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Socioeconomic status and participation in sports

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Abstract

Individuals' social and economic circumstances have a significant influence on the sports participation of pupils across various educational levels. Theoretical frameworks that establish a link between the socioeconomic status (SES) and athletic participation of university students will aid strategists in making informed decisions about the future of higher education, sports lovers, and the country. To assist policy makers, several studies have been conducted worldwide by a variety of researchers. Younger generations' sports involvement is influenced by several things. The chance to comprehend different tactics used by governments and sports organisations to entice the younger generation to actively participate in sports is made possible by the SES as well as the interest in and participation in sports around the world.

This study aims to compile the contributions of research academics from various nations who have been actively working to investigate the relationship between SES variables and sports participation.

Keywords: Social and economic circumstances, sports participation, educational levels, socioeconomic status (SES), athletic participation, University students

Introduction

The study of how economics affects a country's social fabric is known as socioeconomics. Here, "social fabric" refers to both "society" and "social values." An alternate title for socioeconomics is social economics. The editor ^[9] of the health website www.pdhpe.net describes how income, employment, and education are the three key determinants of social status. A person who has the financial means to pursue a career in medicine or surgery will be able to maintain a high social standing because these careers pay well. He makes sure his kids have decent jobs, good salaries, respectable social standing, and so forth. According to Bruna *et al.* ^[4], there are various Socioeconomic Position (SEP) indices. The authors list income, living conditions, and education as SEP indicators. One important SEP indicator is education. It gathers a person's academic strengths. Typically, it is recorded as a continuous variable representing the number of years spent in school or as a categorical variable representing the level of education, such as high school, college, master's, or doctorate. When someone starts paying for their own education while learning in their mid-life circumstances, schooling perfectly illustrates the seamless process of socioeconomic shift from being dependent on parents' socioeconomic status to his own socioeconomic position. Since the current educational system emphasises lifelong learning, a child's early education is supported by their parents' socioeconomic status. Later education is dependent upon an individual's employment and financial situation. His possessions, including tangible possessions and academic assets, are the outcome of his parents' SEP during his early years and his own SEP during his working and post-retirement years. One such measure of an individual's SEP is their housing situation. Whether someone owns their home or rents one is their housing condition. His personal possessions are a characteristic of the state of the household. It includes all of a person's possessions, including their car, hot water geyser, number of bathrooms and toilets, washing machine, cell phone, landline, and refrigerator.

The number of people living in a family and the number of people per room in a house are important SEP indicators when evaluating housing conditions. Another measure of a person's SEP is their income. It is a clear indicator that aids in determining a person's housing situation and level of education.

An additional term that is used in place of SEP is Socioeconomic Status (SES). SES, according to Villalba, is the social and economic standing of a person, a group, or even a household. SES is defined in terms of health, occupation, income, and education by Cowan

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[8] and Baker [2]. The author defines SES as the whole of a person's social and economic circumstances, which have an impact on that person's health. The findings of this study support the notion that variables such as occupation, income, and education can be used to gauge SES. The author goes on to say that these three have an impact on a person's health. A person's ability to purchase health-related resources varies depending on their socioeconomic status.

The author concludes by suggesting that it's possible that health determines SES. Less healthy people, according to the author, work less and make less money. This has an effect on a person's SES. According to the American Psychological Association (APA) [1], a person's socioeconomic status (SES) includes their financial situation, level of education, and social standing within the community in addition to their income. SES has an impact on a person's intellectual and physical performance. Low SES is associated with lower income levels, which in turn causes poorer academic achievement because of delayed cognitive development and, ultimately, lower economic position for the children of the following generation. A person's physical wellness is also impacted by low SES. The literature on the major SES elements and their effects on sports has been covered in this study. The literature review is also done to comprehend the many studies on SES and sports that have been conducted globally by researchers.

Factors of SES and sports

Sports and physical activities are impacted by SES. A number of SES factors affect how many young people participate in sports. variables such as home, neighbourhood, parental education, parental income, and residence's proximity to sports facilities, among others. Numerous writers have examined various facets of socioeconomic status (SES) and its impact on students' involvement in athletics. The impact of an individual's SES and location's remoteness on their degree of physical activity engagement has been investigated by Eime *et al.* They have divided their degree of physical activity involvement into two categories: the first is based on whether they engage in any physical activity, and the second is based on how frequently they participate, meaning if they participate fewer than 12 times a year or more than or equal to 12 times a year. Finally, they have made an intriguing observation to wrap up. Location remoteness or socioeconomic status have little effect on physical activity. There will be more physical activity engagement the farther away from the place. Given that the general public's perspective is the exact opposite of this conclusion, this observation is intriguing. People frequently assume that someone in a remote location would find it difficult to actively engage in any physical activity, particularly in a team setting.

