



## Research Article

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**Exploratory Study of Traditional Sports: Empowering Leadership and Resilience among the Youth of Goa**Dewaraj Hirekurabar<sup>1</sup>, Dr. Shailendra Gaonkar<sup>2</sup>, Lavu Govekar<sup>3</sup>

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**Abstract:** Traditional sports are integral to cultural identity, reflecting the values and traditions of a community. In Goa, where globalization and modern entertainment challenge cultural preservation, these sports can nurture essential life skills. The study employed a structured questionnaire targeting 70 youths aged 18–29 years in Goa, using purposive sampling to ensure adequate representation. Statistical analyses, including one-way ANOVA, were conducted to assess the impact of traditional sports on leadership and resilience. Findings indicate that traditional sports significantly contribute to leadership development by enhancing decision-making, conflict resolution, and communication skills. Resilience is also strengthened through fostering adaptability, determination, and focus under pressure. These results underscore the importance of integrating traditional sports into youth development programs to promote both individual growth and cultural preservation.

**Keywords:** Traditional Sports, Leadership, Resilience

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**INTRODUCTION**

Traditional sports are essential to cultural identity, reflecting a community's heritage, values, and traditions. In Goa, known for its cultural diversity, these sports can play a key role in fostering leadership and resilience among the youth. This research explores how traditional sports help young people develop crucial skills, particularly in today's rapidly evolving world.

The study focuses on two main objectives: preserving traditional heritage and promoting youth development. Goa's traditional sports, at risk due to globalization and modern entertainment, embody teamwork, discipline, and cultural values. Documenting and analysing these games ensures they remain relevant and celebrated in future generations.

The research also examines how traditional sports build leadership through teamwork, decision-making, and communication, while fostering resilience by challenging participants physically, mentally, and socially. Insights from this study can guide educators and policymakers in creating programs that integrate these sports into youth development initiatives, promoting both character-building and cultural preservation.

Traditional sports in Goa hold immense cultural and historical significance, serving as a medium to preserve heritage while fostering community bonds. These games reflect the ingenuity and strategic thinking

of earlier generations and continue to offer valuable lessons for contemporary youth. The diverse array of traditional games in Goa includes Koindya-baal, Tabul Phale, Tiktem, Lagorio, and Goddyaani, each with its unique characteristics and cultural importance.

Koindya-baal, Goa's version of Gilli Danda, dates back over 2,500 years and is believed to have originated in ancient India (Hall, 2007). Played with a large stick (danda) and a smaller stick (gilli), the game requires precision and agility. Its popularity extends beyond India, reaching regions like South Africa, Turkey, and parts of the Caribbean, showcasing its timeless appeal (Desai, 2003).

Tabul Phale combines elements of chess and ludo, emphasizing strategic calculation and foresight (Ghosh, 2010). Using a wooden board adorned with Chitari art, players use pebbles or shells as pawns and roll a tabul to dictate moves. The game exemplifies traditional Goan creativity and the use of locally available materials.

Tiktem, meaning "three" is a strategy-based game similar to tic-tac-toe but played on a more intricate board with nine pawns per player. This game is a testament to the value of strategic thinking and mental agility in traditional Goan pastimes (Pandit, 2005; Sharma, 2011).

Lagorio, comparable to Seven Stones, involves knocking down a tower of seven coconut shells with a ball and rebuilding it while avoiding being hit by opponents. This outdoor game fosters teamwork, quick reflexes, and adaptability, showcasing its physical and social dimensions (Bhattacharya, 2008).

Godhyaani, a marble-based game, involves flicking marbles to hit targets or knock opponents' marbles out of a designated zone. This game, known for its simplicity and widespread appeal, highlights the use of local resources and hand-eye coordination (Krishnan, 2014; Patil, 2006).

These traditional sports, described extensively in academic literature, underline their significance in cultural preservation and youth development. By fostering strategic thinking, physical fitness, and social interaction, they serve as a medium for imparting life skills and cultural pride (Deshmukh, 2009; Bhat, 2012).

