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Azhar Abbas

Research Scholar, Banasthali
Vidyapith, Tonk, Rajasthan,
India

Dr. Urvesh Sharma

Assistant Professor, Banasthali
Vidyapith, Tonk, Rajasthan,
India

Dr. Usha Tiwari

Associate Professor, Central
University of South Bihar, Gaya,
Bihar, India

Personality traits of Arjuna awardee Lalit Upadhyay Olympic medalist: Field hockey player

Azhar Abbas, Dr. Urvesh Sharma and Dr. Usha Tiwari

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Abstract

The present study is an attempt to find out the personality traits of Arujna Awardee Lalit Upadhyay Olympic bronze medallist. The data collected through interview techniques and opinion rating questionnaire filled by 100 sportspersons, coaches, teachers, and relatives to know their response and reaction. The findings of the study were: It was found that a large majority of respondents were strongly agree or agree with these statements that (1) He is soft spoken; (2) He is a religious person; (3) He is a picture of fitness; (4) He is easily approachable; (5) He is proud of his country; (6) He is always down to earth; (7) He has never lost his temper; (8) He has a great sense of humor; (9) He is very friendly with public; (10) He is good at motivating others; (11) He seems to be health conscious; (12) He believes in learning by doing; (13) He is a good role model to others; (14) He knows how to cope with hurdles; (15) He never lets emotions overcome him; (16) He possesses good leadership qualities; (17) He is very popular among his colleagues; (18) He prefers set rules to his personal views; (19) He does not compromise with his principles; (20) He readily helps, guides and supports others; (21) He is one of the best examples for other players; (22) He has never taken undue benefit of his position; (23) He has the ability to face problems and obstacles; (24) He has always done justice to the work he has taken; (25) He is one of the best hockey players India has produced. The researcher will use a Likert scale test with five options to estimate the strength of feelings.

Keywords: Personality traits, field hockey etc.

1. Introduction

Sports along with entertainment makes your life happy. Sports and games play an important role in human life. The human body is made for motion and physical activity. This is essential for a healthy life. The main objective of physical education is to provide all-round and universal development of the entire human body through sports. The major aim of physical education is universal development of human body through the sports and games. Life without physical activities is no life. It plays an important role in everyone's life in the present world. Sports include all types of physical activities aimed at enhancing the physical fitness and skills of the participants. In today's life, sports activities and active lifestyles play an important role and can provide many health benefits to children and adolescents. All doctors recommend exercise for the prevention of various diseases and for health benefits. According to Joseph Campbell, a hero is someone who dedicates their life to something greater than themselves. We can define a hero as someone who goes beyond the limitations and abilities of an ordinary person, going the extra mile that sets them apart from the rest. In today's world, we come across individuals with impressive credentials and remarkable achievements in various fields. However, there are a select few who resonate with us on a deeper level. They not only inspire people within their own domain but also garner admiration and appreciation from individuals of all ages and from diverse backgrounds. Among these exceptional individuals, sportsmen hold a prominent place. Throughout history, sportsmen have had the ability to inspire entire nations, transcending boundaries and bringing people together. Similarly, in the realm of research, a study that offers practical solutions to significant problems holds great value. Research requires substantial investments in instrumentation, data collection, materials, and contingencies

Corresponding Author:

Azhar Abbas

Research Scholar, Banasthali
Vidyapith, Tonk, Rajasthan,
India

1.1 Field Hockey

Field hockey is also known as 'hockey' in other places where it is more common. No one knows when or where the game of 'Hockey' originated. Its birthplace and birth date are unknown. Field hockey is the world's oldest ball and hockey stick game. The origin of the word hockey itself is hazy. Field hockey and ice hockey are two of the most well-known types of hockey, in spite of the fact that there are many different types hockey played. Since the beginning of time, it has been played regularly in India. Field hockey is often considered the national game of India, but it has not been officially declared as such. It is, however, the national game of Pakistan. Even though field hockey is very popular in India, it has not been officially designated as the national sport. Field hockey is one of the most popular games in the world and especially in India.

