

## **CHAPTER – III**

### **METHODOLOGY**

There are different methods to be followed at various stages of any scientific investigation. The success of any research depends upon suitable methodology with specific operational steps and well constructed tools. The present study which aims at finding out the general legal awareness among Physical Education and non Physical Education course students in South India has been designed by using the methodology as survey method.

This chapter describes the design of the study in detail. Development of Tool, Description of Tool, sampling technique, data collection are presented in this chapter.

#### **3.1 SAMPLE OF THE STUDY**

College and School students in various places in Tamil Nadu, Puducherry, Kerala, Karnataka and Andhra Pradesh (1000) were studied through their responses of the questionnaire. Random group sampling technique was followed. 600 college students 120 from each state and 400 school students 80 from each state were selected as subjects.

#### **3.2 TOOL USED FOR THE STUDY**

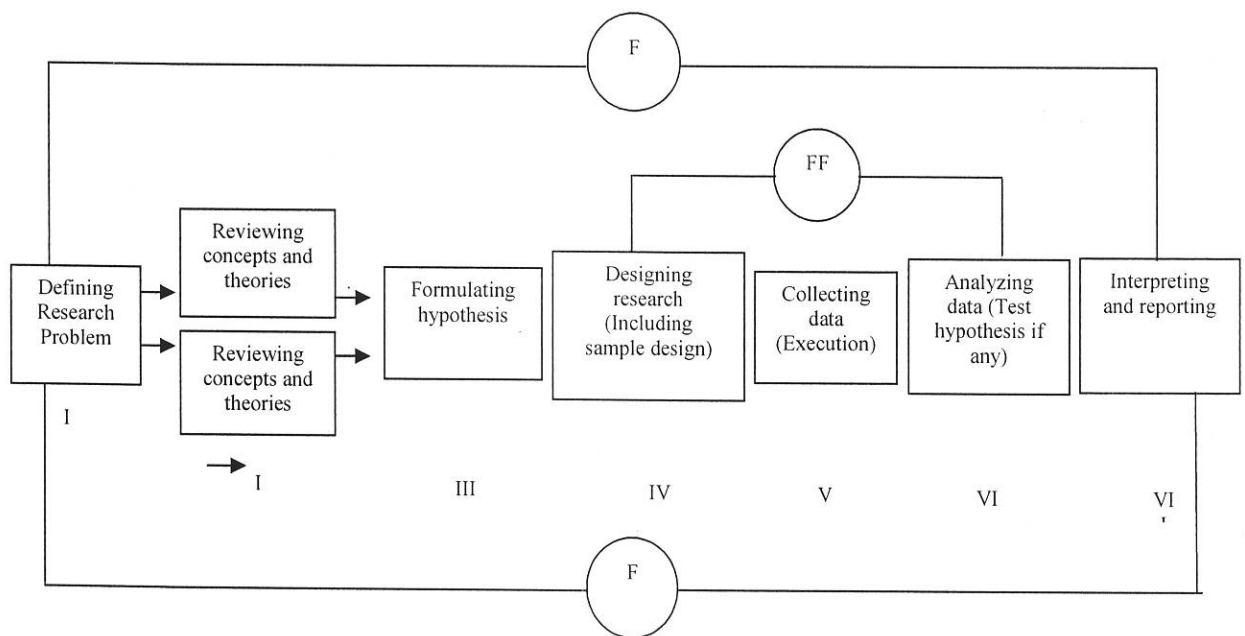
Questionnaire which has extrinsic and intrinsic motivation was focused upon the various motivational techniques which included monetary and non-monetary such as Prizes, Medals, Stipends, Certificates, Media Representation, Free Sports Dresses, Free Technical Tools, Academic Concessions, Free Transport Facilities, Free Food and Accommodation, Physical Health, Mental Health, Satisfaction, Self Esteem, Enjoyment, Appreciation, Confidence, Achievement, Media Projection and Personal Development.

