

Journal

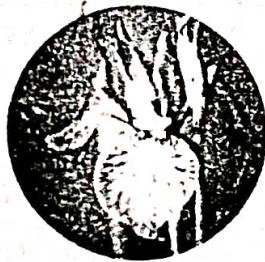
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Correlation of socio-economic status with physical fitness of inter-collegiate players

Dr. Akash Vijayrao More

Director, Department of Physical Education & Sports Yuvashakti Arts & Science College, Amravati

Abstract:

The main purpose of the study is to analyze the relationship of socio economic status with physical fitness of inter-collegiate players. The sample of this investigation was the collegiate players, age of the players ranged from 18 to 20 years. The players from kabaddi, kho-kho, cricket and volleyball inter-collegiate games were taken as sources of data. The researcher selected 7 kabaddi, 6 kho-kho, 11 cricket and 6 volleyball inter-collegiate players. The thirty (30) subjects were selected by purposive sampling method. It was concluded that the selected physical fitness components (Cardio-vascular endurance, Agility, Explosive strength) positively correlated with socioeconomic status.

Keywords: socio economic status, physical fitness, players

Introduction:

Socio-economic status is clearly a combination of two levels, that is, social and economic are not possible without each other, but they differ considerably. Socio-economic status is the result of a combination of both levels in a person's society, which does not run parallel to each other in our region. The sum of these two degrees is fulfilled in an undefined and distinct form, which serves as an indication for socio-economic status. Socio-economic status is the status of an individual's wealth and cultural wealth through his or her wealth, which is a stratification in terms of its strength and influence. Socio-economic status refers to the subset that the person belongs to the community. Each group has its own distinct culture, with emphasis on different values, morals and thinking.[1]

Higher Socioeconomic status may have a direct positive effect on health by providing individuals with health-related knowledge, skills, and resources; on the other hand, SES often impacts health in broader, indirect ways, such as shaping health behaviors and lifestyle.[2]

It is generally agreed that physical fitness is an important part of the normal growth and development of a child, a generic definition regarding the precise nature of physical fitness has not been universally accepted. Through research and scholarly inquiry, it is clear that the multi-dimensional characteristics of physical fitness can be divided into two areas: health related physical fitness and skill related physical fitness.[3]

The researcher has taken a keen interest in analyzing the socioeconomic status and physical fitness of students. Today in this competitive world, the health and fitness of those in low economic categories are good but are average for people with medium to high economic status. The socioeconomic status of an individual plays an important role in his or her achievements in every field of life. Socio-economic status also has an influence on habitual physical activity, so the researcher was interested to undertake the study on, "Correlation of socioeconomic status with physical fitness of collegiate players".

Methodology:

The sample of this investigation was the collegiate players, age of the players ranged from 18 to 20 years. The players from kabaddi, kho-kho, cricket and volleyball inter-collegiate games were taken as sources of data. The researcher selected 7 kabaddi, 6 kho-kho, 11 cricket and 6 volleyball inter-collegiate players. The thirty (30) subjects were selected by purposive sampling method. The following criterion measures were chosen for testing the hypothesis.

Sr. No.	Fitness components	Methods	Equipment/ Test items	Unit/Measures
01.	Socio Economic Status	Dr.Meenakshi's Socioeconomic Status Scale	Standard Questionnaire	Level
02.	Cardio-vascular endurance	Harvard step test	Stopwatch, 20 inch high bench, metronome or tape recorder (optional), stethoscope.	Minutes
03.	Speed	50 meters run	Electronic stopwatch, starting Clapper.	Seconds
04.	Agility	Shuttle run	Playfield area, measuring tape, stopwatch, whistle and two wooden blocks.	Seconds
05.	Explosive strength	Standing broad jump	Measuring tape and marking powder.	Meters

Statistical Analysis:

The collected data has been tabulated and analyzed with the help of statistical techniques viz., mean, standard deviation coefficient of correlation and regression. The level of significance was kept at 0.05 to testing the hypothesis.

