



## Comparative Study of Performance of Indian Athletes with Asian Athletes in Asian Games

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### ABSTRACT

The basic purpose of the study is to do comparative study of performance of Indian athletes with Asian athletes in Asian Games. The Asian Games also known as Asiad is a pan continental multi sports event held every four years among Athletes from all over Asia. World of sports is a lot like business. There is training, hard work, competition and at the end wins and losses. India is the "Father of Asian Games" and it started in 1951 in New Delhi with great efforts late Prime Minister Pt. Jawaharlal Nehru and Maharaja Yadvendra Singh of Patiala. In spite of this it has not shown any remarkable performance except in 1951 and 1962 in which India was at 2<sup>nd</sup> and 3<sup>rd</sup> positions respectively and in 2014, India was at 8<sup>th</sup> position. To get to the pinnacle, even the most naturally gifted athletes have to give it their all. In past several years, there are several reasons for India's impecunious performance in Asian Games, but champions keep playing until they get it right. The Zest and enthusiasm necessary to win over the opponent is missing in the Indian Psyche. India along with Japan is the only country to have won at - least one gold in every event of Asian games. Great champions have an enormous sense of pride and can do something that seems insurmountable and inspire others. In recent past India has proven its strong contention in World of Sports by subsequently winning 'Gold', Silver, & 'Bronze' medal in Olympics and CWG. "Once a champion, always a champion".

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### I. INTRODUCTION

Asia is the largest continent in the world. It comprises one- fifth of the world's total area. Before the Asian Games were held a gathering known the "Far Eastern Championship" games existed which was first mooted in 1912 at a location set between the Empire of Japan, the Philippines islands and China. The Asian Games was originally found by YMCA in 1913 in the image of Olympic Games & it ended in 1934 before the Second World War In 1951 the revived Asian Games took place in New Delhi. Its ostensible purpose was to promote sports in Asia to unite Asian countries through sport (Fan Hong). Over the years it has developed into distinguished oriental Games. The Games now takes place every four years (Milton W Meyer, 1997, p.1-2).

#### The Purpose of the Game

The purpose of the games according to YMCA was to train outstanding oriental Athletes to participate in the Olympics Games & to spread western morality & masculinity events among these oriental weaker people. The Games is regarded as the second biggest meeting in the world. The Asian Games provided an opportunity for the Asian States to confront the traditional system & the intraregional isolationism maintained by the colonial powers. When the first Asian Games took place in New Delhi Dr. Rajendra Prasad, India's first president called ion the Asians to forge links of friendship and understanding with all nations in order to further the cause of peace. He claimed" I'm sure that the first Asian Games will, promote the realization of understanding & friendship among all nations & will start a process as time passes will go on cementing the friendly ties between the peoples of Asia ( Ajmer Singh et al., 2003).

Prime Minister Nehru also stated: “Delhi & India are fortunate in holding the first Asian Games. There is however, another aspect of these international gatherings of athletes. They bring together the youth of many countries & thus help to some extent in promoting international friendship & co-operation. In these days when dark clouds of conflicts hover over us, we must seize every opportunity to promote understanding and co-operations between nations. It must be remembered always that these games and contests should be carried out in an atmosphere of utmost friendliness. Each one must try his best & winner or loser must play his part gracefully & must enter into spirit of games” (Mellow De Melville, 1982).

### **The Need of Physical Education**

Physical education refers to the process of imparting systematic instructions in physical exercise, sports, games and hygiene. The term is generally used for the physical education programs at school and colleges. Education aims at the treading of the body, mind and conduct of student to keep a healthy mind within healthy body, a student needs regular physical exercise. The brain of students gets tired after school work. Thus refuses to work therefor diversion & refreshment of mind, he require some organized forms of physical & mental work. This type of education provides further potential for inclination towards sports & they get motivated & properly organized for sports as a career.

Physical education forms an important part of modern education. Almost every school can boost a playground & one or two teams in every modern school & colleges after classwork students join various sports & games. The students generally take to all kinds of physical activity & so they great deal of interest in them.

Physical education is the academic discipline & profession which focuses on art & science of human movement (Kroll, 1971), with an emphasis given to sport, fitness & outdoor recreation. Sports refer to four kinds of physical activity: Olympic competitive sports, outdoor games & recreations, exercises & fitness, music & movement (IOC, 1990).

