



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 4.69  
IJPESH 2016; 3(3): 569-572  
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www.kheljournal.com  
Received: 21-03-2016  
Accepted: 22-04-2016

**Urvashi Kodli**  
PCI Govt. First Grade College,  
Manhalli Bidar, Karnataka,  
India

## The effect of socio-economic status on the physical fitness of sports persons of bidar taluka

**Urvashi Kodli**

### Abstract

The purpose of the study was to find out the effect of socio-economic status on the physical fitness of sports persons of bidar taluka. In this study to measure the socio-economic status of the sports person, Bharadwaj's (1971) 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 bidar taluka. To analyze the physical fitness of selected sports persons, the motor components test were conducted. To find out the significant effect of socio-economic status on physical fitness of sports persons belonging to bidar taluka, 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 bidar taluka. In this study significant difference between high socio-economic status and low socio-economic status was observed.

**Keywords:** sports persons, socio-economic status, physical fitness, motor components, sports performance, Bidar taluka.

### Introduction

Sports and physical education play an important role human resource development. Games and other outdoor activities properly planned and executed, promote social harmony, discipline and increased productivity. These activities develop in student's right attitudes and values and help them grow into balanced, integrated and healthy citizens. Participation in physical activities and sports is a fundamental right of every citizen. Physical education and sports are essential elements of educational processes which promote among the participants health, physical fitness and quality of life. Fitness is an individual matter. It implies the ability of each person to live more effectively with his potentiality of function and it depends upon the physical, mental, social, spiritual and emotional components, which are related to each other and are mutually interdependent.

Fitness in broad terms denoting dynamic qualities which allow one to satisfy his own needs and at the same time contribute to the common welfare of one's society. The term physical fitness means more than muscular strength and stamina. It implies efficient performance in exercise or work and a reasonable means of skill in the performance of selected physical activities. The physical fitness is one of the facts of a person's all round harmonious development. Physical fitness is the cultural phenomenon of great complexity and magnitude, which is historically preconditioned level of health and comprehensive development of a person. The place of physical fitness in any society reflects something of that society's characteristics. Today almost every country in the world gives importance to development of sports in order to improve the nation's health and for the well-being of the future generation.

Physical fitness is generally judge by the performance and this performance is based on composite of many factors such as self-confidence, motivation, aggression, anxiety, socio-economic status, locus of control etc. these factors have generally been considered being most commonly mentioned components of physical fitness. Higher level of physical fitness is fundamental to success in all type of sports and games. To become a top level performer in any sports and games, it is essential that he should have a sound fit body.

The socio-economic status is an economic and social combined total measure of a person's experience and of an individual's or family's economic and social position in relation to Others, based on income, education and occupation.

**Correspondence**  
**Urvashi Kodli**  
PCI Govt. First Grade College,  
Manhalli Bidar, Karnataka,  
India

When analyzing a family's socio-economic status, the household income, earner's education and occupation are examined as well as combined income versus with an individual, when their own attribute are assessed. Additionally low income education has been shown to be strong predictors of a range of physical and mental health problems.

Socio-economic factors play a vital role in an individual's physical fitness and performance in sports. The socio-economic status makes up of an individual, play an important role in their achievements in every field of life. Socio-economic status also influence on habitual physical fitness and physical activity. The socio-economic status was recognized that this factor plays major role in shaping the fitness performance of an individual sports person and achievement in sports. The social class to which the youngster belongs definitely influence on both his physical fitness and sports activity. Psychologically speaking it influence on personality development. This influence of socio-economic background of sports persons continues to be present throughout one's life.

A broad critical survey are reveals that the sports participation from upper social levels are large in number than those belonging to the lower social levels. There may be many causes for this. Obviously the well to do sections have greater leisure, ampler resources and easier access to all the essential facilities, that the socio-economic background potent and decisive factor in impelling youngsters to choose sports activities and also to choose certain kinds of sports. Apparently, all the players seems to be equally competent but a careful critical in depth analysis of the factor on the bases of certain objective observations and findings reveals that the choice of the sports by youngsters is not a simple phenomenon but it is deeply connected with the socio-economic background of the sportsman. The socio-economic status of an individual may influence his opportunity, his desire to excel, his choice of activity and his success. The home environment often influences his motivation to succeed in sports and the degree of which success in this endeavor leads to inner satisfaction. Many psychological factors like socio-economic status, attitude, motives, spectators, self-concept, motivation, adjustment etc., which influence the participation and performance of sportsmen in games and sports.

The socio-economic status has been recognized as a decisive factor in sports participation of the various kinds of sportsmen, because it is the factor that exercise a decisive influence on any individual's physical fitness, performance and achievement in sports. The higher the social level of sports person the higher the degree of excellence which he or she achieves in sports.

As a consequence of choice of sports, acquisition and maintenance of physical fitness also vary. Therefore it is worth investigating to learn as to which socio-economic status category will be more fit physically. Physical fitness and health are related to a certain degree. Proneness to disorders and physical fitness may be associated with socio-economic status.

### **Statement of the problem**

The effect of socio-economic status on the physical fitness of sports persons of Bidar Taluka".

### **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 Bidar Taluka.

### **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 Bidar Taluka.

### **Significance of the study**

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

### **Limitations**

- 1) The study owned be limited to measuring the influence of high socio-economic status and low socio-economic status of sports persons.
- 2) The study limited to 100 subjects of Bidar Taluka only.
- 3) The study limited to age group of 18 to 25 years.

