



# Effect Of Socio-Economic Status, Sports Training And Physical Fitness Variables On Skill Performance And Selected Physical Fitness Variables Among Sports Hostels In Vijayapura District Of Karnataka

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This study is an exploration of how socio economic status influence on sports skill performance. Sports have always been an integral part of Indian culture, dating back to ancient times when physical activity and competition were celebrated through traditional games like kabaddi, kho-kho, and wrestling. Over time, India's sports landscape has evolved dramatically, reflecting the country's Socio-economic changes, globalization, and growing aspiration to compete on the global stage. Today, the world of sports in India is vibrant, encompassing a mix of traditional games, modern sports, and a budding culture of professionalism and competitiveness. The Dominance of Cricket is synonymous with sports in India. Introduced during British rule, cricket has evolved from being a colonial pastime to a national obsession.

**Keywords:** Socio ecomamic status, Physical fitness, Skill performance.

**INTRODUCTION:** Sports have always been an integral part of Indian culture, dating back to ancient times when physical activity and competition were celebrated through traditional games like kabaddi, kho-kho, and wrestling. Over time, India's sports landscape has evolved dramatically, reflecting the country's Socio-economic changes, globalization, and growing aspiration to compete on the global stage. Today, the world of sports in India is vibrant, encompassing a mix of traditional games, modern sports, and a budding culture of professionalism and competitiveness. The Dominance of Cricket is synonymous with sports in India. Introduced during British rule, cricket has evolved from being a colonial pastime to a national obsession.

The disparity in access to sports facilities between urban and rural areas is stark. While cities may boast state-of-the-art stadiums and training centers, rural talent often struggles due to a lack of basic infrastructure. Moreover, issues like inadequate coaching, limited financial support for emerging athletes, and the absence of a robust sports culture in many regions are hurdles that need addressing. Nevertheless, the future of sports in India looks promising. With increased focus on grassroots development, greater investment, and a growing appetite for diverse sports, India is gradually transforming into a multi-sport nation. The changing mindset, where sports are now seen as a viable career option, will likely drive even more talent into the competitive arena.

## OBJECTIVES

The proposed research work consists of the following objectives:

1. To know the effect of sports training factors on sports performance and selected physical fitness variables
2. To assess the SES level among sports hostel students.
3. To compare the selected Physical fitness variables between Sports hostel students of high Socio economic status groups & low Socio Economic status groups

## HYPOTHESIS OF THE STUDY

The present study has been framed the following hypothesis based on the objectives of the study:

1. There would be significant in physical fitness performance of Sports hostel students.
2. There would be significant in physical fitness performance of Sports hostel students among HES group & LES group when compared
3. There would be significant in sports performance of Sports hostel students.
4. There would be significant in physical fitness performance of Sports hostel students among HES group & LES group when compared

**Delimitation of the study:** The following will be delimited factors in the present's study.

1. The study is delimited to the 13 to 18 years age group of sports hostel boys Students of Vijayapura district of Karnataka state.
2. The factors such as Socio Economic status level of nutrition's, and sports training.
3. The subjects chosen will be delimited to Vijayapura district Sports Hostel maintained by Department of Sports and Youth Ministry of residential hostel located in Vijayapura of Karnataka State.

### Limitation of study:

The study will be limited to the following respects, and these limitations will be taken into consideration to the interpretation of the results.

1. The day-to-day activities affects the performance which may have an effect on the results of the study will be considered as limitation
2. Certain factors like food habits, life style, diet of the boys which might affect the results will be considered as limitation
3. There sports experience and achievement is also a limitation of the study .

**METHODOLOGY:** The goal of the research was to determine how certain physical fitness variables and skill performance were impacted by socioeconomic status, sports training, and nutrition. The sports hostel students will be chosen as subjects in order to fulfill this study's objective. Basketball, football, and volleyball teams will provide the samples. To accomplish the study's goal, a total of 80 boys will be chosen at random. To this end, 40 sports students from Sports Hostel Vijayapura with high and 40 sports students from low socioeconomic status were chosen. 20 from each group total 40 members are taken for control group and remaining 40 members for experimental group The subjects were tested using four different physical fitness variables; the readings were recorded as pre-test results. After each group received 12 weeks of training, the readings were recorded as post-test results and analyzed. Two equal groups are formed from the selected subjects: an experimental group and a control group. Training will be given to the experimental group, and their nutritional intake will be monitored. The pre- and post-tests will be used to gather data.

