

Personality Traits of Wrestler Sakshi Malik Olympic Medalist

Mrs. Rekha

Ph.D. Research Scholar, Department Of Physical Education
Banasthali Vidyapeeth
Rajasthan – 304022 (India)

Dr. Usha Tiwari,

Professor, Department Of Physical Education Banasthali Vidyapeeth Rajasthan – 304022
(India)

Dr. Dhiren

Assistant Director, Department of Physical Education, B.H.U. Banaras

ABSTRACT

The present study is an attempt to find out the personality traits of Sakshi Malik Olympic Medalist. The data collected through interview techniques and opinion rating questionnaire filled by 300 sportspersons, coaches, teachers and relatives to know their response and reactions. The findings of the study were : It was found that a large majority of respondents were agree or strongly agree with these statements that (i) Sakshi has a pleasant personality; (ii) Sakshi Malik is very friendly and cooperative in nature; (iii) Sakshi is very regular in her daily exercise; (iv) Sakshi is very straight forward in nature; (v) Sakshi does not compromise with her principles; (vi) Sakshi does not compromise with her principles; (vii) Sakshi believes in learning by doing; (viii) Sakshi has never let himself down at the time of failure; (ix) Sakshi is a good role model; (x) Sakshi She has never used her position for personal benefits; (xi) Sakshi is not a rigid person; (xii) Sakshi is proud for her country; (xiii) Sakshi strongly believes in social service; (xiv) Sakshi has a lot of patience; and (xv) Sakshi has very good public relations.

Key Words: Personality traits, wrestling

INTRODUCTION

Sport is generally recognized as activities which are based in physical athleticism or physical dexterity, with the largest major competitions such as the Olympic Games admitting only sports meeting this definition; and other organizations such as the Council of Europe using definitions precluding activities without a physical element from classification as sports.¹ However, a number of competitive, but non-physical, activities claim recognition as mind sports. The International Olympic Committee (through ARISF) recognizes both chess

¹ Retrieved from <http://www.wed.coe.int/wed/viewdoc.jsp?id.206451>

and bridge as bona fide sports, and Sport Accord, the international sports federation association, recognizes five non-physical sports,² although limits the amount of mind games which can be admitted as sports. Sports is usually governed by a set of rules or customs, which serve to ensure faire competition. And allow consistent adjudication of the winner. Winning can be determined by physical events such as scoring goals or crossing a line first, or by the determination of judges who are scoring elements of the sporting performance, including objective or subjective measures such as technical performance or artistic impression. In organized sport, records of performance are often kept, and for popular sports, this information may be widely announced or reported in sport news. In addition, sport is a major source of entertainment for non-participants, with spectator sports drawing large crowds to venues, and reaching wider audiences through sports broadcasting.

Meaning of Wrestling

Wrestling is a form of combat sport involving grappling type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition, between two (occasionally more) competitors or sparring partners, who attempt to gain and maintain a superior position. There are wide ranges of styles with varying rules with both traditional historic and modern styles. Wrestling techniques have been incorporated into other martial arts as well as military hand-to-hand combat system.³

Wrestling in India

Considered one of the most ancient and oldest sports in the world, wrestling in India has a glorious past. The sport of wrestling began its journey in India several centuries ago, during the middle ages. Wrestling is among the most prestigious and oldest events in the Olympic Games. It was included in the Olympics in 708 BC. In ancient times, wrestling in India was mainly used as a way to stay physically fit. It was also used as a military exercise without any weapons. Wrestling in India is also known as dangal, and it is the basic form of a wrestling tournament. In India, wrestling is mostly known as Malla-Yuddha. There are mentions of wrestling in the ancient times, found in the Sanskrit epic of Indian history, Mahabharata. One of the premier characters in Mahabharata, Bhima, was considered to be a great wrestler. Other great wrestlers included Jarasandha, Duryodhana, and Karna. Another

² Retrieved from <http://www.sportaccord.com/en/multi-sports-games/index.php?indindex-35incontent=658>

