



HIDDEN SPORTS TALENT IN THE RURAL AND URBAN AREA BOYS OF HIMACHAL PRADESH

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ABSTRACT

The purpose of the present study was to explore and compare the hidden sports talent in the rural and urban areas of Himachal Pradesh and to scout the explored hidden sports talent with respect to selected variables as per SAI norms. The sample of present investigation comprised of 360 school going boys of 14 years i.e.180 each from rural and urban areas of Himachal Pradesh. Anthropometric measurements i.e. height and weight and motor ability variables viz. speed, explosive leg strength, explosive arm and shoulder strength, agility, flexibility, explosive leg strength and extensibility of hip muscles and endurance were selected as the criterion measures for talent identification and comparison. Data regarding anthropometric and motor ability variables was assessed using SAI National Sports Talent Contest Battery. The collected data were analyzed and interpreted statistically by using the method of frequencies and percentages. The results of the investigation shows that on the selected talent scouting criterion measures, majority of the rural as well as urban area boys of Himachal Pradesh were found to have only three of the criterion measures viz .standard height, weight and agility according to SAI norms. Moreover, among the rural and urban area students, who were found to have criterion measures as per sports authority of india norms, it was also revealed that the majority of the explored hidden sports talent with respect to selected variables was found to be at satisfactory standard as per sports authority of india norms.

Keywords: Sports Talent, Talent Exploration, Sports Authority of India, National Sports Talent Contest Battery.

INTRODUCTION

Sports are a worldwide phenomenon today. Considering the importance of sports competitions, one can say that it has become a social need of the present civilization, which must be met by the societies and the government. However, it is important to mention here that for a healthy and bumper yield for any crop, the farmer must select seeds or saplings of a very good quality and that can be done with the help of agricultural scientist after years of laboratory work. Similar is the case with sports also where in order to produce world class athletes, systemic Talent Identification programmes using science and psychology are to be devised. Although, the concept of Talent Identification is not new to the field of sports and physical education and it has been used worldwide since 1970's but in India it was visualized since past two to three decades, which gained a high degree of momentum in last decade only. The rates of success for talent identification and development of programs have been assessed rarely and the validity of the models applied remains highly debated. When talent identification is undertaken in terms of chronological age and biological development of an athlete, is a typical issue (Alabin et.al, Baur 1988, Bompa 1985, Ghita 1994, Peltola 1992, Thomson et.al 1985 and Wu 1992). This indicates the different opinions as to the precise timing for screening of talent identification. Bompa (1985) feels that comprehensive talent identification needs to be carried out a number of years with 3 main phases. The first phase of talent identification should occur during the years 3-8 and needs to be dominated by a physician's examination, which aimed at detecting body malfunctions and physical deficiencies which may restrict future sporting endeavors. The secondary phase of talent identification should be conducted between the age of nine to seventeen years, however this age range will vary between sports e.g. nine to ten years for gymnastics, 10 to fifteen years for girls and 10-17 for boys in other sports. This phase of talent identification needs to be conducted on athletes who have already experienced organized training and require a comprehensive assessment of physiological and anthropometric parameters. Psychological assessment and profiling starts in this phase. The third phase of talent identification is primarily concerned with high caliber athlete's e.g. national team members. Talent identification in this phase needs to be very sport specific and painstaking.

Talent identification produce world class athletes through systemic talent identification programme using science and psychology. Considering that without talent identification, talent development would be a waste of time and resources. It is easy to see why talent identification is a term that is often confused with the term talent development (Peltola 1992, Hoare 1995), so there is need to explore these hidden sports talent. It has only been relatively recent that systematic talent identification has become a part of sports around the world (Baur 1988, Hahn 1990, Hoare 1995 and Bompa 1985). Eastern block countries like the G. D. R, Russia, Bulgaria and Romania are examples of countries that the concerned state run systematic talent identification programs as early as the 1960's and 70's (Baur 1988, Bompa 1985, Thomson 1992 and Thomson et.al 1985). While western countries such as Australia and the U. S. have critically attempted to have systems in place to develop talented individuals after they have identified themselves through competition in their chosen sports (Peltola 1992). Scientific talent identification, a critical factor in the development of world-class athletes is not in question (Alabin et.al 1980, Bompa 1985, Hahn 1990 and Wu 1992).

During the post-independence era in India, the government has made efforts to preserve and nurture the awesome cultural heritage, by setting up a number of new incentives, and by heightening media exposure at the national level, to circulate and popularize indigenous games. Since independence, the Government of India has launched several programmes through Sports Authority of India which is actively engaged in implementing schemes to develop physical fitness, sports awareness and also encourage sports in the country. However, we are yet to achieve a place of pride in international sports, even among the Asian countries. This indicates that implementation of sports programmes in the country leaves for much space for progress.

