

Assessment of Achievement and Socio-Economic Status of Power Lifters of Jammu Region

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Abstract

Objective: The present study is to assess the socio-economic status and achievement of power-lifters of Jammu region.

Method used: 15 males and 15 females power lifters between the age of 20-45yrs, matriculate or above were selected comprising a sample size of (n=30). To assess social economic status ,modified Kuppuswamy scale was used. Further, achievement of power lifters was assessed through closed ended questionnaire.

Findings: It has been concluded that socio economic status of family does plays a major role in achievement of power lifters. Males get more socio-economic support from family than girls. Most of the athletes belong to high class families having income more than Rs47,500 per month and the power lifters who got mental and physical support tends to perform better rather than those doesn't having any mental and physical support.

Application: This study recommends parents/ guardians to provide both financial and mental support to their wards so that they should be able to represent themselves at international level and improve their performance.

Keywords: Achievement, socio-economic status, Power lifters, Jammu region, Kuppuswamy scale, close ended questionnaire

Introduction

Power lifting is a strength based sport that comprises of three attempts at maximum weight on three lifts; squat(sit with one's knees bent and heels close to buttocks or the back of one's thigh) , bench press(exercise in which a lifter lies on a bench with feet on floor and raises a weight with both arms) and dead lift(A lift made from standing position, without the use of a bench or other equipment). The athletes participating in Power lifting has to lift the maximum weight through barbell loaded with weight plates in a single lift. The modern power-lifting was originated in the United Kingdom and the United States in 1950s and International Power lifting Federation

(IPF) is the governing body. Indian Power-lifting Federation was founded in 1975 with the goal of improving one’s health by participating in iron sports. The Ministry of Youth affairs and sports, Govt. of India as well as the Indian Olympic Association gave its recognition to this federation in 1979. Now a days more than 10,000 men and women power lifters around the country are involved in this game. At present, there are 37 state associations and 6 central Government board unit championships offices across the country. The main problem of power lifters in India is inability to perform well at International levels due to lack of guidance, nutrition, equipment, motivational factors and economical condition. By keeping such points into consideration ,the study on“Assessment of Achievement and Socio-Economic Status of Power Lifters of Jammu Region” had been undertaken.

Research Methodology

A modified Kuppuswamy’s Socio-economic Status scale was used to assess the socio-economic status of 30 power lifters who were randomly selected from Jammu region purposely. The scale having three major components: Education, Occupation and Income. To study the achievement of power lifters, certain questionnaire which comprises of fifteen questions was set. This scale measured the results which was best suited as per the individual.

Method of Data Collection

The primary data have been collected by surveying the major gyms of the Jammu region purposely having all the pre-requisites facilities for the power lifters. A list of the power lifters from these gyms was prepared comprising of 15 males and 15 females which were randomly selected for this study. The set of questionnaire was distributed among them for their opinion in order to study the Assessment of Achievement and Socio-Economic Status of Power Lifters of Jammu Region.

Results and discussions:The results have been categories into two sections First is related to study the socio-economic status of the weight lifters.