1.2 History of Field Hockey

The International Hockey Federation (FIH) states that hockey's origins can be traced back to ancient times. Historical accounts indicate that early hockey games were played in Ethiopia around 1000 BC, and in Persia and Egypt around 2000 BC. The modern field hockey game was originated or started in England in the early 19th century and was spread by the British Army.

The modern game of field hockey developed primarily around schools in England in the mid-18th century. The modern field hockey game can be traced back to 1876 when it was first introduced and played by the British in their home country. Modern field hockey gained immense popularity in England, but the dedication to the game in India was unlike any other country in the world. In 1886, the Hockey Association of England was formed. Indian Hockey history runs parallel to the development of Hockey game in England. In 1849, the first field hockey club 'Black Heath Hockey Club' was established in London. Teddington Hockey Club is the oldest hockey club in the world, founded in 1871.

1.3 Eminent Indian Field Hockey Players

Major Dhyan Chand and Mohammad Shahid are world-renowned legends in field hockey. Known as "The Wizard," both mesmerized audiences with their exceptional skills and remarkable playing styles. Mohammad Shahid made his international debut in 1979, quickly gaining fame for his dazzling dribbling and speed. He played pivotal roles in India's gold medal victories at the 1980 Moscow Olympics and the 1982 Asian Games. Both players have left an indelible mark on the sport, inspiring generations of hockey players worldwide. Some prominent players' names are mentioned: (i) Major Dhyan Chand, (ii) Mohammad Shahid, (iii) Vivek Singh (iv) Dhanraj Pillay, (v) Rahul Singh (vi) Mohammad Sameer Dad, and Lalit Upadhyay.

(i) Major Dhyan Chand: Major Dhyan Chand, born on August 29, 1905, in Allahabad, Uttar Pradesh, India, is widely regarded as one of the greatest field hockey players in history. Dhyan Chand's skills were legendary, with stories of authorities in Holland breaking his stick to check for magnets and in Japan suspecting glue on his stick. His birthday, August 29, is celebrated as National Sports Day in India. Major Dhyan Chand passed away on December 3, 1979, in Delhi, leaving a legacy that continues to inspire generations in Indian sports.

(ii) Mohammad Shahid: Mohammad Shahid, born on April 14, 1960, in Varanasi, was a legendary Indian field hockey player renowned for his dribbling skills, speed, and agility. Nicknamed "The Wizard," he dazzled audiences and made his international field hockey debut in 1979. Shahid was instrumental in India's gold medal victories at the 1980 Moscow Olympics and the 1982 Asian Games. His career included 167 caps and 66 goals, earning him the Arjuna Award in 1981 and the Padma Shri in 1986. After retiring in 1989, he inspired as a coach and mentor. Shahid passed away on July 20, 2016, but his legacy endures through his family, who promote grassroots hockey, honoring his memory and values. Mohammad Shahid's family members, including Mrs. Shahid Praveen (Wife), Mohd. Saif (son), Hina Shahid (daughter), Mohd. Rafi (brother), Mohd. Faiyaz (brother), Mohd. Nasir, Mohd. Afzal, and Azhar Abbas (nephew), are carrying forward his legacy by promoting field hockey at the grassroots level.

(iii) Vivek Singh: Vivek Singh born on August 1, 1967, in Shivpur Varanasi, Vivek Singh was a talented Indian field hockey player whose career reached its pinnacle at the 1988 Summer Olympics. His passion for hockey led to national team selection, showcasing his skills on the international stage. Vivek's Olympic journey in Seoul marked a significant milestone, reflecting his dedication and talent. Despite his short life, his legacy endures through his impact on Indian field hockey. Vivek Singh passed on February 2, 2007, leaving behind a lasting inspiration. His family continues his legacy through the Vivek Singh Hockey Academy, honoring his contributions to the sport.