The sports talent identification drive in the State of Himachal Pradesh is also not having a long history, as the department of youth services and sports was created during early eighties only. The state government has not launched many programs or policies to encourage sports in the state. The sportsmen of Himachal Pradesh are lagging far much behind from the other states of country in terms of sports facilities, infrastructure and even planned and scientific sports talent. Although, Himachal Pradesh is having extensive and countless avenues for the promotion of sports but the energetic, physically and mentally tough and hard striving youth of the state is provided with scanty opportunities for the fulfillment of their natural urge for sports in a scientific and a planned manner. Sportsperson of this state have also won Arjuna Awards and Padamshree and a few have excelled themselves individually in various team games. Himachal Pradesh is having much space for implementation of planned and scientific sports talent research and search programs. A conceptual framework that acknowledges both genetic and environmental influences and considers the dynamic and multidimensional nature of sport talent needs to be developed and set in action. Considering these entire aspects researcher visualized a research gap in the talent identification of rural and urban areas of Himachal Pradesh and hence, undertook the present research.

The purpose of the study was to explore and compare the hidden sports talent of the rural and urban areas in Himachal Pradesh with respect to selected variables as per SAI norms. It was hypothesized that the majority of the hidden sports talent in the rural and urban areas of Himachal Pradesh with respect to selected variables would not be as per sports authority of india norms. It was also hypothesized that the majority of the identified hidden sports talent in the rural and urban areas of Himachal Pradesh with respect to selected variables would be at satisfactory standard as per sports authority of india norms.

METHODOLOGY

Selection of Subjects:

A total sample of 360 boys (Rural =180, Urban = 180) was selected randomly. The present study was confined to rural and urban areas school going boys consisted of 14 years of age belong to four districts of rural and urban areas schools of Himachal Pradesh. i.e. Bilaspur, Hamirpur, Kangra and Mandi of Himachal Pradesh.

Criterion Measures:

Hidden sports talent was confined to nine criterion measures viz; two anthropometric variables i.e. height and weight and seven motor ability variables i.e. speed, explosive leg strength, explosive arm and shoulder strength, agility, flexibility, explosive leg strength and extensibility of hip muscles and endurance.

Collection of Data:

Data regarding the hidden sports talent were collected personally by the investigator himself using Sports Authority of India's (SAI) Sports Talent Contest Battery. The investigator gathered all the subjects in the center place within the premises of the concerned schools of the respective areas, explained them about the various anthropometric and motor ability measurements to be taken from them and their purpose and then administered the various tests for the purpose of collecting the relevant data. While collecting the data, the procedure specified in the National Sports Talent Contest Battery was strictly followed.

TABLE 1
SPORTS AUTHORITY OF INDIA'S NATIONAL SPORTS TALENT CONTEST BATTERY

Sr. No.	Test items	Sports Talent factor
1.	To Measure Standing Height	Height
2.	To Measure Body Weight	Weight
3.	30 Meter Flying Start	Speed
4.	Standing Broad Jump	Explosive Strength of Legs
5.	Standing Vertical Jump	Explosive Strength of Legs and Extensibility of Hip Muscles
6.	6x10 Meter Shuttle Run	Agility
7.	Medicine Ball Put	Explosive Arms and Shoulder Strength
8.	Flexibility Test (Bend & Reach)	Flexibility
9.	800 Meter Run	Endurance

Source: Sports Authority of India

Statistical Technique:

The collected data was statistically analyzed and compared using Percentage method. In order to correct the sampling errors in the entire measurement process, the level of significance was set at 0.05 level of confidence.

RESULTS AND DISCUSSION

To find out the difference among mean scores of male students of rural and urban area schools, percentage and frequency were calculated and data pertaining to this has been presented in table 2 to 5 as per sports authority of indianorms.

TABLE 2
FREQUENCY AND PERCENTAGE OF RURAL AND URBAN AREAS STUDENTS IN
RELATION TO HEIGHT AND WEIGHT AS PER NORMS OF
SPORTS AUTHORITY OF INDIA

Variable	Area	Criterion Measures as per SAI Norms		Criterion Measures not as per SAI Norms	
		Frequencies (F)	Percentage (%)	Frequencies (F)	Percentage (%)
Height	Rural (N=180)	119	66.11%	61	33.89%
	Urban (N=180)	127	70.56%	53	29.44%
Weight	Rural (N=180)	103	57.22%	77	42.78%
	Urban (N=180)	123	68.33%	57	31.67%

Source: Primary Data.

