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## Socioeconomic Status and Family Influence on Sports Performance among University Women Hand Ball Players

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### **Abstract:**

*The sport of handball is a thrilling and exciting indoor game that can best be described as a mixture of soccer and basketball. The ball is passed in quick fire succession up the field until, near the goal; the striker throws it at the back of the net. The current game evolved from several different versions played around the world, especially in Eastern Europe. In Germany an outdoor version with eleven players on each team gained some popularity at the same time as a seven-a-side game was being developed in the USSR. It was the Dutch version that had the first success on the international stage, with a demonstration given in Amsterdam during the Olympic game of 1928. By 1936, the amateur handball federation had 23 affiliated countries. The first national championship was held in Los Angeles in 1919. The history of handball indicates that there is a tremendous potential in the sport and as handball reaches new heights the potential increases and the future holds promise for continued growth and success.*

*The selected 30 women handball players from four different universities from the state of Kerala who participated in University and All India University level players. The selected players are from University of Calicut, Kannur University and Mahatma Gandhi University. Each of 10 players was selected for the above mentioned Universities. The ages of the subjects ranges between 18- 28 years. The questionnaire method was used to measure the Socioeconomic Status and Family Encouragement for Sports Achievement. In order to find out the difference among these groups, the ANOVA was computed and tested for significance at 0.05 level of confidence. In order, to achieve this, family has to be sufficiently established in terms of moral, financial, and social aspects coupled with parent's background in the sport. The purpose of the study was to compare the socioeconomic status and Family Influence of sports performance among university Women handball players.*

**Keywords:** Handball, women, family, Socioeconomic Status

### **1. Introduction**

A sport is a part of basic human behavior and is among the effective means of socialization of means. Sports and games are pervasive forces that have permeated in our culture. They are basic institutions in the social fabric are cultural universal for all people regardless of race, creed, geography or politics. Socioeconomic status refers to social and economic standing of a person in his society. Socioeconomic condition means it includes with social and economic achievements of an individual or group in society. Family is considered as a cultivating, nurturing and fostering process, dealing with the overall development of the individual. Sports and games are integral part of the human life. Along with entertainment it has also helped to shape the personalities of the sports person having provided with physical fitness and mental soundness. Sports are an institutionalized competitive activity, which has its own traditions and values normal reflects the pattern in society at large. A sport is accepted as a part of society and culture throughout the world. The sport is the interest in the purpose of education, entertainment of self-expression depending on the individual goal of the people participating. Sport gives special identification to persons, particularly those who participated in interuniversity, state, national or international competition. To be successful in sports field one should dedicate him fully to the field of sports. A sports person faces many problems on his way to achievement, problem like social, economical etc. they will be under confusion to decide either to concentrate more on sports or on the development and maintenance of physical fitness. It offers an opportunity for facilitating the normal growth of the child, and it helps to develop and to prevent the reversal of such bio-physiological factors of performance as

strength, endurance, flexibility, relaxation and skill. Physical activity in the form of exercise, sports, game and rhythms provides a setting whereby recreational activities may be learned and enjoyed. Some of the satisfactions people seek through participation in physical motivates are the joy of creation, fellowship; a sense of achievement, emotional experience the enjoyment of beauty and relaxation.

## 2. Background of the Study

In this chapter the investigator has presented the allied literature to the subject, which gives meaning and scope to the study. The purpose of the study was to find out the socioeconomic Status and Family encouragement of selected university Women Handball players. Therefore the researcher, after studying available literature,

Erkelenz N et al. (2014) conducted a study on Relationship of parental health-related behaviors and physical fitness in girls and boys. Physical activity (PA) and physical fitness (PF) are known to be closely connected. Various environmental and biological constraints have been shown to influence children's PA with parents being among strong determinants of their children's PA behaviour. However, little is known about parental influence on PF in children. Therefore, the purpose of this study was to identify the influence of parental health-related behaviours and attitudes on PF in boys and girls. Baseline data of 1,875 primary school children ( $7.1 \pm 0.6$  years; 50 % male) were included in the analyses. Lateral jumping performance was used as a proxy for whole-body coordination and the 6-min run for cardiovascular fitness. Parental health-related behaviours, attitudes and sociodemographic variables were assessed via questionnaire. Regression analyses, adjusting for age and BMI, were performed separately for boys and girls. The final models of the regression analyses showed that children's age and BMI are significantly related to PF. Mothers' self-efficacy to encourage their children to be active is significantly associated with boys' coordination and cardiovascular fitness and girls' coordination. Mothers' PA affects PF in boys, not in girls. Maternal smoking has a significantly negative effect on both boys' and girls' cardiovascular fitness. This study shows that parental health-related behaviours and self-efficacy to encourage their children to be active affect children's PF. Influencing factors, however, differ in girls and boys, and mothers seem especially influential.

