REVIEW OF RELATED LITERATURE
CHAPTER - II

REVIEW OF RELATED LITERATURE

A critical and exhaustive study of literature related to the problem area is an important aspect in any research. So knowledge of relevant literature is an essential step to form picture of what has been done and said with regard to the problem under study.

2.1 REVIEW IN GENERAL

About case study, Portified\(^1\) says, "Only some of man’s experiences can be learned by observing him in action. To understand his behavior fully and intimately, he must supply a detailed and penetrating account of what he does and has done, what he expects to do and ought to do”

Garratty\(^2\) says, "The biographer, however, must not deal only with the fact of subject career, with what he did, why he did and how he influenced his times and was in turn affected by them, he must also describe the man himself, his personality, his character and his individuality”.

Though the influence of the family on the achievement of an

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individual is profound, the role of race, according to Cratty\(^3\), cannot be undermined.

The family has the earliest influence and a most vital influence upon the child's attitudes towards the opportunities for physical activity. The parents continually evaluate the efforts of the child, and as a result, his relative need for subsequent achievement is moulded. Factors like Socio-economic status and race also influence the child's opportunity for proficiency in physical activity.

Family background, environment, heredity, socio-economic status are the factors that generally influence a person’s optimum level performance.

Heredity is the sum of inborn traits whether they are exactly similar to those of the parents or not. Environment stands for all the external forces physical, social, economic, geographical, political etc., which are potential enough to change or modify the behavior of an individual in his life time. Environment offers opportunities to develop to the maximum possible extent, but is incapable of altering the patterns set by the hereditary forces.

Brightbill\(^4\) is of the view that ecological factor, environmental

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conditions and the hereditary characteristics including their personality traits such as physical features, intelligence and mental capacities, emotional make up and dispositions, social drives, philosophy of life, social expression and self conceptualization, influence the family and physical activity.

Kamlesh and Sangral\textsuperscript{5} quoted that, Wood Worth and Morrquis\textsuperscript{16} were of the view that “The individual was a product of heredity and environment which has been presented in the form of a formula”. The formula given was H+E=O. Where H stands for heredity, E stands for environment and O stands for organism.

Kamalesh and Sangral stated that - Environment means all the external forces physical, social, economic, political etc., which influence the individual and his development. All the different forces of the surroundings mould the behaviour of a person. As we grow in years, much of our inborn behaviour is learnt. Environmental force may not completely change the inherited traits yet they do modify them to some extent”.

The family background, environment, heredity and socio-economic factors generally influence a person's performance. Environment stands for external forces, such as physical, social, economic, geographical and political are potential enough to change or modify the behavior of an individual in his life time with the patterns set by the hereditary forces.

Naturalists and scientists like Rousseau, Francis, Galton, Kari

\textsuperscript{5} Kamalesh, M.L. and Sangral, M.S., “Principles and History of Physical Education”, Lultiana: Ramaprakash Tandon, 1981, pp.46-47
Pearson, Dugdale, Goddard, etc. think that heredity is more important while people like Candole of France, Heward, John, Locke etc., emphasize more upon the environmental forces which mould the behaviour of an individual.

The notion put forth by these two classes / categories of the people has equal weight age and no notion of either side can be undermined and underestimated.

Similarly, the physical education teacher should know the potentialities of a child and should provide a congenial environment for unfolding and development of his total personality, ability, aptitude inclination, etc. This information about the child must be known to a teacher.

Just like environment, physical heredity also plays an important role in the formation of a sportsman.

Sports has been considered by a number of social scientists to be of major importance in socialization and personality formation, as the various forms of play reflect the particular traits, values, expectations and the degree of social control in given culture.6

If parents are enthusiastic about a given physical activity, especially if they are skilled in it, the chances of their child becoming interested in sports are more.

Society has the social obligation of making available the facilities for sports teaching and participation in schools, colleges and other institutions. Nair\(^7\) opines that games shall constitute a major portion of child's education.

