



## A Study of Motivation Factors of Olympian Medalist Indian Wrestler Yogeshwar Dutt

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### ABSTRACT

*The paper is an attempt to have an insight into the contributions of Olympian medalist Indian wrestler Yogeshwar Dutt and finds out motivation factors. To attain the objectives of the study, a sample of 24 coaches and 200 sportspersons; the investigator has adopted the direct interview method and opinion rating questionnaires consist on Yogeshwar*

*Dutt contribution towards sport. The investigators found that Majority of coaches and sportspersons believed that he takes time out for others because he is a very helpful and co-operative, and he is a source of support and strength for others because he is an inspiration and engagemnt for players.*

**KEYWORDS :** Achievements, Motivation Factors, Sportspersons, Coaches.

### Introduction

Man is resolute for perfection in every sphere of knowledge. The attainments in human proficiency are valued and appreciated in every social order. Sports skills have now attained a significant place in the culture of a society and this culture is appreciated through achievements in sports. Many players are lucky that they got worldwide fame. Yogeshwar Dutt, an outstanding wrestler is one of them.

Yogeshwar Dutt was born on 2<sup>nd</sup> November 1982 in Bhainswal Kalan village in Sonapat District of Haryana.<sup>1</sup> From children to senior citizens, everyone is ready to guide you to the wrestler's home. He lives in a double story house with a room on the ground floor dedicated to his achievements.<sup>2</sup> The grandfather of Yogeshwar Dutt late Shri Rati Ram Dutt was a farmer who owned 6 acres in Bhanswal Kala. His parents were teachers and his father's Sh. Ram Mehar died in 2006. Yogeshwar Dutt belonged to a middle class family. It was rare for a middle class family to encourage kids in sports. Mr. Dutt was lucky that his father and mother always encouraged him to become a good wrestler. He began wrestling at the early age of 8. Yogeshwar was interested in wrestling from his childhood and was inspired by a man of his village named Balraj Pehlwan. In the Dutt list Balraj Pehlwan, the most acclaimed Indian wrestler as his inspiration and idol within the discipline of wrestling. He was trained under the guidance of coach Ramphal.

In 2003, Yogeshwar won his first major title in the senior category, gold at the Commonwealth Championships. Dutt who competes within the 60 kg freestyle category transformed through a personal adversity to win gold in the 2006. Yogeshwar suffered a career threatening injury just after the Beijing Games but his resolve to make the next Olympics count kept him going through the difficult phase. Yogeshwar made his appearance in 2008 Beijing Olympics also in 60 kg freestyle wrestling category. But he could get only 9<sup>th</sup> place and lost in the quarterfinals. He was able to get medals in the 2010 Commonwealth games. Though he lost in the 2012 Olympics in the pre-quarterfinal round, yet he got a chance in the repechage rounds and was lucky enough to win the toss against his opponent. He knocked Ri Jong Myong of North Korea and won the bronze medal. He won Gold Medal in 2014 Commonwealth Games at Glasgow. Yogeshwar Dutt won Gold in 65 Kg. weight categories at the Senior International wrestling Tournament held at Italy in June, 2015.

He was appointed as P/DSP by the State Government vide memo No. 2/28/2008-IHGI dated 24.12.2008. Yogeshwar Dutt is a prominent Indian wrestler. His excellent skills have earned him Padma Shri Award, Khel Ratna Award and a number of medals. Yogeshwar Dutt is an Indian wrestler famed for being awarded with the third highest civilian honor Padma Shri Award by the Government of India in the year 2013. Yogeshwar Dutt has been awarded with country's highest sporting honor Rajiv Gandhi Khel Ratna Award in 2011-12. Yogeshwar Dutt also received 'Sportspersons of the Year award' from External Affairs Minister Salman Khurshid in April, 2013.

### Objectives

The study is an attempt to have an insight into:

- To investigate the contributions of Olympian medalist Indian wrestler Yogeshwar Dutt and his achievements.
- To explore motivation factor towards other players.

### Research Methodology

The methodology of the present study is as follows:

### Research Design

To investigate the contribution and achievements of Yogeshwar Dutt towards the promotion of wrestling and sports in the country a case study will be designed in which historical biographical, analytical and interpretive techniques will utilize.

### Sample design

Sample was selected from coaches and sportspersons of India. In the present study convenient sampling technique was followed, while getting questionnaires filled from coaches and sportspersons.

### Population

All the coaches and sportspersons of India constituted as population of this survey study.

### Sample unit

The coach and the sportsperson of India were taken as the sample unit.

### Data Collection

This study based mainly on primary data. The primary data would be collected through interview techniques and opinion rating questionnaires to be filled by 24 coaches and 200 sportspersons.

