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## SOCIO ECONOMIC STATUS OF SWIMMERS OF AGE GROUP OF 10-16 YEARS GIRLS

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### Abstract:

*Socio-economic condition plays an important role in the life and career of sports persons. The author has become curious to study the socio-economic conditions of swimmers in age group of 10-16 years. Hence, this study. It is hoped that the study sheds light on the socio-economic conditions of the swimmers. Questionnaire technique was adopted for this study. A carefully prepared questionnaire covering the aspects such as educational background of parents and other members of the family, details about place of dwelling, possession of movable and immovable property, cash, membership of the family with sports and social organizations, type and income of the family, habits of family members such as food, reading, recreation, religion, domestic and pet animals and birds reared, participation and training in sports and the social recognition accorded to them. The questionnaire was administered to 100 girl swimmers between the age group of 10-16 years. The data collected were tabulated, analyzed and interpreted to draw conclusions.*

### INTRODUCTION:

in man remained latent at the primitive stage and was not given full expression as man had other pressing problems. The settled life, and later the scientific advancements which created greater leisure paved the way for the full event of this instinct. The ever increasing free time on an affluent society has generated an interest in sports and game. So vast and comprehensive that the era has already been nicknamed "The Golden Age of Sports" there has been addition to the lists of games at the international level which in fact indicates the mood and need of the people.

Swimming is also something that a family can do together, a few other sports would allow everyone, from grandparents to a six month old baby, to enjoy it together. If your child or a member of your family has a disability, swimming may be one of the sports that they can take part in with you. Swimming is an exercise in the water which can help people who have asthma or arthritis.

Swimming is now a part of the National curriculum and children need to learn to swim to achieve the targets. A later on life, being able to swim may be helpful in getting certain types of work, such as in sport, leisure or tourism.

Knowing how to swim can be important for your child's safety. A many of us take holidays by the sea, and there are lakes, canals, rivers and reservoirs around us, therefore it is important for safety that children learn to swim and learn to be sensible and confident in water.

The factors of socio-economic status may influence performance done by swimmers. The socio-economic status of a swimmer may have a strong relationship with factor of performance, the investigator therefore, wanted to assess socio-economic status of swimmers.

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## SIGNIFICANCE OF THE STUDY

It was felt that the following benefits would accrue as a result of the study.

1. The study helps to understand the socio-economic status of families of swimmers.
2. The study will be a useful contribution to the literature.
3. The study helps the future researchers as a source of guidance.

## METHODOLOGY

The purpose of the present study was to evaluate the socio-economic status of swimmers of age group of 10-16 year girls. To facilitate the study the researcher in consultation with his guide formulated a questionnaire to be administered to the subjects. The questionnaire covered such aspects as general information about the subjects, educational background of parents and other members of the family, details about place of dwelling, possession of movable and immovable property, cash, membership of the family with sports and social organizations, type and income of the family, habits of family members such as food, reading, recreation, religion, domestic and pet animals and birds reared, participation and training in sports and the social recognition accorded to them.

The formed questionnaire was administered to the swimmer who takes part in daily practicing. To make the study reliable and valid such as those subjects who participated, those who are more than 16 year are not included in the study. The questionnaire was administered to the subjects personally by the author with the help of his classmates who were trained in recording the data. The subjects were helped to understand the questions wherever they felt difficulty. A list of subjects included in the study is provided in Appendix.

Thus, the collected data were tabulated, analyzed and interpreted as presented in the succeeding chapter.

## ANALYSIS AND INTERPRETATION OF DATA

The purpose of the study was to evaluate the socio-economic status of swimmers of age between 10-16 years.

To accomplish the study, 100 female swimmers were selected at random, who were practicing daily at various swimming pools in Bangalore.

The ages of swimmers were 10-16 years.

To study the socio-economic study, a questionnaire was prepared under the guidance of an expert, and was explained in detail in the Methodology. The data were collected from 100 swimmers and the following statistical hypothesis was formulated and was tested through percentage analysis.

### Hypothesis

The swimmers were enjoying high socio-economic status.

To test the above hypothesis following descriptive percentage analysis were carried out under VI captions.

### I. Parental Education

Of the 100 swimmers parents, father's educational qualifications were as given below:

Post Graduates	Graduates	Professionals
10%	70 %	20 %

Mother's educational qualifications were as follows:

Post Graduates	Graduates	Professionals
10%	80%	10 %

From the above analysis, the parents had atleast graduation with respect to educational qualifications and hence author concluded that swimmers enjoy higher socio-economic status.

#### Family Income

Upto 60,000	60,000 to 1,00,000	1,00,000 – 2,00,000	Above 2,00,000
4%	10%	25 %	61 %

From the above analysis the majority parental annual income 61% were exceed Rs.2,00,000 thus concluded that the swimmers enjoys higher socio-economic status.

#### Family Background

Of the 100 swimmers family, only 4% of them were from joint family and 96% were from independent family.

Of the 100 swimmers, 79% of them are from one-child family, 20% of them from two-child family and 1% from more than the two child family.

60% of the swimmers had the sports background and their family members were sports persons, remaining 40% of the swimmers do not have any sports background.

All the 100 swimmers had, Dog as pet animal.

Of the 100 swimmers, 20% of the swimmers choose swimming for fun and recreation, 41% of the swimmers choose swimming for fitness, 20% of the swimmers choose swimming for competitions, 19% of the swimmers choose swimming with parental guidance and elder's guidance.

