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## Influence of socio-economic status on psychological variables of sports person and non-sportsperson

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### Abstract

The study was carried out to assess the impact of Socio-Economic status on Anxiety behavior among the sportswomen and non-sportswomen. The Ex-post-fact research method was adopted. To achieve the purpose 400 sportsperson and non-sportsperson were selected randomly as subject, the age ranging from 20 to 25 year. The stand razed questionnaire socio-economic status and anxiety test was administered. The data pertaining to variable in this study has been examined by using "t" test. The "t" value is 0.12 is lesser than table value. The conclusion is drawn that there is significant difference in anxiety behavior of among the sportsperson and non-sportsperson among different socio-economic status of sportsperson, the formulated hypothesis is conformed. It might be due to their living condition and poverty made them to manage their emotion.

**Keywords:** Socio-economic status, psychological variables, sports person, non-sportsperson

### Introduction

The American Psychological Association describes Socio-Economic Status as commonly conceptualized as the social standing or class of an individual or group. It is often measured as a combination of education, income and occupation. Examinations of socioeconomic status often reveal inequities in access to resources, plus issues related to privilege, power and control. The Merriam Webster Dictionary defines it as relating to, or involving a combination of social and economic factors. Taking into account of these definitions it could be said that Socioeconomic status (SES) is an economic and sociological combined total measure of a person's work involvement and of an individual's or family's economic and social position in relation to others, based on income, education, and employment. When evaluating a family's SES, the household income, earners' education, and occupation are examined, as well as combined income, versus with an individual, when their own characteristics are evaluated.

It is an acknowledged fact that the application of psychological doctrines to the enhancement and improvement of the performance on sports has received greater consideration in these days. In truth, a few psychological applications and principles have become part and parcel of the sports world. A new school of thought has emerged in the world of sports which emphasizes the need and importance of Imagery, Motivation and Attention Focus on sports performers. Though Sports psychology is a relatively young discipline within psychology and sports, its importance cannot be undermined.

Socioeconomic status (SES) is one non-modifiable factor of interest that may influence PA. Krieger, Williams, and Moss (1997) define socioeconomic position as "an aggregate concept that includes both resource-based and prestige-based measures, as linked to both childhood and adult social class position" (p. 345). Although they suggest that the term SES clouds the distinction between resource-based measures such as income and education, and prestige-based measures such as occupation (Krieger *et al.*, 1997), SES is an appropriate term for the current thesis given the social class measures of interest are both resource-based and prestige-based measures. SES is often considered a personal demographic variable; however, SES can also reflect aspects of an individual's broader environment. As a result, it can be measured at the individual level or the area level (Lynch & Kaplan, 2000). Individual measures of SES such as income, education, and occupation reflect the opportunities and resources people might have (Lynch & Kaplan), and are part of one's intrapersonal environment. For example, occupation might determine whether someone can afford the time and expense of participation in organized sports. Area level measures are either aggregated individual indicators or can be used to represent contextual effects of SES

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(Lynch & Kaplan). For example, the average income of a neighborhood might help to explain the resources that are available or not, to that specific community (Chen *et al.*, 2002).

Socio-economic status is going plays significant role in developing personality, providing opportunity and accessibility to participation in scientific training and tournaments. Most of our attitudes and emotional states resulted by socio-economic, so while selecting and giving training to sportsperson their SES status have to take into consideration, it would give good result and train in a scientific manner. Addition to this various emotional factors such as anxiety, aggression and stress have been influenced and determined by SES background. The pressure experienced by players especially at a professional level is recognized as influencing playing performance. Heavy playing schedules, competition for team places, the media and fans as well as the pressure to win trophies all play a part in players developing high stress and anxiety levels. Even experienced players can suffer from pre-match anxiety. Developing ways to control this is important in order to prevent players from 'falling' apart. And anxiety level will be decided by individual life style and social environment.

### Statement of problem

After reviewing the existed literature about topic the entitled "Influence of socio-economic status on psychological variables of sports person and non-sportsperson" has chosen to assess the influence of SES and Sports participation on psychological variables among sportsperson. This study was carried out in the background of ex-post and descriptive method

### Variables

Independent: Sportsperson and Non-sportsperson of University players.

Dependent Variable: Anxiety behavior.

### Hypotheses

To answer the problems set for the present study, the following Hypotheses were formulated.

1. There would be significant impact and difference in anxiety behavior between sports person and non-sportsperson those hails from different socio-economic status.
2. The high socio-economic status of sportsperson leads control and resulted to decrease lower level of anxiety behavior comparing to low socio-economic status sportsperson.

### Objectives

1. To assess the anxiety behavior of the Sportsperson and non-sportsperson.
2. To assess the influence of socio-economic status on anxiety behaviors among sportsperson and non-sportsperson.

### Limitations

1. The study is limited to the measuring the level of anxiety among the sportsperson and non-sportsperson.
2. The sample of study would be limited to the high SES and low SES.

3. The data collection is done by administering questionnaire constructed by Rajeev Chavan and Prof AK Sinha.

### Delimitation

The present study tries to analyze probe the level and extent of anxiety, among the sports and non-sportsperson.

### Significance of the Study

Statistical tools: to assess and test formulated hypothesis 't' was applied

### Anxiety

Anxiety is a physiological response to a real or emarginated threat. It is a complex emotional state characterized by a general fear or foreboding usually accompanied by tension. It is related to apprehension and tear and is frequently associated with failure, either real or anticipated. It often has to do with inter-personal relations and social situations. Feeling of rejection and insecurity are usually a part of anxiety. According to Frost (1971), anxiety is "an uneasiness and feeling of foreboding often accompanied by a strong desire to excel". Hence, anxiety state arises from faulty adaptations to the stress and strains of life and is caused by over actions in an attempt to meet these difficulties.