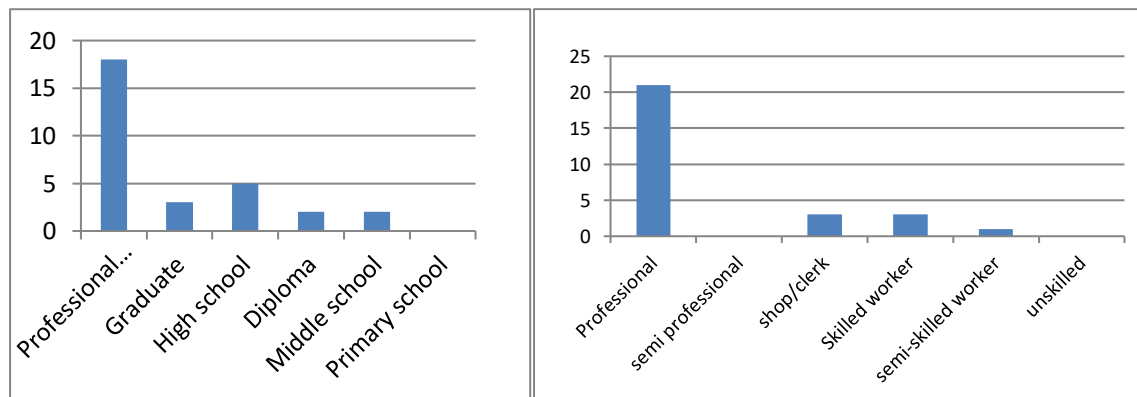


Fig.:1 Educational Qualification of head of the family Fig.:2 Occupation of the head of the family

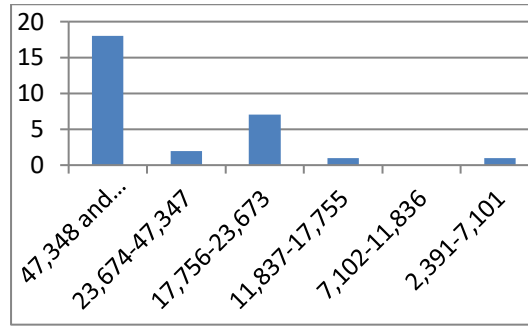


Fig3:Per capita income of the head of the family

The socio-economic status of the head of the family is studied using modified Kappuswamy scale. From fig:1it is observed that 66.67 percent had a professional degree, 10 percent having graduate degree, 16.67 percent having high school diploma and 6.66 percent with intermediate diplomas.Thus, the more weight lifters are those whose head of the family having professional degree like lawyer, teacher, doctor and Engineer. Further, as per figure 2, 70 percent head of the family were professionals by occupation involved in lawyer, teacher doctor and Engineer, 10 percent were shopkeepers or clerk and skill workers each, 3.33 percent said unskilled worker and 6.67 were unemployed as per the study.The total per capita income of the family, 60 percent having more than Rs47,348, 10 percent between Rs23,674- 47,347, 21 percent betweenRs17,756- 23,673 and 9 percent having less than Rs 11837 per month as per figure3. The more the family income their wards are more bend towards this game.

At second stage the achievements of power lifter are studied by using Close ended questionnaire. The questionnaire having fifteen statements, the power lifters were requested to provide the appropriate options as per them in order to study their achievements and constraints being involved in this event. The detailed wise discussion is as:

(i) In the first question subjects were asked about how long they been doing Power lifting?

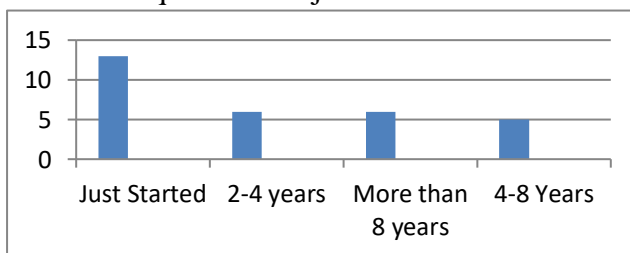


Fig:4

Experience plays a very huge role in the mind set and performance of a sports person.As per their responses(figure 4), 43.3 percent claimed they had just begun, 20 percent between 2-4 years, 16.6 percent between 4-8 years and 20 percent said they have been doing power lifting for more than 8 years.

(ii) What influenced their decision to play this game?

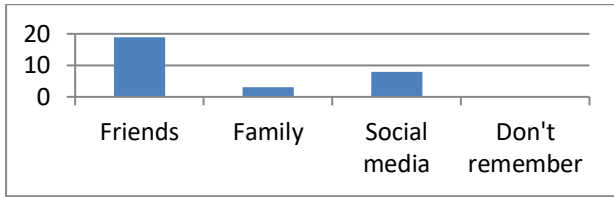


Fig:5

As per their response for this question(fig 5), 63.3 percent participants had friends influence, 10 percent had family influence, and 26.6 percent had social media impact while deciding which game to play. This shows that a person’s social network is quite important for motivating them to be active.