**ANALYSIS AND INTERPRETATION OF DATA:** Researchers have examined the socioeconomic position and physical fitness of athletes by analyzing and interpreting data gathered from multiple sources. The data is analyzed using a variety of techniques, including graphical, functional, and tabular analysis. The mean and percentile are important instruments for data analysis. The examination of athletes' and other game players financial situation, physical fitness, and the influence of socioeconomic position on athletes' physical fitness in the research domain are all covered in this chapter.

**30 Meter Dash :** The number of subjects , mean value, standard deviation , standard error of mean and ‘t ratio’ between different independent variables of high socio economic status group & low socio economic status group are shown for speed variable.

Table 3.1

Sl. No.	Groups	N	Mean
1	HSE Group	20	5.10
2	LSE Group	20	5.34

Table 3.1 reveals the pre test mean scores of low socio economic group and High socio economic group for speed variable

GRAPH 1

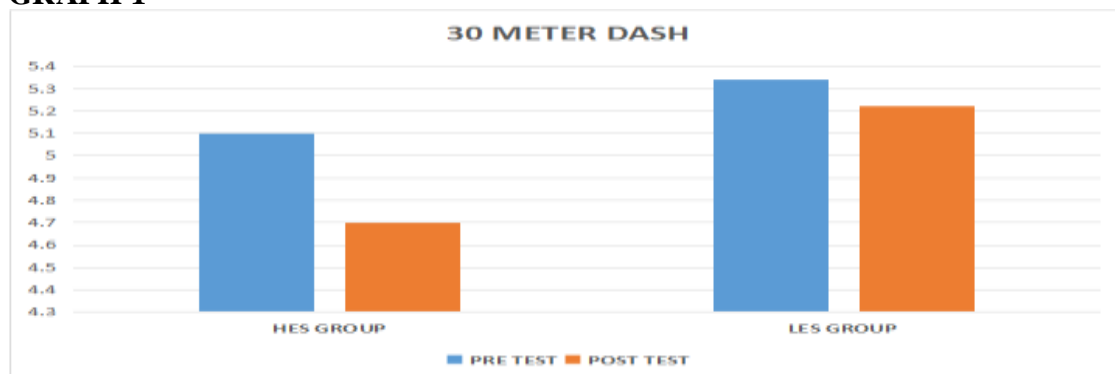


Figure showing

the variation in the mean value in speed variable between pre test & post test of both high socio economic group & low socio economic group

Table 3.2

Sl.No.	Groups	N	Mean	Standard Deviation	T-ratio
1	HSE Group	20	4.70	0.2516	7.868
2	LSE Group	20	5.22	0.3891	

Table 3.2 reveals the post test results of low socio economic group and High socio economic group.

From the above table it is found that High socio economic group are more speeder than low socio economic group. The ‘t’ value of speed is significant at 0.05 level of confidence. Both the groups show the positive results towards the improvement of speed in post test trails when compared to pre test trails. The HES group is improved by 8 % in post test scores when compared with pre test scores where as the LES Group is by 2% in post test scores when compared with pre test scores .

**Push ups :** The number of subjects , mean value, standard deviation , standard error of mean and ‘t ratio’ between different independent variables of high socio economic status group & low socio economic status group are shown for muscular strength as variable.

Table 3.3

Sl. No.	Groups	N	Mean
1	HSE Group	20	17.20
2	LSE Group	20	16.80

Table 3.3 reveals the pre test mean scores of low socio economic group and High socio economic group for muscular strength variable

Table 3.4

Sl. No.	Groups	N	Mean	Standard Deviation	T-ratio
1	HSE Group	20	25.25	3.958	0.263
2	LSE Group	20	26.20	5.346	

Table 3.4 reveals the post test results of low socio economic group and High socio economic group. From the above table it is found that Low socio economic group are more speeder than High socio economic group. The 't' value of speed is significant at 0.05 level of confidence. Both the groups show the positive results towards the improvement of Muscular strength in post test trails when compared to pre test trails. The HES group is improved by 4.5% in post test scores when compared with pre test scores where as the LES Group is by 5.5% in post test scores when compared with pre test scores.

