

A Study on Factors Influencing Consistent Success in School Sports Competitions in selected Sports at School Level from Pune City

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ABSTRACT

Achieving and sustaining excellence in school sports competitions requires effective coaching, structured training, athlete development, and institutional support. This study explores key factors contributing to consistent success in selected school-level sports competitions in Pune City, focusing on coaching expertise, training methodologies, psychological preparedness, fitness programs, sports infrastructure, and parental involvement. A mixed-method approach was used, combining Likert scale analysis (quantitative) and thematic analysis of open-ended responses (qualitative). Structured interviews with PE teachers and coaches provided insights into sustaining success in school sports. The findings revealed that training (91.7%), skills (75%), discipline (75%), and school support (83.3%) were the most significant contributors to student-athlete success. Facilities, tactics, and parental involvement held moderate importance, while motivation received mixed responses. Thematic analysis highlighted the importance of high-quality training, mental resilience, competitive exposure, and institutional support in achieving excellence. Schools with advanced coaching, upgraded sports facilities, and regular tournaments consistently performed better. The study concludes that training, skill development, and school support are the primary drivers of success, while facilities, tactics, and parental involvement need further enhancement. Mental strength and motivation impact performance but vary in influence. To sustain excellence, schools should focus on structured training, competitive exposure, upgraded facilities, mental resilience programs, and stronger parental involvement.

Keywords : Sports Performance, School Competitions, Coaching Strategies, Athlete Development, Success Factors, Infrastructure, Pune schools.

Introduction

Sports play a crucial role in students' physical, mental, and social development, providing a platform to build athletic skills, discipline, teamwork, and resilience. School-level sports competitions are not just about participation but also about achieving and maintaining excellence. However, sustained sporting dominance requires more than just talent; it depends on several key factors, including high-quality coaching, structured training programs, physical fitness, psychological preparedness, sports infrastructure, and strong institutional and parental support. In Pune City, school sports are gaining prominence, with many institutions striving to enhance their programs and produce top-performing student-athletes. While some schools consistently excel in competitions, others struggle to achieve long-term success. Understanding the key factors that contribute to sustained high performance is essential for schools aiming to strengthen their sports programs and maintain a competitive edge.

This study aims to explore the factors influencing consistent success in selected school sports competitions in Pune City. Using a mixed-method approach, data is collected through structured interviews with Physical Education (PE) teachers and coaches, incorporating both rating scale (quantitative) and open-ended (qualitative) questions. This method ensures a comprehensive understanding of the factors influencing sustained sporting success. By analyzing both measurable ratings and in-depth insights, the study identifies key challenges, strategies, and best practices that enable schools to maintain sporting dominance. The findings will help improve training programs, coaching strategies, and sports infrastructure, ultimately fostering a culture of excellence in school sports. Additionally, the study will provide valuable recommendations for schools looking to enhance their competitive performance and create a structured framework for long-term success in school-level sports.

Methodology

Method

The study uses a mixed-method approach, combining rating scale (quantitative) and open-ended questions (qualitative) in structured interviews with PE teachers and coaches. This ensures a comprehensive analysis of factors influencing sustained success in school sports.

Research Design

The study follows an exploratory research design, aiming to identify patterns and best practices in maintaining sporting dominance. Thematic analysis is used to interpret

interview data and draw meaningful conclusions.

Sample and Sampling Technique

The study involves PE teachers and sports coaches from selected schools in Pune City with a strong track record in competitive sports. Using a purposive sampling technique, 10–15 participants are selected to ensure diverse perspectives from different schools.

Data Collection and Procedure

Interviews with PE teachers and coaches used a mixed-method approach, combining a rating scale for quantitative data and open-ended questions for qualitative insights. Participants gave consent, and sessions lasted 20–30 minutes, conducted in person or online. Responses were recorded, transcribed, and analyzed using thematic analysis.