A pilot study was conducted to proceed final study. The content validity of the tool by experts, item validity by item analysis was done and the reliability of the tool by the Cronbach Alpha Scale methods were established. The questionnaires were responded by the students of various College and School Students throughout South India.

### 3.3 RESEARCH PROCESS

Before embarking on the details of research methodology and techniques, it seems appropriate to present a brief overview of the research process. Research process consists of series of actions or steps necessary to effectively carry out research and the desired sequencing of these steps.

**Figure 1: Research Procedure in Flow Chart**



Where F = Feed back (Helps in controlling the sub-system to which it is transmitted)

FF = Feed back (serves the vital function of providing criteria for evaluation).

The chart medicates that the research process consists of a number of closely related activities, as shown through I to VII. But such activities overlap

continuously rather than following a strictly prescribed sequence. At times, the first step determines the nature of the last step to be undertaken. If sequence procedures have not been taken into account in the early stages, serious difficulties may arise which may even prevent the completion of the study. The various steps involved in a research process are not manually exclusive, nor they are separate and distinct. They do not necessarily follow each other in any specific order and the researcher has to be constantly anticipating at each step in the research process which are the requirements of the subsequent steps. However, the following each other concerning various steps provides a useful procedural guideline regarding the research process.

- i. Formulating the research problem,
- ii. Extensive literature survey,
- iii. Intensive literature survey,
- iv. Developing the hypothesis,
- v. Preparing the research design,
- vi. Determining the sample design,
- vii. Collecting the data,
- viii. Execution of the project,
- ix. Analysis of data,
- x. Hypothesis testing,
- xi. Generalization and interpretation and
- xii. Preparation of the report or presentation of the results.

### **3.4 RESEARCH DESIGN**

The specially constructed design for preceding the research has been used as follows

**Table – 3**

**Research Design**

<b>Phase I</b>	<b>Phase II</b>	<b>Phase III</b>	<b>Phase IV</b>
<b>Identification</b>	<b>Selection</b>	<b>Implementation</b>	<b>Evaluation</b>
Identification of the Problem  ↓ Identification of Professional Educational Institutions  ↓ Contacting Deans and Principals for Studying Students	Selection of legal content for the study  ↓ Development of tool  ↓ Finalization of the tool	Selection of the sample  ↓ Administration of the tool  ↓ Collection of data	Analysis of data  ↓ Interpretation of results  ↓ Findings and Conclusion

**3.5 METHOD AND PROCEDURE**

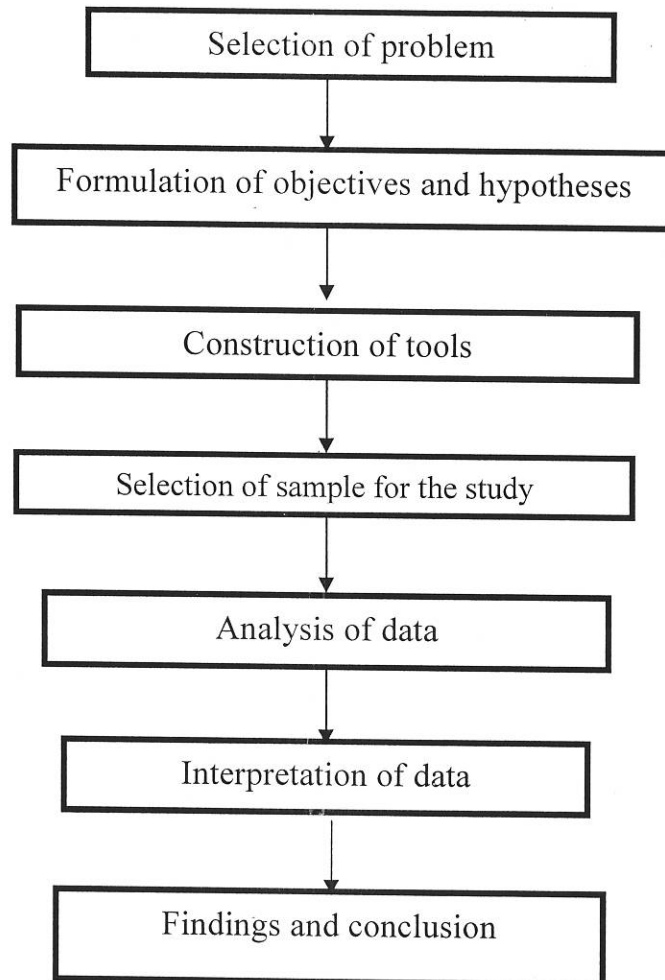
The Investigator followed the survey method in the present study. The investigator used a questionnaire and the items were verified and pooled down with the help of research guide, Deans, principals of colleges, senior experts. The tool was administered to the sample selected throughout South India State, and the responses were collected from women players.

