



DROPOUT REASONS AMONG EX JUNIOR TRACK AND FIELD ATHLETES OF KERALA

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Abstract

The purpose of the present study was to investigate into the most important reasons of dropout among Junior Track and Field athletes of Kerala. Participants were ex junior Track and Field athletes from Kerala (N = 300, 150 male and 150 female) who have won medals minimum at the state level Athletics Championship. For collection of required data the investigators administered the self made questionnaire of reasons for withdrawal from Track and Field. For the purpose of analysis and interpretation of data descriptive statistics were used. Frequency and percentage were computed for find out the major motives for dropout. In order to examine whether gender have any significant impact on dropout reasons, Chi square test was used. The result of the study shows that the most important reasons behind athletes' decision to curtail their Athletics career were performance stagnation, Injury or repeated injuries, financial constraints, academic priority and lack of motivation. The result of the Chi square test indicated that gender has no significant impact on the reasons of dropout.

Key words:- Drop out, Withdrawal, Junior athlete, Performance stagnation, Injury

Introduction

Organized sports play an important role in the development of children and youth. Adolescents choose sports activities other than any other extracurricular activities available to them. Athletics is one of the most popular sporting activities chosen by millions of children in all the countries. In spite of the efforts carried out by different organizations to promote the sports participation, active involvement of many children are short lived with sports dropout. Sports dropout is a universal phenomenon that affects many of the sporting disciplines all over the world. It happens at all age categories and at all levels of participation. This dropout rate is relatively high during adolescence. It is easier to getting involvement of children in organized sports, but it becomes a great challenge to keep the involvement of children in later years. Dropout is a topic that has been investigated by a variety of researchers during the past four decades, mostly researched in adolescent age group or at the top sport level and taps into individual reasons for the withdrawal from sports competition. It is estimated that one third of adolescents terminated their sports participation each year. This decline in youth sports participation starts at the age of 13 and continues until the late adolescence. In Kerala Athletics is the most popular sporting activity chosen by the adolescents. However continued participation is at risk when the athlete is at the transition period – i.e, from Junior to elite senior level.

Since 1970, Sports Dropout among youth has been a hot topic for researchers. Basically these investigations were descriptive, concentrating on distinguished reasons for dropping out of a particular sport. Dropout phenomenon is the well known issue for coaches and sports scholars in a significant number of sports. According to the existing data, as many as two – thirds of participants aged 7 –18 withdraw from sports each year, with attrition

rates being particularly high during adolescence (Pettichkoff, 1996; as cited in Fraser Thomas, Cote, Deakin, 2008). This conclusion is consistent with the later studies of J Butcher (2002), and E. Enoksen (2011).

The term 'dropout' can be explained as a phenomenon in which an athlete stop competing or put an end to active participation from a sport permanently before he or she attained elite level performance. On this topic different researchers used different terminologies such as attrition, burnout, quitting, withdrawal, fluctuation, termination and retirement. All these terminologies are different ways in which an athlete leaves a sport permanently. So these can be considered as specific ways of dropout. The term dropout implies voluntary and premature dropping out of sports career i.e, sudden and unexpected quitting of sports in a situation where an athlete didn't use up entirely his or her potential (Salmela,1994, Lepir,2009).

Methods and Materials

Participants

The participants selected for the study were junior track and field athletes from Kerala state who quit Athletics after achieving exemplary results minimum at the State Athletics Championship during the period 1990-2014. The lists of participants were selected after the careful analysis of the records and results collected from the websites and office of Kerala state Athletics Association and Director of Public Instruction Kerala. The subjects were 300 dropouts (150 male and 150 female) were Ex Junior Track and Field athletes.

Inclusion and Exclusion Criteria

Participants for the present study were recruited based on the following inclusion criteria –

- (i) Junior Track and Field athletes who quit competitive Athletics after achieving exemplary results at least at the State level Athletics championship.
- (ii) The age of the dropouts fixed at the 13-19 years range at the time of their withdrawal from competitive Athletics.
- (iii) The only athletes who hail from Kerala state were selected for the study.
- (iv) Final criteria were fixed at the period selected for the study, i.e, 1990-2014. The junior athletes who dropped out during this time period were included in the study.

The dropped out athletes who didn't fulfill the above criteria were excluded from the present study.

Methods Used For Collection of Data

The survey method adopting a self made questionnaire was used to gather the appropriate data from ex junior track and field athletes from Kerala State. The investigator made a personal contact with the subjects through telephonic conversation to fix an appointment with them for a face to face interview to obtain the relevant data. The investigator wanted to collect the data from the respondents with a face to face interview which may fetch maximum involvement of the respondents and thus availing relevant information regarding the reasons for their decision behind their quitting.

Methods Used For Analyzing the Data

For the purpose of analysis and interpretation of data descriptive statistics were used. The data obtained from the questionnaire survey from the respondents were carefully classified and tabulated for the statistical analysis. Frequency and percentage were computed for find out the major motives for dropout. In order to examine whether gender have any significant impact on dropout reasons, Chi square test was used.