Age

Youngsters who acquire motor skills get interested in sports. When they get older, their interest in athletics is influenced by a number of other things, including their self-esteem, personality, and ability to project a positive image. As individuals get older, their body weight acts as a barrier to participating actively in sports. They lose the strength needed to play sports actively and the flexibility needed to stretch.

Disability

Parents' interest and educational backgrounds have a big impact on their children's participation in sports and disabilities. Children with disabilities who receive sufficient parental encouragement to participate in sports typically outperform their peers. Children with disabilities are observed to have a strong desire to succeed. Gender: Due to a number of health conditions that can impede an individual's interest in sports, women show less interest in participating in sports than men do.

Cost: It is quite expensive to gain access to sporting facilities. People from lower socioeconomic backgrounds can't afford to use the facilities, which discourages them from participating in sports. Sports involvement is facilitated by high SES. The first barrier is access to facilities; once these are available, the second is affordability.

Family

Families have a significant influence in encouraging their children to play sports by fostering a positive atmosphere in the home and by offering assistance with finances and moral support when needed. A thorough assessment of the literature was done by Howie *et al.* [10], who looked at 111 studies that dealt with juvenile sports and the impact of peers and family on involvement. The eight categories that the articles were divided into were: a) teenage motivations for playing youth sports; b) social norms that are in place; c) achievement goal theory; d) family structure; e) family members and their involvement in youth sports; f) parental support and the obstacles they must overcome; g) the importance of peer groups; and h) the influence of peers and teammates.

Country-wise studies on SES and sports

Using sophisticated analytical tools like multilevel logistic regression, Carlijn *et al.* [6] have investigated the effects of an individual's neighbourhood, including whether they live in a safe or dangerous neighbourhood, their home environment, including the availability of materials for daily living, and their participation in sports. One of the biggest cities in the Netherlands, Eindhoven, has a population ranging in age from 25 to 75. With a goal of 4785 residents as respondents, they have taken into consideration 213 neighbourhoods. They have come to the conclusion that factors such as a person's upbringing in a supportive or unsupportive neighbourhood or household setting contribute to disparities in people's participation in sports. Eime *et al.* have investigated how several demographic characteristics affect participation in sports in

The impact of sports facility accessibility on the rates of sports participation has also been examined in this study. This has aided in policy decisions about government investment in sporting facilities around Australia. Despite a number of socioeconomic status-related complications, they discovered that non-metropolitan cities have greater participation rates than metropolitan ones. Elmagd *et al.* have investigated how socioeconomic status (SES) affects the obstacles that prevent students pursuing higher education in the United Arab Emirates (UAE) from participating in sports, including those who do not play sports. The three components of socioeconomic status (SES)

that they have mostly focused on are parent occupation, parent education level, and family income. Researchers have looked into how these three facets of SES affect how those who participate in sports and those who don't perceive the obstacles to sports participation. It has been discovered that a significant proportion of female students do not participate in sports. Studies have shown that when parents have low levels of education, there is a greater likelihood that peer pressure will function as a major deterrent to sports involvement. The intriguing finding of the study is that the main obstacle to children participating in sports was lack of interest, even for those whose parents were well educated and well-off. Girish and associates. Have investigated how English sports facilities fared from 2005–2006 to 2015–2016—the years of recession and austerity. The majority of community sports facilities in England rely on government funding, making facility management challenging during economic downturns. There were 1116 sporting facilities in the survey. A) accessibility to nearby sports facilities; B) financial tactics employed and the financial standing of sports facilities; C) local users' use of sports facilities; and D) customer satisfaction levels were among the dimensions examined.

According to the report, the most practical way to expand sports facilities is to contract them out to a third party while also raising the cost of participating in sports to boost revenue. This technique made it possible to raise customer satisfaction levels because the party that was outsourced was offering superior services.

