

Attitude Of Wrestler Sakshi Malik After Winning The Medal In Olympic

Mrs. Rekha
Ph.D. Research Scholar, Department Of Physical Education
Banasthali Vidyapeeth
Rajasthan – 304022 (India)

Dr. Usha Tiwari,
Professor, Department Of Physical Education Banasthali Vidyapeeth Rajasthan –
304022 (India)

Dr. Dharendra Tiwari,
Assistant Director, Department of Physical Education, B.H.U. Banaras

ABSTRACT

In this paper, An attempt has been made to find out the attitude of Sakshi Malik Olympic Medalist after winning medal in Olympic. The data collected through interview techniques and opinion rating questionnaire filled by 300 sportspersons, coaches, teachers and relatives to know their response and reactions. The investigate the contribution and achievements of Sakshi Malik towards the promotion of wrestling and sports in the country, a case study has been designed in which historical, biographical, analytical and interpretive techniques have been utilized. Findings of the study are (i) Large majority said that she did not stopped meeting with other people; (ii) Majority of the respondents said that no changes have come in her life style; (iii) A vast majority of the respondents were of the view that she not become egoistic; (iv) Majority of the respondents said that she cooperate others as she did before winning bronze medal in Olympic; (v) Majority of the respondents said that her confidence increase a lot; (vi) Majority of the respondents were not agree with this statement that she give less time to wrestling after getting OSD in Railway Post; (vii) a vast majority were of the view that she become more interested in wrestling; (viii) the majority of the respondents further said that she not uses her position for personal benefits; (ix) a large majority was of the view that she is not much involved in commercial advertisement ; (x) Majority of the respondents were not in favour of this statement that “Did she become much involved in social service?” (xi) majority of the respondents were not agree with this statement that she respect her coaches less; (xii) Majority of the respondents said that she inspires all those who came into her contact; (xiii) A large majority of the respondents said that she is still punctual and disciplined in her sports activities; (xiv) A large majority of the respondents said that she encourages other players to improve their performance; (xv) A large majority of the respondents were of the view that she does not give more preference to her official work than wrestling.

Key Words: Attitude, wrestling, sportspersons, teachers, coaches, students

INTRODUCTION

Sports is usually governed by a set of rules or customs, which serve to ensure faire competition. And allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first, or by the determination of judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic impression. In organized sport, records of performance are often kept, and for popular sports, this information may be widely announced or reported in sport news. In addition, sport is a major source of entertainment for non-participants, with spectator sports drawing large crowds to venues, and reaching wider audiences through sports broadcasting.

Meaning of Wrestling

Wrestling is a form of combat sport involving grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position. There are wide ranges of styles with varying rules with both traditional historic and modern styles. Wrestling techniques have been incorporated into other martial arts as well as military hand-to-hand combat system.¹

Wrestling in India

In ancient times, wrestling in India was mainly used as a way to stay physically fit. It was also used as a military exercise without any weapons. Wrestling in India is also known as dangal, and it is the basic form of a wrestling tournament. In India, wrestling is mostly known as Malla-Yuddha. There are mentions of wrestling in the ancient times, found in the Sanskrit epic of Indian history, Mahabharata. One of the premier characters in Mahabharata, Bhima, was considered to be a great wrestler. Other great wrestlers included Jarasandha, Duryodhana, and Karna. Another Indian epic, Ramayana, also mentions wrestling in India, describing Hanuman as one of the greatest wrestlers of that time.