(iii) Is your Family financially supportive to you regarding the game?

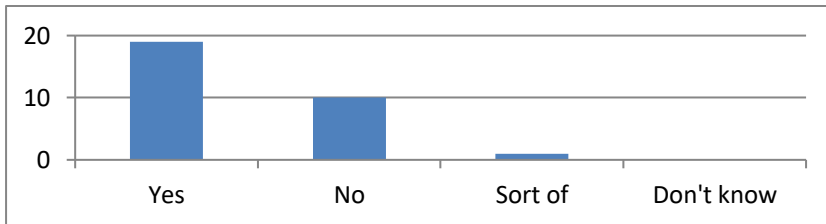


Fig:6

As per their response to this question (fig 6), 63.3 percent candidates responded in the affirmative, 30 percent responded negatively, and 3.3 percent responded occasionally.

(iv) Is your family mentally supportive to you regarding the game?

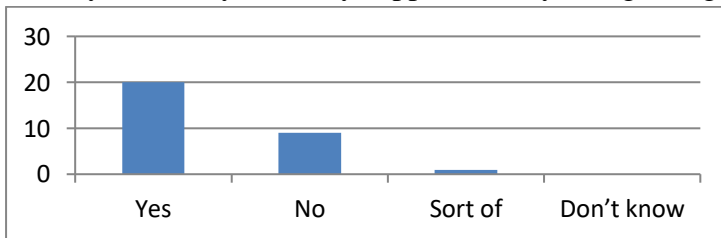


Fig:7

Their response was observed (fig:7)63.3 percent candidates said yes, 30 percent said no and 3.3 percent said sometimes.

(v) Diet or Exercise, in your opinion is the most difficult aspect of being a power-lifter?

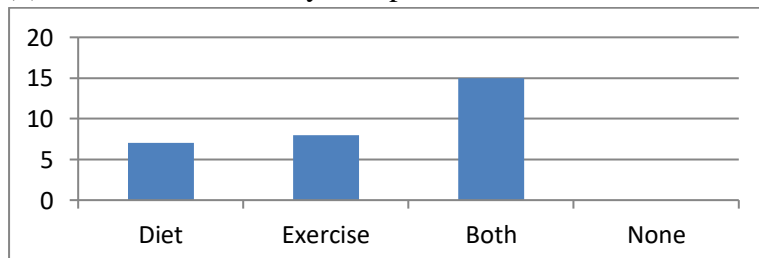


Fig:8

As per the response of power lifters (fig 9), 23.3 percent replied diet, 26.6 percent said training and 50 percent said both are the difficult aspects being power lifters.

(vi)How much money do you spend on this game on monthly basis?

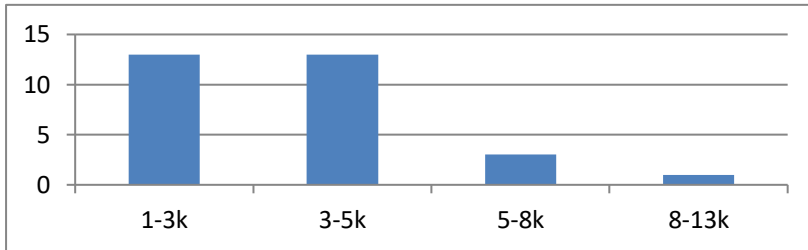


Fig:9

As the response of above question (fig:9), 43.3 percent responded around Rs.3,000. Another 43.3 percent said around 5,000, 10 percent said around 8,000 and 3.3 percent stated more than 8,000.

(vii) What is your greatest achievement in this game so far?

