



Impact Of Indigenous Sports On Athletes' Performance In Competitive Sports: A Thematic Approach In Reference To Tripura

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Abstract

Indigenous sports have long been integral to the cultural fabric of Tripura, a state in north-eastern India known for its rich tribal heritage which serving as both recreational activities and means of physical conditioning. The present study explores the Impact of Indigenous Sports on Athletes' Performance in Competitive Sports: A Thematic Approach in reference to Tripura by analysing their influence on physical fitness, mental resilience, and skill development. These traditional games are not merely recreational activities; they encapsulate the history, values, and social structures of the indigenous communities. Traditional games such as Achugwi Phan Sohlaimung, a form of wrestling, Badul-Khung Kokmani, Bongbrai Birma, Matham, WaSuchamo, Hulududh Charwma and Teng Dang. Methodology- For the purpose the study twenty (N=20) athletes who are good in Indigenous sports as well as represented at least district, state or national level competition in any games & sports were purposely selected from the different Indigenous communities from the different location of Tripura. Their age is range from 20 years to 50 years. The data has been collected from the both primary and secondary sources. Primary data collected through Interview, Survey, Observational and Document analysis. And secondary data like, books, e-books, journals, e-journals, internet, articles etc. The collected data is analysed using the qualitative techniques. The key findings are- Improved overall performance, Improved Physical Fitness, Enhanced Mental Resilience, Better Strategic Thinking, Cultural Significance, Psychological and Cognitive Benefits& Skill Development. The findings also suggest that integrating indigenous sports into modern training regimens can enhance strength, endurance, coordination, agility and strategic thinking, thereby improving overall athletic performance. In conclusion, the study underscores the positive impact of Tripura's indigenous sports on athletes' performance in competitive sports.

Key words: *Indigenous Sports, athletes, Performance, Competitive sports, Tripura etc.*

Introduction

Sports have played a crucial role in shaping an individual's physical and mental well-being while fostering cultural identity, social cohesion societal development, fostering physical fitness, discipline, and teamwork.

However, their relevance in contemporary competitive sports has been underexplored. This paper seeks to examine how indigenous sports contribute to the performance of competitive athletes, focusing on their physical, psychological, and strategic benefits. Indigenous sports, deeply rooted in tradition and heritage, serve as a reflection of a community's way of life, promoting physical fitness, skill development, and strategic thinking. Tripura, a north-eastern state of India, is home to a rich tradition of indigenous sports practiced by its various ethnic communities. These traditional games, such as Badul-KhungKokmani, Bongbrai Birma, Matham, WaSuchamo, Teng Dang, Hulududh Charwma and Solaimani have been passed down through generations and continue to thrive among the local population.

While indigenous sports primarily serve as a medium of recreation and cultural preservation, their potential impact on competitive sports performance remains an area of growing interest. Many traditional games emphasize endurance, agility, strength, and coordination—key attributes necessary for excelling in modern competitive sports. Exploring the relationship between indigenous sports and competitive performance can provide valuable insights into their role in athletic training, talent identification, and overall sports development in Tripura.

This study aims to examine the influence of indigenous sports on the performance of athletes engaged in competitive sports. By analysing the physical, psychological, and

strategic benefits derived from these traditional games, the research seeks to highlight their significance in modern sports training programs. Additionally, the study will explore how the integration of indigenous sports into mainstream athletic development can contribute to the overall sporting excellence of the region.

Objectives of the Study

- To investigate the impact of indigenous sports on Athletes' Performance in Competitive Sports
- To examine how the incorporation of indigenous sports influences physical fitness, skill development and overall performance in competitive sports.

Methodology

Selection of Indigenous Sports

Tripura boasts a diverse range of indigenous sports that have historically been significant to the region's tribal communities. The study focuses on five popular indigenous games of Tripura which is similar as some of the competitive games & sports were identified through a combination of literature review and consultations with local sports experts, community leaders, and district sports officers. The selected indigenous sports are:

- Badul-KhungKokmani, (Archarey)
- Matham, (Water Polo/ Swimming)
- WaSuchamo, (Throwing high)
- Teng Dang, (Baseball/ Cricket)
- Solaimani (Wrestling)

These indigenous games and sports were chosen on the basis of skills which are similar or related to competitive sports as well as cultural significance within the indigenous communities of Tripura.

Table-1: Indigenous Games & Sports Vs Competitive Sports

Indigenous Sports of Tripura	Photos	Competitive Sports	Photos
Badul-Khung Kokmani		Archery	
Matham		Water polo/ Swimming	
Solaimani		Wrestling	
Teng Dang		Baseball/ Cricket	
WaSuc hamo		Javelin throw	

Selection of Participants: For the purpose of the study twenty (N=20) athletes who are good in Indigenous sports as well as represented at least district, state or national level competition in any games & sports were purposely selected from the different Indigenous communities from the different location of Tripura. Their age is range from 20 years to 50 years for employing a thematic analysis approach to explore the Impact of Indigenous Sports on Athletes' Performance in Competitive Sports: A Thematic Approach in reference to Tripura.