FEMALE WRESTLING

Although the history of women wrestling in ancient times is largely unrecorded, some documentation does exist. The evidence suggests that such activities were related to holy or religious ceremonies, contests were between girls of noble heritage, and only unmarried female virgins could participate. An illustration of Atlanta, a female wrestler from Greek

¹ Retrieved from <http://www.wed.coe.int/wed/viewdoc.jsp?id.206451>

mythology, is featured on a vase decoration from the fifth or sixth century BC; she is shown grappling with Peleus (Kent). Women's freestyle wrestling was added to the Summer Olympics in 2004. Since 1921, the International Federation of Associated Wrestling Styles (FILA) has regulated amateur wrestling as an athletic discipline, while professional wrestling has largely become infused with theatrics but still requires athletic ability. Today, various countries send national wrestling teams to the Olympics, including Russia, Iran, Turkey, Mongolia, Azerbaijan, Gambia, the United States and several ex-U.S.S.R nations.²

SAKSHI MALIK AS A PLAYER:

Sakshi Malik is a well known personality in Indian women wrestling. She was born on 3rd September, 1992 at Mokhra village of Rohtak district in Haryana State. Sakshi Malik started her wrestling career in 2004 at the age 12 years. Her father Sh. Sukhbir Singh was a bus conductor in Delhi Transport Corporation and her mother Smt. Sudesh Malik was a health worker in local health clinic. Sakshi began her training of wrestling at the age of 12 yrs under a famous coach Sh. Ishwar Dahiya in an Akhara in Chhotu Ram Stadium, Rohtak.

Sakshi came in fame after winning Gold Medals in 2006 in sub-junior, junior and senior wrestling championships held at Gonda district of Uttar Pradesh. In 2006 in Bangkok, she participated in sub-junior Asian Wrestling Championship but not gets succeeded. In 2007, 2008, 2009 she participated in Sub-Junior National and won Gold medals respectively, she in 2007 also participated in Junior World Championship without any success. In 2008, she participated in Children Cup in Russia and won Gold Medal. In 2009, she participated in Sub Junior Asian championship she won a bronze medal. In the same year, she won silver medal in Junior Asian Wrestling Championship. In 2009 and 2010, she won gold medal in Junior National Wrestling Championship. Sakshi's first success as a professional wrestler in international arena came in the year 2010 in Junior World Championship in which she won Bronze medal in 58 kg freestyle event. In 2011, she participated in Senior National Wrestling Championship and won Silver Medal. In 2012, she won gold medal in Junior National Wrestling Championship. At the 2014 Dave Schultz International Tournament, she won gold in the 60 kg category and won Gold Medal in Senior National Wrestling Championship. And after that she never stopped and maintained the passion and dedication towards the game. In 2015, she won a Bronze Medal in Asian Championship and Gold Medal

² David Levinson and Karen Christensen "Wrestling, Greco-Roman" by Michael B. Poliakoff from Encyclopedia of World Sport: From Ancient Times to the Present, Vol. 3, (Santa Barbara, CA: ABC-CLIO, Inc., 1996) p. 1194.

in Senior National Wrestling Championship, but the major achievement of her came in 2016 when she won a bronze medal in Rio Olympic, 2016. In 2017, she won silver medal in Asian Championship. In 2018, she won a bronze medal in Commonwealth Games. While in 2019, she again won Bronze medal in Asian Championship.

STATEMENT OF THE PROBLEM

The purpose of the investigation is to find out the attitude of Indian wrestler Sakshi Malik after winning the Medal in Olympic. This study is helpful to know his qualities as a wrestler player.

The present paper is entitled as “**Attitude of Wrestler Sakshi Malik after Winning the Medal in Olympic**”.

OBJECTIVE OF THE STUDY

- To study her attitude after winning the medal in Olympic.

Design of the Study

The integrated approach is used to gather valid and reliable information for the study. The data sources, which includes investigation of the related literatures and survey methods, interview, questionnaires technique as tools for gathering data have been used for the study.

Collection of Data/Information

Both primary and secondary sources are used to collect data and information for this investigation. Statistical techniques such as Percentage and Chi-Square tests were used to analyze the data.

