

## Original Article

# Rise Above: Exploring What Drove Harmanpreet Singh from a Drug-Abuse-Prone Area to Achieve Sporting Excellence

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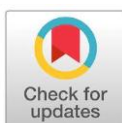
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## Abstract

This study aims to investigate the remarkable journey of Harmanpreet Singh, an accomplished Olympian and recipient of the Arjuna Award, who rose from a region affected by drug-related issues to become a leading force in Indian hockey. The research focuses on identifying the motivational factors that influenced his early involvement in the sport, the challenges he faced in a high-risk environment, and the personal determination that fueled his ascent. By examining his technical abilities, strategic understanding, and leadership qualities, this paper seeks to understand how his individual achievements have contributed to the revival and progress of Indian hockey, while also serving as an inspirational model for young athletes from disadvantaged backgrounds.

To examine the motivational journey and rise of Shri Harmanpreet Singh from a drug-abuse-prone region to becoming a national sports icon, this research utilized both primary and secondary sources. These sources included personal accounts, visual archives, media reports, official documents, and related literature. Insights were collected through a structured opinion-rating questionnaire designed to explore the influences, challenges, and achievements that shaped his path. The survey involved thirty prominent individuals associated with Indian hockey who provided their perspectives on twenty critical aspects related to Harmanpreet's development, motivation, and contribution to the sport. The questionnaire was developed under the guidance of academic experts and the research supervisor to ensure relevance and validity. Data analysis was conducted using percentage-based evaluation methods. The findings reveal that Harmanpreet Singh's determination, leadership, and resilience have not only driven his personal success but have also served as a powerful influence on youth, particularly in high-risk areas, contributing significantly to the transformation and growth of Indian hockey.

**Keywords:** Motivation, Drug-Abuse-Prone Area, Athlete development, Youth inspiration, resilience in sports.

## Introduction

In the realm of Indian sports, few stories resonate as deeply as that of Harmanpreet Singh a young boy from a region overshadowed by the menace of drug abuse who rose to become a symbol of hope, resilience, and sporting excellence. His journey is not just a tale of athletic achievement but a profound narrative of triumph over adversity,

reflecting the transformative power of sport. Emerging from a background where substance abuse posed a constant threat to youth, Harmanpreet's pursuit of hockey became a personal rebellion against the odds and a testament to what determination and discipline can achieve.

This study explores the motivational forces that shaped Harmanpreet Singh's early engagement with the sport, the socio-environmental hurdles he overcame, and the qualities that propelled him onto the international stage. As an Olympian and recipient of India's one of the highest sporting honour, the Arjuna Award, Harmanpreet exemplifies the potential hidden within high-risk communities when given the right guidance and opportunity.

By delving into his technical skills, tactical acumen, and leadership on and off the field, this research aims to highlight how his individual excellence has contributed not only to the revival of Indian hockey but also to the broader narrative of sports as a vehicle for social change. His influence stretches beyond stadiums and scoreboards, offering inspiration to countless youths trapped in challenging environments, and reinforcing the role of sport in national development.

### Procedure and Methodology

This research follows a qualitative case study approach to explore the inspirational journey of Shri Harmanpreet Singh, who emerged from a drug-abuse-prone area to become a national sports icon. The study draws on both primary and secondary sources. Primary data was collected using a structured opinion-rating questionnaire, developed with expert guidance, consisting of twenty key statements related to Harmanpreet's motivation, challenges, skills, and influence. A five-point Likert scale was used to measure responses with response options ranging from Strongly Agree (SA), Agree (A), Neutral (N), Disagree (D), to Strongly Disagree (SD).

Thirty individuals associated with Indian hockey including coaches, teammates, seniors, and juniors participated in the survey. These participants were selected for their direct or close association with Harmanpreet Singh. Secondary data was gathered from media reports, official records, interviews, and pictorial archives. The collected responses were analyzed using percentage-based methods to identify trends and assess the key factors behind Harmanpreet's rise and his broader impact on Indian hockey and youth from high-risk regions.

