



E-ISSN: 2707-7020  
P-ISSN: 2707-7012  
JSSN 2024; 5(2): 122-126  
[www.allsportsjournal.com](http://www.allsportsjournal.com)  
Received: 04-07-2024  
Accepted: 11-08-2024

**Rajkumar P Malipatil**  
Professor, Special Officer UG  
Program, Department of  
Physical Education and Sports  
Sciences, Karnataka State  
Akkamahadevi Women's  
University, Vijayapura,  
Karnataka, India

## Influence of demographic factors on psychological and fitness variables among different group

**Rajkumar P Malipatil**

DOI: <https://doi.org/10.33545/27077012.2024.v5.i2b.283>

### Abstract

The purpose of this study was to examine the differences and similarities between the responses of female athletes and those of non-athletes to stressful circumstances. To be more explicit, the purpose of the research was to examine and contrast the capabilities of female athletes with those of those who did not participate in athletics. To gain some understanding, we used the strategy of conducting the investigation after the occurrence. We use random sampling method, During the selection process, this occurrence served as the determining element. These subjects comprised athletes as well as those who did not participate in athletics and did not have an active lifestyle. During the whole of this inquiry, it is possible that they have developed the ability to regulate their emotions because of the limits that their upbringing and financial status imposed on them. The answer that we have here is very comprehensible.

**Keywords:** Female athletes, non-athletes, stressful circumstances

### Introduction

One common interpretation of the term "socio-economic status" is the position that an individual or group has in respect to other people who are members of society. To determine it, it is often determined by putting up an individual's income, degree of education, and profession. An examination of a person's socioeconomic standing often reveals issues pertaining to privilege, power, and control, in addition to uneven access to resources. The Merriam-Webster dictionary defines it as anything that is "related to" or "involving" a combination of social and financial issues. We get the concept that socioeconomic status (SES) is a measurement of how actively a person or family is participating in the workforce and how they compare to others in terms of money, education level, and job prospects. This is what we get when we combine these definitions. When determining the socioeconomic level of a family, rather than focusing on the characteristics of an individual, it is imperative that we should not forget to consider issues such as finances, education, and profession of each individual earner, in addition to the overall income of the household.

One's The condition of one's finances has a significant impact on the chances available to them, including the possibility of taking part in scientific contests and training, as well as other opportunities. As a result of the fact that our socioeconomic situation is the source of the bulk of our attitudes and feelings, it would be scientifically sound to take this into consideration when selecting athletes and training them. Additionally, socioeconomic position seems to be a significant factor in the decision-making process and influencing a variety of emotional characteristics, such as aggression, tension, anxiety, and sadness. It is common knowledge that the amount of pressure that players are under may influence their performance, especially at the professional level with such pressure. There are several reasons that contribute to the elevated levels of anxiety and stress experienced by athletes. These include the presence of tight schedules, competition for roster positions, scrutiny from fans and the media, and the expectation to bring home trophy. Even the finest players might experience anxiety in the moments leading up to a game. It is essential to discover methods that may control this situation to prevent athletes from "falling apart". A person's degree of anxiety will be determined by the social and lifestyle elements that they experience.

### Statement of the Problem

The geographical and gender factors determine and affects the physical and social-psychological behavior and abilities among students participants in sports, whereas students

**Corresponding Author:**  
**Rajkumar P Malipatil**  
Professor, Special Officer UG  
Program, Department of  
Physical Education and Sports  
Sciences, Karnataka State  
Akkamahadevi Women's  
University, Vijayapura,  
Karnataka, India

not participating in physical activities and sports are having disadvantages in developing social and psychological factors, hence researcher has chosen topic “impact of sports participation and socioeconomic status on psycho-social variables of secondary school students”

**Hypothesis of the study**

1. There would Significant influence of demographical factors on developing socio-psychological variables among rural and urban set up students.
2. There would be significant influence of gender variables in developing and improving sociopsychological variables among male and females’ students.
3. There would not be influence of demographical variables on socio-psychological variables among male and females, and rural and urban students.

**Variables:** Demographical variables such as rural, urban and male and female are independent variables. Dependent variables are social maturity, competency, social conformity behavior and emotional intelligence, and fitness variables are dependent factors.

**Objectives**

1. To assess the influence of demographic factors in developing socio-psychological variables among the rural and urban sports students.
2. To know the effects of gender factors on fitness and socio-psychological variables among male and females’ sports students.