ANALYSIS OF DATA

The data collected through interview techniques and opinion rating questionnaire filled by 300 sportspersons, coaches, teachers and relatives to know their response and reactions. The fourth part of the questionnaire deals with the attitude of Sakshi Malik after she won the bronze medal in Olympic and having two types of responses “Yes” and “No”. It has 15 statements regarding her attitude after winning the bronze medal in Olympic. The findings of the study given below:

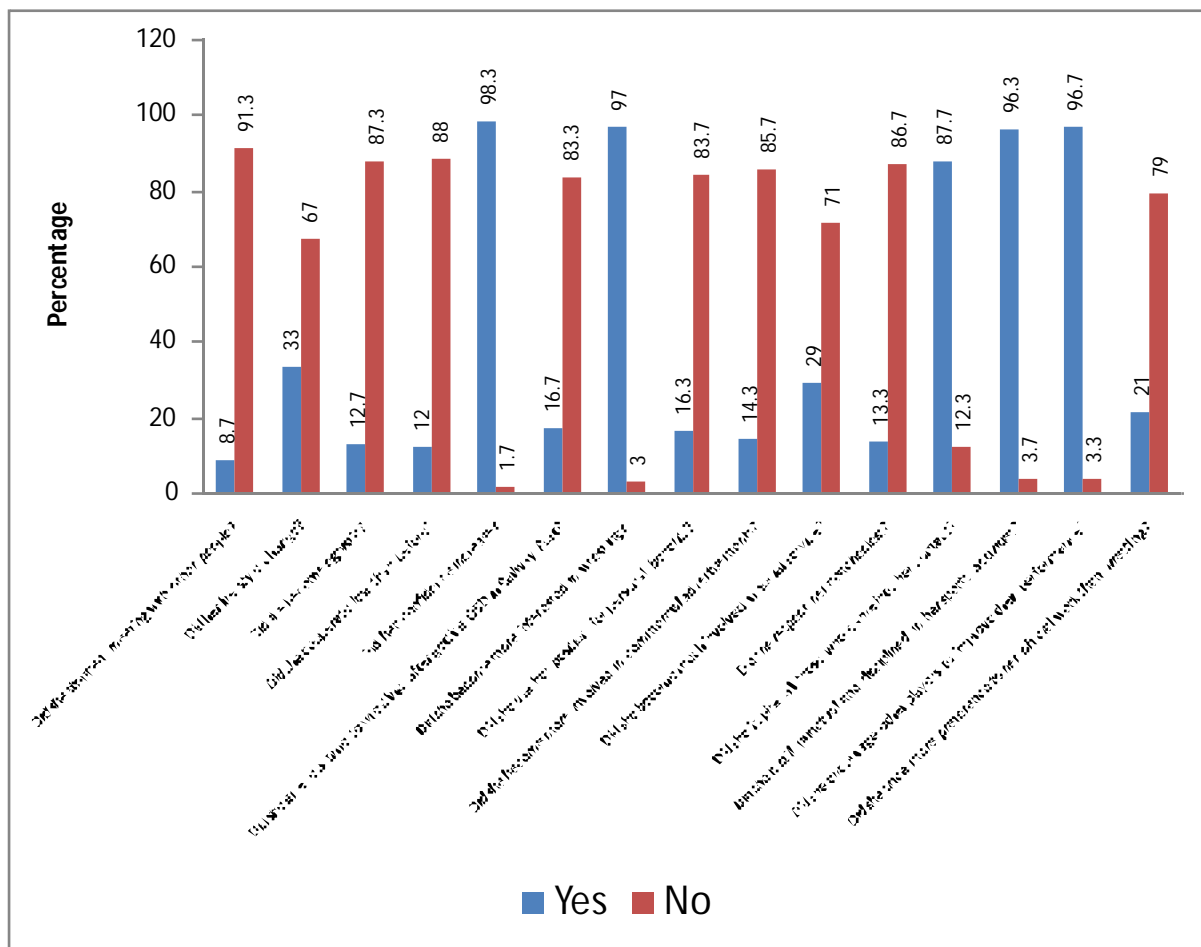


Figure 1: Percentage of respondents regarding the statement about Sakshi’s attitude after winning medal in Olympic.

