training and coaching to people of rural area, they can achieve good sports results.

Urban centre is a dense population area in big size. Urban means belonging to or relating to, a town or city. We mean an area with a high density of population. Urban indicates fashionable living, wide acquaintance with things and people and political manner of speech. Size of population is large, no face to face association and co-operation is seen. People are self-centred, no we feeling, sometimes we don't know about our neighbours and their interest, attitude, habits, occupation etc. They come in secondary group. Urban people basically are educationists. industrialists, businessmen, beaurocrats, politicians etc. They do not want to take part in games and sports. They use Computer, Net, Cinema, T.V., WhatsApp etc. They take impure diet like fast food, no milk and milk products. Lack of good diet and polluted environment causes many diseases and deformities. But cities have good facilities of coaching and training, sports wings, hostels and sufficient sports infrastructure.

By seeing the comparison of rural & urban background, investigator felt that there is a need to compare rural and urban athletes to determine that which area is better in atheltics and why. So, investigator took the topic, "Athletic Performance of Rural and Urban participants in state universities of Punjab".

METHODOLOGY

Questionnaire - Investigator used the method of purposive sampling, using a questionnaire in Punjabi language for the convenience of athletes. The data was collected at the time of inter-college athletic meets of G.N.D.U., Amritsar, P.U., Chandigarh and P.U., Patiala. Investigator gathered data by asking athlete's name, family income, heredity, environment,

coaching facilities, motivation, achievements, standard of sports, diet, background, interest in athletics, exercise duration and hours of training etc. After gathering the data, it was analysed and tabulated. Data was collected from position holders and participants male athletes of universities of Punjab only. For statistical technique, percentages are used to analyse.

Table-1: Percentage of Rural and Urban Participants

University	Rural	Urban	Semi Urban	Total	Rural percent	Urban percent	Semi Rural/Urban
G.N.D.U. Amritsar	56	27	25	108	51.85	25.00	23.15
P.U. Chandigarh	58	35	12	105	55.24	33.33	11.43
Pbi. Uni. Patiala	60	40	26	126	47.62	31.75	20.63
Total	174	102	63	339	51.33	30.09	18.58

The analysis of data revealed that there were 108 athletes who took part in athletic competition of GNDU, Amritsar Out of 108 athletes, 56 athletes belonged to rural background where as 27 athletes belonged to urban background and 25 athletes belonged to semi rural/urban background. Rural athletes had 51.85 per cent share out of total and urban have only 25 percent and 23.15 per cent share went to semi urban/rural category. It is clear that majority of participants in athletic meet of GNDU, Amritsar have rural background.

There were 105 athletes who participated in athletic meet of Punjab University, Chandigarh Out of 105 athletes, 58 athletes belonged to rural background, 35 belonged to urban and only 12 belonged

to semi Rural/Urban. Rural athletes had 55.24 per cent share and urban had 33.33 per cent and 11.43 share went to semi urban/rural category. So majority of athletes of P.U. Chandigarh belonged to rural background.

There were 126 athletes who took part in athletic meet of Punjabi University Patiala Out of 126 athletes, 60 athletes belonged to rural and 40 athletes were from urban and 26 were semi rural/urban background Rural athletes have 47.62 per cent share out of total and urban have 31.75 per cent and 20.63 percent belonged to rural/urban area.

Total 339 athletes participated in three universities in inter-college athletics competition Out of 339 athletes, 174

athletes had rural background and 102 athletes belonged to urban background and rest 63 athletes had semi-rural-urban background. Out of total 51.33 per cent participants were rural and 30.09 per cent were urban and 18.58 per cent were having

semi-rural/urban background.

It is clear that rural athletes were dominating in participation in athletic meets. So, it is clear that rural athletes had an edge over their urban counterparts.

Table-2 : Percentage of Rural and Urban Position Holders

Position Holders	Rural	Urban	Semi Rural/Urban	Total	percent Rural	percent Urban	per cent Semi Rural/Urban
GNDU Amritsar	35	6	9	50	70	12	18
P.U. Chandigarh	20	14	2	36	55.55	38.89	5.56
Pbi. Uni. Patiala	23	10	3	36	63.89	27.78	8.33
Total	78	30	14	122	63.93	24.59	11.48

Data revealed that the rural athletes were dominating in inter-college competitions of universities.

