CHAPTER I

INTRODUCTION

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A case study is a complete analysis and report of the status of a particular unique individual, institution or programme. The important purpose of case study is to know the reality to ascertain weakness and strength and finally to bring about desirable changes or improvement.

In India sports for all is still only a dream. If this dream is to become a reality our nation must truly recognise the value of sports in the life of every individual in modern society. Every one must recognise the very importance of promoting our most talented players and to build sports facilities for the promotion of physical fitness of the population of our country.

Human performance and ability play a very important role in the productivity and development of the nation. Much hard work, planning and organisation on the part of sports administrators along with strenuous training by the participants themselves are imperative if India is to climb to a higher pedestal of performance in sports and games.

A developing country like India is not able to afford much spending for sports purpose. The human body depends upon many factors. Physical fitness is an important factor that determines the performance level of the individual. When people are physically fit they look better feel better, work better, sleep well, think more clearly and resist disease and tension more easily.

The present condition of Indian Sports is very miserable. Considering the population, in the International Sports, India is nowhere.

Countries like United States of America, German Democratic Republic, Australia, China and Japan have a specific approach towards sports and games where they provide sophisticated facilities to athletes and players with the main aim of improving their performance. Movement education is given to every boy and girl from elementary level to University Education.

1.1 SWIMMING

The aquatic sport of swimming is based on the human act of swimming, that is, locomotion in water by self propulsion, with the goal of completing a given distance in the shortest amount of time. There are also swimming competitions for endurance or precedence rather than speed, such as crossing the English Channel or some other stretch of open water. Swimming is distinguished from other aquatic sports (such as diving, synchronized swimming and water polo) that involve swimming but the goal is neither speed nor endurance.

Competitive swimming consists of four strokes: butterfly, breaststroke, freestyle (or front crawl), and backstroke. When all four strokes are done during a race, it is called medley swimming (otherwise known as the individual medley, or I.M.). Swimming competitions are called swimming galas, where the swimmer can swim one of the four strokes or I.M. for a

certain distance (sprint race e.g.100m or distance race e.g.400m). When a swimmer achieves a better time then their exiting one in an official gala, they get a personal best time (or P.B.), and if the time is fast enough, they may achieve a national time. (Davis and E.S. Marks , 1992)

1.2 HISTORY OF SWIMMING

Swimming has been recorded since prehistoric times; the earliest recording of swimming dates back to Stone Age paintings from around 7,000 years ago. Written references date from 2000 BC. Some of the earliest references to swimming include the Gilgamesh, the Iliad, the Odyssey, the Bible, Beowulf, and other sagas. In 1578, Nikolaus Wynmann, a German professor of languages, wrote the first swimming book, The Swimmer or A Dialogue on the Art of Swimming (Der Schwimmer oder ein Zwiegespräch über die Schwimmkunst).

Competitive swimming in Europe started around 1800, mostly using breaststroke. In 1873 John Arthur Trudgen introduced the trudgen to Western swimming competitions, after copying the front crawl used by Native Americans. Due to a British disregard for splashing, Trudgen employed a scissor kick instead of the front crawl's flutter kick. Swimming was part of the first modern Olympic games in 1896 in Athens. In 1902 Richard Cavill introduced the front crawl to the Western world. In 1908, the world swimming association, Fédération Internationale de Natation (FINA), was

formed. The butterfly stroke was developed in the 1930s and was at first a variant of breaststroke, until it was accepted as a separate style in 1952. (Nicholas Orme, 1983)

1.3 HISTORY OF SWIMMING IN INDIA

The Swimming Federation of India (SFI) is the central governing body for promotion and administration of swimming sport in India. The SFI is affiliated to FINA, the world governing body for the sport. SFI was formed after the amalgamation of its predecessors - the National Swimming Association (NSA) and the Indian Swimming Federation (ISF). The two rival associations were at loggerheads over affiliation issues. While the Kolkata-based NSA got affiliation from FINA in 1932-33, the ISF was supported by the Indian Olympic Association (IOA). After much mudslinging, the issue was resolved in 1948, with the intervention of then Prime Minister Jawaharlal Nehru and consequently, the Swimming Federation of India came into being.

