



ASSOCIATION BETWEEN SOCIO ECONOMIC STATUS AND PHYSICAL FITNESS OF COLLEGE STUDENTS FROM RURAL AREA OF TAMILNADU

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Abstract:

The aim of this study was to find out the association between socio economic status and selected physical fitness of college students from rural area of Tamilnadu. To achieve the purpose randomly selected colleges students from Chengelpet, Thiruvallur, Kancheepuram districts of Tamilnadu were selected. Their socio economic status (SES) was measured through questionnaire and physical fitness variables, speed, flexibility and muscular endurance were measured through standard tests. The obtained data on SES with associated with selected physical fitness variables using statistical application Pearson Correlation Coefficient. The results proved significant association between SES and selected physical fitness variables of College Students from rural area of Tamilnadu.

Keywords. Socio Economic Status, College Students, Rural Area.

INTRODUCTION

A healthy school promotes physical and emotional health by providing accessible and relevant information and equipping pupils with the skills and attitude to make informed decisions about their health (Fairclough, Stration.2005). if this achieve in every school through physical education and physical, social and health education. Education will be seen as the key in promoting good health for the future generations of society. In order to achieve this specifically, Fairlough and Stration (2005) identified to promote life long physical activity involvement a range of activities need to be offered from the physical education curriculum in order to reinforce that it is not necessary for young people to participate order to become talented sports people, but to be active and to be healthy. There is no doubt that socio economic status is associated with ill health and evidence identifies the risk factor: higher socio economic status people participate in more exercise and are less frequently obese and less frequently smoke (Warren et. al, 2011) . When identifying lower socio economic status people there is a likely chance that they will suffer from ill health at some point in their health. Physical education is an excellent vehicle of socialization. Social development is important and physical education activities have potential for the accomplishment of this objective traits of leadership moral character and preservice of physical fitness is to name only be positively affected in physical education programme. The economic status of the family is also an indispensable factor determining the social standards of an individual. Sports and the economic conditions of the nations are closely aligned. The rise in industrialization and the resultant increased leisure time has led to an

increased awareness in sports, physical and physical prowess; and ultimately the physical fitness.

Freitas D,et.al (2007) conducted study on “Socio-economic status, growth, physical activity and fitness: the Madeira Growth Study”. The study documented variation in somatic growth, physical activity and fitness associated with socio-economic status (SES). The study is concluded by Considerable variation in somatic growth and physical fitness in association with SES has been demonstrated, but little association was found for physical activity. Fahlman MM et.al. (2004) done a research on “Ethnic and Socioeconomic Comparisons of Fitness, Activity Levels, And Barriers to Exercise in High School Females”, Significant differences between socioeconomic groups were found on the following dependent variables: percent fat, mile run, activity level, and perceived barriers to exercise and concluded that students of minority and low socioeconomic groups should be given separate and different interventions regarding health-related fitness. Bhatnagar, Singhal and Grover (2001) undertook a study to examine the role of socioeconomic status in the growth and development of 155 female children. Each subject was measured for 10 somato types variebales. The results showed that upper soco economic conditions had a better physical development and better nutritional and hygienic status.

The theoretical foundations based on previous researches proved that there was further scope for research to finding out the association between socio economic status and physical fitness of rural area college students of Tamilnadu.

METHODOLOGY**SUBJECTS**

50 College students from rural areas of Chengelpet, Thiruvallur and Kancheepuram Districts, were randomly selected as subjects of this study. The selected subjects were in the age group of 19 and 25 years.

VARIABLES

For the purpose of the study physical fitness variables, speed, flexibility and muscular endurance were selected as dependent variable and socio economic status of the subjects as independent variable.

CRITERION MEASURES

Table I shows the criterion measures of speed, flexibility, muscular endurance and socio economic status of this study

Table I
Variables, Tests and Units

S.No	Names of Variable	Test	Units
1	Speed	50 M Run	Seconds
2	Flexibility	Sit and Reach	Centimeters
3	Muscular Endurance	1 M Sit ups	Number of Sit ups
4	Socio Economic Status	Socio-economic status questionnaire (Agarwal,2005)	Points

STATISTICAL ANALYSIS

The collected data were subjected to statistical

analysis through Pearson correlation coefficient test. In all cases 0.05 level was fixed to test the significance.

RESULTS

Table 2
Descriptive Statistics on Selected Variables

S.No	Variables	N	Mean	Std Dev	Range	
					Min	Max
1	Socio Economic Status	50	47.1	7.77	40	60
2	Speed	50	7.04	0.41	5.62	7.55
3	Flexibility	50	13.18	3.59	7	19
4	Muscular Endurance	50	40.32	3.63	32	48

Table 3
Association between Socio Economic Status and Physical Fitness variables

S.No	Variable Socio Economic Status with	N	Obtained 'r'	Required 't'
1	Speed	50	0.249*	0.235
2	Flexibility	50	-0.237*	0.235
3	Muscular Endurance	50	-0.317*	0.235

* Significant at 0.05 level

DISCUSSIONS

The results presented in Table II shows that mean values of the rural college students has socio economic status of 47.1 with standard deviation ± 7.77 shows that the SES of the subjects were just average. The physical fitness speed mean was 7.04 with standard deviation ± 0.41 , flexibility mean 13.18 with standard deviation ± 3.59 and muscular endurance mean of 40.32 with standard deviation ± 3.63 . The results presented in Table 3 shows the association between SES and selected

physical fitness variables speed with $r : 0.249$, flexibility $r -0.237$ and muscular endurance $r -0.317$. There was positive relationship with speed measured through seconds. That is, the higher the SES scores the higher the time taken to complete 50 M run test. Similarly there was negative significant relationship on flexibility and muscular endurance. This shows that higher the SES scores the lesser scores in flexibility and muscular endurance. Thus, the results proved that rural college students with lesser socio economic status were better in

their physical fitness levels. It was concluded that there was significant association between socio economic status and selected physical fitness variables, speed, flexibility and muscular endurance of rural college students in Tamilnadu.

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