

Assessment of Sports Facilities at AIMS Institutes, Bangalore: Students satisfaction and Utilization

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Abstract

This study examines the utilisation and satisfaction levels of sports facilities among students at AIMS Institutes, Bengaluru. A total of 285 undergraduate and postgraduate students participated through a structured questionnaire, selected using the Krejcie and Morgan formula for statistical reliability. The objective was to assess student engagement, preferences, and overall satisfaction with the sports infrastructure in alignment with UGC guidelines. Results show that 98.24% of students are interested in using the sports facilities, with over 77% utilising them daily or weekly. Most students engage in sports for 1–2 hours per day, primarily for fitness, mental health, and refreshment. Badminton and cricket are the most popular activities. Student satisfaction is notably high, especially regarding coaching quality (98.94%) and general facility standards (84.91%). Despite the positive feedback, some concerns were highlighted, including the need for more sports equipment, better infrastructure, and increased opportunities for competitive sports. Recommendations include expanding facilities, organising intercollegiate tournaments, integrating regular sports periods into the academic schedule, and promoting lesser-known sports.

Keywords: Sports facilities, AIMS Institutes, Bangalore, Undergraduate and Postgraduate Students, Badminton, cricket, and chess, UGC guidelines for sports.

1. Introduction

Sports facilities in colleges play a crucial role in the overall development of students by promoting physical fitness, teamwork, and mental well-being. A balanced approach to education is achieved when students can participate in a variety of sports, from traditional games like cricket, football, and basketball to newer ones such as badminton, tennis, and swimming. Institutions like AIMS Institutes, Bangalore understand the importance of this balance, offering state-of-the-art sports facilities and wellness programs that encourage students to engage in physical activities while maintaining a focus on mental and emotional health. These facilities contribute to fostering discipline, resilience, and leadership skills, preparing students for both personal and professional success.

1.1. UGC Guidelines for the Need to Establish Sports Facilities in Colleges

The University Grants Commission (UGC) emphasizes the importance of establishing comprehensive sports facilities in colleges as part of its guidelines for higher education institutions. UGC guidelines str-

ess the following key points for the provision of sports infrastructure:

- **Basic Infrastructure:** Colleges must provide essential sports facilities such as playgrounds, gymnasiums, and indoor courts to ensure students can engage in various physical activities.
- **Qualified Coaches and Trainers:** Institutions are encouraged to appoint qualified coaches to guide students, ensuring they receive proper training in various sports and can maximize their potential.
- **Physical Education Departments:** UGC mandates the establishment of a dedicated Physical Education Department to manage sports activities and promote overall student wellness.
- **Inclusive Participation:** Sports facilities should be accessible to all students, regardless of their academic disciplines, allowing everyone the opportunity to participate and benefit from physical activities.
- **Health & Wellness Integration:** UGC recommends the inclusion of fitness programs, wellness initiatives, and mental health support in the curriculum to promote the overall well-being of students.

By adhering to these UGC guidelines, colleges ensure that students have access to the resources necessary to balance academics and physical activity, fostering holistic growth.

1.2. AIMS Institutes, Bengaluru

AIMS Institutes, Bengaluru, established in 1994, is one of India's top colleges. It is accredited with an 'A' grade by NAAC and offers a wide range of Undergraduate programs (BHM, BCA, BBA, BBA Aviation, B.Com), Postgraduate courses (MBA, MCA, M.Com, MSW), and doctoral programs, fostering academic excellence and professional development.

1.3. AIMS Centre for Sports & Wellness

In alignment with SDG 3: Good Health and Well-Being, the AIMS Centre for Sports & Wellness plays a vital role in promoting holistic development. The Centre offers comprehensive support for physical, mental, and emotional wellness. It features well-maintained outdoor courts for basketball, volleyball, and athletics, as well as indoor facilities for games like table tennis, chess, and carom. A fully-equipped gymnasium, guided by certified trainers, supports students' fitness goals.

Mental well-being is prioritized through confidential counselling services, regular yoga and meditation sessions, and awareness programs that help students manage stress and build emotional resilience. The institute also fosters cultural engagement through events hosted in amphitheatres and auditoriums, encouraging student participation and creativity.