Like several other sports bodies, the SFI was established to promote the respective sport in India. However, the poor emphasis on scientific training of the budding swimmers in India, inadequate infrastructure, indifferent planning and programming has led to the downfall of Indian swimmers. Moreover, SFI has failed miserably in raising the standards of the Indian swimmers, who are desperately looking for a good platform to display their talent and gain international repute. The haphazard and out-dated training

methods have added to the lack of outstanding talents in the sport. Nevertheless, SFI remains the apex body for swimming in India, with the responsibility of the game, in the country.

1.4 DIFFERENT SYTLES OF SWIMMING

There are many modalities of swimming competitions, distinguished mainly by the swimming strokes that are allowed, including the following

1.4.1 Butterfly or fly:

The course must be completed entirely in the butterfly style, in which the swimmer brings his or her arms near full extension and releases at the waist. While the swimmer's arms are at full extension the head comes up to take a breath as the arms pull down. As the swimmer releases the water past their hips, they bring their arms up and out into the recovery while the head goes back down. "Dolphin kicking" (undulating) with both feet together in sequence with two kicks per arm stroke. Usually there is a kick while the hands are at full extension and then one at the recovery when the hands are at their hips. All end walls must be touched with two hands, and the swimmer will be disqualified if his/her arms do not clear the water at the same time. Typical distances include 50, 100, 200 meters or yards. Novice swimmers may compete in 25 meter or yard butterfly races. (Clarkson, A. 1990)

1.4.2 Backstroke or back:

In this style, competitors must swim in the backstroke style, which is similar to the front crawl, except on the back. Kicking is done by alternating both feet continuously. The arms pull one at a time in a windmill motion on the side of the body. At the end walls, flip turns are permitted (the swimmer is to turn on to his/her front before performing the freestyle flip turn), and a two-hand touch is not necessary. Typical distances include 50, 100, 200 meters or yards, depending on the pool. Novice swimmers may compete in 25 meter or yard backstroke races.

1.4.3 Breaststroke or breast:

Competitors for breast stroke must swim in the breaststroke style, where the swimmer kicks legs out (much like a frog, but more whip like and with the knees staying closely together). The hands meanwhile scoop the water in towards the chest and are then thrust forward in front of the body just before the kick is repeated. The breath is started as the hands pull the water from full extension, the head bobs up, and then put back down as the arms thrust forward. One underwater "pull-out" is permitted for the start and after every end wall, with, in order: streamline glide, one fully extended pull, one breaststroke kick while bringing the hands back forward. This pullout is done under water without a breath. The hands must touch the wall simultaneously at every turn like in the butterfly modality. After the 2004 Olympics in Athens,

Greece, there was an adjustment made to the underwater "pull-out", allowing a single downward dolphin kick to be performed simultaneously with the arm pull. Typical distances include 50, 100, 200 meters or yards. Novice swimmers may compete in 25 meter or yard butterfly races.

1.4.4 Freestyle or free:

In this style, competitors are free to use any stroke they wish. Most select the front crawl, as it is both the fastest and most efficient. The front crawl is where the swimmer breathes to the side with typically one ear staying in the water, kicks by alternating both legs, and pulls with each arm moving in an alternating fashion. Flip/tumble turns are legal and are used nearly universally. Typical distances are 50, 100, 200, 400, 500, 800 and 1500 metres, as well as 50, 100, 200, 500, 1000, 1650 yards. Novice swimmers may compete in 25 meter or yard freestyle races. Freestyle may also be swam as a relay with four swimmers, in 4x50, 4x100 or 4x200 formats.

