

## **4.0. INTRODUCTION**

This chapter provides a description of the methodological framework and approach used in the research. This chapter presents the sample, sample size, selection of the variables, and tools of data collection as well as outlined the data gathering methods and research designs employed by the researcher.

## **4.1. METHODOLOGY**

Quantitative methodology was used in this study. According to Sarantakos (1998) one of the most important qualities of quantitative research is the requirement that the sample employed reflects the attributes of the target population. Therefore, the finding it produces relates to the whole population, and the conclusions drawn through the study is pertinent to the whole population.

### **4.1.1. Area of Study**

The area of present study is Haryana State. Haryana emerged as a separate State on November 1, 1966. According to the census of 2011, the total population of Haryana is about 25 million. Haryana lies in the northern region of the country. It is well linked to the national capital and most of the area of Haryana state is under NCR.. The total geographical area of Haryana state is spread over about 44000sq. km which makes it 20th largest state of the country in terms of area.

### **4.1.2. Why Haryana**

Haryana is ideal because of its cosmopolitan nature and it is possible to find representation of the desired population from other parts of the country. The area of study has good connectivity to the National Capital, so the availability of resources is relatively higher. The large area of this state is under NCR so that population is highly educated and urbanized. According to the 2011 census data, the Literacy rate in Haryana is 75.55% (in which male literacy rate stands at 84.06% while female literacy rate is at 56.915). Sex Ratio of Haryana state is 879 female on 1000 male, which is below the national average of 940 as per 2011 census data. Secondly, in Haryana there are significant number of public

and private universities and colleges (students) which are targeted for this study. This study is targeting the youth who are actively or non actively participated in sports, Haryana provides the best access to this group. Haryana is the most prosperous among states in India. It is the only state which has having one of the highest per-capita income in the country.<sup>1</sup>

The ease of resources, urbanization, higher literacy rate, sex ratio and the high involvement of youth in sports during major sports events and better performance or winning more medals during mega events such as Olympics, Commonwealth and Asian game as comparison to other state, are the main reasons behind choosing this area to study.

#### **4.1.3. Target Population**

Total target population is 43436 university students studying in Haryana in various UGC recognized universities in which 24645 are male and 18791 are female according to the data available on the UGC website for the session 2011-12.

### **4.2. Sampling Design and Sample Size**

#### **4.2.1. Sample Design**

According to Babbie (2005) the ultimate purpose of “sampling is to select a set of elements from population in such a way that characteristics of those objects perfectly represents the whole population from which the objects are selected”. This study is conducted using survey method, targeting active and non-active sports person of Haryana. The survey method is a very valuable tool for assessing attitudes and trends. This method has been chosen for this study because it is an excellent vehicle for measuring attitudes and orientations in large populations. In this study the purposive random sampling technique is used to select the sample size.

##### **4.2.1.1. Sample Size**

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<sup>1</sup> <http://www.census2011.co.in/census/state/haryana.html>

The sample for the study is selected from the various universities recognised by UGC in Haryana. It covers 12 UGC recognise universities which includes One Central University and 11 State Universities. The subject for the proposed study has been delimited to the active and non active male and female players who ever participated in any sports activities. Total sample size of the present study 432 students (Male= 198 and Female= 234) students' studying in UGC recognized universities in Haryana state.

#### **4.2.1.2. Response Rate**

The data has been collected by the investigator herself by administering the questionnaire, so that the response rate is 100%.

### **4.3. DATA COLLECTION PROCEDURES AND INSTRUMENTS**

#### **4.3.1. Data Collection Procedures**

##### **4.3.1.1. Primary sources of data**

Primary data was carried out through a questionnaire. All questions were closed ended. With the help of structured and close ended questionnaire the responses were sought from the respondents.

##### **4.3.1.2. Secondary sources of data**

A considerable amount of work has been done in this field and several articles are available on the internet, journals and magazines about Gender and Sports. So first I reviewed the literature of the available data for collection of secondary information.

#### **4.3.2. Data Collection Instruments**

##### **4.3.2.1. Questionnaire Designing and Development**

A questionnaire tool for collecting data is alike to a highly structured interview, except that respondents read the questions and mark their answers on paper rather than respond verbally to the interviewer (Kamlesh M. L., 1994). On the basis of available literature review and after having discussions with the subject experts from various departments of the university a self-structured questionnaire was formulated. To obtain important and categorical info on the subject, something relevant had to be designed. The tools (questionnaires) already available for collecting data were not suitable according to need of this study.

So the data is collected through self structured questionnaire. Ordinal scale is used to measure the attitudes of the youth respondents that how strongly they are agree or disagree with a series of statements. The researcher used 5 point likert scale (Strongly Agree-1, Agree-2, Strongly Disagree-3, Disagree-4, Not sure-5) and 3point likert scale (Yes-1, No-2, Can't Say-3) to measure the responses. All questions are closes ended.

