



The Effect Of Socio-Economic Status On The Physical Fitness Of Sports Persons Of Bellari University

1ST Mr.Rasoolsab , 2ND Dr.Prasanna B K

1ST Research scholar Mangalore University, 2ND Assistant director of department of Physical Education
Mangalore University.

Abstract:

The purpose of the study was to find out the effect of socio-economic status on the physical fitness of sports persons of ballari university in this study to measure the socio-economic status of the sports persons Dr.Meenakshi Sharma 1985, socio-economic status scale was used and data was collected and then 50 sports persons of high socio-economic status and 50 sports persons of low-socio-economic status ranging age group of 18 to 25 were selected randomly from ballari university to analyze the physical fitness of selected sports persons of the test were conducted to find out the significant effect of socio-economic status on physical fitness of sports persons belonging to ballari university. Means standard deviations and T-values were computed the result of the study indicated that there was a positive effect of socio-economic status on physical fitness of sports persons of Ballari University in this study significant difference between high socio-economic status and low socio-economic status was observed

Keyword: sports persons, socio-economic status, physical fitness.

Introduction:

Sports and game are the basic part of human living. Along with the entertainment it also help to shape the personalities of the sports persons having provided with physical fitness and mental soundness. Sport given special identification to person particularly in inter-university, state, national or international competitions to be successful in sports field one should dedicate him fully to the field of sports.

Sports provide the opportunity for the development and maintenance of physical fitness it offers an opportunity for facilitating the normal growth of the child and it helps to develop and to prevent the reversal of such bio-physiological factors of performance as strength, endurance, flexibility, relaxation and skill physical activity in form of exercise, sports, game and rhythms provides a setting whereby recreational activities may be learned and enjoyed. Some of the satisfaction people seek through participation in physical motivates are the joy of creation fellowship a sense of achievement emotional experiences the enjoyment of beauty and relaxation sports can be defined as any activity experiences that gives enjoyment or recreation today sports play a decisive cultural role. Sports was born in all corners of the world and it to belongs to all persons all ages like no other movements, sport has the chance to enthuse them for common idea the science of sports has now obtained recognition.

Statement of the problem:

The effect of socio-economic status on the physical fitness of sports persons of Ballari University

Objectives of the study:

To study the effect of high socio-economic status and low socio-economic status on the physical fitness of sports persons of ballari university

Hypothesis:

There may be physical fitness of high socio-economic status sports persons is higher than the low socio-economic status of sports persons of ballari university

Significance of the study:

- This study helps to identify the effect of socio-economic status on the physical fitness of the sportsmen.
- This study helps to compare physical fitness among the high socio-economic status sportsmen and low socio-economic status sportsmen
- This study will helps to physical education teachers and coaches to meet the need of sportsmen and overcome by them
- It may be help in determining the student's weakness in a particular component.

Limitation:

- The study owned be limited to measuring the influence of high socio-economic status and low socio-economic status of sports persons.
- The study limited to 100 subjects of Ballari University.
- The study limited to age group of 18 to 25 years.

Method:

In the present study an attempt has been made to investigate the point whether there is any significant variation in the socio-economic conditions among the high and low socio-economic status of the sports persons to identify the high and low socio-economic status of sports persons the investigator used Dr.Meenakshi Sharma 1985, socio-economic status scale.

The socio-economic status scale, in questionnaire from distributed to sports persons of Bellari University and asked them to fill according to their conditions. Through the data collected from sports persons of Bellari University the socio-economic status of them has measured. Then 50 subjects of high socio-economic status and 50 subjects of low socio-economic status sports person were selected randomly, whose age group was ranging from 18 to 25 years. To measure the physical fitness of high and low socio-economic status sports persons the motor components test have conducted. The following are the physical fitness components tests.