Further extending its wellness mission beyond the campus, AIMS actively engages with the local community through initiatives like the National Service Scheme (NSS) and the Rotaract Club, promoting social responsibility and community well-being.

2. Review of Literature

It is a summary and critical evaluation of existing research and writings on a particular topic. It helps identify gaps, trends, and key findings in previous studies, providing a foundation for new research. This review is useful for understanding what already known, avoiding duplication is, and framing research questions effectively. In globally wide range of literature reviews are available a few of the listed below.

Peterson, K. T. and et al. (2023). This study examined differences in comfort levels with campus recreation facilities among heterosexual and sexual minority students across four public universities. Findings indicated that heterosexual students reported significantly higher comfort levels using various campus recreation amenities, highlighting the need for inclusive recreation spaces to promote equitable participation.

Li, X., Ariffin, and et al. (2021). This research explored the relationship between safety facilities and student satisfaction in university sports venues in Shanxi Province. The study found that enhanced safety measures positively influenced student satisfaction, suggesting that improving safety infrastructure can encourage greater student participation in sports activities.

Agbabiaka.(2023). This research investigated the availability and functionality of recreational facilities for female students in a northern Nigerian university. Findings revealed that while outdoor facilities were accessible, indoor facilities like the gymnasium had limited functionality, affecting female students' participation in recreational activities.

Mustikayanti & et al. (2020). This study evaluated the condition of physical education facilities and infrastructure at SMA Negeri 1 Nogosari. The results indicated that while infrastructure quality was assessed as excellent, there was a need for further research on students' interest and motivation in physical education learning.

Aman et al. (2020). This article discusses the trends and usage of sports facilities among Malaysians, highlighting the relationship between sports participation and the availability of sports facilities. The study emphasises the importance of accessible sports infrastructure in promoting an active lifestyle.

Agarwal & et al. (2022). This study assessed the status of football infrastructure and student participation in higher education institutes of Tripura. Despite the availability of adequate facilities, student participation was limited due to factors like lack of sports instructors and restricted access outside college hours.

Abusamra et al. (2021). This study investigated students' satisfaction levels regarding sports facilities and infrastructure in a senior high school. The findings indicated moderate satisfaction, with reliability aspects rated highly and tangibility aspects rated very low, suggesting areas for improvement in facility quality.

3. Need for the Study

There is a growing recognition of the importance of physical and mental well-being in higher education, yet the actual utilisation and satisfaction levels of sports and library facilities among students remain underexplored. This study is needed to assess how effectively the sports and library resources at AIMS Institutes, Bangalore, are meeting student needs. Understanding student satisfaction and utilisation patterns will help in identifying gaps, improving infrastructure, and enhancing overall student development. Such insights are essential for aligning institutional offerings with student expectations and UGC guidelines.

4. Scope and Limitations of the Study:

This study evaluates the utilization and satisfaction levels of sports facilities and library resources among undergraduate and postgraduate students at Acharya Institute of Management and Science (AIMS). It focuses on student awareness, frequency of use, and perceptions of quality and accessibility. The study is confined to AIMS Institute students, based on data collected from a sample of 285 participants.

5. Methodology:

This study follows a quantitative research approach to assess the utilization and satisfaction levels of sports facilities and library resources among 285 undergraduate and postgraduate students at AIMS Institute, Bangalore. Data was collected through a structured questionnaire distributed via Google

Forms. The questionnaire included both closed and open-ended questions focusing on awareness, usage frequency, and student perceptions. Collected responses were analysed using descriptive statistics, with results presented in tables and charts to identify key trends and insights.

Sample Design

The sample size for this study was determined using the Krejcie and Morgan formula, which is commonly used to calculate appropriate sample sizes for a given population. Based on a total student population of 1100 at AIMS Institute, a sample size of 285 students was selected. This sample size ensures a 95% confidence level and a 5% margin of error, making the results statistically reliable. The sample includes both undergraduate and postgraduate students, representing a diverse cross-section of the student body.

6. Objectives of the Study:

This study has the following objectives:

- To assess the level of student interest in sports activities offered by AIMS Institute.
- To understand the types of sports and games students are most interested in at AIMS.
- To examine student satisfaction with the sports coach and the quality of coaching.
- To determine the overall satisfaction with the sports facilities available on campus.
- To identify common problems faced by students while using sports facilities at the college.

