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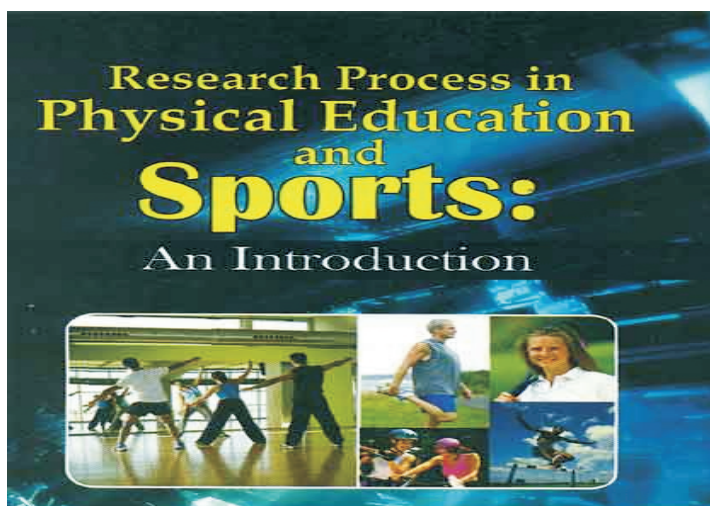
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### ABSTRACT

To be sure, the best research is that which is reliable, verifiable and exhaustive, so that it provides information in which we have confidence. The main point here is that research is literally speaking, a kind of human behavior an activity in which people engaged. By this definition all intelligent human behavior involves some research. According to Prof. Robert H. Bauernfeind of northern Illinois University proposes the definition of research as "An objective recording of observations, when interpreted suggesting generalizations, theories or solution to problem."



**KEYWORDS :** *Research Process, Physical Education & Sports, literally speaking.*

### INTRODUCTION :

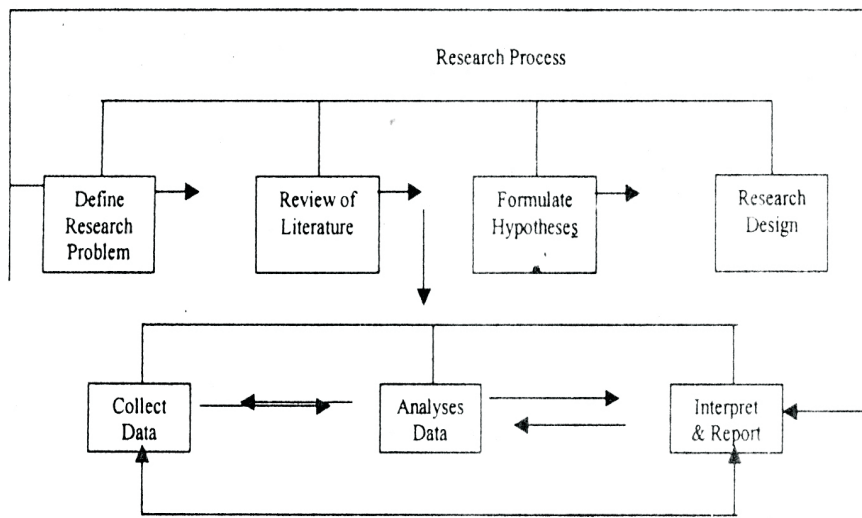
In brief, the significance of each letter of work 'Research' may be seen as under :

- R - Stand for Rational way of thinking.
- E - Stand for Expert and Exhaustive Treatment
- S - Stand for Search for solution
- E - Stand for Exactness
- A - Stand for Analytical Analysis of adequate data
- R - Stand for Relationship of fact
- C - Stand for
  - 1.Careful Recording
  - 2.Critical Observations
  - 3.Constructive Attitude
  - 4.Condensed and Compactly Stated Generalizations
- H - Stands for Honesty & Hard work

**BASIC STEPS IN RESEARCH**

1. Selecting the field, topic or subject for research.
2. Surveying the field to apprehend the research problem.
3. Developing bibliography.
4. Formulating for defining the problem.
5. Differentiating and outlining the element in the problem.
6. Classifying the elements in the problem according to their relation direct or indirect to the data or evidence.
7. Determining the data or evidence required on the basis of the elements in the problem.
8. Ascertaining the availability of the data or evidence required.
9. Testing the solvability of the problems.
10. Collecting the data and information.
11. Systematizing arranging the data preparatory to their analysis.
12. Analyzing and interpreting the data and evidence.
13. Arranging the data for presentation.
14. Selecting the using quotations, summary, references and footnotes.
15. Developing the form of style and the research description.

The chart indicates that the research process consist of a number of closely related activities starting from “define research problem” to “Interpret and report”. A researcher should know that various steps involved in a research process are not mutually exclusive nor are they separate and distinct. He should know the requirements of each step and subsequent steps. However, a systematic order concerning various steps in the research process can be given as the following manner.