The data were analyzed by applying appropriate statistical techniques to find out the Motivational Influence of various Motivational techniques.

The investigator applied normative survey method in this study to collect data from women in South India. In this study, the investigator used a Motivational techniques questionnaire for collecting data from the respondents.

## Research Procedure

The flow chart showing the research procedure of the present study



### 3.6 IDENTIFICATION OF SCHOOLS AND COLLEGES WOMEN PLAYERS

The study was conducted by the investigator in order to know the Motivational Influence of various motivational techniques on the Development of performance in sports among school and college students in South India. For this, the investigator identified some schools and colleges in South India and collected data from women players.

The study attempted to find out the Motivational Influence of various motivational techniques on the Development of performance in sports among school and college students in South India women players. They should be aware

of the diversified dimensions as they have to perform to make the sports purpose of the profession a grand success. By being aware of the various Motivational techniques, they may be able to do justice to the different roles assigned to them to the best of their ability. Of course, many things such as personality of the players, competencies possessed by the players and attitude towards their profession with sports goals may yield the successful fulfillment of the accountability through acquisition of adequate knowledge awareness and skills of Motivational techniques. The selected institutions which include all the selected variables for carrying out the research work. It was shown in the following table.

**Table – 4**  
**Details of identified schools**

S.No	Name of the Schools	District	State
1	Little Flower English Higher Secondary School	Malapuram	Kerala
2	Malankara Syriam Seminary Hr Sec School	Allapuzhi	Kerala
3	St Johns School	Allapuzhi	Kerala
4	Bhavans Adarasha Vidhyalaya	Ernakulam	Kerala
5	NSSV, Higher Secondary School	Thrissur	Kerala
6	KKVMP, Higher Secondary School	Kannur	Kerala
7	Kannur Sports School	Kannur	Kerala
8	Sri Buddha Central School	Kollam	Kerala
9	Kendriya Vidhalaya Higher Secondary School	Trivandram	Kerala
10	MGM Higher Secondary School	Thiruvalla	Kerala
11	Sofia's Girls School	Bangalore	Karnataka
12	Bishop Cotton Girls School	Bangalore	Karnataka
13	VIP School, Rajaji Nagar	Bangalore	Karnataka
14	National School, West of cord road	Bangalore	Karnataka
15	St Anne's School	Bangalore	Karnataka
16	St Franchise School, Hosur road	Bangalore	Karnataka

17	Vani Girls School, Rajaji nagar	Bangalore	Karnataka
18	Fluoresce School, Basavashwara nagar	Bangalore	Karnataka
19	B.V Reddy Hr Sec School, Kongareddypalli	Chittoor	Andra
20	Indian School, Ramnagar Colony	Chittoor	Andra
21	Kings English Medium School	Chittoor	Andra
22	Triveni Talent School	Camman	Andra
23	St Joseph of Cluny Girls Hr Sec School	Pudhuchery	Pondichery
24	Immaculate Girls Higher Secondary School	Pudhuchery	Pondichery
25	Thiruvalluvar Govt Girls Hr Sec School	Pudhuchery	Pondichery

### **3.7 RESEARCH TOOL**

A research tool plays a major role in any worthwhile research as it is the sole factor in determining the sound data and in arriving at perfect conclusions about the problem on study on hand, which ultimately, helps in providing suitable remedial measures to the problem concerned. The Investigator developed, validated and used a Motivational techniques and performance questionnaire in order to find out the influence of various Motivational techniques and development of performance in sports among schools and colleges women players

### **3.8 CONSTRUCTION OF RESEARCH TOOL**

In survey type research, development of research tool occupies an important place because it should be perfect research tools which possess objectivity, reliability and validity. The investigator visited various institutions and consulted with Deans, Principals and senior faculty.

