

# **A Critical Analysis of Uttar Pradesh's Sports Development and Physical Education Status**

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## **ABSTRACT**

*The present study examines the status of physical education and sports development across the districts of Uttar Pradesh through a comprehensive analysis of quantitative and qualitative data. Using purposive sampling, 500 respondents were selected from seventy-five districts, representing five key stakeholder groups: physical education students, teachers and institutional heads, current and retired players, sports administrators and coaches, and federation and club officials. The study employed statistical techniques alongside qualitative assessment to interpret perceptions and identify systemic patterns. The findings reveal significant disparities between administrative perceptions and ground realities, particularly in the areas of human resources and infrastructure. While officials reported adequate staffing and facilities, students and athletes highlighted shortages of qualified personnel, limited access, and inequitable distribution of sports infrastructure. Policy implementation was found to be inconsistent, with physical education formally included in curricula but lacking effective enforcement, structured coaching programmes, and inclusion of indigenous games and disability-focused initiatives. Health awareness programmes were present but constrained by socio-cultural barriers, especially limited parental support. Leadership and professional development opportunities were uneven, with inadequate training and excessive non-core responsibilities affecting physical education personnel. Financial constraints emerged as a major challenge, with insufficient funding, poor dissemination of schemes, and weak execution of sports incentives. The study further identifies gaps in knowledge resources, sports science integration, and athlete welfare services, including the absence of sports medicine, insurance, and rehabilitation support. Despite these challenges, there was strong consensus among stakeholders on the need to make physical education compulsory across all educational institutions. Overall, the study underscores the need for improved policy enforcement, equitable resource allocation, enhanced professional development, and strengthened institutional support to foster holistic sports development in Uttar Pradesh.*

**Key Words: Physical Education, Analysis, Sports Development**

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## **I. INTRODUCTION**

Physical education and sports have historically been recognized as essential components for holistic human development, contributing not only to physical well-being but also to psychological, social, and moral growth. The significance of sports and physical education lies in their ability to instil discipline, teamwork, resilience, and leadership qualities among participants. In contemporary times, sports have also become a powerful instrument for fostering national integration, global recognition, and social mobility (Chatterjee, 2015).

Globally, physical education has undergone transformative changes, shifting from mere physical drills to structured programs focusing on comprehensive health, wellness, and skill development. Organizations such as UNESCO (2015) have stressed the importance of quality physical education as a fundamental right of every child. In addition, research indicates that regular physical activity is associated with improved academic performance, better health outcomes, and a reduction in non-communicable diseases.

Although government schemes such as Khelo India and the UP Sports Policy 2018 have introduced incentives for players and institutions, the effectiveness of these programs in reaching grassroots levels remains questionable and the role of teachers, coaches, administrators, and federations in promoting physical education and sports is critical, yet their capacity is often undermined by insufficient training and lack of motivation. Further, comprehensive analysis of the status of physical education and sports in UP is, therefore, essential to bridge this knowledge gap. Such an analysis can provide insights into not only the strengths and weaknesses of current initiatives but also the future directions required for sustainable sports development.

## II. METHODOLOGY

For the purpose of the present study District wise samples from different sections who are directly involved with the participation and promotion of physical education and sports were included as the subjects of the study. The subjects for this study were selected using purposive sampling technique from **Seventy five Districts of Uttar Pradesh**. A total of Five Hundred (500) subjects took part in the study. The population of this research comprised of Students of Physical Education, Teachers and Head of the Institutions related to Physical Education, Players current and retired, Sports administrators, sports directors, Sports officers and Coaches and Federation officials, Technical Officials, Sports Club officials. Questionnaires were developed for the respondents. Questionnaires were chosen as the primary tool since they are widely recognized for efficiently gathering factual and attitudinal information. The initial draft consisted of 75 items focusing on participation, curriculum implementation, availability of facilities, and challenges faced. Expert review by physical education professionals and institutional heads led to refinement, reducing the items to 50. A pilot test on 40 respondents further ensured clarity and relevance, after which the final version contained 45 items. The data collection was carried out in multiple stages. Questionnaires for respondents (students and heads) were administered personally during institutional visits and sporting events. Some heads of institutions received the instruments through postal correspondence. Questionnaires were both mailed and personally distributed during district, state, and national sports competitions. The collected data were systematically organized, coded, and analyzed primarily using percentage analysis. Responses of 50% and above for a given item were interpreted as favorable, while those below this threshold were considered otherwise. This approach allowed the researcher to draw meaningful inferences and highlight trends across districts. percentage analysis was employed as a statistical technique to organize and summarize responses collected through questionnaires for the present study.