7. Data Analysis:

It is the process of organising, interpreting, and drawing conclusions from collected data to uncover patterns or insights. The collected data has been analysed by the help of tables, figures and etc. Through this researcher can draw the research findings and this will helpful for decision-making.

Table: 1 Gender wise response

Sl. No	Genders	Response	%
01	Male	152	53.33
02	Female	133	46.67
Total		285	100.00

The gender distribution shows that 53.33% of the respondents were male and 46.67% were female, indicating a fairly balanced representation. This data suggests that both genders participated almost equally in the survey.

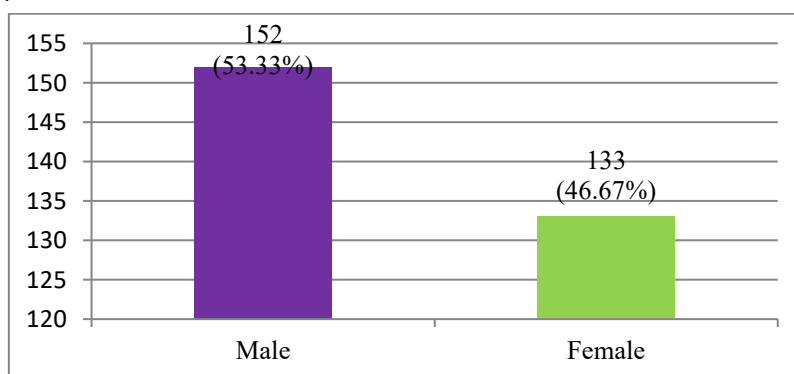


Fig1. Gender wise response

Table 2: Users interested in utilizing the sports facilities provided by the college.

Sl. No	Utilizing of sports facilities	Response	%
01	Yes	280	98.24
02	No	05	1.76
Total		285	100.00

A significant majority of respondents (98.24%) are interested in utilising the college's sports facilities, while only 1.76% are not. This highlights a strong overall enthusiasm and demand for sports infrastructure among students.

Table 3: Frequency of Utilizing Sports Facilities

Sl. No	Frequency	Response	%
01	Daily	73	25.61
02	Weekly	148	51.92
03	Monthly	16	5.62
04	Occasionally	48	16.85
Total		285	100.00

The majority of respondents (51.92%) use the sports facilities weekly, followed by 25.61% who use them daily, indicating regular engagement. Occasional and monthly users make up a smaller portion, suggesting that most of the students maintain a consistent sports routine.

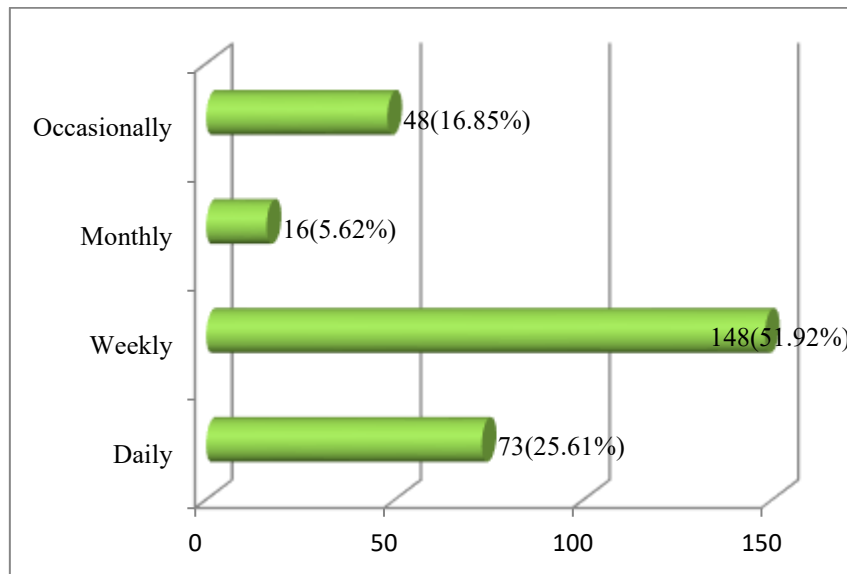


Fig. 2 Frequency of Utilizing Sports Facilities

Table 4: Users' Responses on the Frequency of Utilizing Sports Facilities

Sl. No	Frequency	Response	%
01	1-2 Hrs for day	231	81.05
02	3-4 Hrs for day	45	15.79

03	More than 4 Hrs for day	09	3.16
Total		285	100.00

A vast majority of users (81.05%) utilize the sports facilities for 1–2 hours per day, showing a preference for moderate daily activity. Only a small percentage (3.16%) engages in sports for more than 4 hours daily, indicating that extended usage is uncommon.