Innovative ideas & practices must be viewed from the perspective of physical education status in the region, specially the value, importance & resources provided by the respective countries. In a worldwide survey on physical education & sports in schools, (Hardman, p.32) confirms a decline or marginalization of the subject:” Deficiencies were apparent in curriculum, time allocation, subject status, materials, human & financial resources, gender & disability issues, quality & program delivery “. Approximately two – third of the adult population are not active enough to ensure good health. Obesity among school children is an energy concern worldwide at 10%; Asia & pacific at 5.1%; U.S. at 31.8%; and Europe at 19.6%. Nearly two million deaths annually are attributable to physical inactivity worldwide. The world Health Organization (WHO) urges for more emphasis on school physical education & sports. The WHO has also highlighted diet & inactivity as the two most common global risk factors for chronic diseases (Armstrong, 2005)

There are various tools which measure the performance of athletes/players by which they can enhance their performance in proper way such as

- **Anthropometry:** It refers to measurement of human individual, & early tool of physical anthropology, used for identification, for the purposes of understanding human physical variation.
- It is very essential to enhance the performance & to measure the performance of athletes during training & competitions
- Measurements of limbs & bone structure.
- **Biomechanics:** It is the study of structure and function of the mechanical aspects biological systems, at any level from whole organism to organs, cells and cell organelles, using the methods of mechanics.
- It is also used for measuring the projection of the implements which are being used during the competition like Javelin, Discus Throw, shot put, and hammer. In addition to these when player/athletes in state of air born analyzed under bio mechanics.

- **Kinesiology:** It is the study of Human & Non-Human animal Body moments, function & performance by applying the sciences of biomechanics, anatomy, physiology, psychology and Neuroscience.

It is a tool to measure the length of muscle, origin of a muscle, strength of muscle & speed to analyze the power of player/athletes. It also helps to avoid injury prone activity during the sport and training.

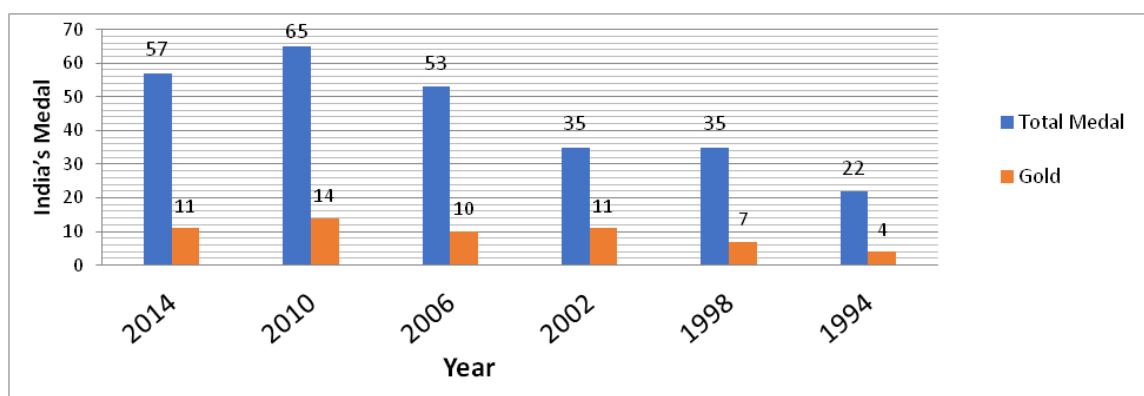
In India most of the players perform in various national/international tournaments by own efforts through the traditional system which is used generations to generation. They are not organized in mechanized ways. Most of the players /athletes are victim of wrong policies, Nepotism & favourism and less popularity of such games in that area. Thus the proper guidance of various sports can be obtained from sports institutions, school and colleges.

*Comparative study of performance of Indian athletes with Asian athletes in Asian Games*

Here we have collected some previous year's relevant data of Asian Games & we have tried to analysis these data statistically.