1. Formulation of a research problem.
2. Extensive literature survey of concepts & theories & of previous research findings.
3. Formulating the hypothesis.
4. Preparing the research design including simple design.
5. Collection of data.
6. Analysis of data.
7. Testing hypothesis.

8. Generalization & interpretation.

9. Preparation of report.

10. Formation of research problem.

a. Research problem should be researcher's interest.

b. The research problem should be beneficial to the society.

c. Factors like time, expenses, facilities required, feasibility of research problem etc. should be considered.

While formulating the research problem, the researcher should understand the problem in depth that can be possible after having a discussion with his colleagues as well as some experts in that field. He/she can also take the help of research guide who has ample experience in the field of research & have many research problems in his mind.

### **EXTENSIVE LITERATURE**

**It is very essential review the related literature, taking in consideration the following factors :**

1. It helps in tracing out the research conducted in the related field during the past.

2. It also gives the information of progress made in the field of research so far.

3. It works as pathfinder for the researcher by providing the knowledge of methodology, statistically analysis, methods & so on.

4. It is also for the sake of acknowledging the work of scholars, those who have worked in the past.

5. We can summarize it with the quotation of Mortygeoggoj as the review of literature promotes a great understanding of the problem & it's crucial aspects & ensure the evidence of unnecessary duplication.

### **FORMULATING THE HYPOTHESIS**

While for the hypotheses the researcher should take clearly the working hypotheses because he has to draw his inferences & test them logical on the base of hypotheses only. The test analysis of data, quality of data depends on such hypotheses. These should be very much specific & limited because it has to be tested.

1. These can be formulated after discussing the problem with colleagues & experts in according with the objectives.

2. Available data & records are examined to know possible trends.

3. Review of previous research finding in the area also helps in formulating the hypotheses.

Thus working hypothesis arises as result of thinking about the problem; examination of the available data & material including related studies & guidance of experts in the field.

### **RESEARCH DESIGN**

Research design provides a basis for the collection of relevant evidence with minimum expenditure in terms of time, energy & money. While preparing the research design the researcher should keep in his mind the type & purpose of research problem under study. It will be different in experimental & non-experimental studies. The following consideration kept in mind for preparing research design.

1) Means of obtaining or collecting information.

2) The availability & skills of the researcher & his staff.

3) Organization of selected means and collecting information & the bases of such selection.

4) Availability of time & finance for the research.

**In a very few words we can conclude as :**

- P - procedure
- S - sources of data
- D - description
- M - methodology adopted

Thus a research design is the logical systematic planning & direction of a piece of research.

**COLLECTION OF DATA**

There are several ways of collecting data, which depends upon the research in terms of money, costs, energy, & time. Primary data are collected either through experiments or survey method by observing quantities measurable. In case of survey method data are collected with the following methods.

- 1)By observation
- 2)Through personal interviews
- 3)Through telephonic interview
- 4)By sending the questionnaire to the respondents
- 5)Through interview schedules
- 6)Through opinionnaire or attitude scale.

**ANALYSIS OF DATA**

In the research report tabulation of data, and analysis of data, helps in the interpretation & drawing inferences according to the objectives of the studies. Benton J. Uenderwood quoted in this regard as “the history of science is a history of relentless analysis”. The aim is to break down gross phenomenon.

**The analysis of data requires a number of operative such as :**

- a. Establishment of categories
- b. Codification of data.
- c. Tabulation.
- d. To draw out statistically inferences.

A researcher can analysis the collected data with the help of various statistical measures such as percentage, co-efficient, statistical test & analysis of variance.

**TESTING HYPOTHESIS**

Researcher has to test the hypotheses with the fact he has collected & come to conclusion weather the facts support the hypothesis or that is contrary to this fact. It can be tested with the help of chi square test, F-test etc depending upon the nature & objective of research problem, ultimately the testing results either accepting or rejecting the hypothesis.

**GENERALIZATION & INTERPRETATION**

In practice the real value of research are found when the researcher comes to generalization with the help of his research techniques. If a research has not built by any hypothesis for his research problem, then he may explain his findings on the bases of some theories which are called interpretation.

## PREPARATION OF REPORT

Research report or thesis is prepared by the researcher on the bases of what he has done on the study of research problem. The researcher prepares his research report on following bases :

The layout of report should consist of preliminarily part, The main text, the auxiliary part, the preliminary part consist of the front page of thesis, declaration by candidates, certificate of supervisor, acknowledgement of scholars, content list of tables, list of figure, graphs & charts. The report consists of following parts :

- a. Introduction
- b. Review of related literature.
- c. Design of the study
- d. Tabulation, analysis, interpretation of data, discussion & inferences
- e. Summary, conclusion, suggestion, recommendation

Report should consist of objective in style. It should avoid vague expression. It should include charts, graphs etc for clear understanding of researcher conclusion.

## CONCLUSION

A good researcher should specify sequence in accordance with the well-defined set of rules. It should be guided by rules of logical reasoning & logical process of induction & deduction by which research becomes more meaningful. It should provide basis of external validity to research results. Research results should be verified by replicating the study & there by building a sound bases for question making.

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