Sachedeva\(^8\) quotes Maciver and states that economic phenomenon is constantly determined by all kinds of social need and activity and in turn they are constantly undermining, creating, shaping and transporting social need and activity of every kind.

watts\(^9\) says that "there is no magic food, which if taken on the day or several days before the race will transform the athlete to a world-beater. Indeed, if there were such foods every one would be taking them and the results would be very interesting. However, the omission of certain foods and the indulgence in certain others can and does affect dramatically".

The amount of the calorie intake depends upon sex, body height, weight, age, state of training and the physical work in the day in question. The sportsman can reach his maximal efficiency with a normal, complete, mixed diet, which indeed supplies him with all necessary substances. It would not rely objectively to achieve better results but only make him


addicted and divert his attention. ¹⁰

Govindarajulu¹¹ says, Food is necessary for the growth and development of the body, for its work as a tool of striving and living, and for the repair and replacement of its myiods of cells many of which die from day to day in the process of living. Food also help to maintain body function and it contributes to the expectations of life.

Sandiford¹² says heredity to some is a mysterious force which moulds off spring in the likeness of the parent to others, it is the antithesis of variation, that is, heredity consists in the resemblance and variation in the dissimilarities between progenitors and descendants. Heredity is not a force, neither is it merely the likeness between offspring and parents; it includes all traits both like and unlike.

Brightbill¹³ points out “if a parent enthusiastic about a given physical activity, especially if he / she is skilled in it and serves as an example, the chances of child becoming interested are large”

Further the child will follow the lead and encouragement of the parent in physical activity and that often the activity will assume a form identical to the parent’s choice.

The responsibility of developing a good personality lies with the society and the social organizations. In this direction the future citizen should enjoy sports and recreation to utmost in his adult life, it is necessary that society should encourage the teaching of sports in schools and it should constitute a major part of child’s education”.

According to Thorndyke 14 “Physical fitness is the development of the body to a state of condition so that a given amount of physical work can be produced when desired with minimum of physical efforts”.

Motivation acts as a catalytic agent. It drives a person to turn out extraordinary performance in sports. The best from a sports person can be drawn by approximately using extrinsic and intrinsic motivating factors.

2.2 CASE STUDIES ON INDIVIDUAL ELITE PLAYERS AND ATHLETES

Dennis 15 conducted a case study on Mony D.P., the Olympian weight lifter. He was born in Putukudi, Eruppu, Nagercoil, Kanyakumari District on 12th August 1921. He has two elder sisters and two younger sisters. He studied only upto fifth standard. In his childhood, even though he was lazy in his mind, he had an ambition of becoming a reputed weight lifter. Sri Arunachalam Iyer encouraged his ambition. At the age of 23, to the surprise of all, he came out as best feather weight champion of India by

lifting 856lbs. In 1948, he represented India at London Olympic Games, in the Finland Olympic Games, he secured 3rd place in press and won world reputation for himself and for India. In the end of the year 1952 he fell ill and had to take rest for nearly seven years. He worked sometime in the gymnasium as an instructor. He reached the 6th rank in weight lifting in the world. He had the opinion that India could win enviable position in weight lifting, if the youth in India undergo proper training and take interest in weight lifting.

Sellen\textsuperscript{16} conducted a case study on K.C. Elemma, Arjuna Awardee in volleyball. K.C. Elemma was born on 19th January 1952. The environment of the school helped her to exhibit the ability in her. The year 1966 was a turning point in her life. She represented Kerala school team in that year. In 1968 she was selected in senior women's team and also selected to represent the nation for the test matches against the visiting Paris team. For her contribution to Indian Volleyball, she was given Arjuna Award in 1973.

Alex\textsuperscript{17} conducted a case study on Pathros P. Mathai, Physical Director of Kerala University. He was born on 19th May 1936. Naturally from his early childhood he was brimming with energy and would be seen playing most of the time. He had represented University in Basketball and Volleyball. He was very brilliant in his studies also. After completing Bachelor Degree in Physical Education, he took the Master of Arts Degree in 1964. He

\textsuperscript{17} Alex, A.O., "The Case Study of Pathros P. Mathai, Physical Director", Unpublished Master's Degree Thesis. Madurai University, April, 1984.
took the Master’s Degree in Sports Science from German Democratic Republic. He has done valuable service in Physical Education in Punjab University, Lakshmibai National College of Physical Education, Gwalior, Young Man’s Christian Association College of Physical Education, Madras, Kerala Agricultural University, Kerala University and in Sports Authority of India.