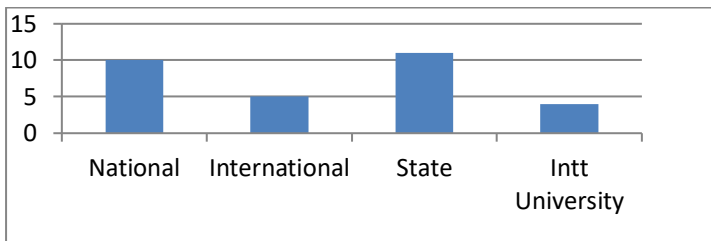


Fig:10

As per the reesponse (fig10),33.3 percent candidates claimed they have participated at the national level, 16.6 percent at the international level, 36.6 percent at state level, and 13.3 percent at the inter college/district level.

(viii) How many contests have you competed in so far?

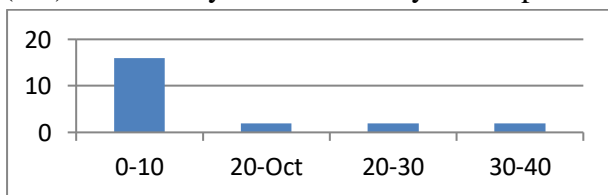


Fig:11

When asked how many tournaments they had participated in thus far (fig:11), 53.3 percent candidates claimed they have played in 8-10, 33.3 percent said 15-20, 6.6 percent answered 25-30, and 6.6 percent replied more than 30.

(ix) Do you seek advice from specialists to help you improve your performance?

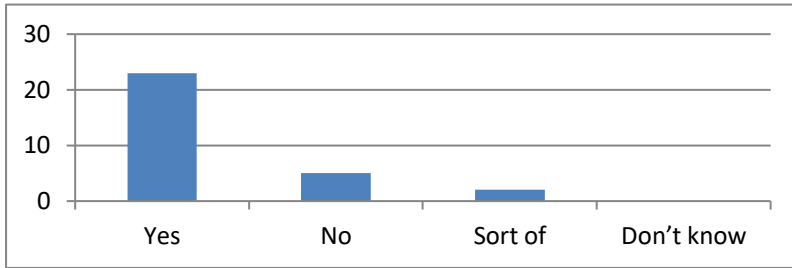


Fig:12

When asked if they seek professional assistance with power lifting (fig:12), 76.6 percent candidates said yes, 16.6 percent said no and 6.6 percent said sometimes.

(x) Do you devote time to researching new and improve strategies to increase your performance?

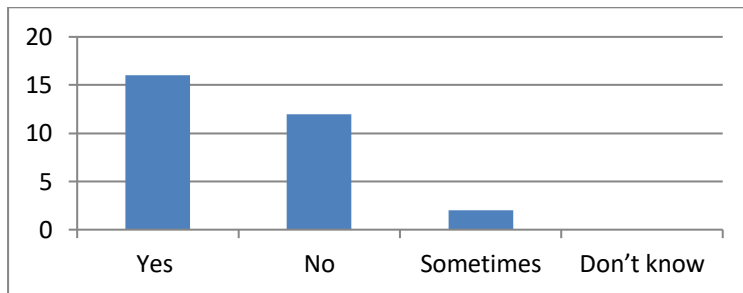


Fig:13

As per the response (fig:13), 53.3 percent candidates replied yes, 40 percent said no, and 6.6 percent said occasionally.

(xi) Do you follow the strategies, diet and exercise regimen of current and former World class power lifters?

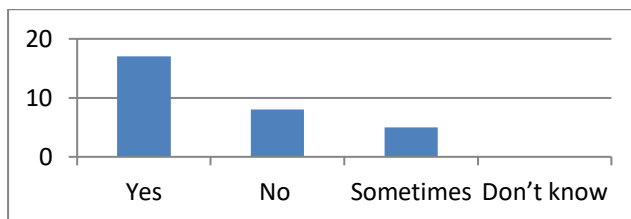


Fig:14

As per the response (fig:14), 56.6 percent candidates responded yes, 26.6 percent replied no and 16.6 percent said occasionally.