## III. RESULT

subjects studying in schools, colleges and other institutions associated with physical education and sports as well as Heads of the institutions are analyzed item wise:

### **Appointment of Qualified Physical Education Teachers, Coaches, and Supporting Sports Staff**

out of a total of **500 respondents**, only **241 (48.20%)** confirmed that their institutions have appointed qualified personnel for physical education and sports programmes. A slightly higher number, **259 respondents (51.80%)**, indicated that their institutions have **not** appointed such qualified staff—suggesting a concerning shortfall in human resources essential for the effective execution of sports education.

### **Adequacy of Facilities for Physical Education and Sports in Institutions**

Out of a total of **500 respondents**, **289 (57.80%)** expressed that the facilities for physical education and sports in their institutions are **adequate**, while **211 (42.20%)** believed that the facilities are **inadequate**.

### **Has your institution introduced Compulsory Physical Education Programme?**

The responses of different categories of stakeholders concerning the introduction of compulsory physical education programmes in their institutions. Out of a total of 500 respondents, 260 individuals (52%) affirmed that their institutions have implemented a compulsory physical education programme,

### **Does your institution participate in Inter Institutional Sports Tournaments?**

the responses of various categories of stakeholders in the field of physical education and sports regarding their institution's participation in inter-institutional sports tournaments. Out of a total of 500 respondents, 410 (82%) affirmed that their institutions do participate in such tournaments.

### **Do your Institution conduct Awareness Programmes on Health and Hygiene and conduct regular health check up of students?**

Out of the total respondents, 413 individuals (82.60%) confirmed that their institutions actively conduct such awareness programmes and regular health check-ups, whereas 87 (17.40%) reported the absence of such initiatives.

### **Does your Institution have a sufficient Coach/ PTI/ PET to Conduct Physical Education and Sports Programmes?**

Out of the total 500 respondents, 303 individuals (60.60%) affirmed that their institutions are adequately staffed in this regard, while 197 respondents (39.40%) indicated a lack of sufficient personnel.

### **Are the Parents interested and encourage their wards in the physical education and sports programs conducted by the Institution?**

only **225 respondents (45%)** believed that parents show interest and encourage their wards to engage in physical education and sports programmes, while a larger proportion, **275 respondents (55%)**, indicated a lack of parental interest or encouragement.

### **Perception of Institutional Heads' Attitude Towards Physical Education and Sports**

Out of a total of **500 respondents**, **295 (59%)** expressed that their institutional heads possess a **positive attitude** toward physical education and sports, whereas **205 (41%)** reported otherwise.

### **Organization of Coaching Programmes by Institutions**

Out of a total of **500 respondents**, only **225 (45%)** confirmed that their institution has organized coaching programmes, while a majority of **275 (55%)** reported that no such programmes had been conducted.

**Promotion and Introduction of Indigenous Games by Institutions**

Out of a total of **500 respondents**, only **130 (26%)** reported that their institutions have promoted or introduced indigenous games, while a significant **370 (74%)** responded negatively. This data suggests a **low level of institutional engagement** in this area.

**Awareness of Scholarship Schemes for Meritorious Sportspersons by Central and State Governments**

Out of a total of **500 respondents**, an overwhelming majority of **460 (92%)** reported that they are aware of such scholarship schemes, while only **40 (8%)** indicated a lack of knowledge.

**Institutional Incentives and Schemes for the Encouragement of Women in Sports**

Out of **500 total respondents**, **335 (67%)** confirmed the presence of some form of institutional incentive or scheme for the encouragement of women in sports, while **165 (33%)** reported that no such schemes existed in their respective institutions.