³ Retrieved from <http://www.wed.coe.int/wed/viewdoc.jsp?id.206451>

Indian epic, Ramayana, also mentions wrestling in India, describing Hanuman as one of the greatest wrestlers of that time. the 13th century Malla Purana references a group of Gujarati Brahmin wrestlers known as Jyesthimallas. Freestyle wrestling entered in the country from 1932 and Wrestling Federation of India was formed first time in 1948. Before the Indo-Pak partition the heavy weight wrestler was honored by title of Rustam-E-Hind. After this the next title of Hind-Keshri was started. With passage of time many wrestling federations were formed in India. The new title of “Mahabharat Kesri” as well as “Mall Samrat” was formed. Nowadays freestyles wrestling Secretary General of Wrestling Federation of India is Shri Raj Singh but all the responsibilities and cares of federation are assumed by President Sh. Brij Bhushan Sharan Singh, MP.⁴

FEMALE WRESTLING

Wrestling is one of the world's oldest sports, with a history that extends back thousands of years. Paintings from Egypt dated about 3000 BC are believed to be the oldest evidence of the sport. In Greece, wrestling is included in the stories and legends from the early poets and storytellers. For example, Homer gives an account of wrestling matches in The Iliad, probably in the ninth century BC. From the Roman Empire, wrestling scenes are found in wall paintings dating from the fifth century BC (Kent, 1968). Although the history of women wrestling in ancient times is largely unrecorded, some documentation does exist. The evidence suggests that such activities were related to holy or religious ceremonies, contests were between girls of noble heritage, and only unmarried female virgins could participate. An illustration of Atlanta, a female wrestler from Greek mythology, is featured on a vase decoration from the fifth or sixth century BC; she is shown grappling with Peleus (Kent).

Women's freestyle wrestling was added to the Summer Olympics in 2004. Since 1921, the International Federation of Associated Wrestling Styles (FILA) has regulated amateur wrestling as an athletic discipline, while professional wrestling has largely become infused with theatrics but still requires athletic ability. Today, various countries send national wrestling teams to the Olympics, including Russia, Iran, Turkey, Mongolia, Azerbaijan, Gambia, the United States and several ex-U.S.S.R nations.⁵

⁴ Retrieved from http://www.wrestlingfederationofindia.com/about_us.php?id=18

⁵ David Levinson and Karen Christensen "Wrestling, Greco-Roman" by Michael B. Poliakoff from Encyclopedia of World Sport: From Ancient Times to the Present, Vol. 3, (Santa Barbara, CA: ABC-CLIO, Inc., 1996) p. 1194.

SAKSHI MALIK AS A PLAYER:

Sakshi Malik is a well known personality in Indian women wrestling. She was born on 3rd September, 1992 at Mokhra village of Rohtak district in Haryana State. Sakshi Malik started her wrestling career in 2004 at the age 12 years. Her father Sh. Sukhbir Singh was a bus conductor in Delhi Transport Corporation and her mother Smt. Sudesh Malik was a health worker in local health clinic. Sakshi began her training of wrestling at the age of 12 yrs under a famous coach Sh. Ishwar Dahiya in an Akhara in Chhotu Ram Stadium, Rohtak.

Sakshi came in fame after winning Gold Medals in 2006 in sub-junior, junior and senior wrestling championships held at Gonda district of Uttar Pradesh. In 2006 in Bangkok, she participated in sub-junior Asian Wrestling Championship but not gets succeeded. In 2007, 2008, 2009 she participated in Sub-Junior National and won Gold medals respectively, she in 2007 also participated in Junior World Championship without any success. In 2008, she participated in Children Cup in Russia and won Gold Medal. In 2009, she participated in Sub Junior Asian championship she won a bronze medal. In the same year, she won silver medal in Junior Asian Wrestling Championship. In 2009 and 2010, she won gold medal in Junior National Wrestling Championship. Sakshi's first success as a professional wrestler in international arena came in the year 2010 in Junior World Championship in which she won Bronze medal in 58 kg freestyle event. In 2011, she participated in Senior National Wrestling Championship and won Silver Medal. In 2012, she won gold medal in Junior National Wrestling Championship. At the 2014 Dave Schultz International Tournament, she won gold in the 60 kg category and won Gold Medal in Senior National Wrestling Championship. And after that she never stopped and maintained the passion and dedication towards the game. In 2015, she won a Bronze Medal in Asian Championship and Gold Medal in Senior National Wrestling Championship, but the major achievement of her came in 2016 when she won a bronze medal in Rio Olympic, 2016. In 2017, she won silver medal in Asian Championship. In 2018, she won a bronze medal in Commonwealth Games. While in 2019, she again won Bronze medal in Asian Championship.