Data Analysis and Interpretation

Rating Scale Analysis (Quantitative Analysis)

Interpretation of Rating Scale Analysis:

1. **Top Priorities** : Training (91.7%), Skills (75%), Discipline (75%), and School Support (83.3%) are the most critical factors.
2. **Moderately Important** : Tactics (41.7%), Facilities (58.3%), and Parental Involvement (58.3%) hold significant but moderate importance.
3. **Mixed Opinions** : Facilities, Equipment, and Parental Involvement received neutral responses (33.3%), showing varied perceptions.
4. **Lower Importance** : Student Motivation had mixed ratings, with only 8.3% rating it “Most Important.”

Table 1 : Representation of Mean Ratings of Factors Influencing Sports Performance

SN	Factors	Rating	Frequency	Percentage (%)
1	Training	5 (Most Important)	11	91.7
		4 (Important)	1	8.3
2	Skills	5 (Most Important)	9	75.0
		4 (Important)	3	25.0
3	Fitness	5 (Most Important)	8	66.7
		4 (Important)	3	25.0
		3 (Neutral)	1	8.3
4	Discipline	5 (Most Important)	9	75.0
		4 (Important)	2	16.7
		3 (Neutral)	1	8.3
5	Tactics	5 (Most Important)	5	41.7
		4 (Important)	5	41.7
		3 (Neutral)	1	8.3
		2 (Somewhat Important)	1	8.3
6	Facilities	5 (Most Important)	1	8.3
		4 (Important)	7	58.3
		3 (Neutral)	4	33.3
7	School S.	4 (Most important)	10	83.3
		3 (Neutral)	1	8.3
		2 (Somewhat Important)	1	8.3
8	Equipment	4 (Most important)	2	16.7
		4 (Important)	6	50.0
		3 (Neutral)	4	33.3
9	Parental In.	4 (Important)	7	58.3
		3 (Neutral)	4	33.3
		1 (Least Important)	1	8.3
10	S. Motivation	4 (Most important)	1	8.3
		4 (Important)	8	66.7
		3 (Neutral)	2	16.7
		2 (Somewhat Important)	1	8.3

2. Thematic Analysis (Qualitative Analysis)

A. Factors for Sustaining Sporting Dominance

- High-Quality & Consistent Training: Coaches emphasized that structured and frequent training is essential for maintaining competitive success.
- Mental Strength & Motivation: Psychological preparedness and motivation help athletes perform under pressure.
- Institutional & Parental Support: Schools with strong sports infrastructure and active parental involvement see sustained success.

B. Strategies for Continuous Success

- Competitive Exposure: Regular participation in inter-school tournaments boosts confidence and skills.
- Advanced Coaching Techniques: Personalized training programs improve player development.
- Emphasis on Fitness & Team Discipline: Structured fitness regimes and teamwork-oriented training enhance long-term success.

C. School Initiatives to Improve Sports Performance

- Upgraded Sports Facilities & Equipment: Better infrastructure enhances training efficiency.
- Regular Competitions & Tournaments: Schools that arrange frequent matches help students refine their skills.
- Extended Training Hours & Specialized Camps: Additional coaching sessions improve overall performance.

Summary

This research examines the factors influencing consistent success in school sports competitions in Pune City. Using both Likert scale and thematic analysis, the study identifies training (91.7%), skills (75%), discipline (75%), and school support (83.3%) as the most critical factors. Facilities, tactics, and parental involvement hold moderate importance, while motivation received mixed responses. Thematic analysis highlights high-quality training, mental strength, and institutional support as key to sustained success. Schools that offer competitive exposure, advanced coaching, and upgraded sports facilities consistently perform better in sports competitions.

Conclusions

Training, skill development, and school support are the primary drivers of success. While facilities, tactics, and parental involvement contribute, they need further improvement. Mental strength and motivation impact performance, but their influence varies. Schools with structured coaching, competitive exposure, and strong infrastructure achieve consistent success.

Recommendations

Schools should improve training, upgrade facilities, and provide advanced coaching. More tournaments will enhance competitive exposure, while mental strength programs can help athletes handle pressure. Encouraging parental involvement and extending training sessions will further support long-term success.

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