

## **Analysis of the Researches Completed in Physical Education in Indian Universities at Post-Graduate Level**

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### **Abstract**

The present study has been conducted with a view to investigate the trend of academic research in Physical Education in Indian Universities, submitted by Post-Graduate students during their master's programme. In this research, it was found that though the academic research made in various Indian Universities has been centered on individual practice, yet research title have been transformed from theoretical translation to step in an intensive study on objective facts. This study was conducted on master level dissertations submitted by the Post-Graduate students during their master's programme in various Indian Universities for their academic purposes.

**Key words: Physiology, Psychology and Sports Training**

### **Introduction**

Greeks were the first civilized people to lay an equal emphasis on the cultivation of the "Man of Action" (Physically sound person) and the "Man of Wisdom" (Mentally sound person) through sports and vigorous physical activities. They were of the considered opinion that intellectual achievement could not be possible without physical efficiency (*Dalen at al., 1971*).

*McKenzie (1979)* explain that, when the renowned physiologist, *Bruno Balke*, was asked why he believed so strongly in Physical Education, he replied that it is essential to the living of a full life that one be acquainted with the broad variety of movement patterns that contribute to the development of intricate sub cortical and cortical functions and help measurably to prepare people for mental and psychological encounters.

The basic premise on which research rests is that through the scholarly investigation of specific subject matter the body of knowledge of the various disciplines will be revealed and developed. This is particularly true for Physical Education, where the extent for the academic discipline is not so widely popular outside the field. The most significant development in research today is the engagement of the Physical Educationists in scholarly study. The academic promotions depend largely upon how soon and how well the teachers are able to blend his/her teaching and research. Research has profoundly influenced the emergence and development of our civilization from the ancient discoveries to the present utilization of Science and Technology. Many educators and scientists have advocated taking stock of the research findings in physical education periodically (*Thomas, 1964; Clarke & Clarke, 1984; William, 1986;*

Thomas & Nelson, 1989; Bucher, 1993; Borg & Meredith, 1999; Best & Kehn 2000).

**Materials & Methods**

Researcher first collected the information’s regarding the institutions and universities conducting post-graduate courses in Physical Education, the researcher refereed the “Directory of Universities and Institution in India” prepared by Association of Indian Universities New Delhi. The institutions and universities were selected using the probable method of purposive sampling and survey type of descriptive method of research was adopted. The main sources of data were Dissertations, Thesis, Bibliographical Dissertation Abstract, Records, Journals, Bulletins and other Periodicals. The duration of forty nine years from 1961 to 2009 was considered as delimitation of the study.

The data collected were plotted in a master chart and attempt was made to find out the number of researches completed in the field of Physical Education at Post-Graduate level in Indian Universities. The analytical assessment of dissertations, subject-wise and even the comparison between the different methods of research work on the percentage basis of the total information have been prepared and the analysis and interpretation has been done systematically.

**Results & Discussion**

The data thus collected has been presented in Table 1. This table shows that a total of 1901 researches have been completed in various Indian Universities at Master’s level. Table also indicates that

a total of 987 (51.92%) studies have been completed following descriptive method of research and a total of 810 (42.61%) studies were found to be experimental in nature and only 104 (5.47%) studies were completed by following historical approach.

**Table 1: Method wise Master’s level Researches completed in Indian University**

S. No.	Method of Research	No. of Studies	%age
1.	Descriptive Method	987	51.92
2.	Experimental Method	810	42.61
3.	Historical Method	104	5.47
	<b>Total</b>	<b>1901</b>	<b>100</b>

**Table 2: Subject wise Master level Researches completed in Indian University**

S. No.	Subject	No. of Studies	%age
1.	Physiology	287	15.09
2.	Psychology / Sociology	259	13.63
3.	Sports Training	231	12.15
4.	Test, Measurement and Evaluation	96	5.05
5.	Sports Management	79	4.15
6.	Kinesiology / Bio-Mechanics	61	3.21
7.	Sports Medicine	53	2.79
8.	Kinanthropometry	62	3.27
9.	Others (Health Edu. Yoga, Recreation, etc.)	773	40.66
	<b>Total</b>	<b>1901</b>	<b>100</b>

Table 2 shows the number of research studies completed by the Post-Graduate students in various universities for their Master’s course. It was found that a total of 287 (15.09%) studies were related to the area of Sports Physiology followed by 259 (13.63%) studies related to Psychological/Sociological area. It was also found that 231 (12.15%) number of studies have been completed in Sports Training followed by 96 (5.05%) studies in Test, Measurement and Evaluation, 79 (4.15%) studies in Sports Management, 62 (3.27%) studies in Kin-anthropometry, 61 (3.21%) reports in Kinesiology / Bio-Mechanics, 53 (2.79%) studies in Sports Medicine and rest 773 (40.66%) completed in others area like Health

Education, Recreation, Dance and Yoga etc.

### *Findings*

- It was found that the total 1901 research studies have been completed in Physical Education in various Indian Universities at Post-Graduate level.
- From the collected data, it was found that the first Master level dissertation was submitted to Punjab University, Chandigarh in the year 1961.
- These 1901 research studies have been completed during the span of forty nine years from 1961 to 2009.
- The investigator has also found while analyzing the data that other research methods were followed very negligible. Only 5.47% studies were related with historical method and not a single study was on philosophical method.

### **Conclusion and Recommendations**

- In view of the present study it may be concluded that lot of research studies have been completed in Physical Education in various Indian Universities at Post-Graduate level.
- Qualitative evaluation of these research studies may be undertaken to know about the standard of these researches done in various Indian Universities at Post-Graduate level.

- It is recommended that there should be a Central Agency to compile every year the abstract of the Research studies completed in Physical Education in various Indian Universities at Post-Graduate level.

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