Zakir Ahmed\(^\text{18}\) conducted a case study of Victor Mijila, the National Soccer Player. Victor Mijila represented district team at the age of 17 years and played for the University from 1969 to 1972. From 1971, he represented Kerala state team. During the year 1972 he played for India for the 10\(^\text{th}\) Asian Youth Soccer tournament. He donned the Indian colour for the 7\(^\text{th}\) “Presidents” cup at Seoul in 1977 and also the “Kings” cup tournament at Bangkok. As a coach, he is doing valuable service to the players of Kerala. He is of the firm opinion that in fast attacking football, total character, is a must to bring out desirable improvements.

Paul Joseph\(^\text{19}\) conducted a case study on T.D. Joseph volleyball player and through the study he revealed the following factors. T.D. Joseph was born on 12\(^\text{th}\) March 1939. While as a student he was an all round sportsman, taking part actively in basketball, football and athletics. While studying in the school, he represented Kerala State School team in volleyball. In 1960 he was selected to the Indian team and was the youngest member of the team. He played an excellent game in the Jakarta, Asian Games in 1962. In the world championship held at Moscow, he was selected as one of the best six players in the world. After retirement from first class volleyball, he took up the job as


a coach in a school. Through his dedicated work many players rose to state level and national level. T.D Joseph was the first winner of the Manorama award in 1962. This award was instituted by the first and foremost newspaper in Kerala. This award stands as a great credit in the career of the great player, Joseph, because the vast majority of the voters were eminent persons from foreign countries.

Thomas ²⁰ conducted a case study on Shiny Abraham, international athlete. She was born in Kerala. Her brother and sisters were also athletes. She learned her first lessons in athletics from her Chanchan. She enrolled as a member of the Idukki district athletic team in the year 1977 and in the same year she was selected for the Kerala state Athletic team. In 1984 she made a record in 800 meters with best time of 2 minutes and 9 seconds at Delhi Nationals. With the attention of Indian coaches and selectors at the age of 19, she won the distinction of Indian colours and toured number of countries.

In 1984, she was appointed in the Food Corporation of India, Trivandrum. In the same year, she attained distinction as the first woman athlete of India who entered the semi finals in Olympics. Shiny Abraham is of the opinion that the state athletic associations must take necessary steps to attract more spectators for witnessing even the local meets.

Sports activities should be introduced to an individual at childhood itself, even when they are eleven years old. The teams must reach the venue

where the competitions take place at least fifteen days before the competition for acclimatization with the environment. This will significantly influence the performance of the competitors positively.

“Shajji\(^1\) conducted a case study on P.T. Usha, athlete and his study reveals that Usha was born on 27\(^{th}\) June 1964. O.M. Nambiar, coach moulded her career for 12 years when Usha left her village to join the Kannur Sports Division. The facilities that the school had at that time were, to put it mildly, primitive. But, Usha had in her the urge to excel and transcend her own limitations. Soon she proved that she could run just above anybody of her age. She represented the country 56 times including 1980 Moscow, 1984 Los Angeles and 1988 Seoul Olympics and 1982 New Delhi, 1986 Seoul, 1990 Beijing Asian Games.

She also represented India in 1983 Kuwait, 1985 Jakarta, 1987 Singapore and 1989 New Delhi Asian Track and field meets. Her remarkable show was at the 1984 Los Angeles Olympics where she emerged as a truly world class serious medal contender in 400 meters hurdles.

She still holds the national record in the 100m, 200m, 400m and 400m hurdles. She was honored with Arjuna award—the highest award given to a sportsman in India in 1983. She retired from athletics in 1990. She is honoured as the golden girl of India.