1.4.5 Individual medley

Each swimmer must complete one quarter of the full distance in each of the three competition styles (butterfly, backstroke, breaststroke) and one part in free style. Open turns are required in the switch from one style to another, but flip turns or bucket turns can be made during a backstroke and freestyle flip turn where the next stroke is the same as the previous one. Suicide turns are also allowable during the transition from backstroke to

breaststroke. Each part must be completed in its style before moving on to the next style. The full distance is typically 100, 200, or 400 meters or yards. There is also exists a medley relay in which four swimmers each swim one of the four strokes. The relay is swam in 4x50 or 4x100 formats, and in the following order: backstroke, breaststroke, butterfly, freestyle. (Clarkson, A. 1990)

At the end walls, the following turns may be permitted, depending on the modality and swimming style:

- Open turn

- Flip turn or tumble turn

- Backwards flip turn or bucket turn

1.5 SWIMMING COMPETITION

The goal of competitive swimming is usually to have the fastest time to complete a given distance. Competitive swimming became popular in the nineteenth century.

Swimming is an event at the Summer Olympic Games, where male and female athletes compete in 13 of the recognized events each. Olympic events are held in a 50 meter pool (long course). There are 36 officially recognized individual swimming events – 18 male events and 18 female events, however the International Olympic Committee only recognizes 34 of them – 17 male

and 17 female. The international governing body for competitive swimming is The Fédération Internationale de Natation ("International Swimming Federation") better known as FINA.

1.5.1 MEET SETUP

A meet consists of a number of events classified by age, gender, distance, and stroke. For example, Event 1: Girls 8&U 25 fly. Each event has a certain amount of heats. A heat is a group of people who swim at the same time, one per lane, yet compete against all entries in that event. Most meets do one stroke at one time. A heat sheet tells a swimmer what they will swim and in what heat and lane. A psych sheet tells the entry position of the swimmer before the start of the meet. Larger meets, which are not national or international competitions, typically cover a three day period, usually Friday, Saturday, and Sunday. Fridays are typically the distance events: 400 free, 800 free, 1000 free, 1500 free, 1650 free, and the 400 IM. Saturdays consist half of the events and, most likely, free relays. Sundays consist of the remainder of the events and the other relays. In typical meets, swimmers are placed after swimming once in their heat, timed finals. In championship meets (international, national, state, regionals, district, and collegiate) and some other meets, the swimmers compete in preliminaries, sometimes semi-finals, and are placed after finals. Sometimes swimmers can enter time trials at a meet, to obtain new official times, but the results of time trials are not included in the official placing of the particular event at the meet. (Clarkson, A. 1990)

1.5.2 CHANGES TO THE SPORT

Swimming times have dropped over the years due to better training techniques and to new developments.

The first four Olympics competitions were not held in pools, but in open water (1896- The Mediterranean, 1900- The Seine River, 1904- an artificial lake, 1906- The Mediterranean). The 1904 Olympics' freestyle race was the only one ever measured at 100 yards, instead of the usual 100 meters. A 100 meter pool was built for the 1908 Olympics and set in the center of the main stadium's track and field oval. The 1912 Olympics, held in the Stockholm harbour, marked the beginning of electronic timing.

Male swimmers wore full body suits until the 1940s, which caused more drag in the water than their modern swimwear counterparts did. Competition suits now include engineered fabric and designs to reduce swimmers' drag in the water and prevent athlete fatigue. In addition, over the years, pool designs have lessened the drag. Some design considerations allow for the reduction of swimming resistance, making the pool faster. Namely, proper pool depth, elimination of currents, increased lane width, energy absorbing racing lane lines and gutters, and the use of other innovative hydraulic, acoustic and illumination designs.

The 1924 Summer Olympics were the first to use the standard 50 meter pool with marked lanes. In the freestyle, swimmers originally dove from the

pool walls, but diving blocks were incorporated at the 1936 Summer Olympics. The flip turn was developed by the 1950s and goggles were first used in the 1976 Olympics.