(iv) Dhanraj Pillay: Dhanraj Pillay, born on July 16, 1968, in Khadki, Pune, Maharashtra, is celebrated as one of India's greatest field hockey players. Inspired by Mohammad Shahid, Pillay overcame financial hurdles to excel in the sport. His natural talent and dedication led to a remarkable career spanning over a decade, representing India in numerous international tournaments. Pillay's leadership was instrumental in securing victories at the 1998 Bangkok Asian Games and the 2003 Asia Cup. He is the only player to have participated in four Olympics, World Cups, Champions Trophies, Asian Games, and Asia Cups. Pillay's accolades include the Rajiv Gandhi Khel Ratna, Arjuna Award, and Padma Shri. Post-retirement, he continues to champion hockey's development, leaving a profound impact on the sport's legacy in India.

(v) Rahul Singh: Rahul Singh, born on January 5, 1975, in Shivpur, Varanasi, emerged from the esteemed Khel Gharana sporting family. His father, Shri Gauri Shanker Singh, was also a good player in his own time. Rahul Singh, inspired by his brother Vivek Singh and eminent hockey player Olympian Mohammed Shahid, founded the Olympian Vivek Singh Hockey Academy after Vivek's passing in 2005. Rahul's dedication to grassroots hockey has empowered underprivileged youth, with many excelling in national teams. His own Olympic journey in 1996 Atlanta showcased his skill and commitment. Rahul continues to coach and uplift young talent, emphasizing values learned from his family. Currently an Appraising Officer in Mumbai Customs, he coaches several hockey teams and contributes to talent scouting in the Khelo India initiative, embodying a legacy of sportsmanship and social change.

(vi) Mahammad Sameer Dad: Mohammad Sameer Dad, born on November 25, 1978, in Bhopal, Madhya Pradesh. He is a former Indian field hockey player. He made his senior international debut in January 1998 against Germany. Before joining the senior team, he played in the India vs. Pakistan test series in Pakistan, scoring three vital goals to level the series 2-2 and earning the best player award. Dad was part of the 1997 Junior World Cup team in England. He contributed to India's gold medal victory at the 1998 Asian Games in Bangkok and participated in the 1998 Men's Hockey World Cup in Holland. He represented India at the 2000 Sydney Olympics, scoring two goals as India finished seventh. Dad's career included the 2002 World Cup qualifier in Scotland and the 2003 Australia tour. An injury in 2003 led to his departure from the team. His brother, Mohammad Yousuf, and nephew, Affan Yousuf, also played for India.

1.4 Lalit Upadhyay as a Player: Lalit Upadhyay is a well-known personality in Indian field hockey. He was born on 1st December 1993 in the holy city of Varanasi, Uttar Pradesh. His permanent home address is S-7/53 Bhagatpur, Shivpur, Varanasi. His grandfather's name was the late Shri Rammurat Upadhyay, and his grandmother's name is Champa Devi. His grandfather's ancestral small business was selling clothes. His father's name is Shri Satish Upadhyay. He worked in a private job at Union Bank of India, handling tasks related to cheque clearing and delivering posts to other branches. His mother's name is Shrimati Rita Upadhyay, and she is a housewife. His family was not financially strong. His brother, Shri Amit Upadhyay, was also a national-level hockey player. Lalit Upadhyay started his field hockey career in 2004 at the age of about 10 years. He learned the basics (abc.) of field hockey under the guidance of Dr. Akhil Mehrotra for the first year and then continued his training for a longer period under the guidance of Shri Parmanand Mishra, SAI Hockey Coach at Udai Pratap College, Bhojubeer, Varanasi. Sports Authority of India (SAI) coach Shri Parmanand Mishra, who taught Lalit Upadhyay his early hockey lessons at UP College, said, "I corrected his hitting almost daily, sometimes with a slap. I remember how hard he worked to master it. The 2007-08 batch of 14-15 players was the best in my career at UP College." Lalit Upadhyay was a hard worker and a dedicated Indian field hockey player. Lalit Upadhyay is a well-known personality in Indian field hockey. Lalit Upadhyay made his debut for the senior Indian hockey team in 2014, and since then, his performance has steadily improved. Every hockey player acknowledges his skills and is a fan of his courageous personality. His performance is among the best. Lalit Upadhyay represented the Indian field hockey team at the 2020 Tokyo Olympic Games, where he contributed to winning a bronze medal, ending a 41-year drought. This achievement is significant in his life and sets an example for day boarding players.