**Methodology**

The present study will be carried out in the background of descriptive method in the research, also using the standardizes Questionary to collect the data. The size of the samples is 550, The Sports Students (samples) are studding in the different schools of the Bijapur district, samples are selected using the Simple random technique.

**Discussion and interpretation of data:** Findings of the

analysis and presentation of the information obtained from the selected physical fitness parameters are presented in this Study. This study was motivated by the need to learn more about the ways in which the socioeconomic circumstances of Students in Karnataka influence their participation in athletics. This research takes into consideration three distinct aspects: the classification of games, the cost of games, and the socioeconomic standing of the participants.

**1. One's financial situation in connection with that of their health and physical condition**

- Scheffe's post hoc test.
- Analysis of variance.

**2. Comparing the preferences of sports fans with their socioeconomic standing**

Two-tailed p-value.

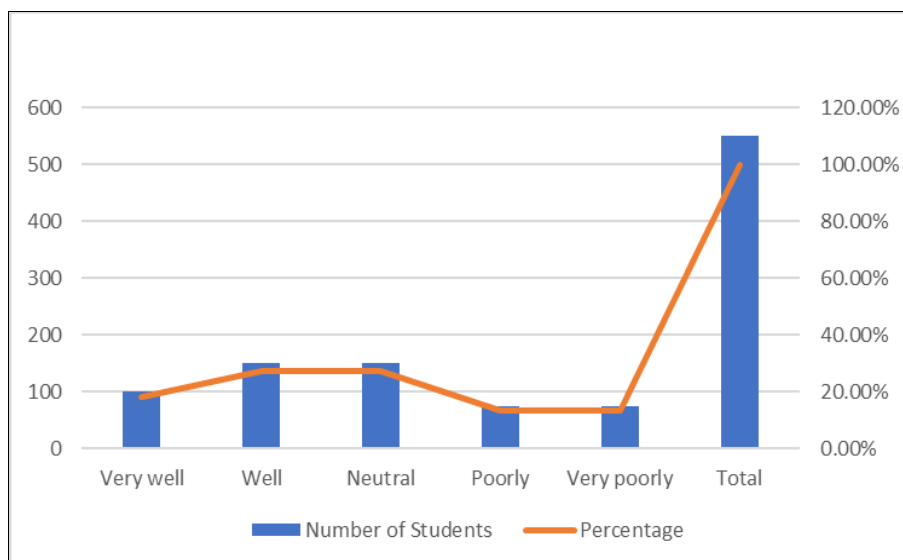
**3. Prioritizing physical condition above socioeconomic status and gaming expenses**

- ANOVA with a two-way component
- A simple effect for interactions

**Table 1:** Social Maturity

Handling Social Situations	Number of Students	Percentage
Very well	100	18.2%
Well	150	27.3%
Neutral	150	27.3%
Poorly	75	13.6%
Very poorly	75	13.6%
Total	550	100%

The responses on social maturity indicate that most students think they are competent to handle social situations either well (27.3%) or neutrally (27.3%). This is the consensus among the student population. However, a large part of the population believes that their social management is, at best, insufficient. In the process of determining whether there is a connection between social maturity, engagement in sports, and socioeconomic position, this assortment of responses will be convenient.

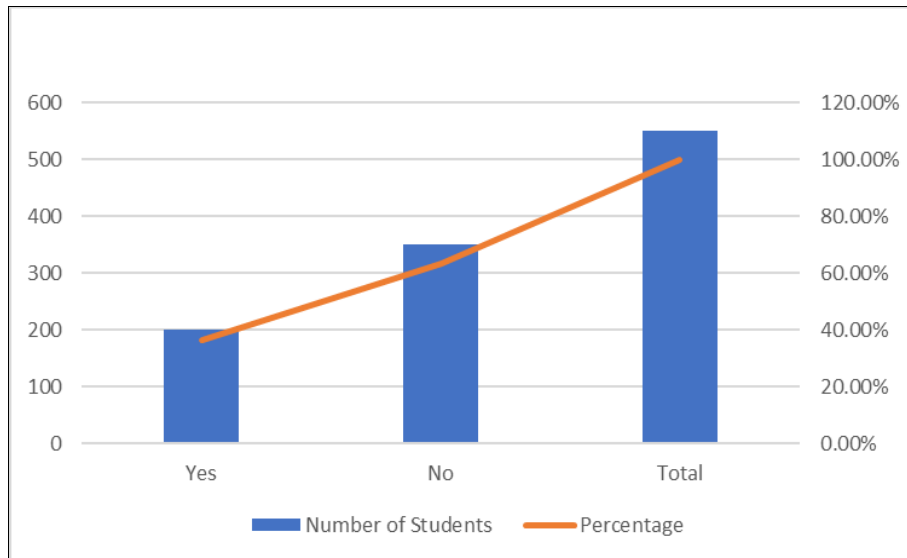


**Fig 1:** Social Maturity in Handling Social Situations

**Table 2:** Gender discrimination

Belief in Gender Discrimination in School	Number of Students	Percentage
Yes	200	36.4%
No	350	63.6%
Total	550	100%

