



## Effect of socioeconomic status on sport performance of national level junior weightlifters

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### Abstract

The purpose of the study was to find out the effect of socio-economic status on sport performance of junior national level weightlifters belong to rural and urban area of India. Two hundred (Rural =100, Urban =100) junior national level male weightlifters were taken from Junior National weightlifting competition held at Karnataka. The Socioeconomic status questionnaire prepared and validated by Aghase and Helode (2002) was used for the purpose of data collection. To find out the significant effect of socioeconomic status on sport performance of national level junior male weightlifters belong to rural and urban area, means, standard deviations and t-ratios were computed. Results of the study indicated the positive effect of socioeconomic status on the sport performance of junior national level male weightlifters. Significance of difference was also observed in sport performance between rural and urban junior national level male weightlifters of high, mediocre and low socioeconomic status.

**Keywords:** weightlifters, socioeconomic status, sport performance, national level

### Introduction

Sports and physical education play an important role in 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 (UGC report, 1987) [3].

Socio-economic factors play a vital role in an individual's performance in sports. The socioeconomic status make-up of an individual plays an important role in their achievements in every field of life. Socio-economic status also influence on habitual physical activity (Drenowatz *et al.* 2010). Socio-economic status is an individual's or group's position within a hierarchical social structure. Socioeconomic status depends on a combination of variables, including occupation, education, income, wealth and place of residence. Sociologists often use socioeconomic status as means of predicting behavior (Hirsch, Kett, and Trefil, 2002) [9].

Index of socio-economic status comprises of occupational status, area of residence, monthly income, type of housing, condition of house, house ownership or rental status, level of living and formal social participation (Nair, 1978) [13]. 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 to which success in this endeavor leads to inner satisfaction.

Many psychological factors like socio-economic status, attitudes, motives, spectators, self-concept, motivation,

adjustment etc., which influence the participation and performance of sportsmen in games and sports. Socioeconomic-status and psychological factors plays a vital role in football players to enhances the performances to achieve the player's goal (Chandrasekaran, 2010) [4]. Socioeconomic status did not have any effect on the performance of badminton players (Attri, 2013) [1]. But the Socioeconomic status effects the team games more than Individual games (Webb, 1969). Players of high socioeconomic status did not like to play Ice-Hockey, Golf and Tennis games (Stone, 1957). Socioeconomic status is a strong determining factor in both satisfaction with life domains and satisfaction of needs (Ali and Morcol, 2000) [2]. Dissimilarity was observed between team and individual game players in their high, middle and low SES.

Individual players have high score on high SES, middle SES and lows core on low SES than their counter parts (Srikanth, 2012) [14]. Considerable research has been conducted on the socio-economic status of sports persons, team sport versus individual sport (Deshmukh 2013; Khan 2009; Kumar. 2013; Kour & Singh, 2014).

University level students of low SES opt for less expensive sports and students of high SES opt for expensive sports. In all societies, it is people in high income, high education, and high status occupational groups that have the highest rates of active sports participation, attendance at sports events, and even watching of sports on television. 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 SES category before will fit physically. Physical fitness and health are related to ascertain degree. Proneness to disorders and physical fitness maybe associated with SES. The purpose of the study was to find out the effect of socio-economic status on sport performance of junior national level weightlifters

belong to rural and urban area of India.

**Methodology**

**Selection of subject**

The present study was conducted on 100 rural and 100 urban junior national level male weightlifters from the Junior National weightlifting competition held at Manipur. Subjects were randomly, who volunteered to participate in this study.

**Instrumentation**

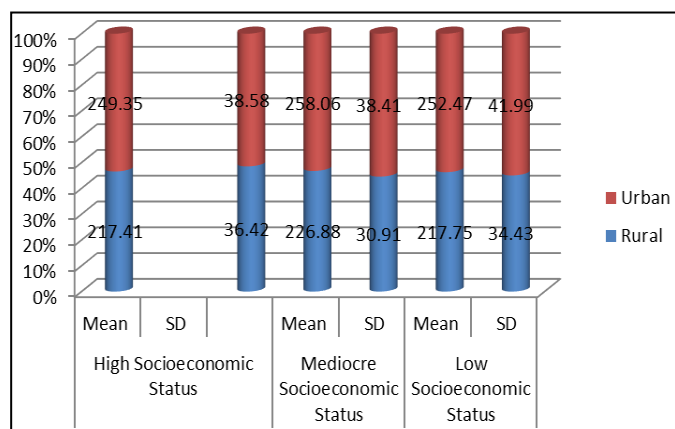
The Socioeconomic status questionnaire prepared and validated by Aghase and Helode (2002) was used for the purpose of data collection during junior national weightlifting competition held at Manipur This questionnaire is reliable and valid instrument to determine the socioeconomic status for the present investigation. Total weight lift performance record was collected from the organizing secretary of the respective competition.

**Results and Discussion**

To find out the significant effect of socioeconomic status sports performance of national level junior male weightlifters belong to rural and urban area, means, standard deviations and t-ratios were computed from the collected data and data pertaining to this have been presented in table 1

**Table 1:** Descriptive Statistics of Total Weight Lift Performance of Rural and Urban Male Junior Weightlifters of Different Socioeconomic Status

Region	High Socioeconomic Status		Middle Socioeconomic Status		Low Socioeconomic Status	
	Mean	SD	Mean	SD	Mean	SD
Rural	217.41	36.42	226.88	30.91	217.75	34.43
Urban	249.35	38.58	258.06	38.41	252.47	41.99

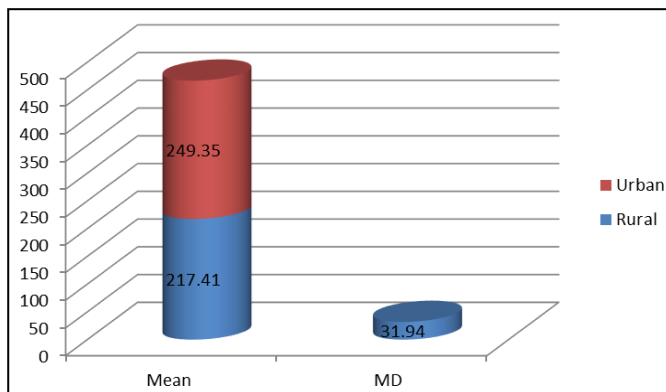


**Fig 1**

Mean Scores of total Lift Performance of high Socioeconomic Status Junior National Level Weightlifters belong to Rural and Urban Region. Mean Scores of total Lift Performance of Mediocre Socioeconomic Status Junior National Level Weightlifters belong to Rural and Urban Region. Mean Scores of total Lift Performance of Low Socioeconomic Status Junior National Level Weightlifters belong to Rural and Urban Region.

**Table 2:** Significance of Difference between Rural and Urban Junior Male Weightlifter of High Socioeconomic Status in Total Weight Lift Performance

Region	Mean	MD
Rural	217.41	31.94
Urban	249.35	



\*Significant at .05 level, t.05

**Fig 2**

It is evident from table 2 that the statistically significant difference was found in sport performance of junior national level weightlifters of high socioeconomic status belong rural and urban region of India, as the obtained t-values of 3.56 was high than the required t-value of t.05 (68) =2.00.

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