1.5 Statement of the Problem

The statement of the problem was stated as: "Personality Traits of Arjuna Awardee Lalit Upadhyay Olympic Medalist: Field Hockey Player"

1.6 Objectives of the Study

i) To study his personality traits.

2. Research Methodology and Procedure

The research methodology involved a combination and synthesis of literature review, questionnaires, and interviews to examine Lalit Upadhyay's as a personality in Indian field hockey and his impact at the national and international levels.

A case study was designed on Arjuna Awardee Lalit Upadhyay to highlight his personality to promoting field hockey in India.

2.1 Research Design of the Study

The integrated approach ensures valid and reliable information for this study. Data sources include literature review, surveys, interviews, and questionnaires technique as tools for gathering data have been used for the study.

2.2 Collection of Data/Information

Both primary and secondary sources are used to collect data and information for this investigation. Data will be gathered through interviews with Lalit Upadhyay, his colleagues, relatives, teammates, friends, students, family members, and well-known sports personalities. Additionally, information will be collected from various sources such as personal records, photographs, certificates, internet sources, newspapers, magazines, questionnaires, websites, social media, textbooks, research papers, personal visits, and other reliable sources.

3. Analysis of Data/Information

The data collected through interview techniques and opinion rating questionnaire filled by 100 sportspersons, coaches, teachers, colleagues, family members and relatives to know their response and reactions. The case study on Lalit Upadhyay was conducted using a questionnaire and face-to-face interviews, supplemented by Google search engine services. The questionnaire, developed with the help of experts, aimed to gather comprehensive information about the successful Indian field hockey player and his associations. Questions covered Upadhyay's relationships with friends and relatives, their influence on his participation, and the expectations of people from different parts of the country. The research scholar also conducted interviews with individuals close to Upadhyay to gain deeper insights, making this interactive approach the most effective method for understanding Arjuna awardee Lalit Upadhyay. The first part of the questionnaire deals with personality traits of Lalit Upadhyay. It has 25 statements regarding his personality. The findings of the study given below:

The above figure show response of respondents regarding the different questions about his personality. Out of five responses, only two responses (strongly agree and agree) are taken by the respondents. The figure shows the overall responses of respondents regarding questions about his personality.

3.1 Finding of the study

It was found that a large majority of respondents were strongly agree or agree with these statements above that table number - 1, provides a comprehensive opinion rating questionnaire on various aspects of Arjuna Awardee Lalit Upadhyay's personality. Respondents expressed their views through percentages corresponding to different levels of agreement or disagreement, and mean scores with standard deviations are presented for each statement. Overall, the data suggests a positive perception of Upadhyay's character and attributes. Upadhyay is widely regarded as soft-spoken (75% strongly agree, 20% agree) and a religious person (70% strongly agree, 20% agree), highlighting his perceived calm and spiritual nature. The assessment of his physical fitness is positive (71% strongly agree, 10% agree), with a mean score of 2.82 ± 0.40 , indicating that respondents view him as a picture of health.