Table 5: Purpose of Playing Sports activities

Sl. No	Purpose of playing sports activities	Department wise response	%
1	For Fitness	84	29.47
2	Good health	88	30.87
3	Refreshment	81	28.42
4	Mental peace and to reduce stress	20	7.02
5	For Entertainment	12	4.22
Total		285	100.00

The primary purposes for engaging in sports activities are good health (30.87%) and fitness (29.47%), followed closely by refreshment (28.42%), indicating a strong focus on physical well-being. Fewer students play for mental peace or entertainment, suggesting health-related motivations outweigh recreational ones.

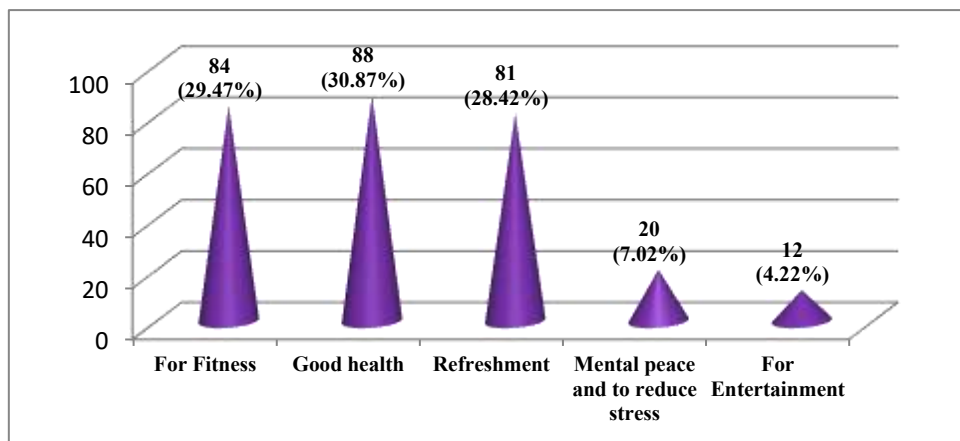


Fig.3 Purpose of playing sports activities

Table 6: Users opinion on types of Sports activities interested

Sl. No	Types of the Sports activities	Response	%
1	Badminton	64	22.45
2	Cricket	48	16.84

3	Throwball	24	8.43
4	Table tennis	22	7.72
5	Throwball	24	8.43
6	Carrom	27	9.47
7	Basketball	15	5.26
8	Football	22	7.72
9	chess	39	13.68
Total		285	100.00

Users show the highest interest in badminton (22.45%) and cricket (16.84%), reflecting their popularity as preferred sports activities. Additionally, games like chess (13.68%) and carrom (9.47%) indicate that both physical and mental sports enjoy significant attention among participants.