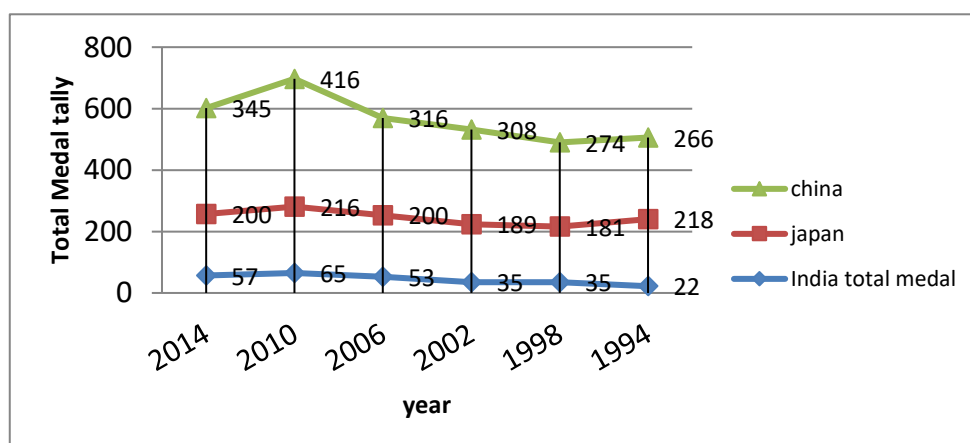
| S. No. | Year | Countries/ Venues       | No. of Participants (Asia) | No. of Participants (India) | Total Medals / India's Medal(G/S/B)-positions |
|--------|------|-------------------------|----------------------------|-----------------------------|---|
| 1.     | 2014 | 45/Incheon, South Korea | 9,501                      | 541                         | 1454/57(11/9/37) – 8 <sup>th</sup>            |
| 2.     | 2010 | 45/Guangzhou, China     | 9,704                      | 625                         | 1577/65(14/17/34)- 6 <sup>th</sup>            |
| 3.     | 2006 | 45/Doha, Qatar          | 9,520                      | 387                         | 1393/53(10/17/26)– 8 <sup>th</sup>            |
| 4.     | 2002 | 44/Busan, South Korea   | 7,711                      | 356                         | 1350/36(11/12/13)– 7 <sup>th</sup>            |
| 5.     | 1998 | 41/Bangkok, Thailand    | 6,554                      | 27                          | 1225/35(7/11/17) – 9 <sup>th</sup>            |
| 6.     | 1994 | 42/Hiroshima, Japan     | 6,828                      | -                           | 1079/23(4/3/16) – 8 <sup>th</sup>             |
| 7.     | 1962 | 17/Jakarta, Indonesia   | 1,460                      | -                           | 372/33(10/13/10) – 3 <sup>rd</sup>            |
| 8.     | 1951 | 11/New Delhi, India     | 489                        | -                           | 169/51(15/16/20) – 2 <sup>nd</sup>            |

Sources: Asian Games-Wikipedia



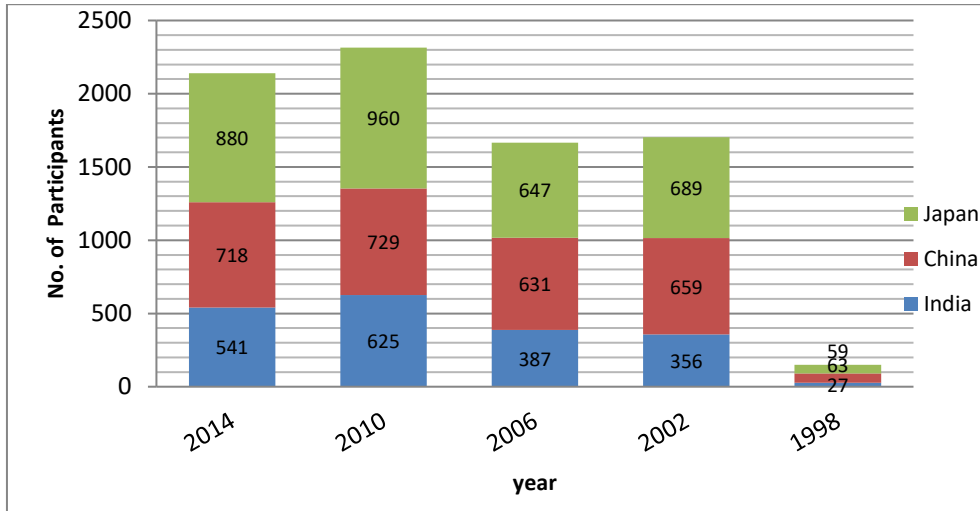
Data: Olympic council of Asia

Here we analyze the contribution of India's gold tally with overall total medal tally. We see that there is much difference in both medal tally's which needs to be improved in upcoming years.