The above figure shows response of respondents regarding the Sakshi’s attitude after winning medal in Olympic. Out of two responses “Yes” and “No” were taken by the respondents. The figure shows the overall response of respondents regarding questions about her attitude after Olympic medal.

FINDINGS OF THE STUDY

- (i) Large majority said that she did not stopped meeting with other people;
- (ii) Majority of the respondents said that no changes have come in her life style;
- (iii) A vast majority of the respondents were of the view that she not become egoistic;
- (iv) Majority of the respondents said that she cooperate others as she did before winning bronze medal in Olympic;
- (v) Majority of the respondents said that her confidence increase a lot;
- (vi) Majority of the respondents were not agree with this statement that she give less time to wrestling after

getting OSD in Railway Post; (vii) a vast majority were of the view that she become more interested in wrestling; (viii) the majority of the respondents further said that she not uses her position for personal benefits; (ix) a large majority was of the view that she is not much involved in commercial advertisement ; (x) Majority of the respondents were not in favour of this statement that “Did she become much involved in social service?” (xi) majority of the respondents were not agree with this statement that she respect her coaches less; (xii) Majority of the respondents said that she inspires all those who came into her contact; (xiii) A large majority of the respondents said that she is still punctual and disciplined in her sports activities; (xiv) A large majority of the respondents said that she encourages other players to improve their performance; (xv) A large majority of the respondents were of the view that she does not give more preference to her official work than wrestling.

RECOMMENDATIONS

- A comparative study involving our subject and other champion wrestlers at national and international levels may be undertaken.
- A study may further be conducted on the same subject about the anatomical, physical or physiological and genetic aspects and their influence on her performance.
- Measures to improve the sport of wrestling and popularizing the sport may be analysed.
- Facilities provided for wrestling and training in the various wrestling Akharas of India particulars of Haryana state may be studied and facilities provided by the two states may be evaluated.

REFERENCES

- Chaabene, H., Negra, Y., Bouguezzi, R., Mkaouer, B., Franchini, E., Julio, U., & Hachana, Y. (2017). Physical and Physiological Attributes of Wrestlers: An Update. *Journal of Strength & Conditioning Research (Lippincott Williams & Wilkins)*, 31(5), 1411-1442.
- David Levinson and Karen Christensen "Wrestling, Greco-Roman" by Michael B. Poliakoff from *Encyclopedia of World Sport: From Ancient Times to the Present*, Vol. 3, (Santa Barbara, CA: ABC-CLIO, Inc., 1996) p. 1194.

- Devi, M. (2017). Women's participation in sports in India. *Kaav International Journal of Economics, Commerce & Business Management*, 5(1), 54-56.
- Hendry, E. Garrette (1964). *General Psychology*. Eurasia Publishing House Pvt. Ltd., 495-497.
- Kaul, Lokesh (1984). *Methodology of Educational Research*. Shimla: Vikas Publishing House Pvt. Ltd.
- Kumar, N. (2018). A Case Study of Padama Shree Arjun Awardee Hind Kesari Master Chandgi Ram International Wrestler and Indian Wrestling Ideal. *Ph.D. Thesis*, Department of Physical Education Banasthali Vidyapith, Jaipur
- Navin (2013). "Wrestling and its Promotion in India a case study of Arjuna Awardee Ashok Kumar," *Ph.D. Thesis*, M.D.U. Rohtak, 2013.
- Singh Rajender (2006). "Padma Shree Kartar Singh, Legendary Wrestler, Sports Administration and Sports Promoter – A Case Study." *Ph.D. Thesis*, Punjab University, Chandigarh.
- Thulaseedas, (1983). "The Case Study of Olympian Suresh Babu" Unpublished Master's Thesis, Alagappa University.

WEBSITES

- <http://www.wed.coe.int/wed/viewdoc.jsp?id.206451>
- <http://www.wed.coe.int/wed/viewdoc.jsp?id.206451>
- http://www.wrestlingfederationofindia.com/about_us.php?id=18