



## CONTRIBUTIONS OF SRI. N. LINGAPPA TO THE INDIAN ATHLETICS AS AN ATHLETE AND AS A COACH

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### ABSTRACT

*It is very important for any human enterprise, more so in case of sports and games, where there is not only kaleidoscopic play of emotions but also name, fame, money and much more at stake. A comprehensive understanding of human nature would contribute in great measure for the all-round development of the person, sporting activity and also improving the quality of life. The study is based on field Survey. This paper focused on the scores of emotional intelligence factors like self awareness (18), empathy (22), self motivation (20), emotional stability (19), managing relations (18), integrity (14), self development (9), value orientation (8), commitment (7) and altruistic behavior (8) clearly indicates that the subject having high level of emotional intelligence in all the ten factors. In this Paper find out that The scores of Socio Economics Status factors like social status (ascribed), socio economic status (achieved), at 60.23 t value social status (whole), at 52.69 and economic status (achieved), 52.69 socio economic status (ascribed), economic status (ascribed), economic status (achieved), economic status (whole), socio economic status (ascribed), socio economic status (achieved) and socio economic status (whole) clearly indicate that the subject's family as middle class.*



**KEY WORDS :** N.Lingappa , Coach and Athletics.

### 1. INTRODUCTION

Coaches play a very important role in sport. In general, coaches teach and lead their players to complete tasks that govern their performance. There is plenty of research concerning coaches' leadership strategies, traits and behaviors. The players or athletes that a coach teaches or leads have a wide variety of different personalities and characteristics. It is very important for any human enterprise, more so in case of sports and games, where there is not only kaleidoscopic play of emotions but also name, fame, money and much more at stake. A comprehensive understanding of human nature would contribute in great measure for the all-round development of the person, sporting activity and also improving the quality of life.

There are many problems, but one complex and mysterious problem which is faced by the human being since long has been the mystery of his own and others nature and personality. Human beings appear in different shapes and sizes and behave in highly complex ways. Several crores of people are living on the earth. But of them no two people are exactly alike. It is difficult to conjecture what is the human nature of these people.

Therefore, the investigator chose the Coach Sri. K. Lingappa a Dronacharya awardee for the case study. He was a very famous and successful coach in the field of Indian athletics. But investigator felt that understanding an individual who has made a mark, who has been greatly successful in the field of athletics, who has been a sports person hails from Karnataka state and highly reputed coach in the field of Indian athletics who produced a number of national and international athletes with true dedication, sincerity and hard work. Through his achievements in the field of Indian athletics he has been recognized by the Ministry

of Sports and Youth Affairs, Govt. of India in the year 2014 by awarding Dronacharya Award which is considered to be highest sporting honor for coach in the country, that too at the age of 91 and he is the first person from Karnataka to get Dronacharya award in athletic field. He was a fine human being that helped in the creation and promotion of such fully functioning and self actualizing individuals in sports.

## 2. REVIEW OF LITERATURE

**Manjunath Sahadevappa (2015)**, studied on topic entitled “Indian Hockey: A Case Study of Karnataka Players”. The purpose of the study is to assess the contributions of Karnataka State Hockey players who are represented India at International level in relation to their socio-economic status, sports achievements and motivation. Further to make the profiles of each Karnataka state hockey player who represented India at International level in terms of contribution and achievements. It is found that Karnataka State Hockey players having high intrinsic and extrinsic motivation (achievement motivation) to play particular hockey game.

**Tanveer Khan (2012)**, the purpose of the present case study was to highlight the achievements and contributions of Arjuna Awardee Zafar Iqbal for the promotion of sports in general and hockey in particular in the country. Secondly to underscore his important personality traits and philosophy with regard to the skills as a sports administrator, coach and his professional leadership qualities. The problem therefore was stated as “Arjuna Awardee Zafar Iqbal “Legendary Hockey Player” A Case Study”. A case has been designed wherein historical, biographical, analytical, and interpretive methods have been employed to systematically pursue the work.

**Mukharji (2008)**, instead of studying the histories of national or elite club teams, this article seeks to explore the social and cultural forces that shaped local sporting heroes in mid-twentieth century India. Using a prosopographic approach the article uses a case study of a single talented student-sportsman, Sanctimony Patti, growing up in colonial Bengal and Princely Orissa in the closing years of the Raj to explore the reasons why young people took to sport, the nature of their sporting exploits and the ways in which their sporting activities helped to shape their social lives. Though focused upon a single life-story, through it, this micro-historical study touches upon the broader political, social and cultural currents of the day.