	Physical fitness components	test	unit of measurements
1	Shoulder strength	Pull-up	Score
2	Speed and agility	Shuttle run	Time in seconds
3	Explosive strength for legs	Standing broad jump	Score
4	Abdominal strength	Bent-knee-sit up	Score
5	Speed	50-yard dash	Time in seconds
6	Cordio-vascular endurance	600-yard dash	Time in seconds

Data analysis and interpretation:

The researcher examined the motor components between high socio-economic status and low socio-economic status sportsmen to measure the physical fitness among them.

The following table-1 show means, standard deviation and t-values of physical fitness of sportsmen of Ballari University in two different socio-economic conditions.

Sl.no	Physical fitness components	High SES		Low SES		t-value
		Men	SD	Men	SD	
1	Shoulder strength	9.12	3.15	6.64	2.62	4.27
2	Agility	13.02	1.15	13.50	1.56	3.42
3	Explosive strength for leg	6.23	3.16	5.14	1.46	3.78
4	Abdominal strength	4.92	2.26	3.50	1.76	2.50
5	Speed	4.48	0.45	5.14	0.83	4.92
6	Cardio-vascular endurance	2302	252.74	2026.8	169.72	4.45

*significant at 0.01level

**significant at 0.05 level

In the table-1 results represents physical fitness component test like shoulder strength, the higher socio-economic status group has scored mean of 9.12 and low socio-economic status group has scored mean of 6.64 the t-value of 4.27 is significant at 0.01 level. This indicates that there is significant difference between high socio-economic status and low socio-economic status. This reveals that the high socio-economic sportsmen physical fitness in shoulder strength component is greater than the low socio-economic status sports men.

In the physical fitness components agility test, the high socio-economic group has scored mean 13.02 and low socio-economic group has scored mean of 13.50.the t-value of 3.42 is significant at 0.01 level. The result indicates that there is significant defiance between high SES and low SES in agility test this reveals that the high socio-economic sportsmen physical fitness in agility component is greater than the low socio-economic status sports men.

In the physical fitness components explosive strength test for leg the high socio-economic group has scored mean 6.23 and low socio-economic group has scored mean of 5.14.the t-value of 3.78 is significant at 0.01 level. The result indicates that there is significant defiance between high SES and low SES in Explosive strength for leg test this reveals that the high socio-economic sportsmen physical fitness in Explosive strength for leg component is greater than the low socio-economic status sports men.

In the physical fitness components abdominal strength test, the high socio-economic group has scored mean 4.92and low socio-economic group has scored mean of 3.50.the t-value of 2.50is significant at 0.01 level. The result indicates that there is significant defiance between high SES and low SES in Abdominal strength test this reveals that the high socio-economic sportsmen physical fitness in abdominal strength component is greater than the low socio-economic status sports men.

In the physical fitness components Speed test, the high socio-economic group has scored mean 4.48 and low socio-economic group has scored mean of 5.14.the t-value of 4.92 is significant at 0.01 level. The result indicates that there is significant defiance between high SES and low SES in Speed test this reveals that the high socio-economic sportsmen physical fitness in Speed component is greater than the low socio-economic status sports men.

In the physical fitness components Cardio-vascular endurance test, the high socio-economic group has scored mean 2302 and low socio-economic group has scored mean of 202.8.the t-value of 4.45 is significant at 0.01 level. The result indicates that there is significant defiance between high SES and low SES in Cardio-vascular endurance test this reveals that the high socio-economic sportsmen physical fitness in Cardio-vascular endurance component is greater than the low socio-economic status sports men.

Conclusion:

On the basis of above results the following conclusions are drawn.

- There is a significant difference between high socio-economic status sportsmen and low socio-economic status sportsmen in physical fitness components like Shoulder strength, Agility, Explosive strength for leg, Abdominal strength, Speed, Cardio-vascular endurance.
- The physical fitness of high socio-economic status sportsmen of Ballari University is higher than the low socio-economic status sportsmen of Ballari University.
- Over all the socio-economic status positively effect on physical fitness of sportsmen belonging to ballari university.

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