



# REVIEW OF RESEARCH

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## ROLE OF FAMILY AND COACHES IN GROOMING A LEGENDARY HOCKEY PLAYER: A CASE STUDY ON ARJUN AWARDEE SYED JALALUDDIN RIZVI

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### ABSTRACT

*The purpose of the study was to know the Role of Arjun Awardee Syed Jalaluddin Rizvi's family and coaches for making him hockey star. Which would be a great source of inspiration to the present and future of sports generation related with hockey. Data or information for this investigation was derived from the primary sources i.e., personal records, pictorial records, published material, interview, official records and secondary sources. To have insight on various aspects of personality of Syed Jalaluddin Rizvi a self-designed questionnaire with the help of experts was prepared. After collection of data about the role of family and coaches in making him a hockey star it is concluded that Syed Jalaluddin Rizvi's entire hockey career has grown and reached only with the help of family and luckily, he has been fully supported by very experienced coaches and family. The first coach of Syed Jalaluddin's hockey career was Mr. Amarjeet Rai who trained him so well that he could understand his own strength in hockey and improve his game. His seniors Master Majeed saab, Master Badruddin saab and both brothers Manzoor Rizvi, Riyazuddin Rizvi always backed him to play hockey. Moreover, his family is also having a good hockey background which helped him a lot. These coaches, seniors and brothers motivated him well and as a result Today, Syed Jalaluddin Rizvi became a legendary star of hockey.*



**KEYWORDS:** Coach, hockey star, achievements, family, Arjuna award.

### INTRODUCTION:

A case study is a widely employed research approach in the social and life sciences that focuses on gaining an in-depth understanding of a specific case. Although the method does not have a single, fixed definition, it is commonly described as a detailed examination of an individual, group, organization, or phenomenon within its real-life context. The primary purpose of case study research is to explore complex issues and generate insights that may inform understanding beyond the immediate case. This method involves systematic and comprehensive analysis of data related to multiple variables, allowing researchers to investigate phenomena that are difficult to isolate through experimental designs. Case studies are particularly useful for examining situations as they naturally occur, thereby enhancing contextual and practical understanding. By narrowing broad research problems into clearly defined questions, the case study approach enables focused and manageable investigation. Moreover, the integration of qualitative and quantitative data strengthens analytical depth, as it allows the researcher to examine different dimensions of the phenomenon. Consequently, this approach provides a more comprehensive understanding than methods relying on a single source of evidence. Case study research is most appropriate when the primary objective of the investigation is to address “why,”

“how,” and “in what context” questions. This approach is particularly suitable when the researcher has no control over the behavior of the individuals or groups being studied. It is also valuable when the study seeks to incorporate contextual conditions that are believed to influence the phenomenon or when the relationship between the phenomenon and its surrounding context remains unclear. As noted by Baxter et al. (2008), the case study method enables detailed examination of real-life situations in which contextual factors are integral to understanding the issue under investigation. Sports play a significant role in human society, encompassing a wide range of physical activities and competitions. They have been an integral part of human culture for centuries, serving as a means of entertainment, exercise, and personal development. Whether it's an individual or team-based sport, the essence of sports lies in the pursuit of excellence, fostering teamwork, promoting physical fitness, and offering a platform for athletes to showcase their skills. Sports come in various forms, catering to different interests and preferences. Some of the most popular sports around the world include football (soccer), basketball, tennis, cricket, rugby, baseball, athletics, swimming, and many more. Each sport has its own set of rules, equipment, and objectives, creating a unique experience for participants and spectators alike. Participating in sports offers numerous benefits. Firstly, it promotes physical health and well-being by enhancing cardiovascular fitness, strength, flexibility, and coordination. Regular involvement in sports also helps individuals maintain a healthy weight and reduce the risk of chronic diseases. Moreover, sports instill valuable life skills such as discipline, perseverance, teamwork, and sportsmanship, which are essential for personal growth and success in various aspects of life. Sports also have a remarkable impact on society. They bring people together, transcending cultural and societal boundaries, fostering a sense of unity and camaraderie. Sporting events have the power to generate intense emotions, forge lasting friendships, and create a shared sense of identity among fans. Additionally, sports have become a significant economic industry, generating revenue through ticket sales, sponsorships, merchandise, and media rights. In recent years, technological advancements have revolutionized the world of sports. Instant replays, video assistant referees, wearable technology, and data analytics have enhanced the spectator experience and provided athletes with valuable insights into their performance. Furthermore, sports have become a platform for social activism, with athletes using their influence to advocate for social justice and equality. Whether you are a passionate athlete, an enthusiastic fan, or simply someone interested in learning about different sports, exploring the world of sports can be a thrilling and rewarding experience. It embodies the human spirit of competition, perseverance, and the constant pursuit of excellence, creating moments of triumph, inspiration, and unity that resonate across the globe.