## 3. OBJECTIVES OF THE STUDY

- To assess the contributions of Sri. N. Lingappa to the Indian Athletics as an athlete and as a coach.
- To analyse the Socio-Economic Status of N.Lingappa
- Conclusion and Policy Suggestion

## 4. METHODOLOGY OF THE STUDY

The study is based on purely Primary data. The data collected from questionnaires. The statistical analysis is used to analyze the data of psychological questionnaires and tests. The Chi-Square test is used to analyze the data of opinion questionnaires.

## 5. RESULT AND DISCUSSION

**Contributions of Sri. N. Lingappa to the Indian Athletics as an athlete and as a coach.**

**Table 1. Scores of Emotional Intelligence factors**

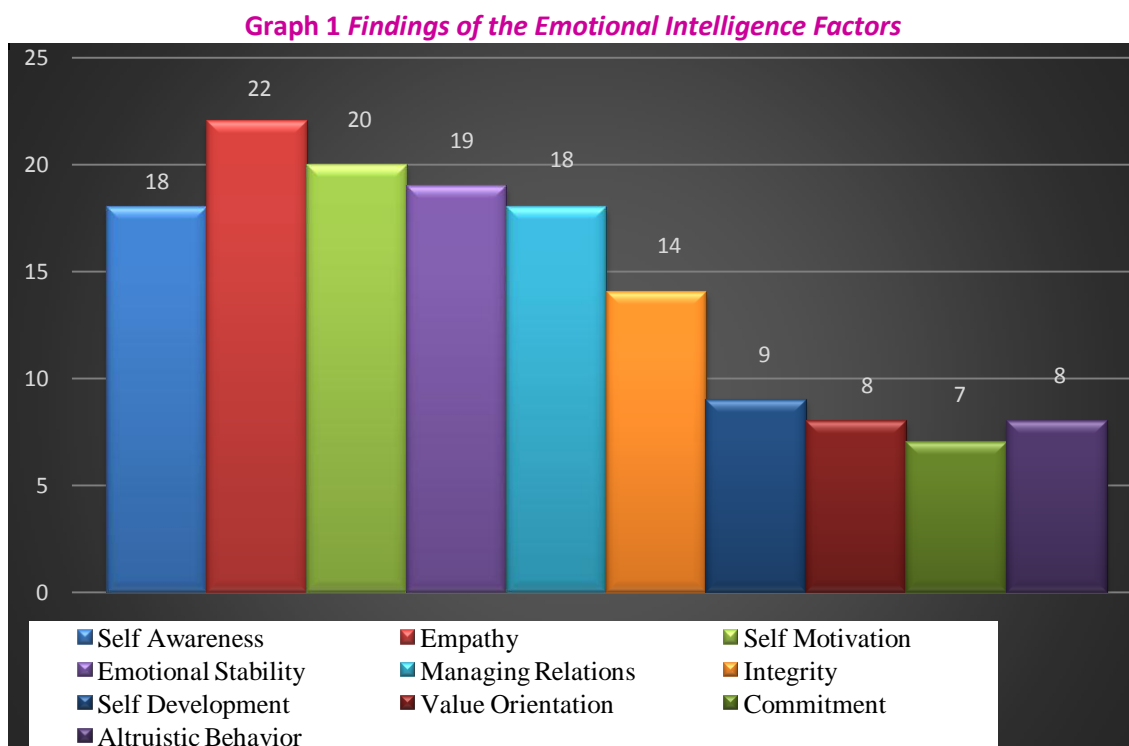
| S.No. | Factors | Factors Name        | Scores | Category |
|-------|---------|---------------------|--------|----------|
| 1     | A       | Self awareness      | 18     | High     |
| 2     | B       | Empathy             | 22     | High     |
| 3     | C       | Self motivation     | 20     | High     |
| 4     | D       | Emotional stability | 19     | High     |
| 5     | E       | Managing relations  | 18     | High     |

|    |   |                     |    |      |
|----|---|---------------------|----|------|
| 6  | F | Integrity           | 14 | High |
| 7  | G | Self development    | 9  | High |
| 8  | H | Value orientation   | 8  | High |
| 9  | I | Commitment          | 7  | High |
| 10 | J | Altruistic behavior | 8  | High |

**Table 2** presents the scores of emotional intelligence factors. The scores of emotional intelligence factors like self awareness (18), empathy (22), self motivation (20), emotional stability (19), managing relations (18), integrity (14), self development (9), value orientation (8), commitment (7) and altruistic behavior (8) clearly indicates that the subject having high level of emotional intelligence in all the ten factors. The graph 2 shows the same.