## LITERATURE REVIEW

Traditional sports are a valuable part of our culture, connecting generations through shared physical activities and values. They help improve physical fitness, mental health, and social bonds (Maryuni & Nasrulloh, 2022). In places like Goa, these sports are important for preserving culture and empowering young people. Although modern entertainment and globalization have created challenges, traditional sports remain relevant because they are accessible and culturally meaningful (Hananingsih, Isnaini, & Irmansyah, 2024).

Traditional sports build physical strength, agility, and mental toughness (Supriyanto, 2014). Games like kabaddi and kho-kho not only enhance physical skills but also teach teamwork and strategic thinking (Manikanta, Kumar, & Gouda, 2024). For Goa's youth, these sports provide a healthy alternative to sedentary lifestyles and digital distractions, supporting overall growth (Hananingsih *et al.*, 2024). These games also help young people develop leadership skills by teaching them how to work in teams, lead others, and make group decisions (Nasution & Daulay, 2021). Values such as honesty, perseverance, and mutual respect are deeply embedded in traditional sports, making them a strong foundation for leadership (Supriyanto, 2014). In Goa, traditional sports give youth opportunities to organize and participate in community activities, encouraging responsibility and initiative (Hananingsih *et al.*, 2024). Playing traditional sports connects young people with their cultural heritage, boosting their pride and resilience (Rumawatine, 2020). This cultural connection helps them cope with the pressures of globalization and prevents the loss of traditional values. Goa's local festivals, which feature traditional

sports, play a key role in celebrating and preserving cultural identity (Manikanta *et al.*, 2024). Traditional sports also promote inclusivity by bringing together people from different social, religious, and linguistic backgrounds (Bernhardin, 2021). They help strengthen social bonds and build trust among participants (Nasution & Daulay, 2021). In Goa, where many diverse communities coexist, these games promote unity and shared cultural pride (Hananingsih *et al.*, 2024).

However, the popularity of traditional sports is declining due to urbanization, lack of resources, and the rise of digital entertainment (Rumawatine, 2020; Budiman, 2021). Efforts like introducing these games in schools and using technology to promote them are crucial for their survival. Goa faces similar challenges, but community initiatives can help revive interest in traditional sports (Hananingsih *et al.*, 2024). Integrating traditional sports into education has proven to improve student participation and teach important life values (Hananingsih *et al.*, 2024). Government policies that support tournaments and provide resources can further expand their impact. In Goa, schools and communities can collaborate to promote these games, fostering leadership and resilience in youth (Nasution & Daulay, 2021). These sports also provide opportunities for young women to challenge stereotypes, gain confidence, and achieve equality (Nasution & Daulay, 2021). In Goa, traditional sports can similarly empower girls by encouraging participation and helping them grow as leaders (Manikanta *et al.*, 2024). Traditional sports can also boost local economies and tourism by attracting visitors and showcasing cultural heritage (Gazali, Cendra, & Putra, 2020). Goa's vibrant tourism industry could benefit from including traditional sports in its offerings, promoting local culture while providing economic benefits (Manikanta *et al.*, 2024).

To appeal to younger generations, incorporating technology like digital platforms and gamification into traditional sports is essential (Rumawatine, 2020). Combining traditional and modern elements can keep these games relevant. Goa's programs can adopt these ideas to ensure the continued popularity of traditional sports (Hananingsih *et al.*, 2024).

