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Impact of sports participation by the parents on physical fitness of their child

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Abstract

The purpose of the present study was to analyze the Influence of selected socio-economic condition factor, "sports participation by the parent" on Physical Fitness of college male students. With the assistance and help of the experts in the field of Physical Fitness, Physical Education, Sports and previous researches on these areas, a comprehensive and suitable Physical Fitness and Socio-economic factor package was evolved. 480 male college students were randomly selected from twenty one academic colleges of C.C.S. University, Meerut, Uttar Pradesh. For this research, AAHPERED Youth Fitness Test for Physical Fitness and Questionnaire for Socio-economic condition data of the same students was organized for the purpose of finding out the effect of "sports participation by the parent" on Physical Fitness. The obtained Physical Fitness score and Socio-economic condition factor, "sports participation by the parent" score were analyzed by using analysis of co-variance for significant influence of "sports participation by the parent" on Physical Fitness. The researcher has studied all samples in two groups.

The groups were as below:

- A. Rural and Urban area all students.
- B. Tribal and non-tribal area all students.

Analysis the data by use of SPSS programme and find out the mean score of sports achievement by the members of the family, mean score of Physical Fitness of the sample and "F" values in all four groups and compare the result.

The calculated 'F' value of rural area all students is 1.634, Non-tribal area all students is 1.641 and were significant at both 0.01 and 0.05 levels whereas tribal area all students is 1.531, were significant at 0.05 levels. Urban area all students is 0.758 not significant at both levels.

Keywords: Physical fitness, ST & Non-ST, sports participation

Introduction

Physical fitness can mean many things. To a physician, physical fitness may simply mean the absence of disease. To a weight lifter, it may be synonymous with large bulging muscles. To a health or physical educator, physical fitness may mean the ability to perform a specific number of calisthenics activities or to run or walk one mile in a certain time. To a health fitness professional, physical fitness means being able to acquire and maintain specific health standards.

When people are asked to define or to describe the term fitness, their most common replies deal only with the physical part of fitness. Two other parts of fitness that are often overlooked are mental-emotional fitness and social fitness. Total fitness is said to be achieved when people possess all three parts of fitness - mental-emotional, social and physical. Mental-emotional fitness is a combination of many qualities. Two of these qualities are the ability to control emotions and the ability to handle stress. A positive self-concept and the ability to feel and to show love and concern for others are other qualities of mental-emotional fitness. Social fitness is the ability to get along with people in many kinds of situations. Behaving in ways that are socially acceptable are signs of social fitness. Physical fitness is achieved when people are able to carry out their daily activities with vigour, alertness and without undue fatigue. Physically fit people also have enough energy to participate in leisure activities and to meet the stresses that are part of many emergency situations.

Good health, as a product of being physically fit, enables an individual to pursue excellence actively. The importance of health and fitness through the medium of physical activities can hardly be underestimated, especially when lifestyles are evolving constantly due to materialistic pursuits.

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Tremendous urbanization and mechanization of daily routines seem to have resulted not only in "hurrying, scurrying and worrying" but also in depriving people of natural vitality, vigour and prowess, so essential for a purposeful life.

Competitive sports make tremendous demands on the physical condition, vitality, endurance and mental powers of the participants. Only athletes in the finest fitness can withstand the wear and tear of a competitive session, only the fittest can play to the best of their ability. Unfit athletes are prone to injury and might never make it in to the team. Thus, proper fitness is not only necessary in preparing for sports participation but is of great significance in preventing injuries. The athlete who is properly trained and conditioned will sustain a lower incidence of injuries and will give high level of performance. Individuals, who are obese, awkward, considerably underweight or ill trained, suffer the greatest number of injuries. The athlete, who is properly conditioned, rarely requires medical treatment for injuries.

In general, exercise programmes can be divided into two broad categories defined by their goals :

- Exercise training to improve sport performance and
- Exercise training to improve health-related physical fitness

Although some conditioning programmes aimed at improving sport performance may reduce the risk of ill-health, this is not their primary purpose. The single goal of sport conditioning is to improve physical performance in a specific sport. On the other hand, the overall goal of a total health-related physical fitness programme is to optimize the quality of life. The specific goals of this type of a fitness programme are to reduce the risk of disease and to improve total physical fitness so that daily tasks can be completed with less effort and fatigue.

However, the fitness freak who engages in a total health-related physical fitness programme could also improve physical performance which might be useful in many sports. A health-related fitness programme improves sport performance by increasing muscular strength and endurance, improving flexibility, and reducing the risk of injury.

As a preface to specific fitness, a general level of fitness is mandatory. This general fitness can be achieved by conventional methods, such as pre-training jogging, short sprints, flexibility and strength exercises such as press-ups, squats, leg raises, step ups etc. Even at a general level, training should be supervised by qualified coaches, so that the physical capabilities of their students are not overstrained. The general fitness programme should be as carefully planned as any more sophisticated programme so that no one aspect is neglected and so that exercises are graded for improved performance.

Achieving physical fitness is significant in terms of the benefits. Recapitulating in brief, the following are listed to refresh your memory:

- Strengthens and improves the functioning of the heart and lungs.
- Reducing risk of heart disease and vascular disease by increasing the HDL in the blood.
- Lowering the plasma triglyceride levels.
- Improving the function of heart by promoting beneficial changes in the structure and function of the coronary arteries.

- Improving Blood pressure (BP) control reducing the risk of diabetes
- Strengthening the muscles, ligaments, tendon, joints and bones.
- Alleviating muscle pain and improving walking capabilities in people who suffer from peripheral arterial disease.
- Making the joints more flexible in people suffering from arthritis.
- Preventing osteoporosis by strengthening and slowing down the loss of calcium in the bones.
- Improving the functioning of immune system and thereby reducing the incidents of illness.
- Improving temperature regulation at rest and during exercise in different environments.
- Improving digestion.