Sivaramakrishnan\(^2\) conducted a case study on Sunil Gavaskar,

\(^2\) Sivaramakrishnan, S., “A Case Study of Sunil Gavaskar -
cricketer, and his study reveals that Gavaskar was born on 10th July 1949 in Bombay. He learned the basics of the game from his father and from his maternal uncle Narayan Musurekar. His father used to take him to watch not only club matches but also Ranji Trophy matches and test matches, which aroused his interest to become a great player. Sunil represented St. Xavier’s High School in the Cities’ and “Harries” shield Inter-School Tournament at Bombay in 1961. In 1965, he proved to be the best when he scored four hundred runs in the senior inter school match. In 1966-67, he was selected for Bombay University. In early 1970, he was chosen to represent the state of Bombay to play Ranji Trophy tournament. In 1971, he was selected to represent the nation for the test matches against West Indies. Between 1971-1987, he played 125 test matches as an opener and he scored 10,122 runs, 34 centuries, 45 half centuries at an average of over 50 runs.

He also has captained India in 47 tests, winning nine, and losing eight and drawn the remaining thirty. He led India to victory successively in 1978-79 and 1979-80 against West Indies, Australia and Pakistan. He was honoured with Arjuna award given for a sportsman in India in 1977. He was also awarded “Padma Bhushan” in 1979. He performed many wonders at cricket and left indelible imprint on the cricket world. In 1987 he retired from test cricket.

Narasimha Murthy\textsuperscript{23} conducted a case study on Kapil Dev and his study reveals that Kapil Dev was born on 06\textsuperscript{th} January 1959 at Chandigarh. Kapil started his primary education in the year 1964 in a small local school at Chandigarh. In the year 1969, he joined the Dayanand Anglo Vedic School and College. At the age of fourteen he played for his school. When he was fifteen, he was invited along with 24 others talented young boys to attend a live-in-coaching camp in Bombay, conducted by Indian Cricket Control Board.

In 1976, when he was just short of seventeen years, he went to play for his state Haryana in Ranaji Trophy against Punjab. In 1978 at the age of 19 years, he was selected for Indian Test Team against Pakistan.

Rajan\textsuperscript{24} conducted a case study on Late Jimmy George, Volleyball player and his study reveals that Jimmy George was born on 08\textsuperscript{th} March 1955. He was born in a family of volleyball players. Jimmy George got the primary lessons of volleyball from his hometown. Seeing the interest of Jimmy, his father made a volleyball court in his own compound, purchased a net and balls and taught him the fundamentals of the game. From 1970 to 1972 he represented Calicut University. In 1973 he was selected to the Kerala


State Team. At the age of 19, he was chosen to represent Indian team for the Tehran Asian games in 1974. In 1979 he left for Abudabi and there he played up to 1982 for a government-sponsored club. In 1984 he went to Italy where he played for Italian ‘A’ division club. He died on 30th November 1987 a tragic car accident in Italy. The Government of India honoured him with Arjuna award. He was perhaps the most outstanding volleyball player our country has produced so far.

Venkata Niranjan25 conducted a case study on Prakash Padukone, Badminton player. His study reveals that, Prakash Padukone was born on 10-06-1955.

He learned the basics of the game from his father. Prakash Padukone had opportunities to watch many international matches, which aroused his interest to become a great player.

He is the only Indian who could win nationals singles nine times consecutively in Badminton. He represented India in Thomas cup and Asian games. There he got a chance to play with top class Badminton players. In 1978 he won at the Commonwealth Games. The greatest achievement in his career was when he won the All England Championship.

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Thulaseedas²⁶ conducted a case study on Suresh Babu, Olympian in the year 1988. He was a gold medalist in Long Jump in Bangkok Asian Games. Suresh was born on 10th February 1953, as the 4th son of Sri N. Bhaskaran and Smt. Nalinibai at Pathatharam, in Quilon district of Kerala. He had three brothers and one sister. Being an experienced athlete and an athletic coach, the subject has his own opinion to reduce the intensity and interval of injuries. He believes that, if the organizers of the competition provide standard facilities within the limits for race and jumps; injuries can be minimized to a maximum extent.

The coaches should be very careful in sending their trainees to competition. To bring an athlete to international level, he should be trained from 14 or 15 years. In these years, he develops his physical and mental fitness, skills and techniques.