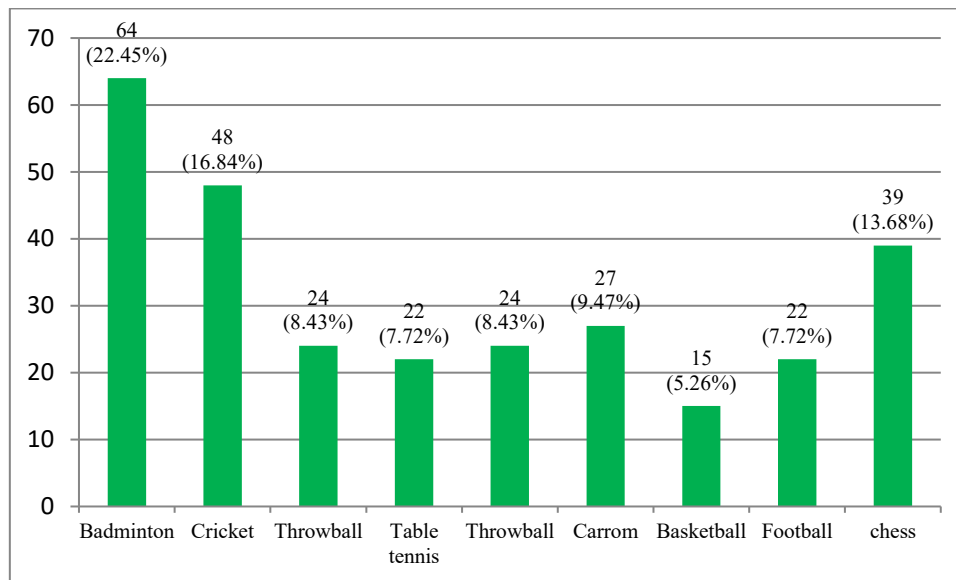


Fig.4. Users opinion on types of Sports activities interested

Table 7: Users' Satisfactory Opinions about the Sports Coach and Coaching

Sl. No	Satisfactory opinion about sports coach	Response	%
02	Good	280	98.94
03	Not good	05	1.76
Total		285	100.00

From the above table, it is indicated that the majority of respondents (98.94%) are satisfied with the sports coach and his coaching provided, indicating high approval of the training quality. Only a small fraction (1.76%) expressed dissatisfaction, suggesting coaching services meet most users' expectations.

Table 8: Users' Satisfaction with the Sports Facilities Provided by the College

Sl. No	Satisfaction with Sports Facilities Provided by the College	Response	%
01	Satisfied	242	84.91
02	Not Satisfied	43	15.09
Total		285	100.00

A majority of respondents (84.91%) are satisfied with the sports facilities provided by the college, reflecting a positive perception of the available infrastructure. However, 15.09% are not satisfied, indicating room for improvement to meet all users' needs.

Table 8.1: Users' Responses on Problems Faced While Playing Sports in College.

Sl. No	Types of problems faced while playing sports in college	response	%
01	Make a better ground to play	5	11.63
03	Increase sports facilities	8	18.61
04	Better to take weekly two sports periods	6	13.96
05	More sports equipment's	14	32.55
06	Need to conduct intercollegiate tournaments.	10	23.25
Total		43	100.00

Table 8 shows that 43 respondents were not satisfied with sports facilities.

In Table 8.1, the researcher listed their concerns.

Among the 43 users who reported issues, the highest (32.55%) noticed that they need more sports equipment, followed by suggestions to conduct intercollegiate tournaments (23.25%) and to increase overall sports facilities (18.61%). These responses highlight the need for improved resources and greater opportunities for competitive engagement.

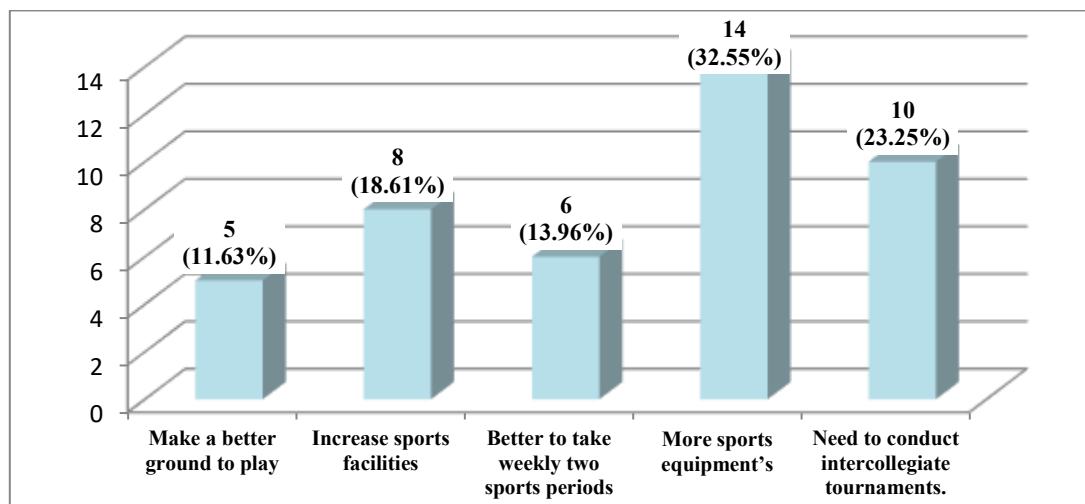


Fig. 5 User response on problems faced while playing sports in college

8. Major Findings

This section highlights the key results obtained from the analysis of users' engagement with the sports facilities provided by the college. The findings offer valuable insights into usage patterns, satisfaction levels, and challenges faced by the users.