STATEMENT OF THE PROBLEM

The present paper is entitled as **“Personality traits of Wrestler Sakshi Malik Olympic Medalist”**.

OBJECTIVE OF THE STUDY

1. To study her personality traits.

Design of the Study

The integrated approach is used to gather valid and reliable information for the study. The data sources, which includes investigation of the related literatures and survey methods, interview, questionnaires technique as tools for gathering data have been used for the study.

Collection of Data/Information

Both primary and secondary sources are used to collect data and information for this investigation.

ANALYSIS OF DATA

The data collected through interview techniques and opinion rating questionnaire filled by 300 sportspersons, coaches, teachers and relatives to know their response and reactions. The first part of the questionnaire deals with personality traits of Sakshi Malik. It has 15 statements regarding her personality. The findings of the study given below:

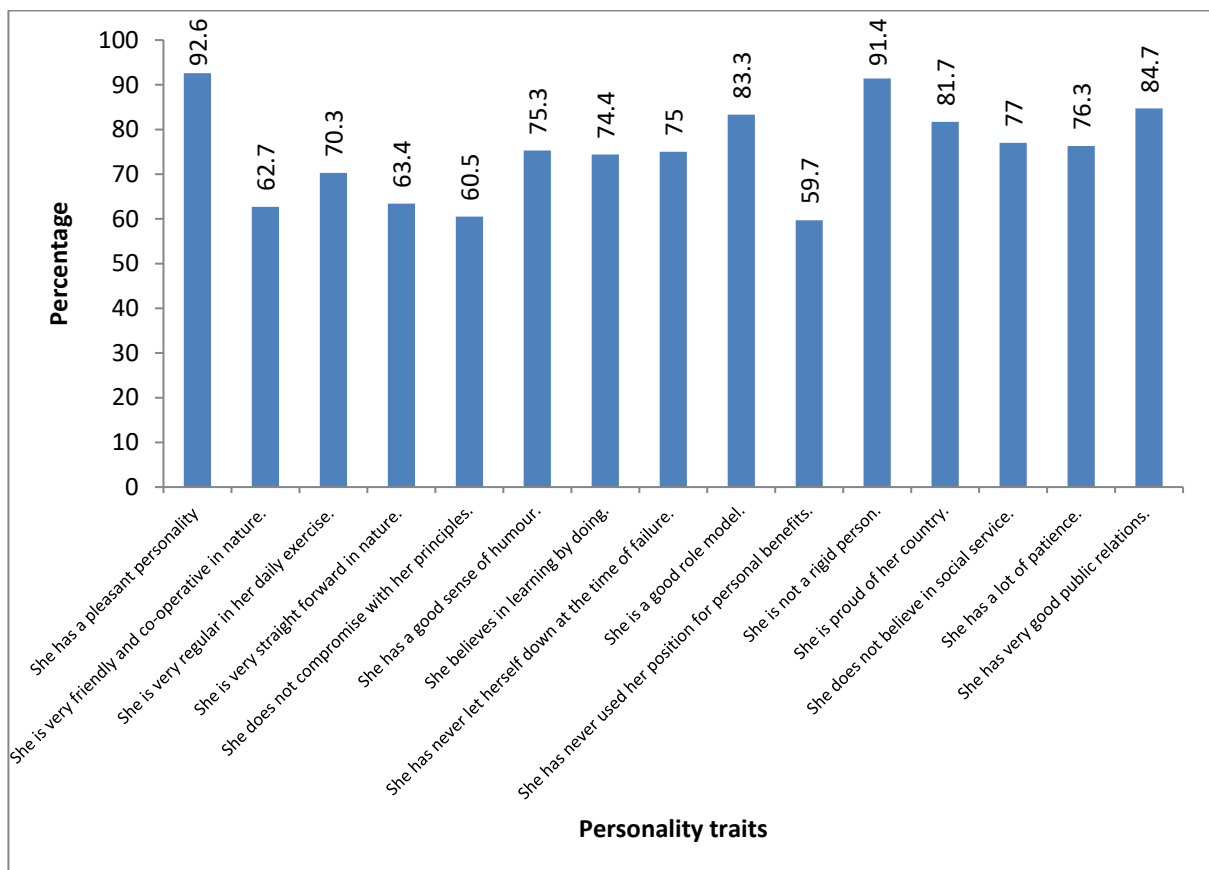


Figure 1: Percentage of respondents who are agree and strongly agree regarding Sakshi's Personality traits.

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

FINDINGS OF THE STUDY

It was found that a large majority of respondents were agree or strongly agree with these statements that (i) Sakshi has a pleasant personality; (ii) Sakshi Malik is very friendly and cooperative in nature; (iii) Sakshi is very regular in her daily exercise; (iv) Sakshi is very straight forward in nature; (v) Sakshi does not compromise with her principles; (vi) Sakshi does not compromise with her principles; (vii) Sakshi believes in learning by doing; (viii) Sakshi has never let himself down at the time of failure; (ix) Sakshi is a good role model; (x) Sakshi She has never used her position for personal benefits; (xi) Sakshi is not a rigid person; (xii) Sakshi is proud for her country; (xiii) Sakshi strongly believes in social service; (xiv) Sakshi has a lot of patience; and (xv) Sakshi has very good public relations.

RECOMMENDATIONS