Table 1: Opinion Rating Questionnaire (%) on Arjuna Awardee Lalit Upadhyay’s Personality

S. No.	Statement	SA	A	U	D	SD	Mean ± SD
1.	He is soft spoken.	75	20	5	-	-	2.73 ± 0.35
2.	He is a religious person.	70	20	10	-	-	2.73 ± 0.35
3.	He is a picture of fitness.	71	10	10	5	4	2.82 ± 0.40
4.	He is easily approachable.	80	8	9	2	1	2.71 ± 0.40
5.	He is proud of his country.	50	40	6	4	-	2.81 ± 0.32
6.	He is always down to earth.	70	20	10	-	-	2.73 ± 0.35
7.	He has never lost his temper.	40	30	10	15	5	2.70 ± 0.45
8.	He has a great sense of humor.	65	25	10	-	-	2.71 ± 0.45
9.	He is very friendly with public.	60	30	10	-	-	2.60 ± 0.50
10.	He is good at motivating others.	80	20	-	-	-	2.75 ± 0.45
11.	He seems to be health conscious.	65	15	10	5	5	2.76 ± 0.42
12.	He believes in learning by doing.	85	15	-	-	-	2.75 ± 0.42
13.	He is a good role model to others.	75	15	10	-	-	2.71 ± 0.45
14.	He knows how to cope with hurdles.	65	35	-	-	-	2.86 ± 0.35
15.	He never lets emotions overcome him.	55	45	-	-	-	2.71 ± 0.45
16.	He possesses good leadership qualities.	90	10	-	-	-	2.80 ± 0.42
17.	He is very popular among his colleagues.	95	5	-	-	-	2.70 ± 0.50
18.	He prefers set rules to his personal views.	85	15	-	-	-	2.75 ± 0.20
19.	He does not compromise with his principles.	92	08	-	-	-	2.67 ± 0.37
20.	He readily helps, guides and supports others.	80	08	12	-	-	2.69 ± 0.43
21.	He is one of the best examples for other players.	90	08	02	-	-	2.71 ± 0.40
22.	He has never taken undue benefit of his position.	88	10	02	-	-	2.72 ± 0.39
23.	He has the ability to face problems and obstacles.	93	07	-	-	-	2.77 ± 0.43
24.	He has always done justice to the work he has taken.	95	05	-	-	-	2.75 ± 0.41
25.	He is one of the best hockey players India has produced.	91	09	-	-	-	2.78 ± 0.45
Overall							2.75 ± 0.22

Strongly Agree (SA), Agree (A), Undecided (U), Disagree (D), and Strongly Disagree (SD)