Various aspects of the self-concept have been correlated with be general test anxiety. In a study of the relationship between a self-esteem and test anxiety in grades 4 through 8, many and many 11 (1975) found statistically significant negative correlations between the measures of self-esteem and each of the measures of general and text – anxiety, when scores were analyzed by total group, grade level, and sex.

### Methodology

The present investigation pertaining to "The Influence of Socio-Economic Status and Sex on Psychological variables of the sportsperson" is in the framework of ex-post-facto research. The particulars of samples, tools, collection of data and statistical techniques are given as under; Sample are selected from all India interuniversity players representing from different university of India.

**Sample:** The total sample consists of 400 sportsperson belonging to high socioeconomic status and low socioeconomic status. The age levels ranging from 19-25 were selected randomly. The sample design is given below:

### Sample Design

The sample design of high socioeconomic status and low socioeconomic status

Types	High Socioeconomic Status (HSES)	Low Socioeconomic Status (LSES)
Sportsperson	100	100
Non-Sportsperson	100	100
Total	400	400

**Variables:** Socio Economic Status and sports person and non-sportsperson are independent variables and anxiety is independent variable.

**Collection of Data:** To meet the objectives of the present study the data was collected at Reanichanamma University, Belgaum by administering personal-bio-data schedule, SES Scale, anxiety behavior. The testing was done in two Stages. At the first stage SES Scale was administered to the total 400 respondents to categorize them into the Low Socioeconomic Groups and High Socioeconomic Groups, taking the first and the third quartile as cut off points respectively. At the second stage the anxiety behavior was administered on the groups of high socioeconomic status, and low socioeconomic status. The responses were scored and terminated.

**Tools:** Personal Data Schedule: This is framed to collect information regarding the personal and socio demographic status of the sample. The Socio economic status scale developed by Bhardwaj and Chavan (1984) has been used in the present study to measure social, educational, professional and economic perspectives of the participants scoring was done according to scoring key given in the manual. Anxiety scale: In present study after verifying the merits and demerits of the test Sinha’s comprehensive anxiety test (SCAT) was used as a measure of trait anxiety. The test has been developed by A.K.P. Sinha and L.N.K. Sinha was used to collect required data.

**Results and Discussion**

For the purpose of the present study two samples were

drawn from the sportsperson and non-sportsperson studying in Rani Chennai University affiliated college. Belagavi at random. The total sample consisted of 400 students of equal education qualification. The sports sample consisted to 200 sportsperson and non-sportsperson and hails from different SES has selected with using purpose random technique. Students of UG and P.G. students who have participated and represented in different athletic meet at different levels and non-sportsperson sample consisted of 100, those did not participate in any sports activities.

**Discussion and analyses of results**

The hypothesis that there is a significant difference in anxiety behavior of high and low SES sportsperson and non-sportsperson was postulated on the rationale that, the person of low SES is deprived of basic necessities, quality education, equal opportunities and low social status make him to think himself as incapable, insecure, useless and undesirable, stress though he possesses the higher degree of competency and positive traits. Under these deprived conditions he may lose control over his emotions and become emotionally unstable or may lack in controlling anxiety, But the other individual belonging to a high SES, who is not exposed to deprivations and inequalities and enjoying advantageous conditions may feel useful, capable and will have control over his emotions, which is crucial for achieving and managing, manifesting and overcoming from anxiety.

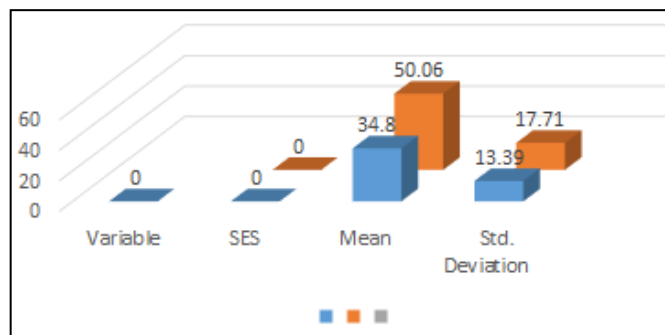
**Table 1:** Showing the Mean, SD and ‘t’ value of high and low SES anxiety behavior of sportsperson and non-sportsperson

Variable	SES	Mean	Std. Deviation	T-Value
Anxiety Behavior	High SES Sportsperson and non-sportsperson	34.80	13.39	7.05.**
	Low SES Sportsperson and non-sportsperson	50.06	17.71	

\*\* Significant at 0.015. Level.

On the dimension of anxiety, the sportsperson of high and low SES has scored the mean scores of 34.80 and 50.06 respectively. The ‘t’ value of 7.05\*\* which is significant at 0.01 level suggest the fact that there is a significant difference of anxiety between these two groups. The sportsperson of low SES has scored significant high mean scores whereas the non-sportsperson of high SES has scored the high mean scores. This means that the non-sportsperson of high SES is more anxiety when compared to

sportsperson of low SES. Therefore, the hypothesis that there is a significant difference of anxiety between sportsperson and non-sportsperson of low and high SES is confirmed. This is because, the higher socio-economic status provides an opportunity to have a better standard of living, good education, greater mass media exposure, and good training which helps them to have a moderate level of anxiety than low socioeconomic people.



**Fig 1:** The graph showing the mean trend of anxiety behavior of high and low SES sportsperson non-sportsperson

**Conclusion**

The Study carried out by researcher reveals that anxiety behavior will manifested by situational factor but sportswomen and non-sportswomen chosen for this study were coming from the low SES and high SES rich and poverty background, these factor made them to cultivate the

sustainable ability and managing skills among the sports person and non-sportsperson of the university. The formulated hypothesis there would significant difference between low and high SES is conformed and null hypothesis is rejected.

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