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Development of Sports Qualities in Students through the Philosophy of "Vasudhaiva Kutumbakam"

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Abstract

Students who develop sports qualities develop qualities like cooperation, leadership qualities, discipline, tolerance, equality, friendship and sportsmanship. Sports education is an effective medium for the all-round development of students. Through this medium, along with the physical development of students, mental, social and moral development automatically takes place. The main objective of this research study is to develop sports qualities in class IX students based on the Indian philosophy of "Vasudhaiva Kutumbakam". In order for every student to live a healthy and fit life along with physical fitness, it is necessary to introduce him to the philosophy of Indian culture "Vasudhaiva Kutumbakam".

The concept of Vasudhaiva Kutumbakam puts before us the noble idea that 'the whole world is one family'. Value-based sports education is gradually disappearing in the modern education system. Today, this value-based education system has become the need of the hour. This is the main objective of the present research study because of the need for value-based sports education for students. This is the main objective of the present research study, through the Indian philosophy of "Vasudhaiva Kutumbakam", we develop sports qualities in students. Through these sports qualities, values are developed according to Vasudhaiva Kutumbakam in Indian philosophy.

Key words:- Sports Education, Vasudhaiva Kutumbakam, Sports Qualities, Value Education, Student Development.

Conclusions: -

The sports qualities of students through the modern philosophy are **below average means 42% and** Philosophy of Vasudhaiv kutumbkam is **very high means 82%.**

There is no significant difference between sports qualities of students through the philosophy of Vasudhaiva Kutumbkam and modern philosophy.

Introduction:-

In the name of modern education, students sit in front of the computer for hours and study. They do not get time to play, due to which their physical and mental development does not occur. If they want to develop holistically, they should play to their heart's content. Sports qualities should be developed in them. Sports education plays a valuable role in the personality development of students. Due to this, qualities like discipline, team spirit, leadership, self-control and morality are developed in students. To make sports education more humanistic and value-based, the Indian philosophy of Vasudhaiva Kutumbakam can be used as a basis, and sports qualities in students can be effectively developed. If these sports qualities are combined with moral values, then its competition is reduced.

Today, with the addition of a competitive environment to sportsmanship, the Indian philosophy of Vasudhaiva Kutumbakam is disappearing among students. Due to this increasingly competitive environment, students sometimes give more importance to winning alone. As a result, values are not developed.

The concept of Vasudhaiva Kutumbakam is found in the Maha Upanishad. This means that the entire earth is one family. The main values of this philosophy are as follows.

Universal brotherhood

Mutual respect

Co-existence

Compassion and empathy

Equality and Inclusion

This philosophy helps in developing a global perspective and social awareness among students. Sports develop physical, mental, social and moral qualities in students. This mainly includes

Physical fitness

Discipline and self-control

Team spirit

Leadership qualities

Sports courtesy

Patience and tolerance

Ability to accept defeat

Sports and Vasudhaiva Kutumbakam have a close relationship with each other. In the field of sports, students from different backgrounds, villages, nations, states, countries, foreign countries, etc. come together. The philosophy of Vasudhaiva Kutumbakam increases the

feeling that competitors are our own brothers and sisters. This helps in reducing anger, hatred, arrogance and intolerance and instills a sense of friendship and cooperation. Sports are not just a competition but an effective medium of social outlook and moral education.

Objectives:-

To study the sports qualities of students through the Modern Philosophy.

To study the sports qualities of students through the philosophy of "Vasudhaiva Kutumbakam".

Research Hypothesis :-

Null Hypothesis:-

There is no significant difference between sports qualities of students through the philosophy of Vasudhaiva Kutumbkam and modern philosophy

Literature Review :-

Scope has been very vast. The teacher's uses various techniques to maintain disciplines in the classroom level. But however our study of related topic is useful to all the high school students. Current topic is limited to high school students but the conclusions and suggestions given in the research is beneficial to all the high school students from Nagpur District and Maharashtra State.

A sports quality of SBSE 9th class students has been a topic of discussion. While the interaction between the research question and the relevant literature is foreshadowed throughout the review, it usually is written at the very end. The interaction itself is a learning process that gives researchers new insight into their area of research. The conclusion should reflect this.

Research Design & Methodology:-

The present research study has adopted Survey method as the features of Survey method are well suited for the study. Hence the researcher has made use of the Survey method for the present study for the research problem.