Table 2 shows that there were 50 athletes who had won medals in GNDU in athletic competition. Out of 50 medalists, 35 athletes belonged to rural background, only 6 athletes had urban background and 9 belongs to semi-rural-urban category. Rural athletes shared 70 per cent positions out of the total whereas 12 per cent belonged to urban and remaining 18 per cent to be semi-rural/urban category.

There were 36 athletes who obtained all the positions in Punjab University Chandigarh athletic competition. Out of 36 athletes, 20 had rural background, 14 had urban background and 2 had semi-Rural/Urban background. Rurals had 55.55 per cent share whereas urbans had 38.89 per

cent and remaining had 5.56 percent share.

There were 36 athletes who had won all the positions in athletic competitions of Punjabi University Patiala. Out of 36 athletes, 23 athletes had rural background, only 10 athletes had urban background and only 3 had semi-rural-urban background. Rurals had a share of 63.89 per cent and urbans had 27.78 per cent and only 8.33 per cent share of semi-rural-urbans.

Table 2 presents that out of total position holders of all the three universities, there were 78 position holder athletes that belonged to rural category and had 63.93 per cent share of total positions. Only 30 position holders had urban background and have 24.59 per cent share and only 14 position holders had semi rural/urban background having 11.48 percent share.

Fig. 1 : Total position holders among all universities in all events

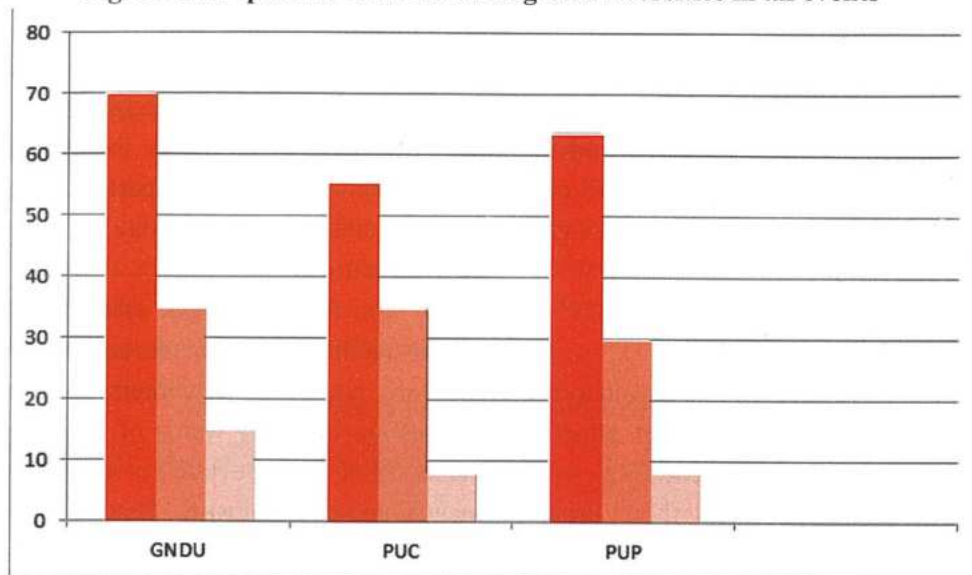


Fig.1 indicates that there are 70 per cent, 55.55 per cent and 63.89 per cent total position holders in all the events of GNDU, Amritsar, PU, Chandigarh and Pbi. Uni. Patiala respectively had rural background,

where as only 12 per cent, 38.90 per cent, 27.79 per cent athletes had urban background in the same order. Only 18 per cent, 5.55 per cent, 8.33 per cent remained in semi-rural/urban category.

