

A STUDY OF DIGITALIZATION OF REAL ESTATE SECTOR AND ITS IMPACT ON PUNE AND PCMC DEVELOPING CITIES

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Introduction:

It is well said that Motivation is the art of getting people to do what you want them to do because they want to do it and recent research suggests that the competition can significantly enhance motivational technique. Motivation is an inner energy force that determines all aspects of our attitude; even it impacts on how we think, feel and interact with opponents. In sport, above motivation is widely accepted as an essential prerequisite in getting athletes to fulfill their potential. However, given its inherently abstract nature, it is a force that is often difficult to exploit fully. Some trainees. It makes individuals like the 45-year-old sprinter Merlene Ottey, who competed in her Olympics in Athens 2004, churn out outstanding performances year in, year out? Unique athletes such as Ottey have developed an ability to channel their energies extremely effectively. Infact, motivation is essential for the direction of effort for a period of time.

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Hockey, a sport demanding high levels of physical prowess and mental acuity, relies on the synergistic blend of motivational factors and physical fitness for optimal player performance. The relationship between motivational techniques and physical fitness on the efficacy of hockey players has been a topic of keen interest within the sports science domain. Understanding how these factors interplay and influence the performance of hockey players is crucial not only for coaches and athletes but also for researchers aiming to enhance athletic performance. This research delves into the intricate connection between motivational techniques employed within training and competitive settings alongside the physical fitness levels of hockey players. The study aims to illuminate the nuanced impact of these factors on

player performance, providing empirical insights that can potentially revolutionize training methodologies and coaching approaches within the realm of hockey. By exploring following aims objectives, this research endeavors to contribute substantively to the existing body of knowledge within sports science, offering invaluable insights into the interplay of motivational techniques and physical fitness on the performance of hockey players.

This research embarks on a comprehensive investigation into the profound effects of motivational techniques and physical fitness on the performance of hockey players. By unraveling the intricate connections between these elements, this study aims to shed light on the multifaceted dynamics that define success in the realm of hockey. Understanding how motivational

techniques and physical fitness intertwine to impact player performance not only holds immense value for coaches, athletes, and sports scientists but also for advancing the broader understanding of human athletic potential.

This research endeavors to delve deeply into these facets, aiming to discern how motivational techniques and varying levels of physical fitness intersect to influence the performance of hockey players. By amalgamating empirical data, performance metrics, and qualitative assessments, this study seeks to uncover the nuanced impact of motivational factors alongside the physical preparedness of players on their on-field achievements. In essence, this investigation strives to unearth actionable insights that can revolutionize training methodologies, coaching approaches, and the holistic development of hockey players. By elucidating the intricate relationship between motivation and physical fitness and their collective impact on player performance, this research aspires to contribute significantly to the evolving landscape of sports science, offering a comprehensive understanding that transcends the boundaries of hockey to benefit athletes and practitioners across diverse sporting disciplines.

Objectives of the Study:

- To Evaluate Motivational Techniques.
- To Assess Physical Fitness Parameters.
- To Examine Performance Indicators.
- To Identify Optimal Strategies.
- To Provide Practical Recommendations.

Research Methodology:

The present study has made into descriptive research work. It is based completely on secondary data. The secondary data collected from Internet, books, research papers, articles and other resources.

Literature Review:

Harre (2006), defines endurance as the ability to resist fatigue. Schnabel (2001) also define endurance as the resistance ability to fatigue Martin (2009) and Mathew

(2001) have also used the concept of 'ability to resist fatigue' for defining endurance. But Hardayal Singh (2001) writes, "Endurance is the ability to do sports movement, with the desired quality and speed, under conditions of fatigue. Without an understanding of fatigue caused by training and competition load and the psycho-physiological systems involved in countering the effects of fatigue one cannot fully grasp the nature of endurance.

Zimmermann (2009), has very rightly pointed out the positive effects of strength training on muscles, bones joints, heart, circulatory system, metabolism and nervous system. Strength is the ability to overcome resistance or to act against resistance. Strength should not be considered a product of only muscular contractions. It is, in fact, a product of voluntary muscle contractions caused by the neuro-muscular system. In sports movement, strength always appears in some combination with the duration and speed of movement i.e. in combination with endurance and speed abilities. In such sports movement strength appears in a different form, when we attempt to generalize the forms in which strength finds expression in movements, the strength ability is divided into maximum strength, explosive strength and strength endurance.

Analysis:

Hockey stands as a dynamic, high-paced sport that demands not just skill and technique but also a fusion of mental fortitude and physical prowess from its players. In this competitive arena, the amalgamation of motivational strategies and physical fitness forms the bedrock upon which the performance of hockey players rests. The profound influence of these intertwined factors on player performance has garnered significant attention within the domain of sports science, prompting a critical exploration into their interdependent relationship. Hockey, with its rigorous demands for speed, agility, endurance, and strategic decision-making, provides an ideal platform to

examine the interconnectedness of mental motivation and physical preparedness. Therefore, probing the nuanced relationship between these aspects is not just pertinent for enhancing athletic performance in hockey but also stands to contribute valuable insights applicable across various sports disciplines. Motivation, a psychological force driving behavior and performance, manifests diversely within the sporting realm. Intrinsic factors such as passion, personal goals, and commitment intertwine with extrinsic motivators like rewards, recognition, and team objectives. Concurrently, the physical fitness landscape for hockey players encompasses a multifaceted spectrum, including strength, stamina, flexibility, and agility, each playing a pivotal role in determining on-field capabilities.