### Objective of the study

- To assess the role of traditional sports in fostering leadership among Goan youth
- To evaluate the impact of traditional sports on resilience building in young individuals in the state of Goa

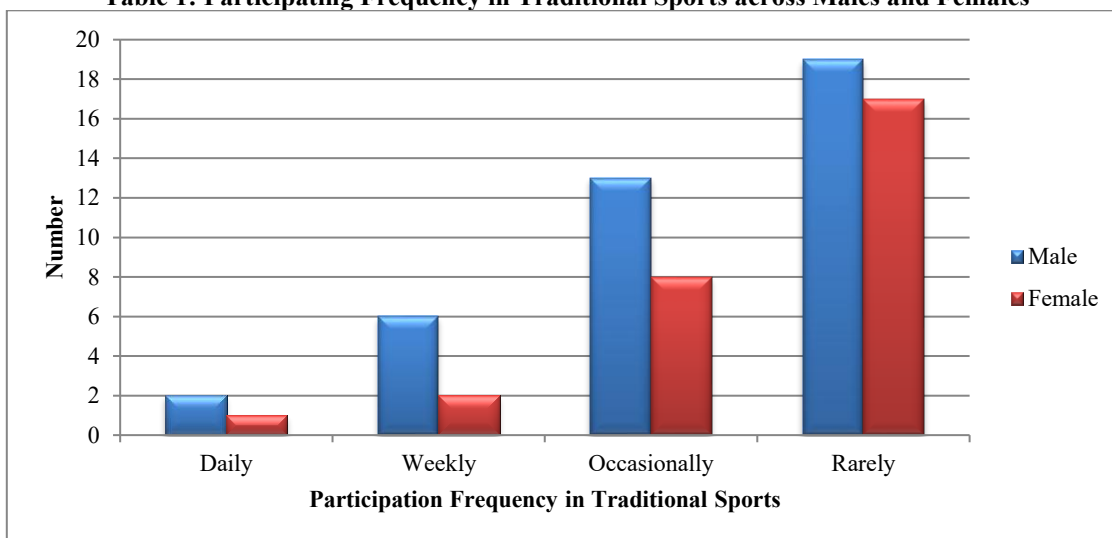
## RESEARCH METHOD

The study utilized primary data collected through a structured questionnaire designed to measure perceptions of leadership and resilience development among Goan youth participating in traditional sports. A sample of 70 youths aged 18–29 years was selected through purposive sampling, ensuring a focused representation of individuals actively engaged in traditional sports. The questionnaire included items rated on a Likert scale, evaluating dimensions of leadership and resilience, such as decision-making, teamwork, conflict management, adaptability, and perseverance. Data were analyzed using descriptive statistics and one-way ANOVA to test the hypothesis that participation in traditional sports does not significantly impact leadership and resilience among youth.

## Analysis

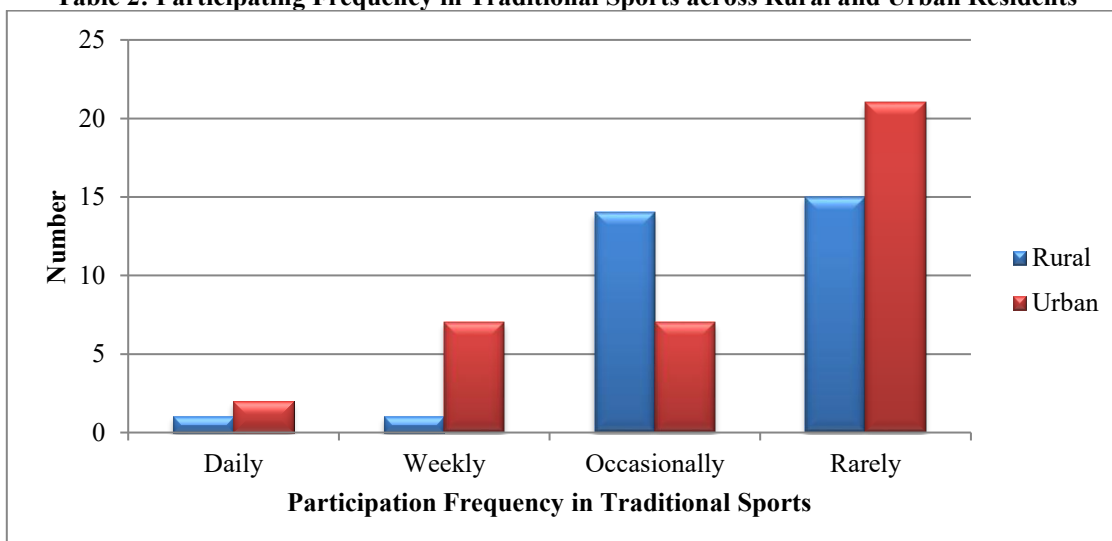
To analyze the impact of traditional sports on leadership and resilience among Goan youth, this study employed statistical methods to process and interpret the data collected. One-way ANOVA was the primary statistical tool used to evaluate the hypotheses. This method tests for significant differences in mean responses across multiple groups, making it particularly suited for understanding how participation in traditional sports influences specific attributes like decision-making, communication, and adaptability. The use of one-way ANOVA allowed the study to measure variations in leadership and resilience attributes and identify areas where traditional sports have a statistically significant impact. This robust analytical approach ensures that findings are both reliable and meaningful for guiding youth development initiatives.