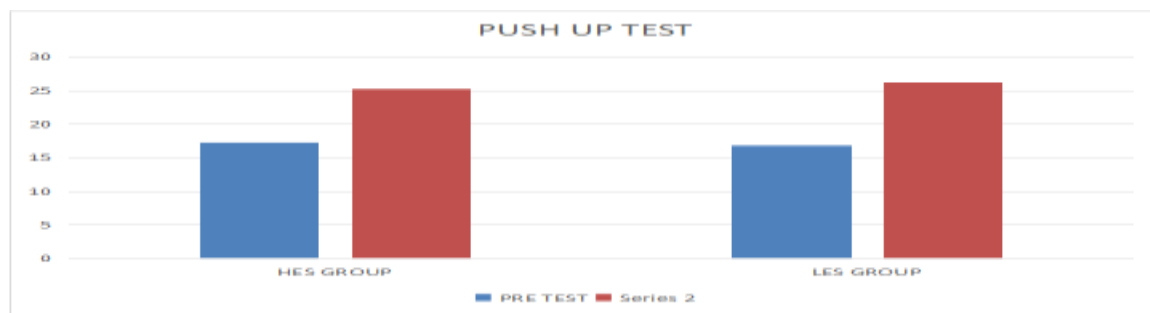


Figure showing the variation in the mean value in muscular trength strength variable between pre test & post test of both high socio economic group & low socio economic group

**Standing broad jump :** The number of subjects , mean value, standard deviation , standard error of mean and 't ratio' between different independent variables of high socio economic status group & low socio economic status group are shown for explosive strength variable.

Table 3.5

Sl. No.	Groups	N	Mean
1	HSE Group	20	1.761
2	LSE Group	20	1.685

Table 3.5 reveals the pre test mean scores of low socio economic group and High socio economic group for leg explosive strength variable

Table 3.6

Sl.No.	Groups	N	Mean	Standard Deviation	T-ratio
1	HSE Group	20	2.071	0.159	0.0194
2	LSE Group	20	1.939	0.233	

Table 3.6 reveals the post test results of low socio economic group and High socio economic group. From the above table it is found that High socio economic group have greater explosive strength than low

socio economic group. The ‘t’ value of speed is significant at 0.05 level of confidence. Both the groups show the positive results towards the improvement of explosive strength in post test trails when compared to pre test trails .The HES group is improved by 20% in post test scores when compared with pre test scores where as the LES Group is by 15% in post test scores when compared with pre test scores .

Graph 3

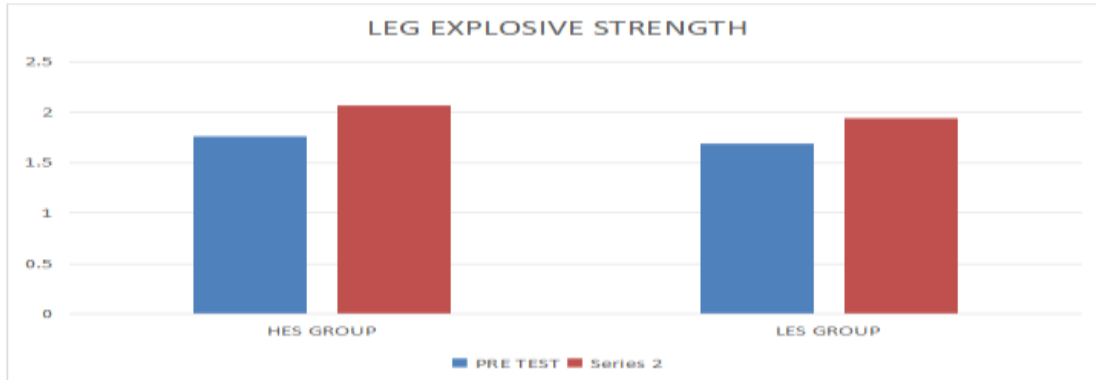


Figure showing the variation in the mean value in leg explosive strength variable between pre test & post test of both high socio economic group & low socio economic group

**Sit up test ;** The number of subjects , mean value, standard deviation , standard error of mean and ‘t ratio’ between different independent variables of high socio economic status group & low socio economic status group are shown for abdominal strength variable.

Table 3.7

Sl. No.	Groups	N	Mean
1	HSE Group	20	24.20
2	LSE Group	20	23.12

Table 3.1 reveals the pre test mean scores of low socio economic group and High socio economic group for abdominal strength variable.

Table 3.8

Sl.No.	Groups	N	Mean	Standard Deviation	T-ratio
1	HSE Group	20	28.95	5.86	0.2779
2	LSE Group	20	26.05	5.82	

Table 3.8 reveals the post test results of low socio economic group and High socio economic group.

From the above table it is found that High socio economic group are more speeder than low socio economic group. The ‘t’ value of speed is significant at 0.05 level of confidence. Both the groups show the positive results towards the improvement of abdominal strength variable in post test trails when compared to pre test trails .

The HES group is improved by 13 % in post test scores when compared with pre test scores where as the LES Group is by 11% in post test scores when compared with pre test scores .