Table-1: Descriptive statistics on socioeconomic status and physical fitness variables of the inter-collegiate players

Variabiles	SES	Cardio-vascular endurance	Speed	Agility	Explosive strength
Mean	95.51	73.35	7.28	10.43	196.32
S.D.	8.814	3.458	0.853	0.895	12.616

Table-1 the mean values of subjects in socioeconomic status, cardiovascular endurance, speed, agility and explosive strength. The mean values of the subjects socioeconomic status was 95.51 with standard deviation of ± 8.814 , the cardio vascular endurance was 73.35 with standard deviation of ± 3.458 , the speed was 7.28 with standard deviation of ± 0.853 , the agility was 10.43 with standard deviation of ± 0.895 , and explosive strength was 196.32 with standard deviation of ± 12.616 .

The product moment correlation analysis tables had been given below.

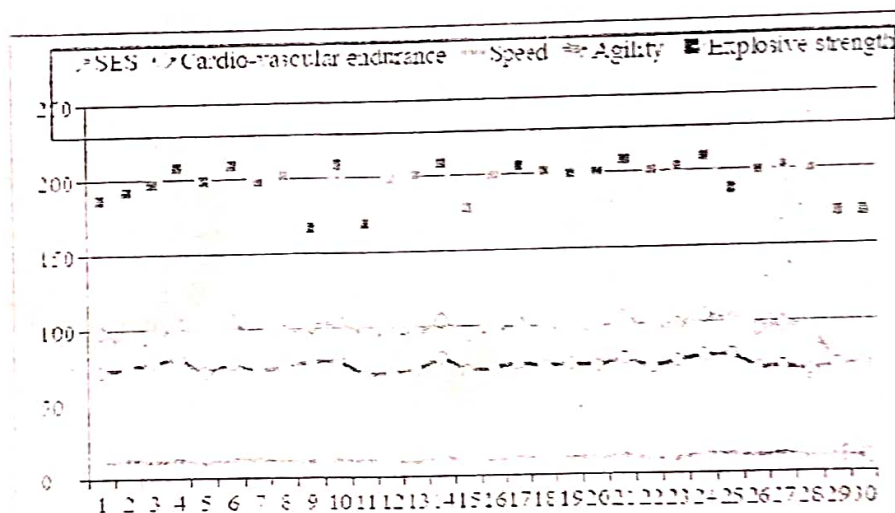
Table-2: Correlation of socioeconomic status with physical fitness components

Status	Variable Correlated	Correlation Coefficient	Multiple R
Socio Economic	Cardio-vascular endurance	0.474*	0.666*
	Speed	0.355	
	Agility	0.369*	
	Explosive strength	0.598*	

*Significant at .05 level of confidence

r .05 (28) 0.361

An analysis as shown in table-2 indicated that cardio-vascular endurance had significantly positive correlation to socioeconomic status ($r= 0.474$), agility had significantly positive correlation to socioeconomic status ($r= 0.369$) and explosive strength had significantly positive correlation to socioeconomic status ($r= 0.598$) were statistically significant as the value obtained were higher than the tabulated value (0.361) required, to be significant at 0.05 level with 28 degree of freedom. physical fitness combined components had significantly moderate relationship to socioeconomic status.



Graph-1: correlation of socioeconomic status with physical fitness components

Discussion of Finding:

Cardio-vascular endurance had significantly correlated to socioeconomic status. Speed had not significantly correlated with socioeconomic status. Agility had significantly correlated with socioeconomic status. Explosive strength had significantly correlated with socioeconomic status. The results from the present study suggest that there is a strong positive association between socioeconomic status and physical fitness in inter-collegiate players.

Conclusion:

It is concluded that the selected physical fitness components (Cardio-vascular endurance, Agility, Explosive strength) positively correlated with socioeconomic status.



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