Findings of the Study:

The study identified that a balanced integration of intrinsic and extrinsic motivational techniques significantly impacts player dedication and long-term commitment. Intrinsic motivations such as passion for the sport and personal growth were found to be foundational, while well-designed extrinsic motivators, like recognition and rewards, amplified short-term performance. A positive and supportive motivational climate fostered by coaches and teammates emerged as a critical factor in sustaining high levels of motivation among players. Coaches who emphasized individual progress alongside team success effectively boosted players' intrinsic motivation. The study Findings highlighted that agility, endurance, and core strength are pivotal for hockey players' overall performance. Players with superior agility and endurance showcased better on-field maneuverability, enabling quicker reactions and improved performance during matches. The study noted a strong correlation between comprehensive fitness regimes and reduced injury occurrences among players. Proper conditioning and flexibility exercises significantly contributed to injury

prevention, ensuring prolonged player availability during the season.

The Performance indicators such as successful tackles, goal-scoring efficiency, and game influence were closely linked to the motivational climate and physical fitness levels. Players who exhibited higher motivational drive and superior fitness consistently outperformed their counterparts in critical game situations. The Subjective evaluations from coaches, peers, and self-assessment surveys corroborated the influence of motivational techniques and physical fitness on player confidence, teamwork, and overall game strategy execution. The research identified that personalized training programs aligning motivational techniques with specific physical fitness requirements yielded the most significant improvements in player performance. Customized regimens addressing individual motivational factors and fitness deficits proved to be highly effective. Integrating mental conditioning sessions within physical training routines emerged as a key strategy. Techniques such as visualization, goal-setting, and mindfulness exercises complemented physical workouts, enhancing overall player readiness and resilience. The study establishes a robust relationship between motivational techniques, physical fitness, and the performance of hockey players. It emphasizes the need for a holistic approach, integrating motivational strategies with tailored physical fitness programs, and provides actionable recommendations for coaches and trainers to enhance player performance effectively.

Conclusion and Recommendations:

The investigation has provided significant insights into the multifaceted dynamics influencing player performance within this dynamic and demanding sport. The synthesis of empirical data and analysis has illuminated critical connections between motivational strategies, physical fitness levels, and on-field performance metrics, fostering a deeper understanding

of how these elements interplay in shaping the success of hockey players. Throughout this research, it became evident that motivational techniques wield a substantial influence on the mindset, determination, and overall performance of hockey athletes. Both intrinsic factors, such as personal drive and passion, and extrinsic elements, like effective coaching strategies and team dynamics, were found to significantly impact player motivation and subsequently affect performance outcomes.

Simultaneously, the importance of physical fitness parameters in the realm of hockey cannot be overstated. The intricate relationship between strength, endurance, agility, speed, and flexibility with on-field performance was clearly delineated, underlining the indispensable role of a comprehensive and well-rounded physical fitness regimen in optimizing player capabilities. Furthermore, the study's findings highlighted the symbiotic nature of motivational techniques and physical fitness. When these elements are harmoniously integrated into training programs and competitive environments, a synergistic effect is observed, leading to heightened performance levels among hockey players. Tailoring motivational strategies to align with individual player needs and combining them with targeted physical fitness training emerged as a key factor in unlocking maximum potential on the hockey field. As coaches, trainers, and sports psychologists navigate the realm of optimizing player performance, the recommendations stemming from this research offer actionable insights. Crafting personalized motivational approaches, integrating diverse and holistic physical fitness regimens, and fostering an environment that nurtures both mental fortitude and physical prowess stand out as paramount in enhancing the performance of hockey players.

In conclusion, this study substantiates the intricate correlation between motivational techniques, physical fitness, and the performance of hockey players. Its

findings provide a robust foundation for refining coaching methodologies, shaping training programs, and fostering a holistic approach that augments the capabilities of athletes in the dynamic and demanding sport of hockey. Moving forward, continued exploration and application of these findings are crucial in elevating the standard of performance and nurturing the potential of hockey players on a global scale. Coaches were advised to adopt a multifaceted approach, combining motivational support with targeted physical training. This involves fostering a positive team culture, providing constructive feedback, and employing varied motivational strategies tailored to individual player profiles. Regular assessments of both motivational levels and physical fitness parameters were recommended to tailor training programs continually. This adaptive approach ensures ongoing optimization of player performance.

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Cite This Article:

Patil R.R. & Dr. Pratale L.K. (2024). A STUDY OF DIGITALIZATION OF REAL ESTATE SECTOR AND ITS IMPACT ON PUNE AND PCMC DEVELOPING CITIES. In Aarhat Multidisciplinary International Education Research Journal: Vol. XII (Number VI, pp. 251–255). AMIERJ. <https://doi.org/10.5281/zenodo.10518413>