The subject also realizes that in India even the most enthusiastic parents will not be able to carry out the expenses of an athlete for such a long period. The subject suggests some remedial measures for this. He has the opinion that if the Government is opening training centers for talented young athletes, like sports schools and hostels, they will get opportunities to develop their talents through proper coaching and training. The government should also be keen in providing job opportunities for outstanding sportsmen. The subject believes that if things keep happening like this, within ten years, Indian athletes will succeed in the international and Olympic levels.

A case study conducted by Vanek and Cratty\textsuperscript{27} on Robert, who was engaged in combative sports for his country showed that he was an introvert, selfish and generally unsociable even though he was outgoing with people in a superficial way. His frustration, tolerance and emotional stability were low. He showed high level of anxiety. The scores on personality tests showed that he was patient.

Manthri\textsuperscript{28} conducted a case study of R. Gnanasekharan, the Arjuna Award holder in Athletics in the year 1982. Gnanasekharan was born on 05-01-1954. He has three brothers and a sister. His father was a great sportsman; his mother a typical Indian wife.

He was born at Palayur, a small village in Ramanathapuram district. It was a memorable event in the history of athletics in India. Every Indian and higher authorities had their fingers on their nose to see best ever timing clocked by Gnanasekharan in 100 meters. Though Gnanasekharan won many laurels and victories in the International athletic arena, he was calm and quiet. He never welcomed self-boasting. He was very keen in graphing the coaching points at the time of training in the grounds.

After one or two demonstrations, he would apply the technique without fail.


Chinmay Sarma\textsuperscript{29} conducted a case study on Bhogeswar Baruah, the Arjuna Award winner in athletics. He was born on 29\textsuperscript{th} November 1940. He has two brothers. He was the youngest. His family members were ardent supporters of sports and games. It is notable that Bhogeswar has contributed much towards giving a scientific and objective orientation to sports training in the state of Assam. His identity was total which is amply reflected in conducting various coaching camps with his own resources, in spite of his economic constraints.

Daniel Perinbaraj\textsuperscript{30} conducted a case study on P.A. Sulaiman, International Volleyball player and found the intransigence at the game has come a long way in elevating him to the present state as one of the most imaginative trainers in the country. He possesses the capacity to understand the latest techniques and principles enunciated and applied by international researchers. He never was glamorous and most of his work has been done in obscurity and without fanfare.

As a coach, he imparts coaching to the state level players. He has trained a number of boys to the national standards. In his period, he coached a lot of young boys in the Anna stadium at Palayamcottai. He is indeed very hard working for the cause of this volleyball.

Jerry presented a biography of JOHN H. SCOLINOS with emphasis on his unique philosophy of coaching and teaching his exemplary philosophy of life, as well as his contribution in helping young people. The dissertation deals with JOHN H. SCOLINOS early life and teenage years, his military experience and his coaching years at both Preperdine College in Los Angles, California and California Polytechnic College in Pomona California.

Victor study was to present a biography of the life and personal career of Daniel Carter Beard-1850-1941. Beard's contributions were investigated in terms of his possible influences on youth service agencies, recreation outdoor education and physical education. His personal philosophy was analyzed through objective analysis of his writings, the reports of contemporaries and the time in which he lived and worked.

Historical, biographical analytical and interpretive methods utilized to analyze Bread's life and career. In employing these methods documentary, and human sources were used which were of primary and secondary quality throughout the research letters were sent to individual and organizations requesting information on books manuals article of Bread.


Charles L Barajan\textsuperscript{33} undertook the case study on Mr. V. J. PHILIPS who was an Indian hockey player. The purpose of the study was to reveal tremendous impact of V. J. PHILIPS on Indian field hockey. The investigation conducted interviews with V.J.PHILIPS and his family members, Kalyan Sendrm, Hockey Coach and Physical Director of St. Thomas Mount High School and also referred to published materials and photographs. It was revealed that Mr. Mani of St. Thomas Mount Club was the source standard. V. J. PHILIPS as a member of Indian hockey team secured Gold medal and selected for the World XI and because of his excellent performance, the International Hockey Federation awarded him with “WORLD CUP HERO.”

