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A comparative study of home environment on male and female state level handball players

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Abstract

The purpose of the present is to find out the differences between male and female state level handball players on Home environment. 200 state level male and female handball players of Haryana state within the age range of 14-18 years. The result of the study revealed that no statistical significant difference was seen on home environment variable on male and female handball players.

Keywords: Home environment, handball players

Introduction

Physical inactivity and sedentary lifestyle are among the risk factors for the accumulation of various diseases related to the physical and mental health of individuals. Adolescence, in particular, is the age when adolescents face many physical, mental, emotional and social changes. Accordingly, the family environment is an environment that includes many aspects of people's family life, which highlights their living conditions even more. There are many factors such as physical, social, emotional and spiritual that contribute to creating a better home environment for family members to live in. The family environment plays an important role in the development of general aspects of a child's personality (Gottfried, A. W and associates. 2003 and Farrington, D. Ullrich, S., & Salekin, R. (2010) ^[5, 4]. Unhealthy and stressful home environment, variety of bad habits and behavioral problems in children, including growth, development, anxiety, depression and anger problems in children (Bank, L., & Burraston, B. 2001) ^[2]. A better, safer and healthier home environment contributes to the optimal development of the individual, giving him the opportunity to learn and explore different aspects of life.

Methods

The survey method was used for carried out the present research work.

Selection of subjects

The sample selected from the study was consisted of 200 state level handball players (Male=n=100, Female, n=100) of Haryana state between the age range of 14-18 years.

Tools used in the study

Home Environment Scale by A. Akhtar and SB Saxena (2011) ^[1].

Results

Variables	Male Handball Players (n=100) Mean ± SD	Female Handball players (n=100) Mean ± SD	t-value	df	Level of Significance
Home Environment	147.81±12.67	148.29±14.36	0.233	198	Non-Significant

The results of the study revealed that there is no significant difference was found between Male and female state level handball players at 0.05 level of significance.

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Conclusion

There are many factors such as physical, social, emotional and spiritual that contribute to creating a better home environment for family members to live in. The family environment plays a great role in the development of general aspects of a child's personality.

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