The investigator also discussed with research guide, educationists, legal experts, and Senior advocates and gathered some information's pertinent to Motivational techniques to enable to develop a research tool i.e. Motivational

techniques and performance. The Development of General Questionnaire passed through the following phases.

1. Pre-pilot Stage
2. Pilot Stage
3. Final Phase

In the Pre-pilot stage, the major legal dimensions that were supposed to be responded by the women players were drawn, under some major motivational techniques with various sub-motivational dimensions to be performed by the women players. The questionnaire was taken to physical education experts and experts in the field of psychology and research guide and they were asked to comment regarding the development of the tool. Based on their suggestions, various Motivational techniques were identified and arranged in the major heads namely,

**Table – 5**

**Items of Extrinsic Motivational techniques of the Study**

<b>S.No</b>	<b>Major Motivational Techniques</b>
1.	Prizes
2.	Medals
3.	Stipends
4.	Certificates
5.	Job Opportunity
6.	Media Projections
7.	Free Sports Dresses
8.	Free Technical Tools
9.	Academic Concessions
10.	Free Transport Facilities
11.	Free Food and Accommodations

**Table – 6**

**Items of Intrinsic Motivational techniques of the Study**

<b>S.No</b>	<b>Major Motivational Techniques</b>
1.	Physical health
2.	Mental health
3.	Satisfaction
4.	Self esteem
5.	Enjoyment
6.	Appreciation
7.	Confidence
8.	Achievement
9.	Media projection
10.	Personality development

In the pilot study stage, sub-items were listed out the major Motivational techniques and these dimensions were given to the physical education and psychology faculty experts with a request to offer their suggestions with regard to the suitability of the statements under major Motivational techniques in the questionnaire. The jury opinions were taken into account and on the basis of their remarks, some items were given up, some items were modified and some rewarded. In the final phase items were identified and finalized under as follows:

The women players were asked to read out each item of the statement and indicate how for that particular Motivational item can be familiar to them and mark against the motivational technique which they prefer one in extrinsic and one in intrinsic. The questionnaire for the study was prepared in composing the major dimensions that are to be performed by the women players.

The research tool consisted of two parts, the part – A deals with General information about the Respondent (GIR) and performance, the Part – B deals with the choice of motivational technique. The former part of the research tool

was designed to seek information about the personal characteristics of the respondents and the level of achievements.

### **3.9 PILOT STUDY**

For pilot study, a sample of 100 women players was selected randomly from 2 schools and 3 colleges.

The planning stage of research is the critical stage and should not be hurried. Some times it may be necessary to carryout a preliminary or pilot study in order to find out the feasibility of the study. Such pilot study gives an idea of different variables involved, nature of the problem, possible difficulties in data collection, kind of response available from the respondent etc. On the basis of the information the actual questionnaire was constructed. If the sample selected for the pilot study is similar to the main sample, a complete idea about the nature of the problem and the availability of respondents and the questionnaire drafted will be more perfect.

#### **Performance**

A questionnaire was prepared to find the performance of the players at various level and for 2 academic years. The students were asked to mark whichever achievement they had made in the questionnaire.