The distance between swimming pool and their residence was less than 3Km for 55% of the swimmers and 3-7Km for 45% of the swimmers.

All the 100 swimmers had started swimming at the age of 5-6 years. The duration of practice of swimming was 1 hour for 60% of the swimmers and 2 hours for 40% of the swimmers.

Of the 100 swimmers, 70% of the swimmers had facilities provided by their respective schools and 30% of the swimmers do not had any facilities in their respective schools.

Of the 100 swimmers, 35% were vegetarians and 65% were non-vegetarians.

#### Diet:

The following were the diet habit of the swimmers.

Break Fast	Lunch	Dinner
Chapathi	White rice	Soup (tomato, Chicken)
Uppittu	Chicken curry	White Rice
Dosa	Curd rice	Chicken curry
Idli	Ragi ball with chicken liver	Curd rice
Noodles	Mutton curry	Ragi ball with chicken liver
Pav Bhaji	Rasam, curd	Mutton curry
Breast toast		Rasam, curd
Mixed vegetable salad		Pav Bhaji
Rice bath		Jamoon
Milk		Halwa
		Burfi
		Milk

The swimmers consume 1-2 glass of milk in the morning and 1-2 glass of milk evening/night.

Only 8 out of 100 said they were had the habit of taking vitamin tablets and remaining 92 persons said they do not had any such habits.

With the information of dietary habit of swimmers, includes high calories items, the author concluded that the swimmers enjoy high socio-economic status.

#### Reading Habit of Swimmers

The following were the newspapers, periodicals, others that they were reading in their leisure time.

News Papers	Periodicals	Others
Deccan Herald, Times of India, The Hindu, Vijay Times, Prajavani, Vijaya Karnataka.	Star Sports, Wisdom, Sudha, Taranga, The Week, The Health and Fitness.	Tamil Morning, Encyclopedia,

With the information of reading habits of swimmers includes only English language newspaper, periodicals, which were the reading habit of high-socio-economic status people, the another concluded that the swimmers enjoy high socio-economic status.

#### Immovable and Movable

Of the 100 swimmers only 2 were residing in the rental house and 98 swimmers residing in their own house.

Of the 100 swimmers, 45 owns car and 55% owns scooters/bikes.

All the swimmers are provide with basic household articles such as Television, Tape Recorder, Gas, Furniture etc.

With the information that most of the swimmers are living in their own house and all of them own car/two-wheeler indicates high socio-economic status. Thus, the author concludes that the swimmers enjoy high socio-economic status.

#### CONCLUSIONS

The analysis and interpretation of the data culminated in drawing the following conclusions.

- 1.Out of the 100 swimmers, 10% of the swimmers fathers' were post graduates, 70% of the swimmers father's were graduates and 20% of the swimmers fathers' were professionals. This fact suggests that all the swimmers' parents were educated with minimum qualification of graduation.
- 2.Out of the 100 swimmers' parents, 10% of the swimmers mothers' were post graduates. 80% of the swimmers mother's were professionals. This fact suggests that all the swimmers parents had at least graduation with respect to educational qualifications and concluded that swimmers enjoy higher socio-economic status.
- 3.Out of the 100 swimmers only 4% of parents annual income was less than Rs.60,000, 10% of the parental annual income was less than Rs.1,00,000 (One Lakh), 25% of the parental income was less than Rs.2,00,000 (Two Lakh) and 61% of the parental annual income exceeds Rs. 2,00,000 (Two Lakh). This fact suggests that the majority parental annual income (61%) was above Rs.2, 00,000 (Two Lakh). Thus, it is concluded that the swimmers enjoy high socio-economic status.
- 4.Out of the 100 swimmers, only 4% of them from joint family and 96% were from independent family.
- 5.Out of the 100 swimmers, 71% of them are from one child family, 20% of them from two-child family and 1% from more than two child family. This fact concluded that swimmers enjoy higher socio-economic status.
- 6.Out of the 100 swimmers, 60% of the swimmers had sports background and their family members were sports persons. Remaining 40% of the swimmers do not have any sports background.
- 7.All the 100 swimmers had dog as pet animal. This fact also shows swimmers higher socio-economic status.
- 8.Out of the 100 swimmers, 20% of the swimmers choose swimming for fun and recreation, 41% of



swimmers choose swimming for fitness, 20% of the swimmers choose swimming for competitions, 19% of the swimmers choose swimming with parental guidance and elders' guidance.

9.The distance between swimming pool and their residence was less than 3Km for 55% of the swimmers and 3-7Km for 45% of the swimmers. This fact suggests that the traveling distance of the swimmers was less time consuming.

10.All the 100 swimmers had started swimming at the age of 5-6 years. The duration of practice of swimming was one hour for 60% of the swimmers and 2 hours for 40% of the swimmers. This fact concluded that swimmers interest to swimming.

11.Out of the 100 swimmers, 70% of the swimmers had facilities provided by their respective schools and 30% of the swimmers don't had any facilities in their respective schools.

12.The above conclusion suggests that more number of swimmers had good swimming had good swimming facilities.

13.Out of the 100 swimmers 35% were vegetarians and 65% were non-vegetarians.

14.Out of the 100 swimmers, all the swimmers are having breakfast, lunch and dinner according to the diet table. The swimmers consume 1-2 glass of milk in morning and 1-2 glass of milk in evening/night. Only 8 of 100 said they were had the habit of taking vitamin tablets and remaining 92 persons said they don't had any such habits.

With all the fact mentioned above suggests that the swimmers enjoy high socio-economic status.

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