Analysis of Data

Table No. 1 exhibits the Frequency and percentage analysis of sample response with respect to the reasons for dropout from track and field competition

TABLE No. 1

REASON	BOYS		GIRLS		COMBINED	
	Frequency	%	Frequency	%	Frequency	%
Injuries	51	34.0	54	36.0	105	35.0
Performance stagnation	53	35.33	55	36.67	108	36.0
Financial constraints	22	14.67	06	04.0	28	9.33
Lack of motivation	09	06.0	12	08.0	21	7.0
Academic priority	12	08.0	15	10.0	27	9.0
Stress	01	0.67	03	02.0	04	1.33
Training was too hard	00	0.0	02	01.33	02	0.67
Others	02	1.33	03	02.0	05	1.67
TOTAL	150	100	150	100	300	100

Source: Primary Survey Data 2019

Table No. 1 reveals the major reasons behind the ex junior track and field athletes' decision to curtail their participation from competitive Athletics. Performance stagnation, injury or repeated injuries, financial constraints, academic priority and lack of motivation were the leading reasons behind the athletes' decision to put an end to their athletic career before they groom to the elite senior level. Stress, training was too hard, early marriage or romantic affairs and academic failures were the other reasons mentioned by the dropout athletes as the major motives for their decision to withdraw from Track and Field.

Table No. 2 exhibits the Observed and Expected Frequencies of Reason for Drop outs

TABLE No. 2

Reason for Dropout	Observed N	Expected N	Residual
Injury	105	37.5	67.5
Performance Stagnation	108	37.5	70.5
Financial Constraints	28	37.5	-9.5
Lack of Motivation	21	37.5	-16.5
Academic Priority	27	37.5	-10.5
Stress	4	37.5	-33.5
Training was too Hard	2	37.5	-35.5
Others	5	37.5	-32.5
Total	300		

Table No.2 shows the observed and expected frequencies of reason for dropouts.

Table No. 3 depicted the Chi Square for the data on Reason for Drop outs

TABLE No. 3

	Reason for Dropout
Chi-Square	358.347
Df	7
Asymp. Sig.	.000

Table No. 3 exhibits the value of Chi- Square is shown as 358.347 which is significant at 5 % level, as the p value is 0.000 which is less than 0.05. Since the test is significant, it can be interpreted that the reasons for dropouts are not equally distributed and the fit is not good.

Table No. 4. Illustrates the Gender * Reason for Drop Out Cross Tabulation.

TABLE No. 4

		Reason for Dropout								Total	
		Injury	Performance Stagnation	Financial Constrains	Lack of Motivation	Academic Priority	Stress	Training was too Hard	Others		
Gender	Male	Count	51	53	22	9	12	1	0	2	150
		Expected Count	52.5	54.0	14.0	10.5	13.5	2.0	1.0	2.5	150.0
		% within Gender	34.0%	35.3%	14.7%	6.0%	8.0%	.7%	0.0%	1.3%	100.0%
		% within Reason for Dropout	48.6%	49.1%	78.6%	42.9%	44.4%	25.0%	0.0%	40.0%	50.0%
		% of Total	17.0%	17.7%	7.3%	3.0%	4.0%	.3%	0.0%	.7%	50.0%
	Female	Count	54	55	6	12	15	3	2	3	150
		Expected Count	52.5	54.0	14.0	10.5	13.5	2.0	1.0	2.5	150.0
		% within Gender	36.0%	36.7%	4.0%	8.0%	10.0%	2.0%	1.3%	2.0%	100.0%
		% within Reason for Dropout	51.4%	50.9%	21.4%	57.1%	55.6%	75.0%	100.0%	60.0%	50.0%
		% of Total	18.0%	18.3%	2.0%	4.0%	5.0%	1.0%	.7%	1.0%	50.0%
Total	Count	105	108	28	21	27	4	2	5	300	
	Expected Count	105.0	108.0	28.0	21.0	27.0	4.0	2.0	5.0	300.0	
	% within Gender	35.0%	36.0%	9.3%	7.0%	9.0%	1.3%	.7%	1.7%	100.0%	
	% within Reason for Dropout	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	
	% of Total	35.0%	36.0%	9.3%	7.0%	9.0%	1.3%	.7%	1.7%	100.0%	

Table No. 4 illustrates the different cross tabulation values of gender*reason for dropout.

Table No. 5 shows the Chi Square for the data on Gender * Reason for Drop Out**TABLE No. 5**

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	13.228 ^a	7	.067
Likelihood Ratio	14.627	7	.041
Linear-by-Linear Association	.554	1	.457
N of Valid Cases	300		

In table No. 5 the value of Chi-Square is shown as 13.228 which is not significant since the p value is greater than 0.05. Since the test is not significant it may be concluded that there is no significant association between gender and reason for dropouts. In other words it may be interpreted that the reason for dropout between male and female do not differ significantly.