There were also changes in the late 20th century in terms of technique. Breaststrokers are now allowed to dip their head completely under water, which allowed for a longer stroke and faster time. However, the breaststrokers must bring their heads up at the completion of each cycle. In addition, a split stroke in the breaststroke start and turns has been added to help speed up the stroke. There have been some other changes added recently as well. Now off the start and turns, breaststrokers are allowed butterfly kick to help increase their speed. Backstrokers are now allowed to turn on their stomachs before the wall in order to perform a "flip-turn". Previously, they had to reach and flip backwards, but this turn is now illegal in all backstroke races. However, a variation of it, known as a "bucket turn" is sometimes used in Individual Medley events to transition from backstroke to breaststroke.

The foundation of FINA in 1908 signalled the commencement of recording the first official world records in swimming. At that time records could be established in any swimming pool of length not less than 25 yards, and records were also accepted for intermediate distance split times from longer distance events. The Danish swimmer Ranghild Hveger established forty-two records between 1936 and 1942 due to these rules.

Records in events such as 300 yd, 300 m, 1000 yd and 1000 m freestyle, 400 m backstroke, 400 m and 500 m breaststroke were no longer ratified from 1948. A further removal of the 500 yd and 500 m freestyle, 150 m backstroke and 3×100 m medley relay from the record listings occurred in 1952.

In 1952 the national federations of the United States and Japan proposed at the FINA Congress the separation of records achieved in long course and short course pools, however it was four more years for action to come into effect with Congress deciding to retain only records held in 50 m pools as the official world record listings.

By 1969 there were thirty-one events in which FINA recognised official world records – 16 for men, 15 for women – closely resembling the event schedule that was in use at the Olympic Games.

The increase in accuracy and reliability of electronic timing equipment led to the introduction of hundredths of a second to the time records from 21 August 1972.

Records in short course (25 m) pools began to be officially approved as "short course world records" from 3 March 1991. Prior to this "record" times were not officially recognised, but were regarded a "world best time" (WBT). From 31 October 1994 records in 50 m backstroke, breaststroke and butterfly

records were added to the official record listings. (Osmond, G. and Phillips, M. 2004)

FINA currently recognises world records in the following events for both men and women.

- Freestyle: 50 m, 100 m, 200 m, 400 m, 800 m, 1500 m
- Backstroke: 50 m, 100 m, 200 m
- Breaststroke: 50 m, 100 m, 200 m
- Butterfly: 50 m, 100 m, 200 m
- Individual medley: 100 m (short course only), 200 m, 400 m
- Relays: 4×100 m freestyle, 4×200 m freestyle, 4×100 m medley

1.6 NEED OF CASE STUDY

In the past Indians were very famous for their sports prowess and showed their strength and skills in various activities like archery, wrestling and spear throwing. India had a glorious record in hockey and in cricket and is particular in hockey performance in international level was creditable and covetable.

A case study is more or less a bird's view analysis and a report of the status of particular unique individuals, subjects, schools, institutions, play grounds, communities or cities. The purpose of case study is to ensure possible improvement of status.

In the case study, the researcher strives for an in depth understanding of single situation or phenomenon and at time about an individual. The case study is a form of 'descriptive research. Although it consists of a rigorous, detailed examination of a single case, the understanding consequently, by in depth study of an individual it -becomes more comprehensive about the individual's contributions in a particular area of his specialization.

The case study is very flexible as to the amount and type of data that are gathered. Hence, the steps in methodology are not uniform with all case studies. One of the first step is to define and describe the present situation. Secondly, background information is then required in the effort to better understanding the present situation and perhaps to slide light on some possible causes. The next step may involve the elimination of some possible causes, re-examinations in certain areas and new evaluations in other areas, as suggested by the analysis of the background information. The last step is to verify one or more of the hypothesis.

One of the principal advantages of the case study approach is that it can be fruitful in formulating the new ideas and hypothesis about problem areas, especially area in which it include the failure to utilize the appropriate sources of information, and subsequently concluding that the problem stems from a source which is not really relevant.

1.6.1 Biological Factor and Personality

Eysenck (1973) emphasized the importance of genetic factors in determining the intelligence and personality of an individual. He propagated the theory about the biological basis of extraversion or introversion and neuroticism or stability. He delineated two major independent dimensions and variable of personality of an individual.

