

## CHAPTER- V

### SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

#### 5.1 SUMMARY

Our modern civilization is impacted by the growth and 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. Science and technology has had its impact on sports and games too. Sports are one of the integral parts of modern technology in various ways. Sports and Games are part and parcel of the life of human race. This fact is an established truth in history. In the present time sports and games become part of general education. It cannot be separated from education. The communities and the societies should recognize their values and worth, for, they ultimately contribute to health and happiness.

Physical fitness is a thing which one cannot afford to neglect. It is a major factor that determines the output of a person's life. Life will be meaningless and unsuccessful without good health. Life without physical fitness is "like a ship without radar". Physical fitness is the ability to carry out every day task with vigour and alertness without undue fatigue and with ample energy to enjoy leisure time pursuits and to meet unforeseen emergencies. Physical fitness is very necessary for every citizen and it can be achieved or improved by systematic training.

Peak performance can be achieved only through systematic training by an expert or a specialist, who must possess ability, confidence, ambition, willingness, integrity and courage to face hardships. Such type of a leader as an individual will have a keen insight into the kind of physical educational opportunities that teachers need in order to achieve success, enrichment and fulfillment. It is because of the expertise and effective guidance of sum patriotic, enthusiastic sports men and expert in physical education, some nations are able to achieve much in the field of sports and games. The countries that have achieved great success and won many laurels and medals, in great events such as Olympics are no doubt making the best use of the talents and the professional skills available in plenty in their eminent sports men and experts in physical education. While sports persons guide the young men and women on the practical side, experts in physical education guide them by enlightening them with their insights acquired from their theoretical and research experience.

In our country we are not making as much use of experts for developing the skills of young sports persons as countries such as the U.K, the U.S.A and China. It is obvious that in thickly populated countries like China, despite their numerous problems, they are getting excellent guidance from the experts in sports and games as well as physical education. That is why they are able to achieve much even in Olympics. Unless and until experts in physical education and sports persons are consulted and made the best use of, our young men and women cannot be sufficiently motivated and inspired to perform well in great events at global level.

Fortunately India has started realizing the need for seeking and utilizing the guidance of distinguished sports persons and researchers in physical education. It clear that our country is also slowly progressing in sports and games. Colleges of physical education and universities engaged in serious research in various aspects of physical education, are fortunately on the increase. There is no dearth of talented sports persons, experts, researchers and physical educationists in our country. It is heartening to note that our country is also spending crores and crores of money on sports and games besides organizing global events such as Common Wealth Games.

Famous sports persons like Kapil Dev (cricket), P.T Usha (athletic) and educationists such as Dr.B.Sivanthi Adityan (Olympic committee member and chairman of group of higher education institutions including Physical Education College) are offering their guidance and assistance to countless growing sports persons and serving the nation by contributing their mite.

Researchers are tuning their attention towards such eminent sports persons, physical educationists and patrons of sports and games and physical education in order to make their unique contributions to sports and games known to the public thereby winning some recognition and honors for them, through case studies. These case studies reveal the great qualities of these people and motivate countless men and women to achieve success in sports and games and to contribute their mite to sports and games and physical education, besides inspiring them to follow in their footsteps.

Johnson (2007) has done an excellent case study on the noted top police official (Retd.) and sports patron Mr.W.I Davaram to bring out his unique contribution to sports and games in Tamil Nadu. Karthikeyan (2006) traced the life, career, achievement and contribution of Dr. S.Navaraj Chelliah to physical education and sports. Jagadeesan (2005) traced the life, career and achievement of Mr. I. Susainathan (Hockey) as a player and coach through the interview method. Zacharias' (2011) case study was about the achievements and contribution of Anju Bobby George, an international athlete and sports personality.

In such a context the researcher thought that it would not only be worthwhile but also very useful to undertake a serious case study of one Mr. Karuppudayar Vaithianathan, a multifaceted physical educationist of Tamil Nadu. Dr.K. Vaithianathan who recently retired as the Vice-Chancellor of Tamil Nadu Sports University, has held many posts of respect and responsibility during the four decades of his brilliant career.

The case study is about a person who was born in a remote village in Tamil Nadu and who by virtue of his aching passion for sports and games and deep interest in theory and practice in physical education chose teaching physical education and researching as his career. His patriotism prompted him to contribute something solidly and uniquely to Physical Education in general and research in particular.

The case study attempts to sincerely portray his wonderful personality by touching upon some prominent aspects and traits of his personality. It is the fond hope of the investigator that this case study on Karuppudayar Vaithianathan will inspire the younger

generation in general and the budding sports persons and physical educationists in particular and motivate them to perform better and reach dizzy heights in their chosen fields.