### 1. Self-Awareness

N.Lingappa has high ability to empathize with, feel comparison for, validate, motivate, inspire, encourage and soothe others. He has high (more) ability to make intelligent decisions using a healthy balance of emotions and reason. He was neither too emotional nor too rational. He has high ability to manage and take responsibility for one own emotions, especially the responsibility for self-motivation and personal happiness. He has high ability of recognizing and naming one’s own emotions and he has high knowledge of the causes of emotions and has high ability of recognizing the difference between feelings and actions.



Sources: Field Survey

### 2. MOOD MANAGEMENT

N.Lingappa has high frustration tolerance ability and anger management, eliminates verbal pull downs, fights and group disruptions, better able to express anger appropriately without resorting to

violence, fewer, suspensions or expulsions, less aggressive or self-destructive behavior, more positive feelings about self, school and family, better at handling stress.

### 3. SELF-MOTIVATION

N.Lingappa was more responsible, better able to focus on task at hand and pay attention, less impulsive; more self-controlled and improved scores on achievement tests.

### 4. Empathy

N.Lingappa was afflicitive person and he makes good companion because he was pleasant and agreeable. Others feel comfortable him and like him in other words, affiliative persons have superior emotional and social skills in dealing with others, derive gratification and reward from their interpersonal contacts, and tend to be source of happiness to others.

### 5. MANAGING RELATIONS

N.Lingappa was more popular and outgoing; friendly and involved with peers, more sought out by peers, more concerned and considerate, more “pro social” and harmonious in groups, more sharing, cooperation and helpfulness, more democratic in dealing with others.

### Analysis of Socio-Economic Status of N. Lingappa

**Table 2. Scores of Socio Economic Status Factor**

| S.No. | Status Name                      | T-Scores | Category     |
|-------|----------------------------------|----------|--------------|
| A     | Social Status (Ascribed)         | 58.61    | Middle Class |
| B     | Social Status (Achieved)         | 60.23    | Middle Class |
| C     | Social Status (Whole)            | 52.69    | Middle Class |
| D     | Economic status (Ascribed)       | 59.55    | Middle Class |
| E     | Economic status (Achieved)       | 57.23    | Middle Class |
| F     | Economic status (Whole)          | 55.35    | Middle Class |
| G     | Socio Economic Status (Ascribed) | 57.16    | Middle Class |
| H     | Socio Economic Status (Achieved) | 59.12    | Middle Class |
| I     | Socio Economic Status (Whole)    | 56.55    | Middle Class |

Source: Field survey

The scores of Socio Economics Status factors like social status (ascribed), socio economic status (achieved), at 60.23 t value social status (whole), at 52.69and economic status (achieved),52.69 socio economic status (ascribed), economic status (ascribed), economic status (achieved), economic status (whole), socio economic status (ascribed), socio economic status (achieved) and socio economic status (whole) clearly indicate that the subject’s family as middle class.

### 6. CONCLUSION AND POLICY SUGGESTION

N Lingappa is good natured, easy going, emotionally expressive, ready to co-operate, attentive to people, softhearted, kindly, adaptable, quick to grasp ideas, a fast learner, intelligent, emotionally mature, stable, realistic about life, unruffled, possessing ego strength, better able to maintain solid group morale, assertive, self assured, independent minded, cheerful, active, talkative, frank, expressive, effervescent and carefree. It is suggested that similar case studies on other outstanding Indian athletes/athletic coach from other states who have brought laurels other country may also be conducted. Similar case studies in disciplines where in India has exceeded international arena should also be carried out both on male and female athletes.

It is also necessary to train coaches who are aware of the new rules of the games and basic facilities of athletics at Shree Kanteerava Stadium, Bangaluru camps should be upgraded to International standards. Athletics like many other games can look for sponsorships that will not only provide financial support to the athletes but will also become a motivator for better performance.

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