Stults-KolehmainenMAandSinha R. (2014) The effects of stress on physical activity and exercise. Psychological stress and physical activity (PA) are believed to be reciprocally related; however, most research examining the relationship between these constructs is devoted to the study of exercise and/or PA as an instrument to mitigate distress. The aim of this paper was to review the literature investigating the influence of stress on indicators of PA and exercise. A systematic search of Web of Science, PubMed, and SPORT Discus was employed to find all relevant studies focusing on human participants. Search terms included "stress", "exercise", and "physical activity". A rating scale (0-9) modified for this study was utilized to assess the quality of all studies with multiple time points. The literature search found 168 studies that examined the influence of stress on PA. Studies varied widely in their theoretical orientation and included perceived stress, distress, life events, job strain, role strain, and work-family conflict but not lifetime cumulative adversity. To more clearly address the question, prospective studies ( $n = 55$ ) were considered for further review, the majority of which indicated that psychological stress predicts less PA (behavioral inhibition) and/or exercise or more sedentary behavior (76.4 %). Both objective (i.e., life events) and subjective (i.e., distress) measures of stress related to reduced PA. Prospective studies investigating the effects of objective markers of stress nearly all agreed (six of seven studies) that stress has a negative effect on PA. This was true for research examining (a) PA at periods of objectively varying levels of stress (i.e., final examinations vs. a control time point) and (b) chronically stressed populations (e.g., caregivers, parents of children with a cancer diagnosis) that were less likely to be active than controls over time. Studies examining older adults ( $>50$  years), cohorts with both men and women, and larger sample sizes ( $n > 100$ ) were more likely to show an inverse association. 85.7 % of higher-quality prospective research ( $\geq 7$  on a 9-point scale) showed the same trend. Interestingly, some prospective studies (18.2 %) report evidence that PA was positively impacted by stress (behavioral activation). This should not be surprising as some individuals utilize exercise to cope with stress. Several other factors may moderate stress and PA relationships, such as stages of change for exercise. Habitually active individuals exercise more in the face of stress, and those in beginning stages exercise less. Consequently, stress may have a differential impact on exercise adoption, maintenance, and relapse. Preliminary evidence suggests that combining stress management programming with exercise interventions may allay stress-related reductions in PA, though rigorous testing of these techniques has yet to be produced. Overall, the majority of the literature finds that the experience of stress impairs efforts to be physically active. Future work should center on the development of a theory explaining the mechanisms underlying the multifarious influences of stress on PA behaviors

## 3. Methodology

In this chapter the methodology adopted for the study namely selection of subject, selection of variables, reliability of data, criterion measures, orientation of the subject, collection data, administration of questionnaire and statistical technique were presented.

### 3.1. Selection of Subjects

Thirty (N=30) Women Handball players selected from Kannur university, University of Calicut, Mahatma Gandhi University. They were equally divided equally into (N=10) each university. The age group of the selected subjects was between 18 to 27 years.

| Subjects | University of Calicut | Kannur University | M G University |
|----------|-----------------------|-------------------|----------------|
| Handball | 10                    | 10                | 10             |

Table 1: Demography of the study

### 3.2 Selection of Variables

For the purpose of the study the following independent variables and the tools selected for study. Socioeconomic Status Scale (S E S

S), Family background and Encouragement scale.

### III. Reliability of Data

Reliability of data was censured by using standard questionnaire.