**Is there any provision of safety measures in and around the physical education and sports infrastructure?**

Overall, 67 percent of the respondents acknowledged the existence of safety provisions within physical education and sports infrastructure, while 33 percent indicated their absence. Interestingly, federation officials and technical officers reported the highest positive response (80%), followed by teachers and heads of institutions (70%), suggesting that stakeholders at the administrative and supervisory levels tend to perceive the safety environment more positively. In contrast, current and retired players expressed the lowest affirmation (55%), with 45 percent indicating the lack of safety measures.

**Is there any provision of counseling / workshop or special classes on awareness about ill effects of alcohol, tobacco and drugs?**

Out of the total **500 respondents**, **100 percent** confirmed the presence of such provisions, while none reported their absence. Specifically, students of physical education, teachers and heads of institutions, current and retired players, sports administrators, coaches, federation officials, and technical officers all recorded **100 percent affirmative responses**.

**Physical education subject be made mandatory in all educational institutions**

Out of a total of 500 respondents, 100 percent supported the mandatory inclusion of physical education, while none opposed it. This includes students of physical education, teachers and heads of institutions, current and retired players, sports administrators, coaches, federation officials, and technical officers—each group recording 100 percent affirmative responses.

**Are Physical Education personals and Coaches burdened with responsibility other than physical education activities**

Out of the total **500 respondents**, **330 (66%)** agreed that such additional responsibilities are imposed, while **170 (34%)** did not share this view.

**Your institution provides adequate support staff for maintenance and care of sports facilities**

The respondents regarding whether their institutions provide adequate support staff for the maintenance and care of sports facilities. The findings reveal that a majority of respondents (62%) believe that adequate support staff is not provided, while only 38% agree that such support exists.

**The library in your institution subscribes magazines, books and journals in physical education and sports**

The respondents regarding whether the library in their institution subscribes to magazines, books, and journals related to physical education and sports. The overall results indicate that 64% of respondents affirmed the availability of such resources, while 36% reported non-availability.

**Are you satisfied with the total number of physical education and Sports programmes conducted by your institution?**

The respondent groups regarding the total number of physical education and sports programmes conducted by their institutions. Overall, 56% of respondents expressed satisfaction, while 44% were not satisfied with the number of programmes organized.

**The Head of Physical Education Cell competent enough to organize meetings for effective implementation of Physical Education Programmes in the Institution**

The respondents regarding the competence of the Head of the Physical Education Cell in organizing meetings for the effective implementation of physical education programmes in their institutions. The results reveal that **54% of respondents consider the Heads competent**, while **46% expressed doubts or dissatisfaction**.

**There is a special provision of Physical Education Programmes for Physically Challenged Students in Your Institution**

The respondents on whether there is a special provision of physical education programmes for physically challenged students in their institutions. The data reveals that only **26% of respondents confirmed the existence of such provisions**, while a large majority, **76% reported the absence** of these facilities.

**Does your Institution provide a separate room for Physical Education Department**

The respondents regarding the provision of a separate room for the Physical Education Department in their institutions. The findings show that a large majority, **85% of respondents confirmed the availability** of a separate room, while only **15% reported its absence**.

**The Physical Education Personals are entitled to acquire higher professional qualifications**

Out of a total of **500 respondents, 425 (85%)** expressed agreement, while **75 (15%)** disagreed.

**There is a provision for extra classes to meet up the academic loss of the students due to sports participation**

Out of a total of **500 respondents, only 65 (13%)** agreed that such a provision exists, whereas a substantial majority of **435 (87%)** stated that no such arrangement is made.

**Innovative methods of training and teaching used in physical education and sports in your Institution**

Out of **500 respondents**, a significant majority of **425 (85%)** reported that innovative methods are being adopted, whereas only **75 (15%)** indicated otherwise.

**Your institution ever received grants from state Department of Education and Youth Affairs and Sports for conduct of physical education activities**

Out of **500 respondents, 238 (47.60%)** reported that their institutions had received such grants, while a slightly higher proportion, **262 (52.40%)**, indicated that no such financial support had been provided.

**Physical Education personnel recruited under UGC norms, NCTE, Sarva Shiksha Abhiyan and Right to Education in your state**

Out of **500 respondents**, a considerable majority of **385 (77%)** affirmed that such recruitment has taken place, while **115 (23%)** denied it.