**GRAPH 4**

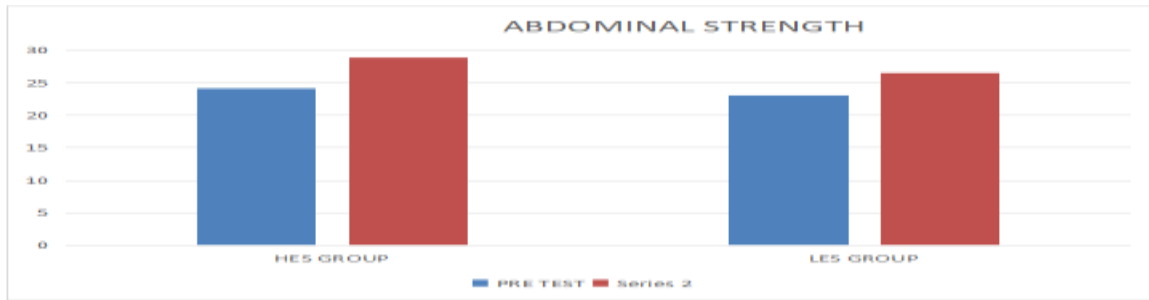


Figure showing the variation in the mean value in abdominal strength variable between pre test & post test of both high socio economic group & low socio economic group

**Sports performance test:**To assess the sports performance of both sports performance perception scale was used in pre test and post test

Table 3.9

Sl. No.	Groups	N	Mean
1	HSE Group	20	128.8
2	LSE Group	20	124.6

Table 3.1 reveals the pre test mean scores of sports performance obtained through spps (sports performance perception scale) among low socio economic group and High socio economic group for abdominal strength variable.

Table 3.10

Sl.No.	Groups	N	Mean
1	HSE Group	20	192.4
2	LSE Group	20	176.33

Table 3.8 reveals the post test results of low socio economic group and High socio economic group. From the above table it is found that High socio economic group are better in sports performance than low socio economic group. Both the groups show the positive results towards the improvement in sports performance during post test trails when compared to pre test trails .The HES group is improved by 49.5% in post test scores when compared with pre test scores where as the LES Group is by 43.5% in post test scores when compared with pre test scores .

**GRAPH 4**

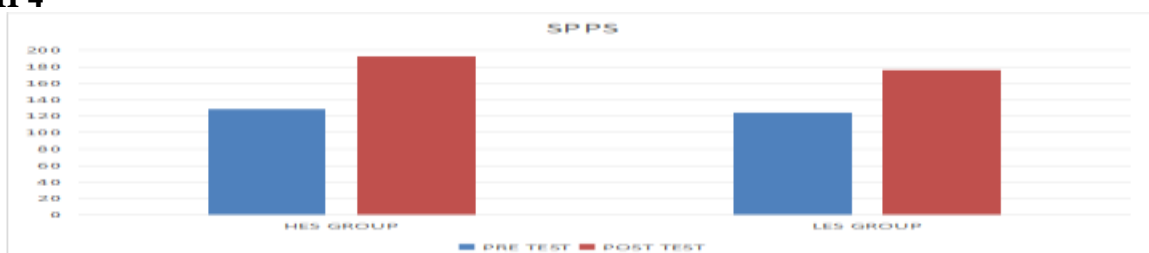


Figure showing the variation in the mean value in sports performance between pre test & post test of both high socio economic group & low socio economic group

**CONCLUSION:**

It was found from the analysis that:

- Both the groups show the positive results towards the improvement of speed in post test trails when compared to pre test trails .
- The HES group is improved by 8 % in post test scores when compared with pre test scores where as the LES Group is by 2% in post test scores when compared with pre test scores .
- Both the groups show the positive results towards the improvement of Muscular strength in post test trails when compared to pre test trails .
- The HES group is improved by 4.5% in post test scores when compared with pre test scores where as the LES Group is by 5.5% in post test scores when compared with pre test scores .
- Both the groups show the positive results towards the improvement of explosive strength in post test trails when compared to pre test trails .
- The HES group is improved by 20% in post test scores when compared with pre test scores where as the LES Group is by 15% in post test scores when compared with pre test scores .
- Both the groups show the positive results towards the improvement of abdominal strength variable in post test trails when compared to pre test trails .
- The HES group is improved by 13 % in post test scores when compared with pre test scores where as the LES Group is by 11% in post test scores when compared with pre test scores .
- Both the groups show the positive results towards the improvement in sports performance during post test trails when compared to pre test trails .
- The HES group is improved by 49.5% in post test scores when compared with pre test scores where as the LES Group is by 43.5% in post test scores when compared with pre test scores .

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