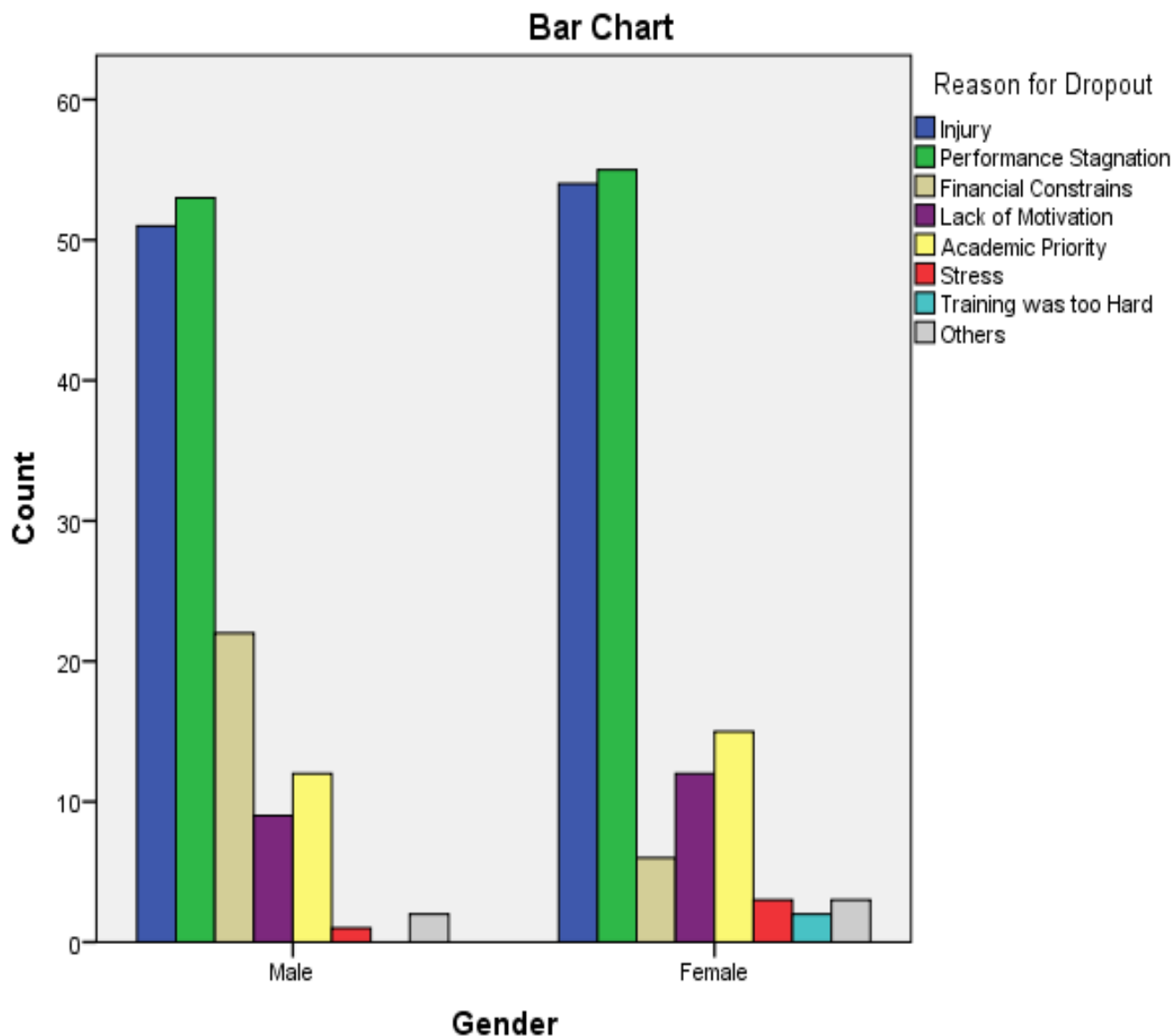
Table No. 6 illustrates the Contingency coefficient for the data on Gender * Reason for Drop Out**TABLE No. 6**

	Value	Approx. Sig.
Nominal by Nominal - Contingency Coefficient	.205	.067
N of Valid Cases	300	

In Table No. 6 the value of contingency coefficient is 0.205. This is a measure of association between Gender and Reason for dropouts. The value of contingency coefficient is not significant as its p value is 0.067, which is greater than 0.05. Hence it is concluded that there is no significant association between gender and reason for dropouts. In other words gender doesn't have any influence on the reason for drop out.

Figure No. 1 Display The Graphical Representation Of Samples With Respect To Their Reasons For Dropout.

FIGURE No. 1



Findings and Conclusion

Based on the analysis of the result, the following findings and conclusions can be drawn.

- Performance stagnation, injury or repeated injuries, financial constraints, Academic priority and lack of motivation were the leading major reasons behind the athletes' decision to put an end to their athletic career before they groom to the elite senior level.
- Stress, training was too hard, early marriage or romantic affairs and academic failures were also found to be the other reasons for dropout for the ex junior Track and Field athletes of Kerala.
- The study also proved that there is no significant association between gender and reason for dropouts.

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