### **HISTORICAL DEVELOPMENT OF HOCKEY**

Hockey is among the oldest known sports, with its origins traced to ancient civilizations such as Persia, Greece, and Rome. Archaeological evidence and historical records indicate the existence of hockey-like games across various cultures. In England, the sport evolved significantly during the 19th century, leading to the establishment of standardized rules and formal associations. Hockey has a long and complex history that reflects the gradual evolution of stick-and-ball games across different civilizations. Early forms of games resembling hockey can be traced to ancient societies, where variations of stick-based games were played for recreation and physical training. These early activities, although informal, laid the groundwork for the development of organized hockey by emphasizing coordination, agility, and teamwork. Over time, regional versions of similar games emerged in Europe, each contributing elements that later shaped the modern form of the sport. The transformation of hockey into an organized sport occurred primarily during the nineteenth century. With the rise of industrialization and structured leisure activities, efforts were made to standardize rules and playing methods. Formal regulations helped distinguish hockey from other stick games and promoted consistency in competition. The establishment of clubs and associations provided an institutional framework that encouraged regular matches and wider participation. This period marked the transition of hockey from a recreational pastime to a competitive sport. As the sport gained popularity, international competitions played a crucial role in its global expansion. Hockey was introduced into major multi-sport events, which enhanced its visibility and prestige. Advances in equipment, playing

surfaces, and training techniques further contributed to the sport's modernization. These developments improved player safety, increased the pace of the game, and enhanced overall performance standards. In the twentieth century, hockey continued to evolve through technological innovation and professional administration. Governing bodies were established to oversee international competitions and ensure uniformity in rules. The inclusion of hockey in global sporting platforms strengthened its international appeal and encouraged cross-cultural exchange. Today, hockey stands as a well-organized and globally recognized sport, shaped by centuries of gradual development and continuous adaptation to changing social and sporting environments. Hockey has historically occupied a central position in the development of sport in India and has played a significant role in shaping the country's international sporting identity. Introduced during the colonial period, hockey rapidly evolved from a recreational activity into a highly organized competitive sport, gaining widespread popularity across regions. India's dominance in international hockey during the early and mid-twentieth century, particularly in the Olympic Games, contributed to national pride and global recognition. Beyond elite performance, hockey has functioned as a vehicle for social integration, providing opportunities for athletes from diverse socio-economic backgrounds to achieve upward mobility. Institutional support through bodies such as the Hockey India Federation and the Sports Authority of India has further strengthened talent identification and player development systems. In recent decades, structural reforms, professional leagues, and advancements in coaching methodologies have contributed to the revival and modernization of Indian hockey. The introduction of scientific training, improved infrastructure, and exposure to international competition has enhanced performance standards. Despite challenges related to resources and global competition, hockey continues to retain cultural and historical significance in India, symbolizing discipline, teamwork, and national heritage while remaining a critical area of academic and policy-oriented sports research.

## METHODOLOGY

The present case study was undertaken to examine the influence of Arjuna Awardee Syed Jalaluddin Rizvi's family and coaches in shaping his journey to becoming a distinguished hockey player. Information for the study was collected from both primary sources, including personal documents, photographs, interviews, and official records, as well as secondary sources. Prior to conducting the interview, the researcher made direct contact with Syed Jalaluddin Rizvi's family. To gain a comprehensive understanding of various facets of Rizvi's personality, a self-constructed questionnaire was developed. The questionnaire items were refined based on feedback provided by subject-matter experts. Additionally, an extensive review of relevant literature and previous case studies informed the selection and framing of the questionnaire content. The interview process primarily focused on exploring the contributions of his family and coaches, highlighting their role in nurturing his talent and guiding him toward achieving recognition as a legendary figure in Indian hockey.

## RESULTS AND DISCUSSION

To know Role of Arjuna awardee Syed Jalaluddin's family and coaches for making him hockey star a self-designed questionnaire was equipped. After collecting the data, it was found that Mr. Syed Jalaluddin Rizvi is a former Indian Hockey player born on Jan 10, 1958, home town Bhopal Madhya Pradesh. He did his schooling from Phool Mahal School, Bhopal. He did his under graduate course in Bachelor of Arts and post graduate in Master of Arts from Safia College, Barkatullah University Bhopal. His father late Badruddin Rizvi and mother late Mahmoudinssa Rizvi. They were blessed with six children, three girls and three boys. All the sisters are elder and brothers are younger. The eldest one Badrunnisa, then Shamsunnisa, Habibunnisa, Syed Manzoor Rizvi, Riyazuddin Rizvi and the youngest of all Syed Jalaluddin Rizvi. Arjuna Awardee Syed Jalaluddin Rizvi belongs to a middle-class family. His eldest brother was an excellent hockey player. He would buy broken hockey sticks from school auctions for 3-4 rupees, then bring them home, fix it, and give us to play with. This was the biggest reason he inspired Jalal towards hockey. Jalaluddin Rizvi credits his elder brother, Mansoor Ali Rizvi for introducing him to hockey, he involved the passion of hockey in him. He belonged to the City of Lakes; swimming was a natural and familiar activity for him. He regularly practiced swimming in both bada

talab and chota talab. This consistent engagement in swimming provided him with a strong physical foundation for hockey. It significantly contributed to the development of his muscular strength and endurance, which later proved to be highly beneficial in enhancing his overall sports performance. There was a strong hockey atmosphere at his home since childhood, so the sport was never something new to him. His coach Mr. Amarjeet Rai who trained him so well that he could understand his own strength in hockey and improve his game. His seniors Master Majeed saab, Master Badruddin saab and both brothers Manzoor Rizvi, Riyazuddin Rizvi always backed him to play hockey. He recalls that his selection for the national camp brought great joy to his family but also presented a critical dilemma, as participation in the national camp required the loss of an academic year. When he shared his concern with his mother, she responded with a rational assessment, asking whether the camp would lead to final national selection. Upon his affirmative reply, she encouraged him to pursue the opportunity and reassured him that family responsibilities would be managed. This incident underscores the pivotal role of his mother in career-defining decisions. The position Syed Jalaluddin Rizvi is at today is only due to the right guidance of coaches and family. They motivated him well and as a result Today, Syed Jalaluddin Rizvi became a legendary star of hockey

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