### 3.3. Criterion Measures

#### 3.3.1. Independent Variables

|               |                    |
|---------------|--------------------|
| High          | 105 or above       |
| Above Average | Between 90 and 104 |
| Average       | Between 65 and 89  |
| Below Average | Between 50 and 64  |
| Poor          | 49 or below        |

Table 2: Socioeconomic Status Scale (S E S S)

- Family background and Encouragement scale.  
Is your family solely responsible for your sports participation?  
Yes/No  
If yes, please tick the manner in which they are responsible:-

| Particulars                          | Strongly Agree | Agree | Disagree | Strongly Disagree | None |
|--------------------------------------|----------------|-------|----------|-------------------|------|
| A. Encouragement                     |                |       |          |                   |      |
| B. Sports background in the family   |                |       |          |                   |      |
| C. Active involvement of the members |                |       |          |                   |      |
| D. Moral support                     |                |       |          |                   |      |
| E. Financial support                 |                |       |          |                   |      |

Table 3

#### 3.3.2. Orientation of the Subject

Before collecting the data the investigator had briefly explained to the subject the purpose of study and their role in the study.

#### 3.3.3 Collection of Data

The data pertaining to selected University Women Handball players were collected by using appropriate standard questionnaire procedure.

### 3.4. Test Administration

#### 3.4.1. Administration of Questionnaire.

The data was collected by administrating the questionnaire by the investigator himself among the Women Handball players from each University.

It is a self-administrating scale. It gives better results with group testing. In group situation the tester also can get quite appropriate results only after establishing good reports with the testers. The tester should discuss here the desired purpose and should explain the description and instruction of the test and instruction should be read loudly by the tester, while subjects read them silently along with them. The test can be started only after clear understanding has been testers to record the responses in this scale.

##### A. Socioeconomic Status Scale Questionnaire:

The standard Manual for Socioeconomic Status Scale constructed by Dr. Meenakshi the Head and Dean Faculty of Education Punjabi University Patiala was used to measure the Socioeconomic Status of the subjects. The Manual is sub divided into seven parts and each part has the following number of questionnaires, and the total scores of each seven parts gives the Socioeconomic Status of the Subject.

##### i. Part I (Education)

This part of the manual consists of ten questions and the subject must tick (√) his appropriate column.

##### • Scoring for Part I

Count the ticks (√) against each serial number and record the total in the last column. The range of the scores will be from 1 to 50.

##### ii. Part II (Profession)

The Part II consists of ten questions and the subject must tick (√) the appropriate column.

##### • Scoring for Part II

Count the ticks (√) against each serial number and record the total in the last column. The range of the scores will be from 1 to 50.

##### iii. Part III (Monthly Income)

The Part III consists of ten questions and the subject must tick (√) the appropriate column.

- Scoring for Part III

Award a score of 10 for the tick (✓) against first question, a score of 9 against second question and so on. The maximum score will be 10 and the minimum score will be 1.

- iv. Part IV (Total Wealth in Cash or Debts)

This section consists of 10 questions and the subject must tick (✓) the most appropriate one, which chooses him accordingly.

- Scoring for the Part IV

There are three columns in this section. Mark for each tick (✓) is given below

| Sl. No | Column A | Column B | Column C |
|--------|----------|----------|----------|
| 1.     | 10       | 1        | 10       |
| 2.     | 9        | 2        | 9        |
| 3.     | 8        | 3        | 8        |
| 4.     | 7        | 4        | 7        |
| 5.     | 6        | 5        | 6        |
| 6.     | 5        | 6        | 5        |
| 7.     | 4        | 7        | 4        |
| 8.     | 3        | 8        | 3        |
| 9.     | 2        | 9        | 2        |
| 10.    | 1        | 10       | 1        |

Table 4

The maximum score of this section will be 30 and the minimum will be 0.

- v. Part V (Property)

This section of questions consists of 5 questions and the subject should select his appropriate answer with a tick (✓).

- Scoring for the Part V

Here the questions are on point scale

- (a) 4 marks (b) 3 marks (c) 2 marks (d) 1 mark (e) zero
- (a) 5 marks (b) 3marks (c) 1 mark
- (a) 6 marks (b) 5marks (c) 4 marks (d) 3 marks (e) 2 marks (f) 1 mark
- (a) 2 marks (b) 1mark
- (a) 5 marks (b) 4 marks (c) 3 marks (d) 2 marks (e) 1 mark (f) zero

Maximum score will be 22 and the minimum will be 03.