Jerry\textsuperscript{34} presented a biography of John H. Scolinos with emphasis on his unique philosophy of coaching and teaching his exemplary philosophy of life, as well as his contribution in helping young people. The dissertation deals with John Scolinos early life and teenage years, his military experience and his coaching years at both pepperdine college in Los Angeles, California and California polytechnic college in Pomona, California.

During his 42 years as a college baseball coach, John Scollinos has won national acclaim for his coaching accomplishment, but even more importantly, has earned the gratitude and love of numerous students, athlete


and non-athlete alike, for his interest and help in their lives. The awards and accolades attest to both of these successes and give tribute to a lifetime of service that still continues.

Yearsley\textsuperscript{35} wrote the life history of C. Rodney Kimball, emphasizing his professional career as the head athletic Trainer at B.Y.U. Extensive interviews with Rodney Kimball and many of his former colleagues were critical to the documentation analysis of Rodney Kimball's philosophy. In depth interviews were also conducted with his family member and former BYU athletes.

In addition to being an outstanding athletic trainer, Rodney Kimball was also regarded as a close friend, counselor and spiritual leader among his colleagues. In over 40 years of employment at BYU Rodney Kimball was the recipient of numerous honours and award as an athletic trainer.

Following his retirement in 1975 Rodney Kimball continued network part time as an athletic trainer, working in the BYU basketball and baseball teams till 1980.

Ingrams. D.\textsuperscript{36} (1964) study was on J.F. Williams who was popular Physical educationist in United States of America during 1960. The study was primarily concerned in biographical materials and covered the subject's early emotional background, professional life and recreation the extent that

\begin{itemize}
\item \textsuperscript{36} Ingrram, "Jeans Feiring Williams: His Life And Contribution To The Field Of Physical Education And Recreation", Completed Research In Health, Physical Education And Recreation, Vol 6, Ed. 1964.
\end{itemize}

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personal and documentary sources were applicable. The procedures followed in developing the biography were described and recommendations were made.

Dewar's\(^{37}\) (1966) purpose was to show the contribution of Dr. James Naismith to Physical Education and Inventions. Areas given special consideration were his personal philosophy, professional career, and role as the father of basketball. Primary source in Almonte, Montreal, Spring Field, Denver, Lawrence and St. Louis were used and the researcher made visits to this locations.

Peter\(^{38}\) (1969) studies Mrs. Emma W. Plunkett. The information on this pioneer in Health Physical Education in Okhahoma, who was an active leader on many levels within the profession, was obtained from family records, personal, departmental and organizational files, personal interviews and a questionnaire survey completed by a large number of persons throughout the state and the nation. The collected data were analyzed, interpreted and organized into five major characteristics; family history and environmental influence, childhood, education and early teaching days, the years at Central State College, personality, philosophy, contribution, honors and awards.


Pehington\textsuperscript{39} (1972) presented and interpreted the life and professional advances of Fredrick Rand Rogers. The patterns of his professional work were examined in relation to thought and practice in education and Physical Education during his professional career. Standard biographical, involving the collection, classification, criticism and interpretation of source materials was facilitated through the use of external and internal criticism. Primary and secondary source material, including both documents and relics were employed in the preparation of biography. Library, achieves department files year books, annual reports and other primary and secondary source materials were consulted wherever possible. A total of 17 institutions and centres were visited. Interviews were held with forty five individuals. The interviews were tape recorded. Rogers authored eleven books and 137 articles during his career. These writings constitute a major part of the primary sources of the study.

Marry\textsuperscript{40} (1982) discovered, synthesized and interpreted data pertinent to the professional life endeavors of John Robert Wooden. Extensive Interviews with coach Wooden and his former assistant coaches at University of California at Los Angeles were critical to the documentation and analysis of coach Wooden’s philosophies. Following an outstanding basketball career


at Purdue University, Wooden went into teaching and coaching on the High School Level and eventually to collegiate level. In his forty years of coaching basketball, his teams won 885 games and lost 200. His VCL Teams won as unperfected ten National Collegiate Athletic Association Championships. He was accorded numerous honors as a player, coach and a citizen.