The questionnaire was divided into four sections i.e. Part-I, II, III and IV part. The first part of the questionnaire was filled by all respondents sampled in the study. In this part respondents were asked to fill up their personal information such as their name, age, sex, marital status and economical dependency. In the second part of the questionnaire, some questions related to gender socialization and gender identity were asked to the respondents. In third part, questions related to gender issues in sports were asked to the respondents to assess their attitude toward sports and the problems faced by the sportsperson during their event/participation. And in the last section, the respondents were asked about their psychology towards sports participation.

#### **4.3.2.2. Pilot Study: Testing of the Tool**

Cohen et al (2000) and Gorard (2001) suggest the need to conduct a pilot study before the actual research in order to ensure the relevance and clarity of the instruments. A robust questionnaire was used in order to collect information about the participants in this research. The Questionnaire was pre-tested with 20 college students of Government College in Gurgaon. The pretesting of the questionnaire proved very useful in eliminating ambiguities, identification of redundant questions and misunderstood items as well as providing feedback on the validity of the actual survey. Based on the collected data and feedback, questionnaire was adjusted in order to be better understood and capture the relevant information for this research in the most appropriate way.

#### **4.3.2.3. Validity of the Tool**

Validity refers to the extent to which an experimental measure sufficiently reflects the real meaning of the notion which is under consideration. In the present study, the validity procedures of the study tool has been measured based on the opinions of the experts. The questionnaire was offered to a panel of experts of the teaching staff at the central university of Haryana. The experts presented their remarks upon which some items were adjusted and others were deleted. According to the recommendations of the reviewers, some adjustments regarding clarity, meaning, language accuracy, and functionality were made.

#### **4.3.2.4. Administration of Questionnaire**

The data was collected by administering the questionnaire by the investigator herself. The directions were given by the investigator, while the respondents read them silently. All the doubts were clearly explained by the investigator. The purpose of the study was clearly explained to them so that there was no ambiguity among the subjects regarding the efforts which they had to put for the successful completion of the investigation. Then the respondents were asked to answer the questions following the directions given in the questionnaire. No time limit was given for filling up a questionnaire. But they were asked to respond as quickly as possible. The completed questionnaires were collected back by the researcher herself.

#### **4.4. Ethical Consideration of the Study**

##### **4.4.1. Autonomy**

All respondents were informed about the scope of the study to enable them to make informed decisions about their participation in such.

##### **4.4.2. Anonymity and confidentiality**

Confidentiality refers to the way of protecting of individual respondent's data from unofficial disclosure. Everyone is entitled to have confidentiality about their beliefs and thoughts. But some time researchers have to collect this kind of data on some issues which are of academic interest. So, it becomes the responsibility of the investigator to maintain privacy of identity of the objects of study by restricting access to their name and their other private information given by respondents from other people. In the present study the investigator had given the assurance to the respondents that despite the filling up their names and other personal information in the questionnaires will not be identified and not be accessible for any person other than the investigator. Where necessary, the anonymity and confidentiality of all respondents to this study were ensured and not breached, by ensuring that the name of all respondents do not indicate while analyzing the questionnaire.

#### **4.5. KEY VARIABLES OF THE STUDY**

#### **4.5.1. Independent Variables**

1. Gender
2. Age
3. Educational Qualification
4. Religion
5. Financial Status
6. Marital Status
7. Religion

#### **4.5.2. Dependent Variables**

It is generalized by sports scientists, that high level of performance **in** sports are characterized by definite psychological profiles, which generally distinguish from lower level of performance. Modern sports training gives equal emphasis on preparing the athletes psychologically as well as physically. Higher level of performance is depended upon the athlete's psychological makeup. The following Psychological variables, which are related to the participation/performance in sports were selected for the purpose of the study.

1. Psychological Factor
2. Gender Identity Constructs
3. Family Environment
4. Social Attitude
5. Self Image and Beauty myth
6. Perceived Discrimination
7. Motivation
8. Media
9. Sexual Orientation
10. Political Influence
11. Sports Constrains

## **4.6. Data Analysis**

The responses obtained from the questionnaire were converted into numerical data, which will be presented in chapter-6 Field Study. The data analysis made it possible for the investigator to draw vital information pertaining to the respondents.

### **4.6.1. Statistical Techniques used in Present Study**

Keeping in view, the nature of the present study, the basic information was sought in the shape of responses. Further, the responses were changed into raw data with the help of frequency distribution technique. The data were cross tabulated and for analysis purpose through the percentage method was used.