Table-2 reveals that the height of two third (66.11%) rural area male students and more than two third (70.56%) urban area male students were found as per sports authority of india norms. The weight of more than half (57.22 percent) of the rural area male students and a little more than two third (68.33 percent) urban area male students were found as per sports authority of india norms.

Hence the formulated hypothesis “The majority of the hidden sports talent in the rural and urban areas of Himachal Pradesh would not be as per sports authority of india norms” rejected. Because of differetiation that was observed in the height and wieght of rural and urban area male students as per SAI norms.

TABLE 3
FREQUENCYAND PERCENTAGE OF HEIGHT AND WEIGHT STANDARDS OF RURAL AND
URBAN AREA STUDENTS CLASSIFIED AS PER NORMS OF
SPORT AUTHORITY OF INDIA

Variable	Height				Weight			
	Rural (N=119)		Urban (N=127)		Rural (N=103)		Urban (N=123)	
Areas Standards	F	%	F	%	F	%	F	%
Very Good	2	1.68%	1	0.79%	3	2.92%	10	8.13%
Good	36	30.25%	52	40.94%	13	12.62%	31	25.20%
Satisfactory	81	68.07%	74	58.27%	87	84.46%	82	66.67%

Source: Primary Data.

Table-3 shows that height of about two third (68.07 percent)of the male students from rural and more than half (58.27 percent) of male students from urban areas were found to be of satisfactory standard. In case of weight, majority of the male students (84.46 percent)from rural areas and more than two third (66.67 percent) male students from urbanareas were found to have a weight of satisfactory standard as per sports authority of india norms.

Hence, the formulated hypothesis for the present investigation i.e. “the majority of the identified hidden sports talent in the urban and rural areas of Himachal Pradesh with respect to anthropometric variable height and weight would be at satisfactory standard as per norms of sports authority of india” is accepted.

TABLE 4
FREQUENCY AND PERCENTAGE OF RURAL AND URBAN AREAS STUDENTS IN
RELATION TO THEIR MOTOR ABILITIES AS PER NORMS OF
SPORTS AUTHORITY OF INDIA

Variable	Area	Criterion Measures as per SAI Norms		Criterion Measures not as per SAI Norms	
		Frequency	Percentage (%)	Frequency	Percentage (%)
Speed	Rural (N=180)	27	15%	153	85%
	Urban (N=180)	50	27.78%	130	72.22%
Exp. Leg Sth.	Rural (N=180)	25	13.89%	155	86.11%
	Urban (N=180)	40	22.22%	140	77.78%
Exp. Arm and Shoulder Sht.	Rural (N=180)	57	31.67%	123	68.33%
	Urban (N=180)	74	41.11%	106	58.89%
Agility	Rural (N=180)	104	57.78%	76	42.22%
	Urban (N=180)	104	57.78%	76	42.22%
Flexibility	Rural (N=180)	66	36.67%	114	63.33%
	Urban (N=180)	36	20%	144	80%
Exp. Leg Sth. and Ext. of Hip	Rural (N=180)	32	17.78%	148	82.22%
	Urban (N=180)	30	16.67%	150	83.33%
Endurance	Rural (N=180)	48	26.67%	132	73.33%
	Urban (N=180)	55	30.56%	125	69.44%

Source: Primary Data.

Table-4 reveals that majority of students of rural and urban areas have their frequency and percentage with respect to Motor Ability Variables i.e. Speed (Rural 85.00% and Urban 72.22%); Explosive Leg Strength(Rural 86.11% and Urban 77.78%); Explosive Arm and Shoulder Strength (Rural 68.33% and Urban 58.89%); Flexibility (Rural 63.33% and Urban 80.00%); Explosive Leg Strength and Extensibility of Hip muscle (Rural 82.22% and Urban 83.33%)and; Endurance(Rural 73.33% and Urban 69.44%)fall below than Sports Authority of India norms. However, in case of Motor ability variable i.e. Agility more than half of the students (57.78 percent) each from rural and urban areas in Himachal Pradesh were found to have standard agility according to the Sports Authority of India norms.

Hence the formulated hypothesis “The majority of the hidden sports talent in the rural and urban areas of Himachal Pradesh would not be as per SAI norms” is rejected for all the motor ability variables except agility particularly because of differentiation observed in them as per sports authority of india norms.