- As observed in Table 1, the majority of respondents were male, accounting for 53.33% of the total, while 46.67% were female. This indicates a fairly balanced gender representation, suggesting that both male and female participants were almost equally involved in the survey.
- In Table 2, it is noted that 98.24% of respondents are interested in utilizing the college's sports facilities, while only 1.76% are not. This highlights a strong overall enthusiasm and demand for sports infrastructure among students.
- According to Table 3, the highest percentage of respondents (51.92%) uses the sports facilities weekly, followed by 25.61% who use them daily. This indicates regular engagement and suggests that most students maintain a consistent sports routine.
- As shown in Table 4, a majority (81.05%) of respondents utilize the sports facilities for 1–2 hours per day, demonstrating a preference for moderate daily physical activity.
- From Table 5, it is evident that the primary reasons for engaging in sports activities are maintaining good health and fitness (30.87%), followed closely by refreshment (29.47%). This indicates a strong focus on physical well-being. It was suggesting that health-related motivations outweigh recreational ones.
- Table 6 reveals that the most popular sports among respondents are badminton (22.45%) and cricket (16.84%), reflecting their high levels of interest and participation in these activities.
- According to Table 7, the vast majority (98.94%) of respondents are satisfied with the sports coach and the coaching provided, suggesting that the coaching services meet most students' expectations.
- In Table 8, it is observed that a significant proportion (84.91%) of respondents is satisfied with the sports facilities offered by the college, reflecting a positive perception of the existing infrastructure.
- Finally, Table 8.1 shows that the majority of respondents (32.55%) expressed the need for more sports equipment. This was followed by suggestions to conduct intercollegiate tournaments (23.25%) and to increase overall sports facilities (18.61%). These responses highlight the demand for both enhanced resources and expanded opportunities for competitive engagement.

9. Recommendations

Based on the major findings, this section provides practical suggestions to improve the sports facilities and services offered by the college. Implementing these recommendations can enhance user satisfaction and increase participation in sports activities.

- In Table 3, some users only use the sports facilities occasionally or monthly, which may indicate issues with accessibility or a lack of motivation. It is recommended that the college organize regular sports events and provide incentives to encourage more frequent usage, especially among occasional and monthly users.
- In Table 5, it is observed that there is a lower emphasis on mental peace and entertainment, which might limit broader engagement. To address this, the college can introduce yoga and meditation sessions alongside regular sports activities, and organize fun recreational games to promote stress relief and attract more participants.

- In Table 6, a lower number of users showed interest in team sports like basketball and football, which may limit diversity in sports participation. It is suggested that the college promote these less popular sports through workshops and friendly tournaments to encourage broader involvement.
- From Table 7, it is indicated that 98.94% of students are satisfied with the current coaching. The study recommends maintaining the existing coaching standards, offering periodic training and development for coaches, and introducing specialized coaching for popular games like badminton and cricket.
- In table 8.1. The respondents are listed some issues regarding to sports facilities. The study recommends improving sports grounds with regular maintenance and eco-friendly turf; expanding facilities with multi-purpose courts and practice areas; roofing some outdoor courts for all-weather use; upgrading infrastructure with lighting, seating, and safety features; purchasing more equipment to address shortages; integrating two weekly sports periods into the academic schedule; and launching an annual intercollegiate sports festival with online registration, live streaming, and student-led organising committees to boost student engagement and college visibility.
- Continuous Student Feedback and Monitoring: Establish a formal feedback mechanism where students can suggest improvements and report issues, Conduct biannual surveys to monitor satisfaction levels and evolving needs.

10. Conclusion

In finally students at AIMS Institutes show a high level of interest and regular participation in sports activities, with overall satisfaction levels being significantly positive, particularly regarding coaching quality. However, to further enhance the student experience and align with UGC guidelines, the institute should focus on improving infrastructure, increasing equipment availability, and creating more structured and competitive sports opportunities. These improvements will strengthen the physical and mental well-being of students, promoting a more balanced and holistic educational environment

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