Fig. 2 : Total Participants among all the universities in all events

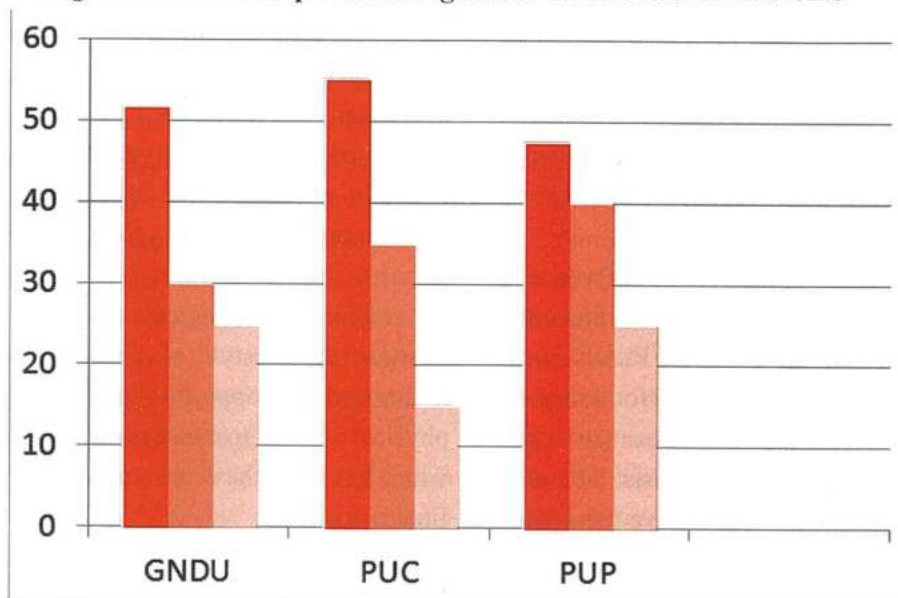


Fig. 2 indicates that there are 51.85 per cent, 55.24, 51.24 per cent participants in all the events of three universities of rural background, where as only 25 per cent, 33.33 per cent, 31.75 per cent had urban background and 23.15 per cent, 11.43 per cent and 20.63 per cent remained in semi rural/ urban category.

RESULTS & DISCUSSION

After the presentation and analysis of data, it has been found that athletic performance of rural athletes was significantly higher than their urban counterparts. There are so many reasons behind this like nourishing diet, regular and active day-to-day manual work. Rural athletes generally have to assist their parents in labour and agriculture works, they exert most of their body parts. They have to go in fields for paddy, wheat and cotton works. They do more physical work than urban athletes. There is a lot of difference in mode of living, daily routine of work, diet, eating habits and other environmental factors. Good diet always plays very important role in sports achievements.

There is a significant difference in sports achievement between rural and urban athletes of Punjab. Rurals were always better in sports performance in athletics competitions. Because rural people are mainly agriculturists, labourers and hard workers. They have pure diet, fresh air, healthy habits, cooperation etc. A man who is working hard, will have good posture, calm temperament, tolerance, will

to succeed, courage, confidence, determination, good spirit, emotionally balanced and socially adjusted. But rural areas lack sports infrastructure, coaching, sports wing etc. If sports facilities are provided in rural areas, the performance in athletics and other games may go beyond our expectations.

On the other hand, urbans availed all the facilities, equipment, coaching but they are not as hard workers as rurals. Urbans are basically wards of employees, businessmen etc. They are not interested in manual and physical work. That's why they are lagging behind in athletics performance. There is no proper diet and fresh air in urban areas. Their climatic environment is always polluted. Studies by, Charles, B.P. (1984), Dureha, D.K. (1986), Hardy, L. (1961), Singh, H (1984), Tamura, Y (1968), Shamsheer, S and Deepak, D (2012), Chilambara, R (2012), Brown, L.V. (2007), Simarjit, Nagarkoti, M.S. and Hooda, B.S. (2008), Kistler, J.W. (2004), supported and concluded that as far as rural athletes are concerned, they are physically fit, have strength, endurance and speed, which are main components of physical fitness. But urbans have a lead in computer, automation. Technological advances have changed the lifestyle of urban people and minimised the opportunities for vigorous physical activity to cause physical exertion, which has led to the deterioration of physical fitness in them.

CONCLUSION

In conclusion, it can be said that

rural athletes whether they are position holders or participants, had shown better performance in all the events. They had an extra-ordinary lead over their urban counterparts. There were significant differences between rural and urban athletes in position holders, participants among all the universities of Punjab. Athletes of rural area always alleged that there is a lack of sophisticated material like running shoe, spikes, shooting bows and guns, synthetic track, astroturf, swimming pools and quality coaching and psychological boosting. If these facilities are available in rural areas, then sports standard will also be improved. Facilities

boost the self confidence, will to win and level of aspiration of athletes of rural area. Rurals have same blood relation, same customs, traditions, there is we feeling. These things always facilitate their youth to perform well. Society expects more and more from their youth. So, scientific coaching, training should be provided in rural areas and sophisticated equipment should also be there with psychological training also. Then you see the performance of rural athletes, it will be amercle. Then India can get more medals in olympics when rural youth are given more facilities

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