



# Relationship Between Level Of Achievement And Health Related Physical Fitness, Physiological Functioning, Psychological Aspects And Socio-Economic Status Of Male Retired Sportspersons Of Karnataka State

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## ARTICLE INFO

## ABSTRACT

Man is the most intelligent organism in the universe. His thinking capacity, discoveries and thoughts have differentiated him from other animals and he has been placed in higher order as far as rationality is concerned. Man is absorbed in day-to-day activities without any rest. This places enormous amount of stress and anxieties. Which may have an adverse effect on his overall well-being. The purpose of the study was relationship between level of achievement and health related physical fitness, physiological functioning, psychological aspects and socio-economic status of retired sportspersons. In order to achieve the purpose of the study Frothy one (N=41) Male subjects in the retired sportspersons for the study were selected through purposive sampling method and who have previously represented Karnataka state in various sports as well as games in senior and junior category were selected for the study. The level of achievement of retired sportspersons was correlated with different variables selected for investigation. For this purpose Pearson product moment correlation coefficient was calculated. Raw data on level of achievement was converted to standard 'Z' scores using SPSS. There is no significant correlation between level of achievement and Self Esteem, Socio Economic Status, Stress, Body Mass Index, Dominant Hand Grip Strength, Flexibility, Pulse rate, Systolic Blood Pressure, Diastolic Blood Pressure.

**Keywords:** Sportspersons, Retirement, Health Related Physical Fitness, Socio-economic status.

## INTRODUCTION

Man is the most intelligent organism in the universe. His thinking capacity, discoveries and thoughts have differentiated him from other animals and he has been placed in higher order as far as rationality is concerned. Man is absorbed in day-to-day activities without any rest. This places enormous amount of stress and anxieties. Which may have an adverse effect on his overall well-being. He resorts to varied physical activities and sports in order to relieve from stress and anxieties. From time immemorial it has been observed that the man has been participating in recreational activities, physical exercise and sports to overcome the negative effects of stress. Due to all these reasons and historical evidence sports has played an important role in the lives of human being. Moreover, there are multiple benefits derived from participating in physical activities, sports, games and other allied activities. Scientific evidence indicates that regular physical activity,

exercise, and fitness are a key determinant of health. Appropriate dose of regular physical activity, participation in sports provides male and female of all ages, including those with disability, with physical and mental health benefits, as well as with social relationships<sup>1</sup>.

Geographical differences play an important part in giving prominence to physical activities and sports. India is no exception and has given prominence to a few sports and games. This includes Cricket, Hockey, Wrestling, Kabaddi, Kho-Kho, Badminton, Football, Volleyball and so on. India has been projected as superior in a few sports and games at the international level. India has to its credit the distinction of successfully organize various international level tournaments and championships. This includes Asian games, Cricket world cup, Hockey world cup, Commonwealth games, South Asian Federation games and other prominent premier leagues.

### **Importance of Sports Participating**

Participating in sports and representing a state or a nation is a matter of pride for any sportsperson. Every sportsperson strives to achieve excellence for winning medals to bring glory to own self, their parents, their coaches, their institutions, their state and their nation. In the process of bringing glory, we achieve a healthy and fit society. Bringing glory and being fit are equally important from National perspective. The sports environment creates a lifestyle based upon commitment, discipline and routine that is designed to shelter an athlete from external distractions<sup>2</sup>.

'Status' generally means the present position or the level in which a thing or a person is positioned. In the present context, status refers to the socioeconomic position of a sportspersons regularly participating in organized sports. The status of sportspersons can be clearly determined by their present economic, social, physical and mental aspects. The life of a competitive sportsperson is characterized by glorious peaks and debilitating valleys<sup>3</sup>. In recent years, research on sports career progress has received a central shift from a performance-enhancement perspective to a holistic lifespan perspective<sup>4,5</sup>. Instead of being seen as an exclusive entity, the lifespan perspective, particularly delves into the performing sport and post-sport career transitions occurring in other provinces of the sports lives.