### **Review of related literature**

A critical review of related literature is essential set to get full picture of the problem of the study. The existing information provide an insight in the knowledge which has already been established.

The various studies have been made by different researches on the influence of socio-economic status on the physical fitness and sports performance.

1. B. cratty (1967), on the basis of several studies observed that the economic circumstances do influence the availability of equipment and facilities. Moreover, the size of the playground and number of the pieces of play equipment are positively related to the size of the family income and there is a corresponding relationship between the activity level and socio-economic conditions. It is to be realized that more and more data has been emerging from studies carried out in this area related to the comparative fitness of children with in various socio-economic groups. It is very clear from the above remarks of Cratty that the socio-economic status of the families and players, plays a vital role in the development of physical fitness and particular sports activity.
2. Suidontop (1984), stated in his study that the social level influences the acquisition of motor skills. More over approval has been found to facilitate the performance of youngsters from the lower status families and that disapproval impares these performances. More than that, it affects the youngsters from the middle socio-economic status families. It is more than evident that reinforcement of the socio-economic level directly influence the acquisition of motor skills. In the study different scale have been used to assess the socio-economic status of varsity sportsmen representing the urban and the rural areas. There is a deep and inalienable connection between the socio-economic background and the performance of sports persons in their respective sport activities.
3. Sorenson's study reveals that the higher socio-economic level enables parents to provide generator nourishment and encouragement to the ego of their children. And children from this class besides possessing confidence, feel socially and economically more secure and they have

fewer worries. They also more aggressive and dominant on the average than the children of less favored socio-economic levels.

- Ross's study also reveals that, the social factors, family income and father's education provide to be the strongest influence on the rate of participation by the students in their respective recreational activities, sports and games.

**Methodology**

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 Bharadwaj (1971) socio-economic status scale.

The socio-economic status scale, in questionnaire form distributed to sports persons of Bidar Taluka and asked them to fill according to their conditions. Through the data collected from sportsmen of Bidar Taluka 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 persons 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 motor components tests.

Sl. No.	Motor components	Tests	Units of measurement
1	Speed	50 -yard dash	Time in seconds
2	Endurance	12- minutes run and walk	Distance covered in meters
3	Flexibility	Sit and reach test	Inches (+/-)
4	Agility	Shuttle run	Time in seconds
5	Strength	Pull-ups	Score

**Note**

In the speed test one who completes the prescribed distance in the minimum amount of time is considered to have higher ability.

In the endurance test one who complete the prescribed time by covering the maximum distance is considered to be have higher ability.

In the flexibility test one who bends maximum inches is considered to be have higher ability.

In the agility test one who complete the prescribed distance in minimum time is considered to have higher ability.

In the strength test one who performs the maximum number of pull-ups is considered to have higher ability.

**Analysis and data 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 shows means, standard deviation and t-values of physical fitness of sportsmen of Bidar Taluka in two different socio-economic conditions.

**Table 1**

Sl no.	Motor components	High SES		Low SES		t-value
		Mean	SD	Mean	SD	
1	Speed	4.48	0.45	5.14	0.83	4.92**
2	Endurance	2303	251.74	2026.8	169.72	4.45**
3	Flexibility	4.92	2.26	3.50	1.78	2.50*
4	Agility	13.02	1.15	13.50	1.56	3.42**
5	Strength	9.12	3.15	6.64	2.62	4.27**

\*\* Significant at 0.01 level.

\* Significant at 0.05 level.

In the table-1 results represents in motor component test like Speed, the higher socio-economic status group has scored mean of 4.48 and low socio-economic status group has scored mean of 5.14. The t-value of 4.92 is significant at 0.01 level. This indicates that there is a significant difference between high socio-economic status and low socio-economic status. This reveals that the high socio-economic status sportsmen physical fitness in speed component is greater than the low socio-economic status sports men.

In the motor component Endurance test, the high socio-economic group has scored mean of 2303 and low socio-economic group has scored mean of 2026.8. The t-value of 4.45 is significant at 0.01 level. The result indicates that there is a significant difference between high SES and low SES in Endurance test. This reveals that high SES sportsmen physical fitness in Endurance test is higher than the low SES sportsmen.

In the motor component flexibility test, the high socio-economic group has scored mean of 4.92 and low socio-economic group has scored mean of 3.50. The t-value 2.50 is significant at 0.05 level. The results indicates that there is

significant difference between high SES and low SES in flexibility test. This reveal that the high SES sportsmen physical fitness in flexibility test is greater than the low SES sportsmen.

In the motor component agility test, the high socio-economic group has scored mean of 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 results indicates that there is significant difference between high SES and low SES in agility test. This reveals that the high SES sportsmen's physical fitness in agility test is greater than the low SES sportsmen's physical fitness.

In the motor component strength test, the high 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 4.27 is significant at 0.01 level. The results indicates that there is a significant difference in high SES and low SES in strength test. This reveal that the high SES sportsmen's physical fitness in strength test is greater than the low SES sportsmen's physical fitness.

### **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 Speed, Endurance, Flexibility, Agility and strength.
- The physical fitness of high socio-economic status sportsmen of Bidar Taluka is higher than the low socio-economic status sportsmen of Bidar Taluka.
- Over all the high socio-economic status positively effect on physical fitness of sportsmen belonging to Bidar Taluka.

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