### Statistical techniques

Crosstab technique of SPSS was used to analyze available data and to reach at the conclusion of the study. Data was also analyzed, interpreted and evaluated with required statistical tools like tabulation, graphic presentation and percentage etc.

### Analysis and Interpretation

The analytical Table 1 exhibited that out of total 200 sportsperson, majority of sportsperson (89.5 per cent) believed that he always plays with sportsman spirit and out of total 24 coaches; a very significance number of coaches (96 per cent) believed that he always plays with sportsman spirit. The table further indicated that a very significance number of (90 per cent) sportsperson believed that he is a hard worker and 87.5 coaches also agreed. So it was found from the analysis that he always plays with sportsman spirit and he is a hard worker that making him a bright spark in sports.

The analytical Table 2 revealed that out of total sportsperson, the majority of (88 per cent) sportsperson believed that he takes time out for others, and 87.5 coaches also agreed with the statement. The Table

further exhibited that most of (92.5 per cent) sportsperson believed that he is a source of support and strength for others, all the coaches also believed that he is a source of support and strength for others. So it was found from the analysis that he takes time out for others because he is a very helpful and co-operative, and he is a source of support and strength for others because he is an inspiration and enagement for players.

The analytical Table 3 showed that a huge number of (91 per cent) sportsperson believed that he always encourages players to improve their performance and a vast number of (95.8per cent) coaches also agreed with the statement. The further Table indicated that the mainstream of (89 per cent) sportsperson believed that he does not want to use unfair means (doping) to achieve higher score, and a huge number of (91.7 per cent) coaches also agreed with the statement. So it was found from the analysis that he always encourages players to improve their performance; he encouraged always to players to work towards their goals while keeping in mind that there are no substi-

tutes for hard work and discipline, and he does not want to use unfair means (doping) to achieve higher score. Yogeshwar Dutt said about his fitness mantra to players, "Don't drink, Don't Smoke, Eat healthy."

**Conclusion**

The attitude of sportspersons and coaches towards Olympian Medalist Indian Wrestler Yogeshwar Dutt were studied and analyzed by the researchers through the application of cross Tab technique of SPSS. On the basis of analysis and it can be realized that out of total respondents, most of respondents believed that he always plays with sportsman sprit and he is a hard worker that making him a bright spark in sports, he takes time out for others because he is a very helpful and co-operative, and he is a source of support and strength for others because he is an inspiration and enagement for players, he encouraged always to players to work towards their goals while keeping in mind that there are no substitutes for hard work and discipline, and he does not want to use unfair means (doping) to achieve higher score.

**Table: 1**  
**Opinion of Coaches and Sportspersons about Yogeshwar Dutt**

Designation/ Sports Level	He always plays with sportsman sprit.				He is a hard worker				Total
	Disagree	Indifferent	Agree	Strongly Agree	Disagree	Indifferent	Agree	Strongly Agree	
Sportsperson	16	5	64	115	15	5	60	120	200
	8%	2.5%	32%	57.5%	7.5%	2.50%	30%	60%	100%
Coach	1	0	7	16	1	2	5	16	24
	4.2%	0%	29.2%	66.7%	4.2%	8.30%	20.8%	66.7%	100%

Source: Primary data collected.

**Table: 2**  
**Opinion of Coaches and Sportspersons about Yogeshwar Dutt**

Designation/ Sports Level	He takes time out for others				He is a source of support and strength for others.				Total
	Disagree	Indifferent	Agree	Strongly Agree	Disagree	Indifferent	Agree	Strongly Agree	
Sportsperson	21	3	66	110	12	3	65	120	200
	10.50%	1.50%	33.00%	55.00%	6.00%	1.50%	32.50%	60.00%	100%
Coach	1	2	5	16	0	0	6	18	24
	4.20%	8.30%	20.80%	66.70%	0.00%	0.00%	25.00%	75.00%	100%

Source: Primary data collected.

**Table: 3**  
**Opinion of Coaches and Sportspersons about Yogeshwar Dutt**

Designation/ Sports Level	He always encourages players to improve their performance				He does not want to use unfair means (doping) to achieve higher score				Total
	Disagree	Indifferent	Agree	Strongly Agree	Disagree	Indifferent	Agree	Strongly Agree	
Sportsperson	13	5	61	121	1	21	63	115	200
	6.50%	2.5%	30.5%	60.5%	0.5%	10.5%	31.5%	57.5%	100%
Coach	0	1	8	15	0	2	10	12	24
	0%	4.2%	33.3%	62.5%	0%	8.3%	41.7%	50%	100%

Source: Primary data collected.

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