After selection of problem and formulation of hypothesis the next step of a research is to prepare a research design. It is a mapping strategy based on sampling technique. It includes objectives, sampling, research strategy, tools and techniques for collecting the evidences, analyzing the data reporting the findings.

It is the statement of the object of inquiry and how a satisfactory culmination to be effected. It is the work before getting the project underway. It is a choice of an investigator about the components of his project and development of certain component of the design. It does not consist of an ordered sequential step-by-step procedure. It is a planning stage of research

usually made logically visualizing its practicability. The researches components are selected in view the objectives of the research.

In the present investigation 200 students will be selected as sample of the study randomly from SBSC schools, in these study 200 students. The selection of schools, as well as of students will be made on random basis. Selection of 9th class students will form the population of study.

The sample selected were the children of particular age between 12 to 15 years. i.e. Adolescent age children. In the present research work, researcher has taken the sample by simple Random sampling. The researcher has selected 200 students as a sample from 5 schools from Nagpur City i. e. 20 students from each school. The researcher has selected Lottery method of Random Sampling for the selection of 5 schools from rural areas of Nagpur city and also by same method the sample units were drawn.

The self-prepared questionnaire will be prepared by the researcher for collection of data. When the researchers questionnaire was ready for the survey the researcher in the classroom briefed the students about the purpose of the solving the questionnaire. The purpose was to check the sports qualities of students in any field. These reduced the refusal rate and prepare them to the active participation in the survey. Now the researcher started distributing the questionnaire to the students who accepted to participate in survey. The instruction is given how to solve the questions. They were asked only to tick in any one box in front of the respective questions. No double tick is valid for the answer of the question, there is no negative marking. Time given to solve the paper was 30 minutes. The students were very upon when responding to the questions related the potential sources of stress. After solving the paper the data was collected.

Analysis and Interpretation of objectives:-

To study the sports qualities of students through the Modern Philosophy.

To study the sports qualities of students through the philosophy of "Vasudhaiva Kutumbakam".

Table no.1:

Sports Qualities of students through the Modern Philosophy and philosophy of Vasudhaiva Kutumbkams

Sr. No.	Types of Philosophy	No. of students	Mean	Slandered Deviation	percentage
1	Modern Philosophy	200	15.77	8.51	42 % (below Average)
2	Indian Philosophy "Vasudhaiva kutumbkam"	200	24.77	2.51	82%. (Very high)

From the above analysis we can interpret that in sports qualities of 9th class students through modern philosophy is 42% and philosophy of Vasudhaiva kutumbkam is 82% in SBSC students there is 40% more i.e. very high.

Conclusion: -

The sports qualities of students through the modern philosophy is **below average means 42%** and philosophy of Vasudhaiv kutumbkam is **very high means 82%**

Research Hypothesis : -

Interpretation Null Hypothesis:-

There is no significant difference between sports qualities of students through the philosophy of Vasudhaiva Kutumbkam and modern philosophy

Table No. 2

Modern philosophy and Indian Philosophy "Vasudhaiva kutumbkam"

Sr. No.	Types of philosophy	No. of students	Mean	Slandered Deviation	T- Value	Significant level	Accept/ Reject
1	Modern Philosophy	200	15.77	8.51	14.29	Significant (0.05)	Rejected
2	Indian Philosophy 'Vasudhaiva kutumbkam"	200	24.77	2.51		Significant (0.01)	Rejected

Df =398

T- Value is highly significant at 0.05 and 0.01 level

The T- value of SBSC School of 9th class students is 14.29 and significant level when seen on 0.05 levels 1.97. The table value found is more than the calculated value. Hence the Hypothesis is rejected.

For the testing of Hypothesis mean and SD has been calculated, T- value is calculated and then the testing of Hypothesis is done. The calculated T- value is 14.29, it is significant. The calculated T-value is greater than table value. That means it is significant. Hence it is observed that there is significant difference between sports qualities of students through the philosophy of Vasudhaiva Kutumbkam and modern philosophy.

Hence the present hypothesis is rejected. It proves that there is significant difference between Sports qualities of students through the philosophy of Vasudhaiva Kutumbkam and modern philosophy

Conclusions:-

The sports qualities of students through the modern philosophy are **below average means 42% and** Philosophy of Vasudhaiv kutumbkam is **very high means 82%.**

There is no significant difference between sports qualities of students through the philosophy of Vasudhaiva Kutumbkam and modern philosophy

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