Based on the insight gained by the investigator by reviewing related literature, this study was designed for collecting facts on the subject through various primary and secondary sources, finding the personality behaviour of K.Vaithianathan through Cattell's Sixteen Personality Factor questionnaire and opinions collected through administration of questionnaire from sports personalities, sports administrators, sports organizers, leaders of various sports, physical educationists, and coaches. The collected data were carefully analysed and subjected to statistical treatment using Factor Analysis. The results obtained were tabulated and discussed in relation to the hypothesis set for this study. The following conclusions are drawn from this study:

## **5.2 CONCLUSIONS**

Within the limitations and delimitations of this study the investigator makes the following conclusions for this study.

1. The instinct in him to achieve something great and contribute to the student-techer community in a unique way made K.Vaithianathan take deep interest in sports and games and win at district and divisional level competitions out of his own efforts and personal interest and not because of his parents' motivation or an example worthy of emulation or any external influence.

2. The physical activities of early life tend to form basis for physical fitness of any individual and the physical exertions and strong will of Dr. K.Vaithianathan, made him physically sound, which formed the basis for a good health and robust physique right from the early age made him actively get involved in various sports meets. He created new records in athletics in the college he studied. Gradually he achieved his peak performance in High Jump, Long Jump, 110 mts hurdles, Triple Jump and 4X100 M relay. He contributed to sports by winning 1<sup>st</sup> place in All India Open Athletics Meet in 4 X 100 M relay. He secured 1<sup>st</sup> place in Inter-University 110 M hurdles, high jump and 4 X 100 M relay and came 2<sup>nd</sup> place in Long Jump and secured places at inter collegiate, interzone, state and national level meets and thus contributed much to physical education and sports, besides justifying his choice of Physical Education and Sports as his career.
3. The fact that after graduation, he opted for physical education and sports as his career in which he served in different capacities like Director of Physical Education, Assistant Professor, Reader, Professor, Director and Head, Department of Physical Education and sports sciences, Annamalai University for more than 37 years until he reached the pinnacle of success in his career, by getting elevated to the post of Vice-Chancellor, Tamil Nadu Physical Education and Sports University, Chennai, shows that he possesses many leadership qualities besides admirable qualities of a gentleman.

4. The subject has contributed to the field of Physical Education and Sports through his abundant knowledge and interest. He has been doing research for common cause in Physical Education and its allied subjects by undertaking minor and major projects with the financial assistance of UGC. These researches in diversified fields have shown his renewed knowledge in the academic domain of different disciplines.
5. The personality behavior, as assessed through Cattell's Sixteen Personality Factor Analysis proved positive. Personality behavior such as being outgoing, intelligent, emotionally stable, venturesome, experimenting, imaginative, shrewd and controlled totaled to sten scores of 6 – 8.
6. The personality of the subject proved that he is courteous, serious, trusting, self assured and relaxed with sten scores of 3 – 4.
7. Factor Analysis on the questionnaire administered extracted twelve distinct factors, which were grouped and found that the subject is "Exemplary Contributor in Physical Education and Sports", "Contributor as Sports Scientist", "A role model", "Leader in Physical Education and Sports", "A man of unique abilities and talents", "Researcher", "Sports Organiser", "Sports Administrator", "An excellent sociable gentleman". An athlete of wonderful abilities, "Knowledgeable", "Man striving for excellence with a thirst for new knowledge and research. He serves as a role model for the aspiring young men wanting to make lasting contributions to physical education and sports.

8. It is concluded that the subject is a good sports organizer, promoter of research in physical education, sports administrator, sociable and knowledgeable gentleman, besides being an athlete of wonderful abilities, power and potential.
9. The fact that he has served as a guide, resource person, Planning Commission Member, Expert Member in Sports Committee and in so many other capacities, reveals that his personality is multifaceted. Also one can learn that he possesses excellent soft skills such as interpersonal skills, communication skills, time and stress management. His genuine yearning for service rather than for image building and prestige is clearly seen from the fact that he has effectively contributed to his chosen field in particular and to the academic world in general, through the various prestigious positions for which he was sought after.
10. A number of physical education teachers, professors, coaches, friends and well wishers have had the opportunity to work with him closely on several occasions and it was a treat as they were able share his insight into situations as he saw them.

An ignited mind radiates continually to influence the environment. Professor K. Vaidianathan is a legend a man so kind and easily accessible ever willing to give everything from his garden of choicest thoughts and experience to anyone visiting him with a mission.

The Physical Education teaching fraternity has been enriched with his immense contributions and continues to derive inspiration from Dr. K. Vaithianathan, who has



carved a niche for himself by rendering commendable service to the cause of Physical Education in particular.

### **5.3 RECOMMENDATIONS**

Based on the results of the study, the following recommendations were made for future research or investigation:

1. The same study may be conducted on some other personalities in relation to their association and contributions to promotion of sports and games.
2. A case study may be undertaken to find out the performance of Indians in the International sports arena.
3. It is recommended to identify the sector, geographically, to promote the players to play for India.
4. Case studies may be undertaken to assess the facilities available for the physical education and sports programmes in different institutions.
5. A comparative study may be conducted between any two successful famous players, coaches and umpires.
6. Studies pertaining to contribution of specific institutions/ colleges / universities towards the promotion of sports and games may be undertaken.