**There is a provision for admission under sports quota in your institution**

Out of **500 respondents**, only **130 (26%)** affirmed that such a provision exists, while a large majority of **370 (74%)** denied its availability.

**Knowledge about School Games Federation of India (SGFI) and Association of Indian Universities (AIU) Sports Board and its functions**

Out of a total of **500 respondents, 100%** confirmed awareness, while none reported a lack of knowledge.

**Knowledge of the components of physical education curriculum**

Out of a total of **500 respondents, 310 (62%)** indicated awareness of the curriculum components, whereas **190 (38%)** reported a lack of knowledge.

**Has your state govt. implemented comprehensive sports policy?**

Out of **500 respondents**, a majority of **325 (65%)** affirmed that such a policy has been implemented, while **175 (35%)** denied its existence.

**The state govt. has successfully implemented sports quota system for employment in all the Directorates and Departments**

Out of **500 respondents**, a significant majority of **380 (76%)** affirmed that the system has been implemented, while **120 (24%)** expressed disagreement.

**The media coverage on sports events is satisfactory in the state**

Out of **500 respondents**, a significant majority of **405 (81%)** expressed satisfaction, while only **95 (19%)** considered the media coverage unsatisfactory.

**The government has instituted model sports school/center in the state**

Out of **500 respondents**, a large majority of **435 (87%)** affirmed the existence of such institutions, while only **65 (13%)** reported otherwise.

**Provision of Special scheme of govt. on health and fitness of students in the state**

Out of **500 respondents**, only **80 (16%)** affirmed the existence of such schemes, whereas a vast majority of **420 (84%)** reported that no such provisions are available.

**Provision for accident insurance/security to the players in the state**

out of **500 respondents**, none (**0%**) reported the availability of such provisions, while the entire sample (**100%**) indicated that no accident insurance or player security system exists.

**Scheme for promotion of Indigenous games and sports in the state**

Out of **500 respondents**, only **180 (36%)** affirmed the presence of such schemes, while a significant majority of **320 (64%)** denied their existence.

**Adequate funds earmarked for sports infrastructure development in the state**

Out of **500 respondents**, only **190 (38%)** believed that sufficient funds are allocated, whereas the majority, **310 (62%)**, expressed dissatisfaction and denied the adequacy of funding.

**Sports Officers and supporting staffs appointed in every district of the state**

Out of a total of **500 respondents**, only **210 (42%)** affirmed such appointments, while the majority, **290 (58%)**, denied the presence of Sports Officers and support staff across all districts.

**Officers, Coaches and Physical Education personnels are regularly sent for training and refresher courses**

Out of the total **500 respondents**, only **145 (29%)** confirmed the existence of such provisions, while the majority, **355 (71%)**, reported that regular training and refresher opportunities are lacking.

**Is there any scheme for Sports Talent Search in the state?**

Out of **500 respondents**, a slight majority of **265 (53%)** confirmed the presence of such a scheme, while **235 (47%)** reported that no such initiative exists.

**There is a sports medicine centre for imparting training on prevention of injuries and treatment to players**

The findings are striking—**none of the respondents (0%) across all categories** reported the presence of such a facility, while **all 500 respondents (100%)** categorically denied its existence.

**There is a course on physical education run in the state**

Out of **500 respondents**, **100% affirmed** that such courses are indeed available, and **none (0%)** denied their existence.

#### **IV. CONCLUSION**

The study reveals the following finding of physical education in Uttar Pradesh: **Progressive strides** have been made in institutionalizing physical education, increasing awareness, and integrating it into formal curricula. **Systemic challenges** persist, including inadequate staffing, poor infrastructure, weak enforcement of policies, limited athlete welfare services, and inconsistent financial support. The discrepancies between administrative reporting and ground-level experiences reflect a **policy–practice gap**, wherein official provisions exist but their execution remains partial or ineffective.

To strengthen the physical education and sports ecosystem in Uttar Pradesh, reforms must: Ensure **equitable distribution of resources**, Prioritize **inclusive programmes** for marginalized and differently-abled students, Provide **professional development opportunities** for physical education personnel, Promote **indigenous games alongside modern sports**, Establish **athlete welfare services** such as sports medicine centres and insurance schemes, and Develop robust **monitoring mechanisms** for transparent policy execution.

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