- vi. Part VI (Your Surrounding Locality)

This section consist of 21 questions here the subject selects his appropriate answer with a tick (✓).

- Scoring for the Part VI

This is a point scale.

- (a) 5 marks (b) 3marks (c) 1 mark
- (a) 6 marks (b) 5marks (c) 4 marks (d) 3 marks (e) 2 marks (f) 1 mark
- For each employee i.e. servant / cook / Mali etc. give one mark.
- Q. 4 to Q.21: In this section there are 18 items.

- For
- give a score of 3,
  - a score of 2,
  - a score of one and for
  - a score of zero.

In this part maximum score will be 54 and minimum will be 0.

- vii. Part VII (Social Status)

This section consists of 5 questions.

- Scoring for the Part VII

- (a) 5 marks (b) 4 marks (c) 3 marks (d) 2 marks (e) 1 mark
- (a) 5 marks (b) 4 marks (c) 3 marks (d) 2 marks (e) 1 mark
- (a) 5 marks (b) 4 marks (c) 3 marks (d) 2 marks (e) 1 mark
- (a) 5 marks (b) 4 marks (c) 3 marks (d) 2 marks (e) 1 mark
- (a) 5 marks (b) 4 marks (c) 3 marks (d) 2 marks (e) 1 mark

The maximum score will be 25 and the minimum will be 05.

The total score was taken as the Socioeconomic Status Score for each subject. The S E S S table is given below.

|               |                    |
|---------------|--------------------|
| High          | 105 or above       |
| Above Average | Between 90 and 104 |
| Average       | Between 65 and 89  |
| Below Average | Between 50 and 64  |
| Poor          | 49 or below        |

Table 5

#### B. Family encouragement for sports achievement

Is your family solely responsible for your sports participation?

Yes/No

If yes, please tick the manner in which they are responsible:-

| Particulars                          | Strongly Agree | Agree | Disagree | Strongly Disagree | None |
|--------------------------------------|----------------|-------|----------|-------------------|------|
| F. Encouragement                     |                |       |          |                   |      |
| G. Sports background in the family   |                |       |          |                   |      |
| H. Active involvement of the members |                |       |          |                   |      |
| I. Moral support                     |                |       |          |                   |      |
| J. Financial support                 |                |       |          |                   |      |

Table 6

#### 3.5. Statistical Procedure

To compare among the University Women Handball players Socio Economic Status and Family Encouragement for Achievement Scale the analysis of variance was employed. 'F' ratio was used to analyze Socio Economic factors and Family Encouragement for Achievement factors in Kannur, Calicut and MG University Women Handball players

#### 4. Analysis of the Data and Results of the Study

This chapter describes statistically treated data results findings and discussion.

The statistical analysis of data collected from 30 university level women Handball players from Kerala has been presented here. The aim of the study was to compare the Socioeconomic factors of University level Women Handball players in Kerala. In order to find out the difference among these groups, the ANOVA was computed and tested for significance at 0.05 level of confidence.

##### ➤ Socio Economic Factors

| Groups             | N  | Mean    | Std. Deviation | Std. Error | Minimum | Maximum |
|--------------------|----|---------|----------------|------------|---------|---------|
| Kannur University  | 10 | 91.2000 | 11.54508       | 3.65088    | 72.00   | 114.00  |
| Calicut University | 10 | 97.5000 | 12.11289       | 3.83043    | 83.00   | 123.00  |
| M.G University     | 10 | 93.9000 | 15.55956       | 4.92037    | 74.00   | 120.00  |
| Total              | 30 | 94.2000 | 12.99708       | 2.37293    | 72.00   | 123.00  |

Table 7: Descriptive scores on socioeconomic factors of University Women Handball players

It is observed from table 7 that the mean value of socioeconomic factors for Kannur University players is 91.2, for Calicut University players, it is 97.5 and Mahatma Gandhi University players, it is 93.9. The standard deviation is 11.54508, 12.11289 and 15.55956 respectively for Kannur, Calicut and Mahatma Gandhi University players

| Source         | Sum of Squares | df | Mean Square | F    |
|----------------|----------------|----|-------------|------|
| Between Groups | 199.800        | 2  | 99.900      |      |
| Within Groups  | 4699.000       | 27 | 174.037     | .574 |
| Total          | 4898.800       | 29 |             |      |

Table 8: Analysis of variance on socioeconomic factors of University Women Handball players

Table 8 reveals that the obtained F value of .574 is not significant since it is lesser than the required value of 2.93, thus showing no significant difference among the groups on the socioeconomic factor.