**Table 1: Participating Frequency in Traditional Sports across Males and Females**



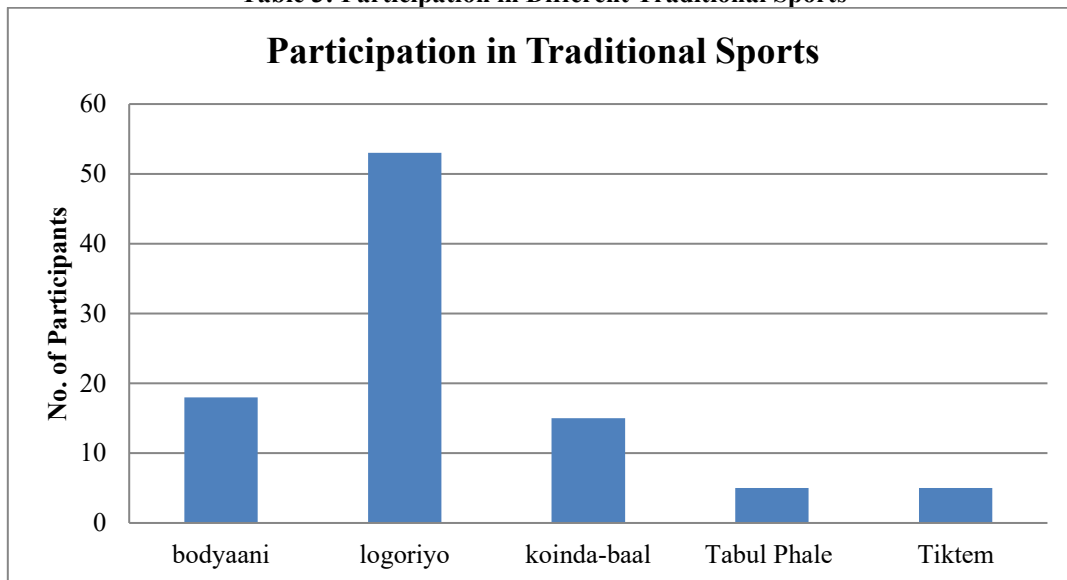
*Source: Authors Compilation using MS-Excel*

**Table 2: Participating Frequency in Traditional Sports across Rural and Urban Residents**



*Source: Authors Compilation using MS-Excel*

**Table 3: Participation in Different Traditional Sports**



Source: Authors Compilation using MS-Excel

Table 1 demonstrates that males participate more frequently in traditional sports than females, while Table 2 shows that rural residents are more engaged than their urban counterparts. These two findings are interconnected, as traditional sports in rural areas often provide males with more opportunities for active participation, reinforcing gendered patterns of engagement. Females in urban areas, facing additional constraints like lack of access and time, may contribute heavily to the “rarely” participation categories in both gender and urban demographics.

