ABSTRACT

Ancient games in the world are being recognised now days in this modern age. Physical education and sports in India have important place since ancient times. Traditional Indian games are very useful for human beings in modern age. Traditional Indian games have very important for under developed countries in the world. Most of the traditional Indian games need not require much finance. Out of many Indigous games, Atya-Ptya game has health improving and recreational potential for one and all.

Atya-Ptya game can be played in forms, on roads, on grounds, on teriss etc. In crowed cities there is a problem of playgrounds. This problem does not arise for playing Atya-Patya. This game requires very few money. So poorest people can play it too; for their physical and mental health. By playing and acquiring the skills of this game, the player playing other traditional as well as modern games can achieve the good skills in them very easily. Hence, in order to attract all who want to improve the health and physical fitness; research must be done on Atya-Patya. The researcher felt and experienced the importance of the research on very nice game Atya-Patya.

The Chapter-I in this research on Atya-Patya opens with background of the traditional games in Maharashtra and short history and nature of Atya-Patya is given in it. By playing Atya-Patya physical and motor fitness can increase in adolescents i.e. 14 to 16 years age group students.
In Chapter-II review of related literature on various traditional and modern games have been taken into consideration for this research. Experiment and the theoretical results of related research have been studied.

The Chapter-III relates the study on methods of research for the purpose of research on Atya-Patya the experimental method is studied in detail by the researcher. The pilot study is also done for the research. The researcher has studied health related physical fitness components as well as selected motor fitness components for testing. The researcher studied experimental and controlled group of thirty boys students each age group of 14 to 16 years, he applied experimental treatment on experimental group and regular school programme was being applied for controlled group. Every 45 days he applied the tests to both groups and he compared the effects on experimental group with controlled group.

In Chapter-IV deals with the analysis of the collected data he applied the scientific statistical method called repeated measure ANOVA test to obtain the results. The illustrative tables and graphs are studied for experimental and theoretical results.

Summary and conclusions are reported in Chapter-V at end of the chapter, achievements of the work have been given and finely some suggestions for future research are given.

The references are given at the end of each chapter and exhaustive bibliography is given.