63.6% of students believe that there is no problem with gender prejudice at their school, which is much higher than the 36.4% believed. It is necessary to investigate this gap, which exposes different viewpoints on gender issues, in order to get an understanding of how participation in sports and financial level may have an effect on these opinions.

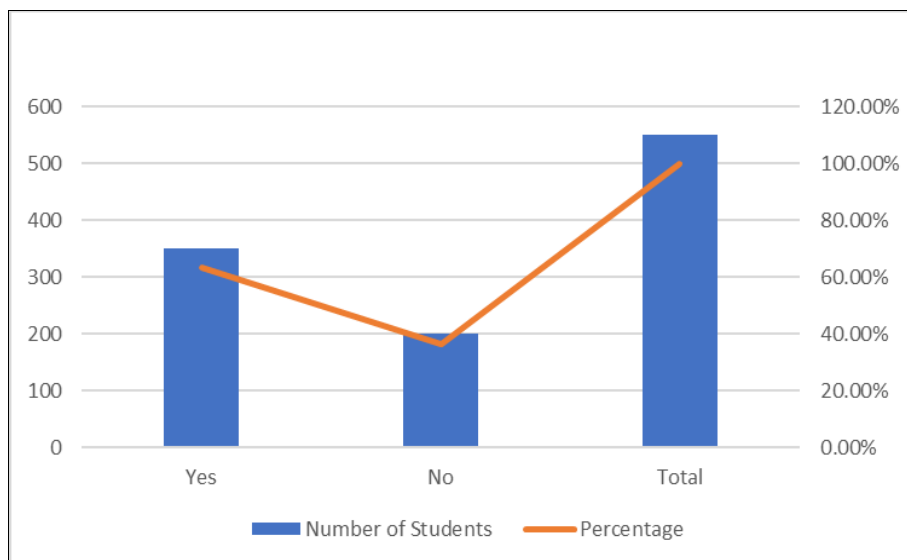


**Fig 2:** Belief in Gender Discrimination in School

**Table 3:** Social competency

Ease in Making New Friends	Number of Students	Percentage
Yes	350	63.6%
No	200	36.4%
Total	550	100%

Most students had high levels of social competence, since 63.6% of them demonstrated no difficulty in forming new relationships with other people. It is possible to utilize this data to investigate the connection between the social skills and interactions of students, as well as their participation in sports and their socioeconomic position.



**Fig 3:** Social Competency in Making New Friends

**Table 4:** Social conformity behavior

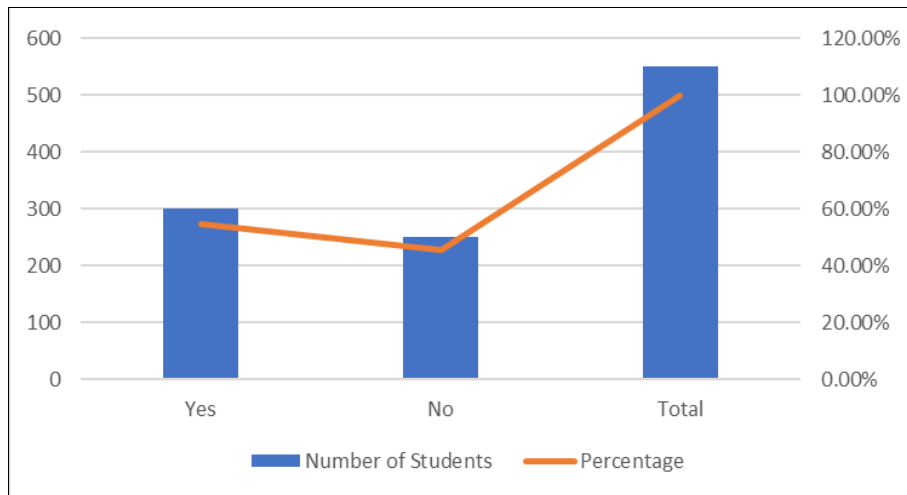
Following Behavior and Trends of Peers	Number of Students	Percentage
Yes	300	54.5%
No	250	45.5%
Total	550	100%

Although 45.5% of students claim they do not follow trends or the conduct of their classmates on a regular basis, 54.5%

of students indicate they do so often. By analyzing this behavior, it is possible to shed light on the ways in which

the impacts of conformity and peer pressure have an influence on the socioeconomic position of students as well

as their participation in sports.