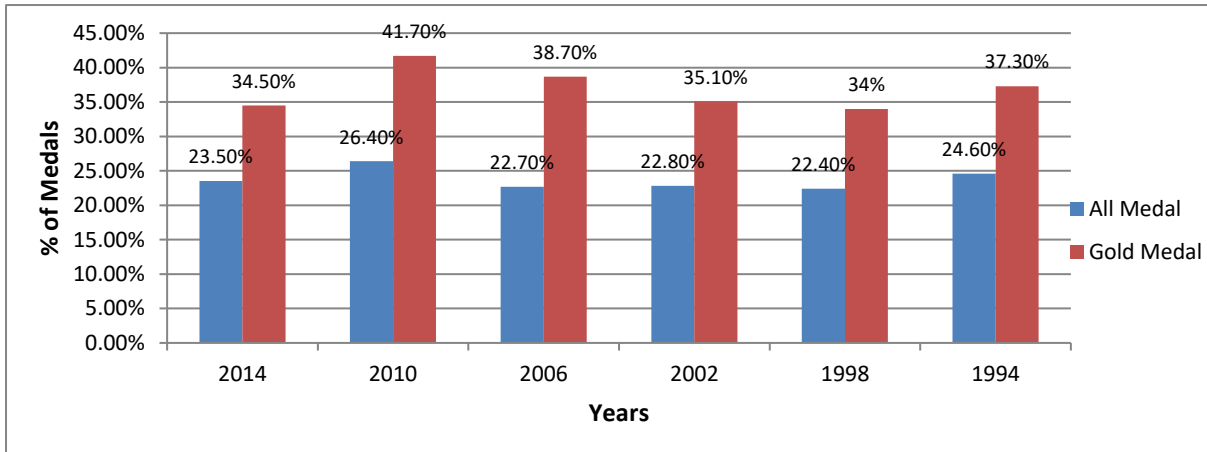
Data: Olympic council of Asia

In the above graph we tried to show relative comparison with china and japan to India & we see that India is far behind these two countries despite china has not even participated in Asian Games before 1962.



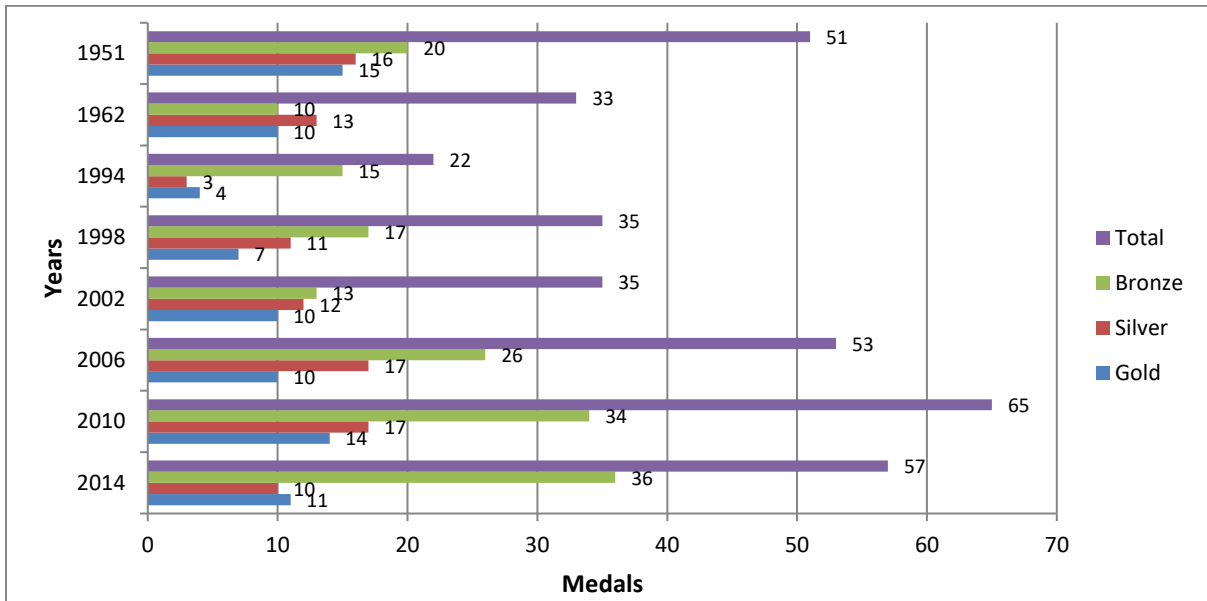
Data: Olympic council of Asia

Here we have shown the no of participants of India, china& japan in previous Asian Games.

