

CHAPTER 45
PHYSICAL EDUCATION
&
SPORTS SCIENCES

Doctoral Theses

486. AMRITA
Study on Contribution of Indian Universities Relating to Sports Participation, Teaching and Research in Physical Education.
Supervisor : Dr. Devinder K. Kansal
Th 22336

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487. ANUJ KUMAR
Validation of Physical Self - Description Questionnaire (PSDQ) For College Students.
Supervisor : Dr. Sandeep Tiwari
Th 22613

Abstract

The questions most often discussed in sport philosophy, sport psychology or sport sociology is: what are the values people get from sports? What are the benefits they are getting from sports? How the participation influence on the self? Physical self-concept is a good mediator of physical activity and is a valuable asset. Therefore, Physical Self-Description Questionnaire (PSDQ) developed by Marsh et al., 1994, was selected for validation and adaptation on the college students of Indian origin. It is a multidimensional, physical self-concept instrument having 70 items and 11 sub scales namely- Health, Co-ordination, Physical Activity, Body Fat, Strength, Endurance, Self Esteem, Appearance, Sports Competence and General Physical Self Concept. A total of 500 (N=500) college going students belonging to different colleges of University of Delhi were selected. A total of 322 (64.4%) were male subjects whereas, 178 (35.6%) were female subjects. The statistical evaluation included the calculation of mean, standard deviation, minimum and maximum scores on each subscale of the scale, Alpha Co-efficient of reliability, index of reliability, Pearson's inter- item correlation and Factor analysis. The Cronbach's Alpha reliability for PSDQ was found to be 0.946. There were moderate to strong correlation between ten subscales whereas, there was also strong positive correlation of these subscales with total of Physical Self-Description Questionnaire. The Alpha Coefficient of Reliability over a period of forty five days for three trials was found to be 0.887. It is finally concluded that the present

questionnaire adapted on students of Indian origin contains fifty two statements under ten sub- scales and has been named as Physical Self-Description Questionnaire (PSDQ-52 {IA}).

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Supervisor : Dr. Samiran Chakraborty
Th 22339

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Supervisor : Dr. Anil K. Vanaik
Th 22334

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490. DHARMANDER KUMAR
Development and Standardization of Health Related Physical Fitness Norms of School Going Boys.
Supervisor : Dr. Sandhya Tiwari
Th 22335

Abstract

Health is an important input in any process of development. An unhealthy society cannot be a society of high achievers and cannot make a nation great. The purpose of the present study was Development and Standardization of Health Related Physical Fitness Norms of School Going Boys. The objective was to develop health related fitness norms for school boys ages 10 to 13 years . The health related fitness components were Cardio Respiratory Endurance, Body Composition, Muscular Strength, Muscular Endurance and Flexibility .A detailed statistical evaluation for norms development for health related fitness boys ages 10 to 13 years of Delhi schools were computed based on data collection on selected subjects selected for the purpose of study. Descriptive statistics, Mean , Standard deviation Minimum Values Maximum Values and Percentile values were calculated using SPSS 16.0 . Percentile

tables indicate the percentile equivalent (rank) associated with any given raw scores. Conclusion: 1 mile run/walk test shows fluctuations in the mean values, with a rise in the age of 13 years. The body composition measured with skin fold revealed an increase from 10 through 13 years in triceps and subscapular skinfold. The flexibility based on sit and reach test increased from 10 to 12 years thereafter showed a decline by 13 years of age. Muscular strength based on Flexed arm hang test revealed an increase from 10 to 12 years thereafter a decline at 13 years. The muscular endurance showed a decline from 10 to 11 years thereafter showed an increase with age. The norms have been developed for the selected components of Health Related Fitness for school boys from 10 to 13 years of age.

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Supervisor : Dr. Lalit Sharma
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Supervisor : Dr. Lalit Sharma
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Supervisor : Dr. Dhananjoy Shaw
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502. TOMAR (Nisha)
Study of Psychological Profile of National Level Archers.
Supervisor : Dr. Tarak Nath Pramanik
Th 22608

Abstract

The present investigation was conducted on 50 male national level Archers of India who were selected with purposive sampling design. The minimum level of participation was senior national championship which were held from 2010 to 2012. The mean age of archers was 24.50. The following variables were used for assessing the raw data of the archers and these were SSPT (Sports Specific Personality Test), LSS(Life Style Scale), CSAI-2 Competitive Sports Anxiety INventory-2, Hand Steadiness Test with Electrical Impulse and Depth-Perception Test. The data in study was analyzed by using Descriptive statistics (mean,range,maximum,minimum), Z-score and Z-Scale, pearson's correlation was also used for finding the correlation

between the variables. the level of significance was set at 0.05. Result of The Study In over all performance archers score maximum in mental toughness(76.97) and minimum in emotional stability(17.81) in Sports Specific Personality. In case of Lifestyle Scale researcher found that archers not worried about there health because they score minimum (12.30) Health Oriented lifestyle and they got Highest Score in Family oriented Lifestyle (75.30) it means they concerned about there family Support. In case of Competitive Sports Anxiety Archers have low Self-confidence(24.15) and High Somatic Anxiety(79.58). Among the archers Binocular Vision (81.44) was prominent in comparison to monocular vision(34.25). In case of Hand Steadiness Descending order (81.30) was prominent in comparison to Ascending order(31.40). Conclusion The present study was shown the profile status of the national level Archers. In the study the most promonent factors which were affect the performance of the archer were Somatic Anxiety, Depth-Perception and Hand Steadiness. SSPT and LSS were less affected the performance of the national level archers.

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Supervisor : Dr. J. P. Sharma
Th 22612

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