Extravert are highly sociable, enjoy the limelight, face the risk, unperturbed optimistic impulsive. They are aggressive and expedient and unreliable. On the other hand Introverts are quiet, reserved and withdrawn. They like their own company, cautious and pessimistic. They are serious minded, control their feelings, reliable and tend to have high ethical standards.

The neurotics are typically anxious, moody, frequently depressed, psychologically preoccupied habitually haunted by the feelings for fear. An individual with stability of mind shows little emotional reaction to the situational occurrences well tempered and undisturbed.

1.6.2 Personality and the Player

A player's personality is crucial in determining the success in the arena of sports. True, a seven-stone weakling is unlikely to become an effective defensive player, regardless of personality, the well proportioned and skilful player will not succeed without determination and the will to win. The

personality of each individual is unique. The role playing behaviour of the individual is superficial and an unreliable indicator of personality (Crathy, 1989).

Individuals can be classified on the basis of their characteristics and attempts in this regard had been successful. However, individual differences are found to be so acute and generalization does not prove to be a fool-proof way of classifying individuals or personalities. Eysenck (1973) gave the basis of individual differences in personality make-up; he observed, "Human-beings differ with respect to the speed with which excitation and inhibitions are produced, the strength of the excitation and inhibition produced and the speed with which inhibition is dissipated. These differences are properties of physical structures involved in making stimulus response connections. The author relates such difference to his personality dimension. The physiological interpretation of some Eysenck's findings in terms of excitation inhibition balance and the concept of arousal have particular implication for movement behaviour which are just to be made explicit.

Kretchmer (1915) said that all individuals could be classified into four categories i. Pyknic, ii. Asthenic, iii. Athletic, iv. Dyplastic. These classifications were considered to be very significant from the point of view of personality study. Spranger, a reputed psychologist tried to classify the individuals on the basis of their life-value. He said that all individuals could be classified into six ways. i. Cognitive, ii. Aesthetic, iii. Economic,

iv. Political, v. Religious and vi. Social. Sportsmen, as a separate category have no place in this heritage. In fact, recent research confirmed that a sportsman has a more complete personality structure than any of the types mentioned above. Certain predominate personality traits have been identified an athlete. The type of length of social interaction and interpersonal relationship will generally determine the degree of manipulation and manifestation of a particular trait in a sportsman. The way various traits of personality combine into themselves will determine the behaviour of an individual. Successful studies have been conducted to show that athletes are different from non athletes on personality traits.(Booth, E 1989)

1.6.3 Leadership

Dr. Chelladurai (1994) , an expert in sports management thinks that one of the significant processes in management of human resources is leadership. The immediate supervisor and top-level administrator provide the leadership to the employee and this helps them to understand their roles and performance, expectations and their relationships to organizational goals and reward systems. In addition, good leadership enhances employee's personal growth and development, motivation, performance and job satisfaction. Therefore, managers should have a clear understanding of the dynamics of leadership within organization.

1.6.4 Nature and Importance of Leadership

Leadership is more or less the process of influencing and supporting others to work enthusiastically towards achieving objectives. It is the critical factor that helps an individual or a group to identify the goals and then motivates and assists in achieving the stated goals. The three important elements in the definition are: influence / support, voluntary effort and goal achievement. Without leadership, an organization would be only a confusion of people and machines, just as an orchestra without a conductor would be only musicians and instruments. The orchestra and all other organizations require leadership to develop their precious assets to the fullest.