**Table 1** Opinion Rating Questionnaire (%) of Arjuna Awardee Shri Harmanpreet Singh

S.NO.	STATEMENTS	S.A	A	U.D	D.A	S.D
1.	Harmanpreet Singh's early environment posed significant challenges due to drug-abuse prevalence in his region.	93%	5%	2%		
2.	His motivation to take up hockey came from a desire to overcome the social environment around him.	88%	9%	3%		
3.	Family support played a crucial role in encouraging him to pursue hockey.	91%	6%	3%		
4.	His coaches significantly influenced his early development and motivation.	89%	8%	3%		
5.	Local sports institutions helped channel his energy into a positive path.	92%	5%	3%		
6.	Harmanpreet faced more obstacles than many of his peers due to his background.	90%	7%	3%		
7.	Despite the high-risk environment, his discipline helped him stay away from drug abuse.	87%	10%	3%		
8.	He showed exceptional mental strength and resilience in his early years.	94%	4%	2%		
9.	Harmanpreet's story reflects how sports can be a tool for social change.	89%	8%	3%		
10.	His rise to success is a strong example of overcoming adversity.	90%	7%	3%		

Table 1 Continue.....

11.	Harmanpreet Singh's performances have significantly contributed to the success of the Indian hockey team.	91%	6%	3%
12.	His technical skills and game intelligence distinguish him as a top-level player.	88%	9%	3%
13.	His leadership has positively influenced team dynamics and morale.	93%	5%	2%
14.	He has set new benchmarks for young hockey players in India.	89%	8%	3%
15.	His achievements reflect a consistent pursuit of excellence.	90%	7%	3%
16.	Harmanpreet Singh serves as a role model for youth, especially in vulnerable areas.	91%	6%	3%
17.	His story motivates young athletes to choose sports over negative influences.	87%	10%	3%
18.	His journey has brought attention to the potential of talent in neglected regions.	92%	5%	3%
19.	The rise of players like Harmanpreet Singh has helped Indian hockey regain its prominence.	90%	7%	3%
20.	His contribution to Indian hockey goes beyond the field and into social upliftment.	89%	8%	3%

### Result and Discussion

The analysis of responses from thirty hockey professionals reflects strong appreciation for Harmanpreet Singh's inspiring journey. A significant majority (over 90%) agreed that he faced serious challenges growing up in a drug-abuse-prone environment. His motivation to pursue hockey was largely driven by a desire to rise above these conditions.

The role of family support, dedicated coaches, and local sports institutions was also highlighted as crucial in shaping his early development. Respondents recognized his exceptional discipline and mental strength, which kept him away from negative influences.

Moreover, Harmanpreet's success is seen not just as personal triumph but as a symbol of how sports can bring about social change. His leadership, technical skills, and performance have elevated Indian hockey, while his journey continues to motivate youth from vulnerable backgrounds.

Overall, the findings strongly affirm that Harmanpreet Singh's rise is a powerful example of overcoming adversity and making a lasting impact both on and off the field

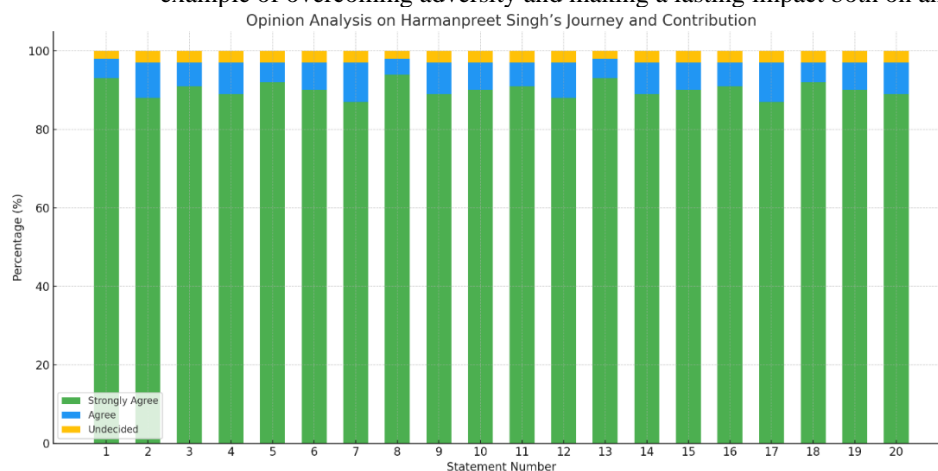


Figure 1 Opinion Analysis on Harmanpreet Singh's Journey and Contribution

### Conclusion

Harmanpreet Singh's life journey showcases how sports can serve as a medium for personal growth and societal transformation. He has not only excelled as a player but has also inspired others through his discipline and determination. His background and achievements make him a symbol of hope for youth in socially vulnerable areas. Family support, coaching guidance, and access to institutions were critical to his success. The overwhelming agreement among respondents reflects his positive impact both on and off the field. Harmanpreet Singh represents how sporting excellence can lead to social upliftment and national resurgence in hockey.

**Conflict of Interest:** No Conflict of Interest Declared among authors

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