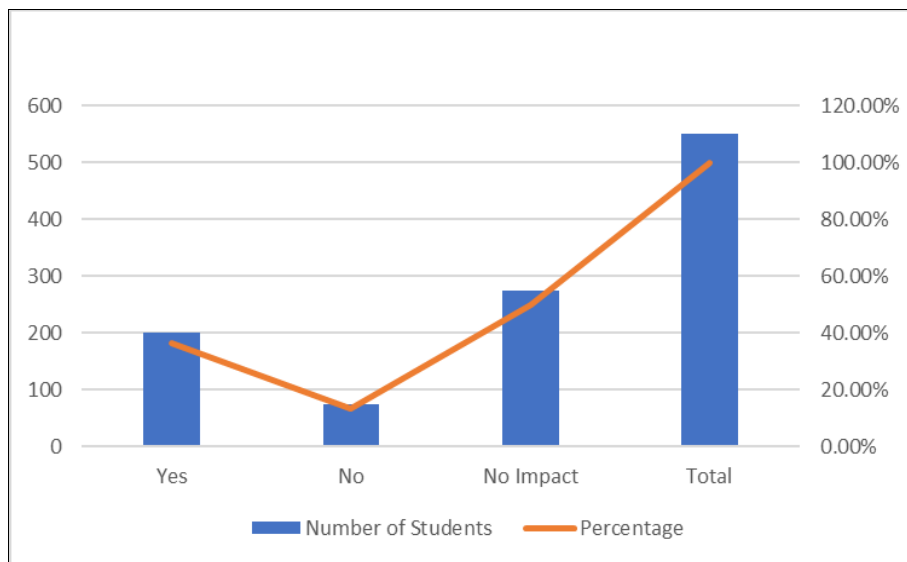
**Fig 4:** Social Conformity in Following Behavior and Trends of Peers

**Table 5:** Impact on emotional intelligence

Impact of Sports on Emotional Intelligence	Number of Students	Percentage
Yes	200	36.4%
No	75	13.6%
No Impact	275	50.0%
Total	550	100%

Although half of the people who engage in sports do not believe that it has any impact on their emotional intelligence, the findings indicate that 36.4% of those individuals believe that it does. This demonstrates that a

large majority of students feel that sports have a positive influence on their emotional intelligence, which is essential for understanding the role that athletics plays in the development of emotional maturity.



**Fig 5:** Impact of Sports on Emotional Intelligence

**Conclusion**

There is a possibility that there are significant links between the socioeconomic position of a kid and the anthropometric, physiological, and physical development occurring in that child. This influence remains with a person throughout their whole life. One's socioeconomic status includes, among other things, the contribution to the degree of physical fitness that a person has. a person's level of physical fitness that a person has is what affects how well they are able to do

a range of physical duties without suffering an unnecessary amount of exhaustion.

**References**

1. Sharma R. Effect of socioeconomic status on sport performance of national level junior weightlifters. IJAR. 2015;1(5):212-214.
2. Drenowatz C, Eisenmann JC, Pfeiffer KA, Welk G, Heelan K, Gentile D, *et al.* Influence of socio-economic status on habitual physical activity and sedentary

- behavior in 8-to 11-year-old children. *Public Health*. 2010;10(1):1.
3. Hirsch ED, Kett JF, Trefil JS. *The new dictionary of cultural literacy*. Boston: Houghton Mifflin Harcourt; c2002.
  4. Coakley J, White A. Making decisions: Gender and sport participation among British adolescents. *Sociol Sport J*. 1992;9(1):20-35.
  5. MacClancy J, editor. *Sport, identity and ethnicity*. Oxford: Berg; c1996.
  6. Wilson B, White P. Tolerance rules: Identity, resistance, and negotiation in an inner city recreation/drop-in center: An ethnographic study. *J Sport Soc Issues*. 2001;25(1):73-103.
  7. Sohi AS, Yusuff KB. The socioeconomic status of elite Nigerian athletes in perspective of social stratification and mobility. *Int. Rev. Sociol. Sport*. 1987;22(4):295-303.
  8. Blumer H. Fashion. In: *International Encyclopedia of the Social Sciences*. New York: Macmillan. 1968;5:341-345.