Leadership is related to motivation, interpersonal behaviour and the process of communication. Leadership is important to dispel the employee's dissatisfaction. Good leadership also involves the effective process of delegation. The leadership or relationship is not limited to leader's behaviour resulting in subordinate behaviour. Leadership is a dynamic process and leader – follower relationship is reciprocal and effective leadership is in fact a two way process which influences both individual and organizational performance Scott. (1999)

1.6.5 Traits of Effective Leaders

People are concerned about the nature of leadership since the beginning of history. Early research tried to identify the traits and difference

between leaders and non leaders or between successful and unsuccessful leaders. Many cognitive and psychological factors like intelligence, ambition and aggressiveness were studied. Other researchers examined physical characterists like height, size and shape of the body and personal charisma and magnetism. Many corporations still apply the controversial Msyers – Briggs Type Indicator personality test, based on the work of psychologist Carl Jung, to label manager as extroverts or introverts, thinkers or feelers, sensors and judges or perceivers. Interest and speculation clearly persist what characteristics can make a good leader. The six most important traits seem to be a high level of personal drive, the desire to lead, personal integrity, self-confidence, analytical ability/ judgement and knowledge and knowledge of the company / industry / technology, charisma, creativity and flexibility are also frequently desired.

Successful leadership depends mainly on appropriate behaviour, skills and actions rather than personal traits. This is similar to that of the difference between the latent energy and kinetic energy in physics. One type (the traits) provides the hidden potential and the other (the behaviour) releases and expresses these traits, as kinetic energy. The distinction is a significant one, since behaviour can be learnt and changed, while many traits are relatively static. Leaders use the three broad types of skills and they are technical, human and conceptual. Although these skills are interrelated practically they can be considered separately Bass, B.M (1985)

1.6.6 Biographical Research

According to John Dollard (1935) biographical study is a complete analysis and report of the status of an individual subject with respect, as a rule to specific phases of his total personality. A definite analysis of criteria considered indispensable for judging life-history technique has been outlined and illustrated by John Dollard.

1.7 PROFILE OF SEBASTIAN XAVIER

Sports and Games are the part and parcel of human race. The fact is an established truth from history. At present period sports and games are the part of general education. It cannot be separated from the education. The communities and society accept it. The educational policies of government have taken much effort to improve the sports and games. By the hard work and motivation of the sports council many sports personalities are recognised and encouraged.

Man is nothing in himself. He is merely infinite opportunities. But he is responsible for his opportunity. Sebastian Xavier loved travelling. He took up swimming so he could travel with school friends to competitions. As a young boy he used to swim in the backwaters of Kerala in South India. This early practice in swimming laid a solid foundation on which his professional career was built. His father and coach spotted his talent and encouraged him to continue in swimming. Sebastian broke into the national scene in 1991, when

he set 4 national records. Sebastian recalls, "I was ecstatic and indescribably happy." Having been taught to look beyond the present, Sebastian set his eyes on the 1994 Asian Games in Hiroshima. Twice a day he swam fifteen kilometers in preparation for the games. Sebastian willingly invested his time in hope of reaching his goal.

On the day of the trials, Sebastian exploded into a flurry of strokes. His mind and body worked in perfect harmony. His goal was the finish line. Everyone assumed that he would qualify. Though he made a new personal record, he was still .02 seconds short of the prescribed qualifying time for the 50 metre free style. The next day's newspapers announced the team going to Hiroshima. His name was not on it.

His positive and progressive approach was rewarded when he won six gold medals and two silver medals in the 1995 South Asian Federation Games. Looking back at this success, he is quick to give all glory to Jesus; "Jesus is the secret of my success. I am never ashamed of making this confession."

1.8 REASONS FOR SELECTION OF THE STUDY

Our modern civilization depends upon the quality of science, which guides our choice and improves our present standard of living. Hence, scientific researches and new inventions are inevitable. The scientific revolutions in electronics, space explorations and bio-technologies are all carried out for commercial purposes, changing rapidly the present day

lifestyles. Sports is one of the integral parts of modern technology in various ways. Advanced scientific study will attempt to highlight the playing, coaching, administrative, personality and leadership career of Sebastian Xavier, a sports personality and fitness practitioner. This study also reveals the qualities of his successful sports achievements as international swimmer.

A few had attempted to study an individual who was an international ace player and also a national coach and the researcher felt that this study on sports personality in general is probably the first of its kind in India and on an international swimmer.