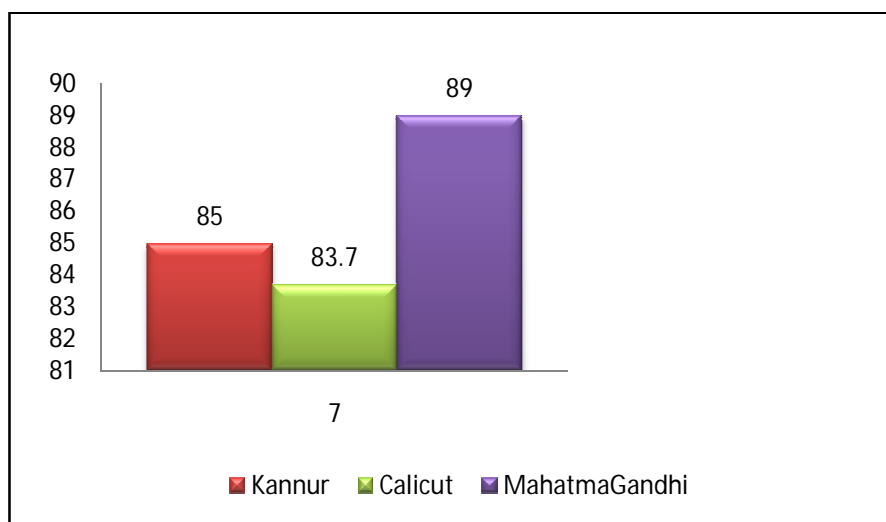


Figure 1: Comparison of socioeconomic status among University Women Handball players

➤ Family Influence on Sports Performance

| Groups             | N  | Mean    | Std. Deviation | Std. Error | Minimum | Maximum |
|--------------------|----|---------|----------------|------------|---------|---------|
| Kannur University  | 10 | 19.9000 | 2.92309        | .92436     | 14.00   | 23.00   |
| M.G. University    | 10 | 20.0000 | 3.33333        | 1.05409    | 16.00   | 25.00   |
| Calicut University | 10 | 21.0000 | 2.90593        | .91894     | 17.00   | 25.00   |
| Total              | 30 | 20.3000 | 2.99597        | .54699     | 14.00   | 25.00   |

Table 9: Descriptive scores on Family Influence on Women Handball players

It is observed from table 9 that the mean value of Family Influence of Kannur University players is 19.9, for Mahatma Gandhi University players, it is 20 and Calicut University players, it is 21. The standard deviation is 2.92309, 3.33333 and 2.90593 respectively for Kannur, Mahatma Gandhi University and Calicut players.

| Source         | Sum of Squares | df | Mean Square | F    |
|----------------|----------------|----|-------------|------|
| Between Groups | 7.400          | 2  | 3.700       | .395 |
| Within Groups  | 252.900        | 27 | 9.367       |      |
| Total          | 260.300        | 29 |             |      |

Table 10: Analysis of variance on family influence on University Women Handball players

Table 10 reveals that the obtained F value of .395 is not significant since it is lesser than the required value of 2.93, thus showing no significant difference among the groups on the family influence