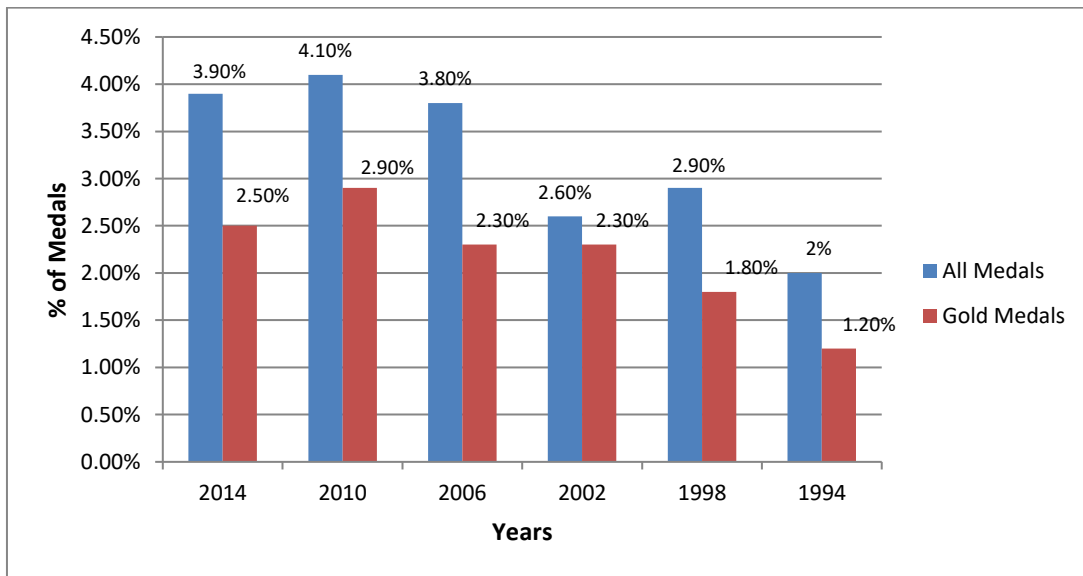


Data: Olympic council of Asia

China, in comparison, is way ahead, picking up almost one Gold in every four medals that is presented , including a much higher share of Gold's.



Data: Olympic council of Asia



Data: Olympic council of Asia

For India, though there is some good news its athletes are winning medals in more sports. But overall, when compared over the last two decades, the medal tally has increased by more than two and half times.



Sources: Olympic council of Asia, Indian Olympic association

#### Core Probables for AG & CWG 2018: MEN

(Comparisons are made on the basis of just past performances of Athletes)

| S. No. | Name         | Event        | CWG 2014       | CWG 2014       | AG 2014       | AG 2014        | Remarks  |
|--------|--------------|--------------|----------------|----------------|---------------|----------------|--|
|        |              |              | Place          | Place          | place         | Place          |  |
| 1      | A.K. Saroj   | 1500m        | 03:39.31 (KEN) | 03:40.63 (SCO) | 03:40.23(QAT) | 3:49.97(PLE)   | Medal Prospect for AG & CWG, 2018 As he has just graduated junior to senior.                                       |
| 2      | Lk. Govindam | 5000m/10000m | 13:12.07 (KEN) | 13:22.32 (ENG) | 13:26.13(QTR) | 13:34.97 (JPN) | Medal Prospect for AG & CWG , 2018 & may finalist in CWG 2018  |
| 3      | G. Krishnan  | 20 Km Walk   | -              | -              | 1:19.45 (CHN) | 1:23.45 (KAZ)  | Taking into account of previous performance less chance for medal prospects in AG 18, he may come within 10 place. |
| 4      | M. Rawat     | 20 Km walk   | -              | -              | 1:19.45 (CHN) | 1:23.45 (KAZ)  | Medal prospect for AG 18. As he has finished 13 place with the timing of 1:21.13 in Rio 2016                       |
| 5      | Om Prakash   | Shot Put     | 21.61 (JAM)    | 18.73 (IND)    | 19.99 (KSA)   | 18.64 (KUW)    | Medal prospect for AG 18. Within 6 place in CWG 18   |
| 6      | T. Toor      | Shot Put     | 21.61 (JAM)    | 18.73 (IND)    | 19.99 (KSA)   | 18.64 (KUW)    | Medal prospect for AG & less possibility for medal in CWG 18   |
| 7      | T. Shanker   | High Jump    | 2.31 (CAN)     | 2.21 (BOT)     | 2.35 (QAT)    | 2.20 (KAZ)     | He has recovered from injury may be medal prospect for AG 18   |