In order to boost their earnings, sports centres were now more concerned with drawing in new patrons. Chun *et al.* have investigated how Koreans' interest in playing sports as a leisure activity is influenced by SES characteristics such as education, money, and occupation. Studying the effects of the UN-initiated "Healthy City" and "Healthy Community" programs to address health-related issues like stress, blood pressure, hypertension, depression, obesity, and other difficulties seen among city dwellers has been studied by Lo & Hsu ^[7]. The effects of leisure sports facilities on both physical and mental health have been investigated by writers. To examine the impact, they employed the contingent valuation method. The study came to three conclusions: i) implementing a healthy city program can improve residents' health; ii) using a gym and engaging in leisure activities can also improve residents' health; and iii) people's financial willingness to pay for leisure sports varies depending on their lifestyle and background. Researchers C. B. Rajesh *et al.* ^[5] have examined the impact of emotional intelligence and socioeconomic status on athletes' performance in Indian state of Kerala's institutions. 211 female athletes participating in track and field were included in the study. The results of the study showed a strong relationship between emotional intelligence and socioeconomic position. The study's intriguing conclusion was that, among university students in the state of Kerala, there isn't much of a correlation between socioeconomic class and athletes' performance. Pharr *et al.* used data from the Behavioural Risk Factor Surveillance System regarding the engagement of physically active women in various sports to conduct a survey among these women in the United States. Physical activity was divided into four categories in the study: sports, conditioning exercises, recreation, and home chores. These four categories corresponded to the 76 distinct physical activities that they

had enumerated. Among women who played sports competitively were younger age groups. They were also discovered to be more employable, and the majority of them planned to attend college. According to the study, the findings can be utilised to create marketing plans that will motivate more women to engage in physical activity, particularly sports. An thorough, anonymous poll was done by Salonen, with 1763 middle-aged women from economically well-off households. These families earned approximately 80,000 euros a year, and the parents spent between 1.000 and 3.000 euros on their child's Olympic figure skating training.

The author discovered that the study was essential as studying figure skating is becoming more and more popular among children in Finland. They discovered that figure skating has become one of the most costly sports in Finland due to the two to three times increase in club membership prices over the past ten years. The author was curious about the sociodemographic makeup of families, the parents' socioeconomic standing, and the family's way of life in order to comprehend how the parents manage to overcome the obstacle—mostly financial—that prevents their child from learning figure skating. According to the study, many kids are discouraged from participating in figure skating due to its exorbitant cost, but parents with greater incomes do not seem to care when their child advances to a more advanced level of training. They didn't worry about using their free time to make sure their kid was receiving better figure skating instruction.

Researchers Maisala-McDonnell & Heini have examined the obstacles faced by immigrant girls who play sports. The local team FC Kontu collaborated on the research project, which was a component of their dissertation research. FC Kontu sought knowledge on the many obstacles faced by immigrant girls. The study discovered that one of the main obstacles was the immigrant parents' religious convictions, which prevented their female child from participating in athletics despite having no such barriers for their male child. The scenario with the immigrant female child was different from that of the non-immigrants and the immigrant male child who excelled in athletics. This study was required by FC Kontu in order to develop methods for assisting and persuading immigrant parents of the value of female kid engagement in sports. FC Kontu even creates sportswear with the headscarf as part of their campaign to persuade the parents. It has also organised a football group and a unique summer camp for immigrant girl children. In a study conducted by Wicker *et al.*, 2455 young people from the same region and 709 athletes from the German Sports Aid Foundation participated in order to compare the well-being of young people in the 18–30 age range. The survey discovered that in every area of wellbeing, including wealth, family time, health, and leisure time, athletes lagged below young citizens. The welfare of athletes and young residents was compared by the authors using regression analysis, and they discovered that in order for athletes to increase their well-being, they require assistance and investment.

Conclusion

The three primary determinants of socioeconomic status are education, employment, and income. These three elements serve as the foundation for the majority of research on socioeconomic status, which then branch out to encompass additional related issues. This study takes into account a

wide range of connected aspects that were impacting young people's participation in sports. Numerous intriguing and varied investigations have been carried out in various nations to determine which of these socioeconomic status characteristics affects sports participation. Many research scholars have examined the effects of a variety of factors on sports participation, including family background, family income, immigrants' beliefs, children's aspirations, peer pressure, UN programs, recession, austerity measures, government policies, framing new policies related to sports, gender disparity, neighbourhood, cost of access to sports facilities, and access to sports facilities. This essay has attempted to summarise the research of multiple academics in order to comprehend how socioeconomic status issues affect involvement in sports. A thorough analysis of the relevant literature may be helpful in understanding additional socioeconomic status factors from the nations that are not addressed in this research study. There is a great deal of room for research in this field because studies can be conducted at the state and university levels, and the causes may differ significantly from those that have already been studied by researchers. During the process, a number of fascinating facts come to light that can assist policymakers in crafting sports-related regulations.

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