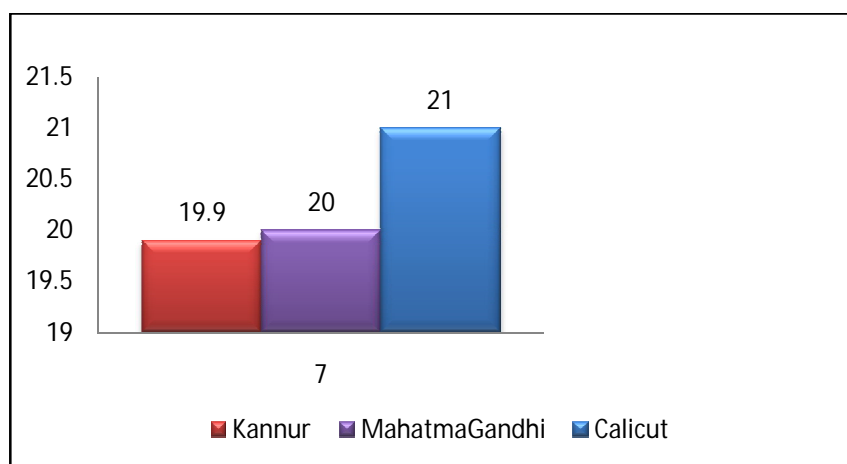


Figure 2: Comparison of Family Influence on University Women Handball players

#### 4.1. Discussions on Finding

The investigator selected 30 women different University Women Handball players from three different universities from the state of Kerala who participated in All India Inter University level players. The selected university players are from University of Calicut, Kannur University and Mahatma Gandhi University. Each of 10 players was selected for the above mentioned Universities. The ages of the subjects ranges between 18- 28 years. The questionnaire method was used to measure the Socioeconomic Status and Family Encouragement for Sports Achievement. The purpose of the study was to compare the socioeconomic status and Family Influence of sports performance among university Women Handball players

It is observed from table 7 that Descriptive scores on Socioeconomic factors of University Women Handball players. The mean value of socioeconomic factors for Kannur University players is 91.2, for Calicut University players, it is 97.5 and Mahatma Gandhi University players, it is 93.9. The standard deviation is 11.54508, 12.11289 and 15.55956 respectively for Kannur, Calicut and Mahatma Gandhi University players

Table 8 reveals that Analysis of variance on socioeconomic factors of University Women Handball players. The obtained F value of .574 is not significant since it is lesser than the required value of 2.93, thus showing no significant difference among the groups on the socioeconomic factor.

It is observed from table 9 that Descriptive scores on Family Influence on Women Handball players. The mean value of Family Influence of Kannur University players is 19.9, for Mahatma Gandhi University players, it is 20 and Calicut University players, it is 21. The standard deviation is 2.92309, 3.33333 and 2.90593 respectively for Kannur, Mahatma Gandhi University and Calicut players.

Table 10 reveals that Analysis of variance on family influence on University Women Handball players. The obtained F value of .395 is not significant since it is lesser than the required value of 2.93, thus showing no significant difference among the groups on the family influence.

#### 4.2. Discussion on Hypothesis

The study found that there was no significant difference in the Socioeconomic status and there is a significant difference in Family Influence of sports performance among University Women Handball players in the state of Kerala. Based on the findings of the study the hypothesis stated earlier has been not accepted in the case of socio economic status and family influence.

### 5. Summary Conclusion and Recommendation

#### 5.1. Summary

The purpose of the study was to find out the Socio Economic Status and Family Influence of Sports Performance among the University Women Handball players from University of Calicut, Kannur University and Mahatma Gandhi University.

Socio Economic Status includes the twin concept of social class and economic background of sports person. Socio Economic Status of the level indicates both the social and economic condition of the person.

The sample of the present study consists of 30 women University Women Handball players from University of Calicut, Kannur University and Mahatma Gandhi University

#### 5.2. Conclusion

1. The study results show that there is no significant difference in the category of Socioeconomic Status of the subjects belonging to different groups.
2. The study results show that there is no significant difference in the category of family influence of the subjects belonging to different groups.

#### 5.3. Recommendations

On the basis of the present study findings the following recommendations are made for further studies.

1. Similar studies may be conducted taking into consideration players of different levels and different areas of the country.
2. Studies on Socioeconomic status may be conducted categorizing players on the basis of geographical localities and urban areas, etc. to get a clear picture of influence of Socioeconomic status on sports aspirants.
3. Studies relating Socioeconomic status with other social and demographical variables are required to understand the social and economical background of the players with a perspective of their involvement.
4. It is recommended to conduct studies comparing on cross cultural basics and then sport participation.
5. It is recommended to study similar kinds of comparison among male and females.
6. It is recommended to conduct similar studies with Indian teams and other team.
7. It is recommended to conduct similar studies with other games.

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