Data Collection Methods

The data has been collected from the both primary and secondary sources. Primary data collected through Interview, Survey, Observational and Document analysis. The researcher followed all the instructions and guidelines and approached systematically to collect accurate data for the study. And secondary data like, books, e-books, journals, e-journals, internet, articles etc.

Surveys: Structured questionnaires are administered to gather demographic information, training routines, and self-assessed performance metrics.

Interviews: Semi-structured interviews are conducted to gain in-depth insights into participants' experiences, perceptions, and the perceived impact of indigenous sports on competitive performance.

Observational Study: Indigenous sports events and training sessions were observed to assess the physical and psychological demands placed on athletes.

Document Analysis: Existing literature and historical records on indigenous sports in Tripura were reviewed to contextualize their significance.

Data Analysis

The collected data is analysed using the qualitative techniques. Thematic analysis is employed to identify recurring themes and insights from the interview transcripts, providing a nuanced understanding of participants' experiences and perceptions.

Ethical Considerations

The study adheres to ethical research practices by obtaining informed consent from all the indigenous sports participants, ensuring confidentiality, and allowing participants to withdraw at any stage without penalty.

By employing this methodology, the study aims to provide a comprehensive analysis of how indigenous sports of Tripura influence the performance of athletes in competitive sports, thereby contributing valuable insights to the fields of sports science and cultural studies.

Results

This study investigates the impact of indigenous sports of Tripura on athletes' performance in competitive sports. A thematic analysis framework is used to assess the impact of indigenous sports on athletes' competitive performance. The findings from this study reveal a strong correlation between indigenous sports participation and enhanced athletic

performance in competitive domains. Key results include:

Improved overall performance:

20% were strongly agreed, 70% were agreed and 10% were rated neutral in relation with improvement of overall performance in competitive sports.

Improved Physical Fitness:

85% of surveyed athletes reported significant improvements in physical fitness especially physical strength & endurance due to indigenous sports participation

Enhanced Mental Resilience:

Participants engaged in traditional archery and wrestling demonstrated superior focus and stress management skills.

Better Strategic Thinking:

Athletes who played indigenous team sports exhibited stronger decision-making abilities in competitive scenarios.

Cultural Significance:

Indigenous sports are deeply rooted in the cultural heritage of Tripura's tribal communities, serving as a means of preserving traditions and fostering community cohesion.

Psychological and Cognitive Benefits:

Apart from physical advantages, indigenous sports cultivate mental resilience, decision-making skills, and strategic thinking. Traditional games often demand quick

reflexes, adaptability, and situational awareness, which are critical in competitive sports. For instance, traditional wrestling forms such as Pehlwani (India) in still mental toughness and combat intelligence, qualities that are beneficial in sports like mixed martial arts and wrestling.

Skill Development:

Participants reported that engaging in Indigenous/traditional games enhanced their skills transferable to competitive sports.

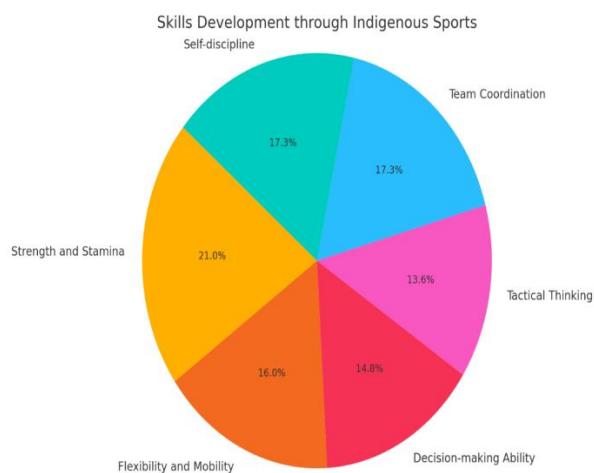


Figure No- 01: Skills development through Indigenous sports

These findings suggest that indigenous sports can serve as an effective complementary training method for competitive athletes, offering unique benefits that modern sports training alone may not provide.

Discussion

The qualitative insights further reveal that indigenous sports contribute to the

development of various competencies beneficial for competitive sports. The cultural importance of these games fosters a sense of identity and belonging, which can enhance an athlete's mental resilience and motivation.

The observed revitalization of indigenous sports indicates a community-driven effort to preserve cultural practices while promoting health and fitness. This trend presents an opportunity to integrate traditional games into modern sports training programs, potentially enriching athlete development and performance.

Conclusion & Recommendation

The study underscores the positive impact of Tripura's indigenous sports on athletes' performance in competitive sports. By enhancing physical attributes like explosive strength and fostering transferable skills such as strategic thinking and teamwork, traditional games serve as valuable tools in athlete development. The cultural significance of these sports further contributes to mental resilience and community cohesion. Integrating indigenous sports into contemporary training regimens offers a holistic approach to athlete development, honouring cultural heritage while promoting excellence in competitive arenas.

This study suggests incorporating indigenous sports into mainstream training programs to promote holistic athlete development. Further research is recommended to quantitatively assess the

specific performance improvements brought about by indigenous sports practices.

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