Sportspersons starts career quite early in their life and consistently try to achieve excellence as per their capabilities. Due to long term indulgence the life of sportspersons takes totally different dimensions and will be highlighted differently from other individuals. The intent of this study is to analyze the repercussions of long-term sports participation at the end of their sports career. The status of sportspersons is directly related to the sport or game that they select. The status of sportsperson varies from sport to sport in India. India is cricket loving nation. Cricket is considering a religion in India. Apart from cricket there are few events in which sportspersons would achieve at National and International levels Eg. Hockey, Badminton, Wrestling, Tennis and Football.

### **Sports Retirement**

Retirement is common phenomenon in the life of every sportsperson. After a prolonged sports career blended with training, competitions and travel the career of sportspersons will come to a definite end. The sportsperson has to face entirely new world filled with numerous challenges. Retirement is defined as the withdrawing of oneself from a specific activity <sup>6</sup>. Sport retirement is defined as the separation of a sportspersons from his/her sport <sup>7,8</sup>.

The anxieties, expectations and challenges pose a threat to sports, persons. As compared to other professions, sportspersons have to face retirement quite early. Mostly sportspersons get very less time to get adjusted to a new life behind sports arena. Sportspersons invest their childhood and youth time in training and competing in various sports competitions. They are usually away from normal social life. A study was felt essential to understand the effects of sports retirement mainly focusing upon the life of sportspersons after retirement.

### **The objective of study**

The purpose of the study was to investigate the relationship between level of achievement and selected health related physical fitness, physiological functioning among retired male sportspersons of Karnataka state.

### **Methodology**

Frothy one (N=41) Male subjects in the retired sportspersons for the study were selected through purposive sampling method and who have previously represented Karnataka state in various sports as well as games in senior and junior category were selected for the study. The detailed information on selection of subjects from different sports/games disciplines in men and women section are given in table 1.

**Table1 Information on event-based selection of subjects in retired sportspersons**

Sl.no	Games	Men section
1.	Athletics	6
2.	Basketball	6
3.	Cycling	6
4.	Handball	6
5.	Hockey	6
6.	Volleyball	5
7.	Wrestling	6
Total		41

The research scholar reviewed the available literature pertaining to the study from books, journals, periodicals, magazines and research papers and also taking in consideration of the importance of variables and feasibility criteria, the following variables were selected; In Physical variables - Height, Weight, Flexibility, hand grip strength and Physiological variables - Pulse, Blood pressure, Body composition. The level of achievement of retired sportspersons were calculated using a self-prepared point awarding system. The past achievement was compiled from each subject selected for the present study and points were awarded for their sports achievement in the past.

The level of achievement of retired sportspersons was correlated with different variables selected for investigation. For this purpose, Pearson product moment correlation coefficient was calculated. Raw data on level of achievement was converted to standard 'Z' scores using SPSS.

### Findings of the study

Table 2 provides detailed information on association between level of achievement and selected health related physical fitness, physiological functioning of retired male sportspersons.

**Table 2 Summary of correlation between level of achievement and selected health related physical fitness, physiological functioning, psychological aspects and socio-economic status of retired male sportspersons.**

	Level of achievement
Self Esteem	.221
Socio Economic Status	.232
Stress	.175
Body Mass Index	.162
Dominant Hand Grip Strength	.154
Flexibility	.157
Pulse rate	-.152
Systolic Blood Pressure	.024
Diastolic Blood Pressure	.033

Correlation significant at \*P <0.05, \*\*P <0.01, \*\*\*P <0.001

From table 2 it can be inferred that there is no significant correlation between level of achievement and Self Esteem ( $r = .221$ ), Stress ( $r = .175$ ), Socio Economic Status ( $r = .232$ ), Body Mass Index ( $r = .162$ ), Dominant Hand Grip Strength ( $r = .154$ ), Flexibility ( $r = .157$ ), Pulse rate ( $r = -.152$ ), Systolic Blood Pressure ( $r = .024$ ), Diastolic Blood Pressure ( $r = .033$ ).

### Discussion on Hypothesis

It was hypothesized that the selected health related physical fitness, physiological functioning, psychological aspects and socio-economic status of retired sportspersons will have significant correlation with their levels of achievement. The hypothesis is *REJECTED* in Men sportspersons because none of the aspects were having relationship with the level of achievement.

### Conclusion

Within the limitation of the present investigation, it is concluded that there is no relationship between level of achievement and Health related physical fitness, physiological functioning, psychological aspects and socio-economic status of retired male sportspersons of Karnataka State.

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