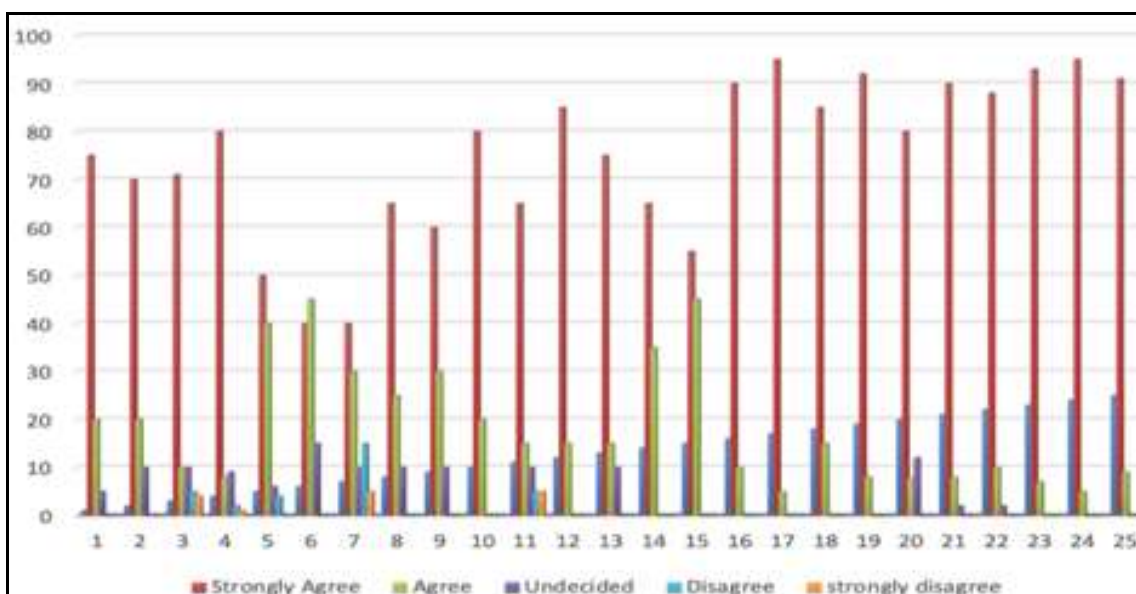


Fig 1: Opinion Rating Questionnaire (%) on Arjuna Awardee Lalit Upadhyay’s Personality.

The findings also reflect positively on Upadhyay's social qualities. Respondents find him easily approachable (80% strongly agree, 8% agree) and proud of his country (50% strongly agree, 40% agree). However, opinions vary on whether he is always down to earth (70% strongly agree, 20%

agree) and on his popularity among colleagues (95% strongly agree, 5% agree), indicating a certain degree of subjectivity in these aspects.

Furthermore, the data suggests that Lalit Upadhyay possesses strong leadership qualities, as evidenced by the high

percentage of respondents who strongly agree (90%) with this statement. Similarly, he is seen as a motivator (80% strongly agree, 20% agree) and a role model for others (75% strongly agree, 15% agree). The mean scores provide an overall perspective, with an average of 2.75 ± 0.22 for all statements, further emphasizing the generally positive perception of Lalit Upadhyay's personality. It is noteworthy that the data includes a statement related to Upadhyay's professional excellence in hockey, where he is recognized as one of the best players India has produced (91% strongly agree, 9% agree), contributing to an overall positive evaluation of his achievements.

4. Result and Discussion

The data collected through interview techniques and opinion rating questionnaire filled by 100 sportspersons, coaches, teachers, and relatives to know their response and reaction. The findings of the study were: It was found that a large majority of respondents were strongly agree or agree with the above mention statements. The researcher used a Likert scale test with five options to estimate the strength of feelings. The Likert scale, which has been found helpful for this purpose, includes the following five responses: Strongly Agree (SA), Agree (A), Undecided (U), Disagree (D), and Strongly Disagree (SD). Responses will be collected on these five scales to verify the statements from the respondents. To have insight on various aspects of personality of Lalit Upadhyay a self-designed questionnaire was prepared. Almost twenty-five personalities who has been allied with him as players, colleagues, coaches, teammates, family members, relatives were chosen for the purpose.

5. Conclusion

As a forward field hockey player, Lalit Upadhyay has a strong bond with his teammates and coaches, being good-natured, honest, dedicated, and emotionally expressive. He is soft spoken and a religious person. He is a picture of fitness and easily approachable. He is proud of his country and always down to earth personality. He has never lost his temper and he has a great sense of humor. He is very friendly with public and good at motivating others. He seems to be health conscious and he believes in learning by doing. He is a good role model to others and he knows how to cope with hurdles. He never lets emotions overcome him and he possesses good leadership qualities. He is very popular among his colleagues and he prefers set rules to his personal views. He does not compromise with his principles and he readily helps, guides and supports others. He is one of the best examples for other players and he has never taken undue benefit of his position. He has the ability to face problems and obstacles and he has always done justice to the work he has taken. He is one of the best hockey players India has produced and he is always cooperative and has the maturity to overcome team challenges. Lalit values hard work and prefers making decisions collaboratively. His impressive career includes participation in numerous national and international tournaments, winning several gold, silver, and bronze medals. Lalit serves as a role model, inspiring the younger generation to engage in field hockey and other sports.

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