Physical Fitness is one's richest possession; it can't be purchased but can be earned through a daily routine of physical exercise. Earlier physical fitness means the capacity of an individual to perform given physical task involving muscular efforts. But this narrow concept of Physical Fitness has undergone a change, now a new concept of "Physical Fitness" is evolved. According to AAHPERD, "Physical Fitness means that state which characterizes the degree to which the person is able to function". Ability to function depends upon the physical, mental, social and spiritual components of fitness, all of which are related to each other and also mutually interdependent. Adequate level of Physical Fitness should be developed early in life and then continuously maintained through regular participation in a well-designed activity programme to promote the total well being of an individual. Children should be fit for participation in the play activities of childhood, through which they develop organic vigor, strength and other fitness qualities. Physical Fitness is the basic need for participation in games & sports. So, it is universally accepted that success in various activities of games and sports mainly depends upon the physical fitness of its participants. The basic level of fitness has a vital role in improving any sport performance but there seems to be a lack of specific knowledge regarding effect of sports achievements of the family members on the Physical Fitness of their child. It has been a matter of great concern for the sports teacher and coaches to assess the effect of sports achievements of the family members on Physical Fitness of their wards. In order to accomplish this, I studied "Effect of sports participation by the parent on Physical Fitness of their child".

Significance of the Study

Even though increasing recognition to Physical Fitness for health and efficiency is forth coming all over the world, still a lot of promotional and educative efforts are called for to bring about desirable attitudes especially in the youth, college going students towards physical activities and sports to develop Physical Fitness. If we view in the field of physical education and sports, physical fitness plays a major role. The sportsman who doesn't have optimum level of physical fitness can not face the competition successfully. Some parameters such as family support, financial, moral, education and sports background of the family could also assist in the overall fitness as well as performance of their

child. Inter- personal relationship with residential status, mode of stay and involvement of family members may lead to lack of support to participate in sports practice. The desired goals can be achieved better in sports performance, if the members of the family are also involved in sports and games participation. In absence of it, sports person as well as the society will suffer a greater lose.

Physical Fitness is the basic need for participation in games & sports. The basic level of fitness has a vital role in improving any sport performance but there seems to be a lack of specific knowledge regarding "Effect of sports participation by the parent on Physical Fitness of their child". So, the study intends to identify the effect of sports achievement by the members of the family on physical fitness of their child in tribal and non-tribal area.

Purpose of the Study

The purpose of present study was to compare the “Effect of sports participation by the parent on Physical Fitness of their child”.

Methodology

Subject

Subjects selected for this study were four hundred eighty male students from twenty one academic colleges of C.C.S. University, Meerut, Uttar Pradesh at randomly. The average age of the subjects were twenty years, ranging from 19-23 years.

Variables

The researcher reviewed the available scientific literature

pertain to the socio-economic condition and Physical Fitness from the books, journals, periodicals, magazines and research papers and listed down the important socio-economic condition factors and Physical Fitness Test. The experts in the field of Physical Education and Sports were consulted and detailed discussions were held related to the Physical Fitness and socio-economic condition variable. On the bases of review of related literature, expert’s opinions and research scholar’s own understanding of Physical Fitness and socio-economic condition, the following variables were selected for the purpose of this study.

Independent Variable

AAHPERD Youth Fitness Test total score.

Dependent Variables

Sports participation by parent.

Statistical Analysis

The data obtained by various criterion measures for Physical Fitness and socio-economic condition variable " sports participation by the parent" score were subjected to the statistical methods in order to compare with four groups which are given as below: A. Rural and Urban area all students.

B. Tribal and non-tribal area all students.

As per statistic study, ANOVA test were done. Where the value of ‘F’ was found and compared with tabulated ‘F’ value. The level of significance was kept at 0.01 and 0.05.

Findings

Table 1: Total samples, mean score of sports achievements by the members of the family, mean score of Physical Fitness of the sample, "F" value, significant level at 0.05 and significant level at 0.01 in all four groups

Group-1		Group-2		
Rural area all	Urban area all	Tribal area all	Non-tribal area all	
Total number of samples N	446	34	206	274
Mean score of Sports achievement	1.70	3.08	1.43	2.08
Mean score of Phy.Fit.	32.25	25.77	30.95	32.42
Calculated “F” Value	**1.634	0.758	*1.531	**1.641
Tabulated Sig.level at 0.05	1.32	3.81	1.37	1.35
Tabulated Sig.level at 0.01	1.47	7.23	1.56	1.53

Discussion of Findings

On the basis of the findings shown in table following discussion may be drawn as below:

Group-1

As shown in Table 1, calculated 'F' value of rural area all students is 1.634, this is significant at both 0.01 and 0.05 level and urban area all students is 0.758, this is not significant at both 0.01 and 0.05 levels.

In comparison to rural area all students and urban area all students, sports participation by the parent have significant affect Physical Fitness of rural area all students whereas there is not significantly affect Physical Fitness of urban area all students.

Group-2

As shown in Table, calculated 'F' value of tribal area all students is 1.531, this is significant at 0.05 level and Non-tribal area all students is 1.641, this is significant at both 0.01 and 0.05 levels. In comparison to tribal and non-tribal area all students, sports participation by the parent have

significant affect Physical Fitness of tribal area all students at 0.05 level, whereas there is significant affect Physical Fitness of Nontribal area all students at both 0.01 and 0.05 levels.

Conclusions

On the basis of the findings shown in table, sports participation by the parent significantly affect Physical Fitness of rural area all, tribal area all, non-tribal area all, college students, whereas did not significantly affect urban area all college students.

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