In this study, the researcher is interested to make a case study on Sebastian Xavier, a sports personality and fitness practitioner, to document, how far he achieved in swimming, how far he has contributed for the promotion of sports, how far he contributed for creating awareness among young generation about the importance of physical education programmes and physical fitness and other contributions he made towards development of sports and games.

1.9 STATEMENT OF THE PROBLEM

The study was intended to reveal the life, achievement, contribution, and personality of Sebastian Xavier, an International Swimmer, towards sports.

1.10 HYPOTHESES

The hypotheses formulated for the present study are as follows:

i) It was hypothesized that the environment in which he was brought up would have been played a base for good health and physical fitness of Sebastian Xavier.

ii) It was hypothesized that the encouragement shown by different persons in his life would have motivated him to achieve higher levels of his competitions.

iii) It was hypothesized that Sebastian would have contributed significantly at National and International Swimming Competitions, which enabled him to get Arjuna Award.

iv) It was hypothesized that Sebastian Xavier personality behaviour would be in the positive side which might have enabled him to attain the highest levels of achievements and to face critical situations during his career.

v) It was hypothesized that Sebastian Xavier would have dedication and commitment on hard work schedule, which made him to be top international swimmer.

vi) Thus, it was hypothesized that Sebastian Xavier would be a role model as an International Swimmer and Coach and contributed significantly for the development of sports and games in our country.

1.11 SIGNIFICANCE OF THE STUDY

i)   This study has covered the life of the player cum coach events from the childhood of Sebastian Xavier.

ii)   This study may help to reveal the life career and achievement of Sebastian Xavier

iii)   This study may help to show the contribution of Sebastian Xavier an Arjuna Awardee for the promotion of sports and games.

iv)   This study may help to document the personality traits and leadership qualities of Sebastian Xavier

v)   This study may help to outline how far the unique personality and leadership qualities of Sebastian Xavier contributed for the promotion of physical education and sports.

vi)   This study may help to inspire the active young community players and young coaches to take up Physical Education as their career.

vii)   This study may help administrators to be involved in the promotion of sports and games.

viii)   This study shows the dedication of the subject towards sports and games right from his childhood.

ix)   The study may create interest in other investigators to take up similar studies in other areas.

1.12 DELIMITATIONS

i)   Primary data were collected only through the technique of personal interview with Sebastian Xavier, his colleagues, Sports Clubs and Associations, swimmers and the secondary data were collected from News Papers, Magazines, Internet websites, and Sports Articles etcetera.

ii)   The investigator has analysed the contributions of Sebastian Xavier an Arjuna Awardee for the development of Sports.

iii)   This study would be confined only towards Sebastian Xavier Arjuna Awardee participation, achievement, contributions, personality traits and leadership qualities.

iv)   The personality traits of the subject are analysed through Cattell's Sixteen Personality Factor Questionnaire.

v)   Questionnaire as well as Interview method was followed to collect necessary primary data from the subject for the study.

vi)   Questionnaire seeking opinion on Sebastian Xavier was administered to friends, sports administrators, sports organizers, physical

educationists, coaches, etcetera and the same were subjected for statistical analysis through Factor Analysis.

1.13 LIMITATIONS

i)   The personal activities of the subject were not touched upon and what related to the objective of the study was dealt with.

ii)   The investigator met the Coaches, Eminent in the field of Physical Education and Sports, Administrators of various sports clubs and associations for collection of data for this study.

iii)   For want of time, types of questions asked were limited to the following broad areas, like family and childhood, education and sports activities as a student, sports achievements, contributions as trained physical educationist, personality traits and leadership qualities, contribution to sports development.

1.14 DEFINITION OF THE TERMS USED IN THE STUDY

1.14.1 Case Study

A case study is a scientific study or case history, amounts in essence to the careful and thorough examination of life and behaviour of an individual or case.

A case study is a complete analysis and report of the status of a particular and unique, individual subject (course) school, institution, play ground, community or city with a view to ensure possible improvement of status of the case studied.