- A study may further be conducted on the same subject about the anatomical, physical or physiological and genetic aspects and their influence on her performance.
- A comparative study involving our subject and other champion wrestler at national and international levels may be undertaken.
- Measures to improve the sport of wrestling and popularizing the sport may be analysed.
- Facilities provided for wrestling and training in the various wrestling Akharas of India particulars of Haryana state may be studied and facilities provided by the two states may be evaluated.

REFERENCES

- David Levinson and Karen Christensen "Wrestling, Greco-Roman" by Michael B. Poliakoff from Encyclopedia of World Sport: From Ancient Times to the Present, Vol. 3, (Santa Barbara, CA: ABC-CLIO, Inc., 1996) p. 1194.
- Devi, M. (2017). Women's participation in sports in India. *Kaav International Journal of Economics, Commerce & Business Management*, 5(1), 54-56.
- Hendry, E. Garrette (1964). *General Psychology*. Eurasia Publishing House Pvt. Ltd., 495-497.
- Kaul, Lokesh (1984). *Methodology of Educational Research*. Shimla: Vikas Publishing House Pvt. Ltd.
- Kumar, N. (2018). A Case Study of Padama Shree Arjun Awardee Hind Kesari Master Chandgi Ram International Wrestler and Indian Wrestling Ideal. *Ph.D. Thesis*, Department of Physical Education Banasthali Vidyapith, Jaipur
- Navin (2013). "Wrestling and its Promotion in India a case study of Arjuna Awardee Ashok Kumar," *Ph.D. Thesis*, M.D.U. Rohtak, 2013.
- Singh Rajender (2006). "Padma Shree Kartar Singh, Legendary Wrestler, Sports Administration and Sports Promoter – A Case Study." *Ph.D. Thesis*, Punjab University, Chandigarh.
- Thulaseedas, (1983). "The Case Study of Olympian Suresh Babu" Unpublished Master's Thesis, Alagappa University.

WEBSITES

- <http://www.sportaccord.com/en/multi-sports-games/index.php?indindex-35incontent=658>
- <http://www.wed.coe.int/wed/viewdoc.jsp?id.206451>
- <http://www.wed.coe.int/wed/viewdoc.jsp?id.206451>
- http://www.wrestlingfederationofindia.com/about_us.php?id=18