

# Impact of Urdu Language in Sports Coaching in Respect to Kashmir Valley Students

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## Abstract

Language plays a crucial role in the effectiveness of sports coaching, particularly in regions with strong linguistic and cultural identities. In multilingual societies, the medium of instruction used during sports coaching significantly influences athletes' comprehension, skill acquisition, confidence, and performance. This study investigates the impact of using Urdu as a medium of sports coaching compared to English among students of the Kashmir Valley. The research examines language preference, understanding of coaching instructions, execution of skills, performance outcomes, and overall confidence levels of student-athletes. The findings reveal that sports coaching delivered in Urdu leads to clearer understanding of techniques, better on-field performance, and higher confidence among Kashmir Valley students, thereby demonstrating that Urdu is a more effective medium of sports coaching than English in this regional context.

## 1. Introduction

The Kashmir Valley possesses a rich linguistic and cultural heritage, with Urdu serving as a widely understood and commonly used language among the population. In the domain of sports coaching, effective communication between the coach and athletes is fundamental for skill development, tactical understanding, and performance enhancement. While English enjoys global recognition and is often associated with professionalism in sports training, Urdu remains the language of daily communication and cognitive comfort for a large number of students in the region.

Sports coaching institutions, academies, and training centers in the Kashmir Valley increasingly adopt English as the medium of instruction, especially in organized and competitive sports environments. However, the suitability and effectiveness of English as a coaching language for local students remain largely unexplored. This study seeks to examine whether sports coaching conducted in Urdu provides better learning outcomes compared to English-medium coaching for student-athletes in the Kashmir Valley.

## 2. Objectives of the Study

1. To assess the preference of Kashmir Valley students for Urdu or English as the medium of sports coaching.
2. To analyze the impact of Urdu and English on athletes' comprehension of coaching instructions and techniques.
3. To examine the effect of language medium on sports performance and skill execution.

4. To identify linguistic challenges faced by students during English-medium sports coaching.
5. To determine whether Urdu-medium sports coaching offers measurable advantages over English-medium coaching.

### 3. Methodology

A total of 200 students from various schools, sports academies, and training institutions across the Kashmir Valley participated in the study through a Google-based questionnaire. The participants included school-going students actively engaged in organized sports coaching, physical training, and preparation for competitive sports events.

A structured questionnaire was used to collect data, comprising demographic details, language preference, comprehension of coaching instructions, confidence levels, and perceived performance outcomes. In addition, performance observations and mock skill assessments conducted in both Urdu and English coaching environments were considered for comparative analysis.

### 4. Data Analysis

The collected data were analyzed using descriptive statistical methods such as frequency distribution and percentage analysis. The responses were grouped to identify trends in language preference, comprehension levels, performance effectiveness, and confidence among student-athletes.

Table 1: Language Preference in Sports Coaching

| Language Medium | Number of Students | Percentage (%) |
|-----------------|--------------------|----------------|
| Urdu            | 132                | 66%            |
| English         | 68                 | 34%            |
| Total           | 200                | 100%           |

Interpretation: A majority of student-athletes (66%) preferred sports coaching in Urdu, highlighting a strong inclination toward a familiar language during training sessions.

Table 2: Comprehension of Sports Coaching Instructions

| Medium  | High Comprehension | Moderate Comprehension | Low Comprehension |
|---------|--------------------|------------------------|-------------------|
| Urdu    | 110                | 18                     | 4                 |
| English | 52                 | 36                     | 12                |

Interpretation: Sports coaching delivered in Urdu resulted in significantly higher comprehension of techniques, rules, and strategies compared to English-medium coaching.

Table 3: Performance and Skill Execution Levels

| Performance Level | Urdu Medium Students | English Medium Students |
|-------------------|----------------------|-------------------------|
| Excellent         | 78                   | 28                      |
| Average           | 34                   | 32                      |
| Below Average     | 20                   | 38                      |

Interpretation: Student-athletes trained in Urdu demonstrated better execution of sports skills and overall performance than those coached in English.

Table 4: Confidence Levels During Sports Coaching

| Confidence Level | Urdu Medium (%) | English Medium (%) |
|------------------|-----------------|--------------------|
| High             | 70              | 30                 |
| Medium           | 22              | 40                 |
| Low              | 8               | 30                 |

Interpretation: A significantly higher proportion of students (70%) reported high confidence levels during Urdu-medium sports coaching sessions.

## 5. Discussion

### Language and Comprehension in Sports Coaching

The findings indicate that sports coaching in Urdu enhances athletes' understanding of instructions, drills, and tactical concepts. Familiar linguistic structures allow athletes to process information quickly and accurately, which is essential in dynamic sports environments.

### Performance and Skill Execution

Improved comprehension directly translated into better on-field performance among Urdu-medium trainees. Clear understanding of movement patterns, rules, and strategies enabled athletes to execute skills more effectively.

### Confidence and Athlete Engagement

Confidence is a critical psychological component in sports performance. Urdu-medium coaching reduced communication anxiety, encouraged interaction, and fostered greater participation among student-athletes.

### Challenges in English-Medium Sports Coaching

Many participants reported difficulty in understanding technical terms, instructions, and feedback in English, which often led to hesitation, errors in execution, and reduced confidence during training and competition.

## 6. Conclusion

The study conclusively establishes that Urdu-medium sports coaching is more beneficial than English-medium coaching for students in the Kashmir Valley. Athletes trained in Urdu demonstrated higher comprehension, improved skill execution, and greater confidence. While English remains important for international exposure and advanced sports literature, the immediate effectiveness of sports coaching in the Kashmir Valley is significantly enhanced when delivered in Urdu.

## Recommendations

1. Sports academies and coaching centers in the Kashmir Valley should adopt Urdu as the primary medium of instruction, especially at grassroots and developmental levels.
2. A bilingual sports coaching model may be introduced, combining Urdu explanations with essential English terminology.
3. Coaches should be trained in multilingual communication strategies to improve athlete understanding and performance.
4. Policymakers should recognize the role of regional languages in effective sports development programs.