1.14.2 Opinion Questionnaire

The information from which attempts to measure the attitude or belief of an individual is known as opinion questionnaire or attitude scale. Through the use of questions or by getting an individual's reaction to statements, a sample of his opinion is obtained. From this statement or opinion may be inferred or estimated his attitude what he really believes.

1.14.3 Interview

Interview is a systematic method by which a person can gather details about a person's background, qualities, skills and other required information. (Young, P.V.1962)

1.14.4 Schedule

According to Coode and Half (1976) schedule is the name usually applied to a set of questions which are asked and filled in by the interviewer in a face to face situation with other person.

1.14.5 Physical Education

Physical Education is an integral part of education concerned with the physical, mental and social growth; development and adjustment of the

individual through guided instruction and participation in sports, rhythms, gymnastics and related activities. Thus, the various unique needs of the learner are served.

1.14.6 Sports

Sports is a highly enigmatic term having different shades of meanings. Some persons refer the term sport when they speak of athletic competition, whereas others refer to sport when they are discussing the organizational and financial status of a team. Sports is playful and helpful to the competition, acquisition of physical skills, strategy, opportunity and physical stamina.

1.14.7 Games

Games are activities with an agreed and organization of time, space, and terrain with rules that define the objective and limit the pattern of human behaviour, the out come of which is to determine a winner and a loser, is achieved by totaling or accumulating objectively shared points or success.

1.14.8 Player

"Participant in competitive Sports"

1.14.9 Coach

The role of the coach is very important for all games. Coach is a selfless motivator and a dedicated teacher of an athlete or a player. He is a

moulder of theoretical and practical training and translator of technical information.

1.14.10 Personality

"Personality is the dynamic organization within individual of those psychological systems that determine his unique adjustments to his environment". (Alderman,R.B. 1974)

"Personality is the characteristics pattern of behaviour and modes of thinking that determine a person's adjustment to the environment".

"Personality is a stable set of characteristics and tendencies that determine those commonalities and differences in psychological behaviour of people that have been easily understood in terms of the social and biological factors of the immediate situation" (Bass ,B.M 1985)

1.14.11 Traits

"A trait is an internal characteristic that corresponds to an extreme position on behavioural dimensions".

"Traits are commonly regarded as "properties of person that dispose (them) to react in certain ways in given classes of situations (and) are usually narrower in scope (than dispositions). A trait is enduring disposition within the individual that cause him to think, feel and get in characteristic way. Personality traits linked to the disposition include dominance,

need for achievement, internal course of control and trait anxiety. One of the vital areas of study in psychology is personality trait. We are interested in knowing our personality in order to understand our self better and to refine our behaviour. Every individual has an unique personality. (Cattell, R.B et.al. 1976)

The investigator called and compiled some information about personality traits from the R.B.Cattell's 16 PF personality inventories questionnaire by following psychological factors are collected from the questionnaire. Psychological factors namely, aggressiveness, adventurous, sensitive, independent are, more dominate, self-sufficient, emotionally introverted are studied.

1.14.12 Contribution

The act of contributing, in this study the contribution refer to the efforts put by Sebastian Xavier for achieving in swimming and for the development of swimming and his contributions to sports and games.

1.14.13 Opinion Questionnaire

The information obtained to measure the attribute or belief of an individual known as opinion questionnaire or attitude scale. Through the use of questions or by getting an individual's expressed reaction to statements a

sample of his opinion is obtained. From this statement, opinion may be inferred or estimated his attitudes what he really believes.

1.14.14 Career

Mode of living course, progress through life 'career' in the context of this study, refers to Sebastian Xavier career from his childhood till the end of his professional career.

1.14.15 Life

Life is a period of existence in the world of a living being, way of living in relation to one's action and conduct, way of living in regard to circumstances, conditions and surroundings. Life in this context refers Sebastian Xavier life to participate in sports and games activities, promotion of sports and games, his involvement in various sports clubs Academics and associations.

1.14.16 Development

"A stage of growth and advancement". Development in this study refers to the growth, advancement of various processes schemes, training, tournaments, incentives and laurels he brought to the sports and games in India.