Sources: Asian Games (2014) & CWG (2014)

**Core Probables for AG & CWG 2018:WOMEN**

(Comparisons are made on the basis of just past performances of Athletes)

| S. No. | Name        | Event                | CWG 2014                              | CWG 2014                               | AG 2014                                | AG 2014                                | Remarks   |
|--------|-------------|----------------------|---------------------------------------|--|--|--|---|
|        |             |                      | Place                                 | Place                                  | place                                  | Place                                  |   |
| 1      | Lilli Das   | 800m                 | 2:00.31<br>(KEN)                      | 2:02.19<br>(ENG)                       | 1:59.02<br>(KAZ)                       | 2:05.80<br>(CHN)                       | May be in final in AG 18  |
| 2      | PU Chitra   | 1500m                | 64.88                                 | 57.39                                  | 61.03                                  | 52.46                                  |   |
| 3      | L. Babar    | 3000m SC             | 19:30.96<br>(KEN)                     | 09:44.65<br>(SCO)                      | 09:31.36<br>(BRN)                      | 9:52.26<br>(JPN)                       | If she beats her previous performance then medal prospect for AG & CWG 18 |
| 4      | Sudha Singh | 3000m SC             | 19:30.96<br>(KEN)                     | 09:44.65<br>(SCO)                      | 09:31.36<br>(BRN)                      | 9:52.26<br>(JPN)                       | Medal prospect for AG 18  |
| 5      | S. Burman   | Heptathlon           | 6597 pts.                             | 5695 pts.                              | 5912 pts.                              | 5053 pts.                              | May be in both  |
| 6      | P. Hembram  | Heptathlon           | 6597 pts.                             | 5695 pts.                              | 5912 pts.                              | 5053 pts.                              | May be in both  |
| 7      | S. Jadhav   | 5000m<br>10000m      | 15:07.21<br>(KEN)<br>32:9.35<br>(KEN) | 15:33.72<br>(SCO)<br>32:41.95<br>(UGA) | 14:59.69<br>(BRN)<br>13:51.86<br>(UAE) | 15:30.46<br>(UAE)<br>32:27.69<br>(BRN) | May be in AG 18   |
| 8      | A. Rani     | Javelin Throw<br>(w) | 65.96<br>(AUS)                        | 59.04<br>(SRI)                         | 65.47<br>(CHN)                         | 56.07<br>(KOR)                         | May be in AG 18   |
| 9      | N. James    | Long Jump            | 6.56 m                                | 6.34 m                                 | 6.55 m                                 | 6.28 m                                 |   |
| 10     | V. Neena    | Long Jump            | 6.56 m                                | 6.34 m                                 | 6.55 m                                 | 6.28 m                                 | May be in AG 18   |

Sources: Asian Games (2014) & CWG (2014)

## II. CONCLUSION

The Asian game was originally a product of cultural imperialism. It was an attempt of the YMCA to reconstruct Asia through transmission of western ideas & values to the Asians through sports & to establish their national & regional identity through sport. India should concentrate on performance of players which have fallen down in past years. There are various question of deep thinking & lack of superior performance .We should focus on Mass participation, Encouraging players in both rural, urban sectors & remote tribal & hilly regions, improve basic infrastructures, and discourage Nepotism & Favoritism in selection of athletes/players. Introduction of sports from primary education (Formal & Non Formal), organizing National camps & opening of new sports institute in remote areas and Spread the spirit of games, easily implementation of liberal policy of games among the participant's to break the hegemony. Govt. should implement the principles of Asian Games & the Olympic games: equality, fair play and non- discrimination on the grounds of race, sex ,color, religion & politics to make the Asian Games a true & distinctive Games for the whole of Asian society and take it “Ever Forward”(Cited in ‘Constitutions and rules of OCA’).

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