Table 3, which presents participation in individual sports, complements the findings of Table 1

and 2. The most popular sports, Koindya-baal and Lagorio, are outdoor games often associated with rural life, reflecting the high participation rates observed in rural residents (Table 2). Similarly, strategic indoor games like Tiktem and Tabul Phale, with lower engagement, may appeal more to urban residents with limited access to open spaces but less cultural immersion in traditional practices.

**H01:** Participation in traditional sports does not significantly impact leadership skills and resilience among youth

**Table 4: One-way ANOVA- Leadership Qualities**

	F	df1	df2	p
Playing traditional sports has improved my ability to make quick decisions.	1.33	3	7.66	0.333
I feel more confident in leading a team or group	3.22	3	7.88	0.083
Traditional sports have taught me how to manage conflicts effectively	4.97	3	7.85	0.032
I have developed better communication skills through participating in traditional sports	3.39	3	7.78	0.076
I am better at motivating others during challenges or competitions	2.64	3	7.84	0.123

The analysis of leadership qualities revealed several noteworthy impacts of traditional sports on youth development. The ability to manage conflicts effectively emerged as significantly influenced by participation in traditional sports ( $F = 4.97, p = 0.032$ ), underscoring the role these sports play in fostering conflict resolution skills within team dynamics. Confidence in leading a team showed moderate significance at the 10% level ( $F$

$= 3.22, p = 0.083$ ), suggesting that traditional sports contribute to building leadership capabilities by encouraging participants to take initiative and assume responsibility in group settings. Similarly, communication skills exhibited a significant improvement at the 10% level ( $F = 3.39, p = 0.076$ ), emphasizing the importance of clear communication during strategic gameplay. However, the impact on quick

decision-making ( $F = 1.33$ ,  $p = 0.333$ ) and the ability to motivate others ( $F = 2.64$ ,  $p = 0.123$ ) did not reach

statistical significance, though trends indicate these areas benefit from sustained engagement in traditional sports.

**Table 5: One-way ANOVA- Level of Resilience**

	F	df1	df2	p
Participating in traditional sports has taught me to handle failures and setbacks positively	2.57	3	8.08	0.126
I am more adaptable to changing situations during games or challenges	1.85	3	7.78	0.218
I have learned to stay focused and calm under pressure	1.13	3	7.76	0.394
Traditional sports have helped me build stronger relationships with teammates and peers	2.18	3	7.74	0.170
I feel more determined to achieve goals, even when they seem difficult	3.34	3	7.93	0.077

For resilience, determination to achieve goals stood out with significance at the 10% level ( $F = 3.34$ ,  $p = 0.077$ ), indicating that traditional sports instill perseverance by encouraging participants to overcome challenges and remain focused on achieving outcomes. While the ability to handle failures and setbacks ( $F = 2.57$ ,  $p = 0.126$ ), adaptability to changing situations ( $F = 1.85$ ,  $p = 0.218$ ), focus under pressure ( $F = 1.13$ ,  $p = 0.394$ ), and building relationships ( $F = 2.18$ ,  $p = 0.170$ ) did not show significant impacts, qualitative trends suggest that traditional sports provide scenarios that subtly develop these skills over time.

## FINDINGS AND CONCLUSIONS

Goan Traditional sports were found to significantly enhance conflict resolution skills among youth. Participants reported improved decision-making, communication, and team motivation, though these were not universally statistically significant. The study highlighted the role of traditional sports in fostering resilience, particularly in cultivating determination and focus, despite some results not reaching statistical thresholds. Traditional sports strengthen cultural connections and social bonds, promoting unity and shared heritage among youth from diverse backgrounds.

Traditional sports play a pivotal role in developing leadership and resilience among the youth of Goa. By challenging participants physically, mentally, and socially, these games foster crucial life skills that extend beyond the sports arena. While some effects were not statistically significant, trends and qualitative insights emphasize the potential of traditional sports as a tool for youth empowerment. Integrating these activities into educational and community programs can help preserve cultural heritage while equipping young individuals with skills essential for personal and professional growth.

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