(xii) Is your coach reviewing your progress and personal performance on an individual level on a frequent basis?

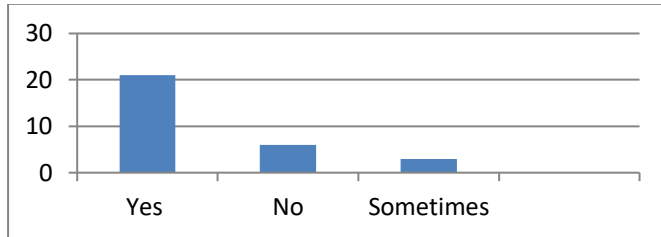


Fig:15

As per the response (fig:15), 70 percent candidates responded yes, 20 percent said no and 10 percent sometimes.

(xiii) What in your opinion prevents power lifters from competing and performing well at International Level?

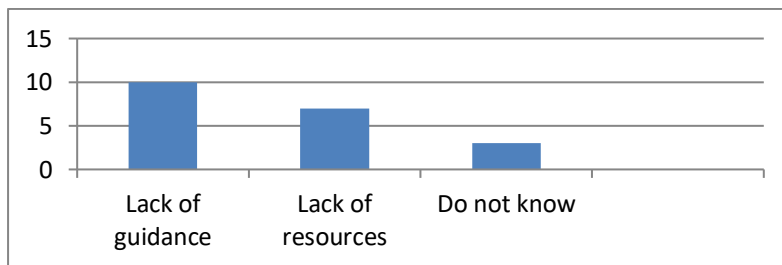


Fig:16

As per the response (fig:16), 33.3 percent applicants responded that it's lack of guidance, 23.3 percent that it's lack of resources, and 43.3 percent that they just don't know the cause.

(xiv) Do you think International power-lifters are better than Indian power lifters?

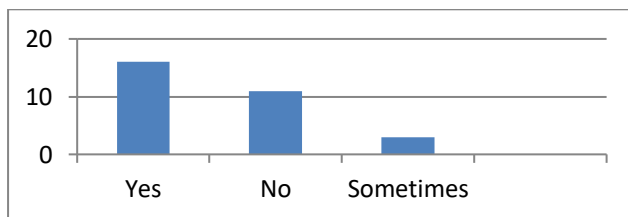


Fig:17

When asked if they thought foreign power lifters were superior to Indian power lifters, 53.3 percent candidates responded in the affirmative, 36.6 percent in the negative, and 10 percent responded possibly (fig:17).

(xv) Do you work with your coach to identify goals that are specific to your own development?

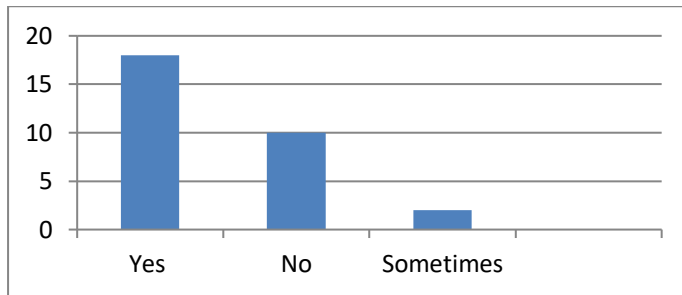


Fig:18

In response to this question, 60 percent candidates said yes, 33.3 percent said no and 6.6 percent said sometimes(fig:18).

Discussion and Conclusion

- In our study we found that male athletes participate more in such competitions as compared to females which could be attributed as a lack of family support.
- The athletes with decent family support had higher achievements than those with no family support.
- Similarly, the results depict that most of the medals were won by power lifters of upper and middle classes, which suggests that socio-economic status also plays a vital role in the journey of achieving success.
- Coaches and families play a major role in a sportsperson's life and without their guidance and encouragement it's very hard for them to reach new heights.
- Furthermore, we found that many intrinsic factors such as mindset, discipline, confidence and dedication all play a significant role in shaping the power lifters.

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