TABLE 5
FREQUENCIES AND PERCENTAGE OF RURAL AND URBAN AREAS STUDENTS IN
RELATION TO MOTOR ABILITIES CLASSIFIED AS PER NORMS OF
SPORTS AUTHORITY OF INDIA

Variable	Area	Very Good		Good		Satisfactory	
		F	%	F	%	F	%
Speed	Rural(N=27)	-	0 %	4	14.82%	23	85.18%
	Urban (N=50)	4	8%	4	8%	42	84%
Ex. Leg Strength.	Rural(N=25)	1	4%	3	12%	21	84%
	Urban (N=40)	2	5%	8	20%	30	75%
Ex. Arm and Shoulder Strength.	Rural(N=57)	4	7.02%	10	17.54%	43	75.44%
	Urban (N=74)	4	5.41%	28	37.84%	42	56.75%
Agility	Rural(N=104)	22	21.16%	24	23.07%	58	55.77%
	Urban (N=104)	32	30.77%	29	27.88%	42	41.35%
Flexibility	Rural(N=66)	10	15.15%	21	31.81%	35	53.04%
	Urban (N=36)	0	0%	7	19.44%	29	80.56%
Ex. Leg Strength. and Ext. of Hip	Rural(N=32)	0	0%	8	25%	24	75%
	Urban (N=30)	0	0%	2	6.67%	28	93.33%
Endurance	Rural(N=48)	4	8.33%	10	20.83%	34	70.84%
	Urban (N=55)	5	9.09%	13	23.64%	37	67.27%

Source: Primary Data.

Table-5 reveals that the majority of students of rural and urban areas having motor ability variables as per Sports Authority of India norms, have Speed (Rural 85.15% and Urban 84.00%); Explosive Leg Strength (Rural 84.00% and Urban 75.00%); Explosive Arm and Shoulder Strength (Rural 75.44% and Urban 56.75%); Flexibility (Rural 53.03% and Urban 80.56%); Explosive Leg Strength and Extensibility of Hip muscle (Rural 75.00% and Urban 93.33%)and; Endurance(Rural 77.84% and Urban 67.27%)at satisfactory standard under Sports Authority of India norms. However, in case of Motor ability variable i.e. Agility more than half of the students (55.71 percent) from rural and less than half of the students (41.35 percent) from urban areas in Himachal Pradesh were found to also have standard agility at satisfactory level according to the Sports Authority of India norms.

Hence, the formulated hypothesis for the present investigation i.e.“the majority of the identified hidden sports talent in the rural and urban areas of Himachal Pradesh with respect to motor ability variable speed; explosive leg strength; explosive arm and shoulder strength; agility; flexibility; explosive leg strength and extensibility of hip muscle and; endurance would be at satisfactory standard as per norms of sports authority of india” is accepted.

DISCUSSION

Himachal Pradesh is lagging far much behind from the other states of country in terms of sports facilities, infrastructure and even planned and scientific sports. Although, Himachal Pradesh is having extensive and countless avenues for the promotion of sports but the energetic, physically and mentally tough and hard striving youth of the state is provided with scanty opportunities for the fulfillment of their natural need for sports in a scientific and a planned manner.

CONCLUSIONS

The explored percentages of the identified hidden sports talent of the rural and urban areas in Himachal Pradesh and their respective comparisons with respect to selected anthropometric and motor ability variables as per sports authority of india norms given below:

1. Majority of the students were scouted under the satisfactory standard in relation to height and weight as per sports authority of india norms. The standard height and weight were in the order of rural area students followed by urban area students.
2. In case of all motor ability variables except agility, majority of the students were found to have a standard speed, explosive leg strength, explosive strength of arms and shoulder, flexibility, and extensibility of hip muscle and endurance was below the SAI norms.
3. Majority of the students were scouted under the satisfactory standard in motor abilities as per sports authority of india norms.

PRACTICAL APPLICATION

The present research would be helpful in identifying and channelising the neglected and hidden sports talent in Himachal Pradesh and also provide a platform for such children to get channelised and contribute for their development and nation as well. It would contribute greatly in enhancing the standard of sports by picking up talented children from rural and urban, areas of Himachal Pradesh. The present study also will be greatly helpful to physical education teachers, coaches and all those who are associated with the training and coaching in games and sports in a sort of guidance for screening players and athletes for different events and achieving a high level of performance.

FUTURE DIRECTION FOR RESEARCH

The results of the study might help the physical educationists and the coaches to assess and investigate the potentials of the different areas boys of Himachal Pradesh to spot out the talent. Keeping in mind, the Geographical conditions of Himachal Pradesh, the separate norms of National Sports Talent Contest test battery of sports talent for different age group can be developed to identify the sports talent of Himachal Pradesh. A special training programme in sports may be developed, so that the sportsmen of Himachal Pradesh can be developed according to the sports authority of india norms of sports talent. It is recommended to replicate the study for different age group and both of the categories boys and girls of Himachal Pradesh. The results of the study can also be used for the self-evaluation by the boys and girls in Himachal Pradesh. Keeping in mind, the results of the study, a special attention should be paid to the different areas of Himachal Pradesh in order to develop sports talent.

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