**Table – 7**

#### **School Level Achievement Questionnaire 2007 – 2008**

##### **Part – A**

1. Name of the player :
2. Sex : Female
3. Educational qualification : Standard
4. Name of the School

**Note** : Please state your level of achievement of the stages given below.

S.No	Level of achievement	Games	Position	Athletics	Position
1	Intramural/ Sports Day	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
2	Zonal	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
3	District	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
4	Division	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
5	State	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
6	School Nationals	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal

**Table - 8**

**School Level Achievement Questionnaire 2008 - 2009**

<b>S. No</b>	<b>Level of achievement</b>	<b>Games</b>	<b>Position</b>	<b>Athletics</b>	<b>Position</b>
1	Intramural/ Sports Day	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
2	Zonal	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
3	District	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
4	Division	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
5	State	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
6	School Nationals	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal

**Table – 9**  
**College Level Achievement Questionnaire 2007 – 2008**  
**Part - A**

1. Name of the player :  
 2. Sex : Male/Female  
 3. Educational qualification :  
 4. Name of the College/Institution University :

**Note: Please state your level of achievement of the stages given below.**

S.No	Level of achievement	Games	Position	Athletics	Position
1	Inter Class/ Inter House	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
2	Inter Department	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
3	Inter Collegiate	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
4	Inter University	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
5	State	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal
6	Nationals	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Brounce medal

Table - 10

College Level Achievement Questionnaire 2008 - 2009

S.No	Level of achievement	Games	Position	Athletics	Position
1	Inter Class/ Inter House	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Bronze medal
2	Inter Department	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Bronze medal
3	Inter Collegiate	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Bronze medal
4	Inter University	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Bronze medal
5	State	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Bronze medal
6	Nationals	Volley ball Basket ball Kabaddi Kho-Kho	I place II place III place	100 mts 200 mts High jump Long jump Shot put Javelin	Gold medal Silver medal Bronze medal

**Performance Variable**

To quantify the achievements the following scores were used after consulting with expert as below

**Table – 11****Conversion Score for School**

Level	Position	Score	Athletics	Score
1. Intramural	Winner	5	I Place	5
2. Zonal	Runner	3	II Place	3
3. District	Participation	1	III Place	2
			Participation	1
1. Division	Winner	10	I Place	10
2. State	Runner	8	II Place	8
3. National	Participation	5	III Place	5
			Participation	3

**Table - 12****Conversion Score for College**

Level	Position	Score	Athletics	Score
1. Inter class	Winner	5	I Place	5
2. Inter Department	Runner	3	II Place	3
3. Inter Collegiate	Participation	1	III Place	2
			Participation	1
4. Inter University	Winner	10	I Place	10
5. State	Runner	8	II Place	8
6. National	Participation	5	III Place	5
			Participation	3

## Part B

Please tick (✓) against the motivational technique which you prefer most one in extrinsic and one in intrinsic technique.

S. No	Extrinsic Motivational Techniques	Preference	Intrinsic Motivational Techniques	Preference
1.	Prizes		Physical health	
2.	Medals		Mental health	
3.	Stipends		Satisfaction	
4.	Certificates		Self esteem	
5.	Job Opportunity		Enjoyment	
6.	Media Projections		Appreciation	
7.	Free Sports Dresses		Confidence	
8.	Free Technical Tools		Achievement	
9.	Academic Concessions		Media projection	
10.	Free Transport Facilities		Personality development	
11.	Free Food and Accommodations			

### 3.10 DATA COLLECTION

The investigator first met the Head masters principals and Deans of the concerned institutions and narrated the purpose of study in order to get their support for the study. Through their co-operation, a close rapport was established with the respondents and the purpose of study was explained them orally. The respondents, however, sat comfortably while responding the questionnaire. As the women players are acquainted with adequate English language skill. They were asked to mention the required clarifications, if any, in responding each and every item of the questionnaire.

### **3.11 STATISTICAL TECHNIQUES APPLIED**

The data were analysed using the appropriate statistical techniques i.e. such as percentage, t test and ANACOVA. t test was used to find out the significant improvement in performance with in the group. ANACOVA was used to find out the significant difference among the states. If F ratio was found to be significant, Scheffee's post hoc test was applied to find out the significant difference between the paired adjusted means.