



ISSN: 2249-894X

IMPACT FACTOR : 5.7631 (UIF)

UGC APPROVED JOURNAL NO. 48514

VOLUME - 8 | ISSUE - 8 | MAY - 2019



## A COMPARATIVE ANALYSIS OF ATHLETES AND NON-ATHLETES ON THE DIMENSION OF BALANCE OF HYDERABAD KARNATAKA

Shahajahan D. Dange<sup>1</sup> and Dr. J. S. Pattankar<sup>2</sup>

<sup>1</sup>Research Scholar .

<sup>2</sup>Research Guide , Ph.D , Lecturer in Physical Education, Govt. Degree College Sedam, Karnataka.

### ABSTRACT:

The essence of all research concerning the notion of quality of life consists of the efforts performed by specialists to measure the symbiotic effect of objective facts concerning life, and the subjective population perception over the social-human wellbeing. The concept of quality of life offers important milestones for highlighting the way individuals and social groups assess their own wellbeing (Lucut, G, Radulescu, S.M, 2010, p.54). According to SEN, A(1993), the quality of life offers that people's subjective perception on their own existence, on the increase or decrease of living quality levels. Quality of life is more important than economic wellbeing, it

following the interest of the individual, the power of fulfilling certain actions or to accomplish various goals.

**KEYWORDS:** quality of life consists , economic wellbeing.

### INTRODUCTION

It is not about a personal utility, centered on happiness, pleasure or desire, but the state of a person in contrast with the social situations, and about the things that an individual manages to do or achieve in his life. The quality of life, as Liu Ben - Chien (1975) believed, is a subjective defining for everything that encompasses population wellbeing and the environment. It expresses a set of desires that have been accomplished and together, determine the happiness or the satisfaction of the individual. Each individual follows its own interest and personal satisfactions, the general conditions of the

environment being treated as consumption goods or as comfort resources (Petreloff, H., Wingo, I., 1961, p. 54). Baier K., (1971, p. 45) defining the quality of life as "the sum of all natural and cultural (social) threats, the variety, quantity and quality of goods and services being available to every member of society "Winning in sporting event is not a matter of life-or-death-it is much more important than that". This sporting cliché sums pan attitude towards sport that is increasing common around the world. The object of this article is to examine how sport has become such major factor in everyday life. Just over ace nutria go the American phi los other William James called for the creation of a "moralequ ivalent of war": the search for something- otherthanwar-that would enhance

aperson'sself- discipline, hardiness sand self-sacrifice. But sport, not just exercise, gives a child more than just physical well-being; it contributes to a child's development both psychologically and socially. Sport psychologist Dr. Glyn Roberts of the University of Illinois has worked primarily in children's sport for the last two decades. He emphasizes that sport is an important learning environment for children. "Sport can affect a child's development of self-esteem and self-worth," explains Roberts. "It is also within sport that peer

status and peer acceptance is established and developed". One way children gain acceptance by their peers is to be good at activities valued by other children, says Roberts. Research shows that children would rather play sports than do anything else. A study conducted in the United States showed that high school boys and girls would rather be better at sports than in academic subjects. The same study showed that high school boys would rather fail in class than be incompetent on the playing field. Because sport is important to children, being good at sports is a strong social asset. Young boys in particular use sports and games to measure themselves against their friends. Children who are competent at sports are more easily accepted by children of their own age, and are more likely to be team captains and group leaders. Such children usually have better social skills.

### All-around athlete:

An "**all-around athlete**" is a person who competes in multiple sports at a high level. Examples of people who played more than one sport professionally include Jim Thorpe, Lionel Conacher, Deion Sanders, Danny Ainge, Babe Zaharias and Erin Phillips. Others include Ricky Williams, Bo Jackson, and Damon Allen, each of whom was drafted both by Major League Baseball and by professional gridiron football leagues such as the NFL and the CFL. Another female example is Heather Moyse, a multiple Winter Olympic gold medallist in bobsled and member of the World Rugby Hall of Fame who also represented Canada internationally in track cycling and competed at university level in basketball and track and field. Japanese athletes such as Kazushi Sakuraba, Kazuyuki Fujita, Masakatsu Funaki and Naoya Ogawa have successfully performed in professional wrestling (which isn't a sport) and competed in mixed martial arts.

### "World's Greatest Athlete"

The title of "**World's Greatest Athlete**" traditionally belongs to the world's top competitor in the decathlon (males) and heptathlon (females) in track and field. The decathlon consists of 10 events: 100 meters, long jump, shot put, high jump, 400 meters, 110 m hurdles, discus, pole vault, javelin, and 1500 m. The heptathlon consists of seven events: the 100 m hurdles, high jump, shot put, 200 meters, long jump, javelin, and 800 meters. These competitions require an athlete to possess the whole spectrum of athletic ability in order to be successful including speed, strength, coordination, jumping ability, and endurance.

Although the title "**World's Greatest Athlete**" seems a natural fit for these two events, its traditional association with the decathlon/heptathlon officially began with Jim Thorpe. During the 1912 Olympics in Stockholm, Sweden, Thorpe won the gold medal in the Decathlon (among others). Thorpe notably also competed professionally in soccer, baseball, American Football, and basketball; and competed collegiately in track and field, soccer, baseball, lacrosse, and did ballroom dancing. King Gustav V of Sweden, while awarding Thorpe the decathlon gold said: "You, sir, are the greatest athlete in the world." That title has become associated with the decathlon event ever since.

### Non-Athletic Career Opportunities

Lately, my friends have been asking me a lot of questions about Shockfruit. Most of those questions are about careers in sports. To be frank, I do not come from the so called "jock" side of high school background and so sports was never really an option for me. However, it doesn't mean that the inner athlete in me was dead. There were times in my academic life when I sincerely attempted to pursue a sport. However, I was always told that my physical attributes were not of an athlete. Well, I did fell ill quite often as a kid and the dreams of my inner athlete were always crushed. During every school and college level sporting event, I stood in the stands and wondered if I could take part in the action. Not to mention, my friends mostly were as athletically inept as me. So, now when they know about Shockfruit, their reaction is often of surprise but when I tell them more, they start asking me if there are ways that they can still have a chance to contribute to sports. This gives me immense satisfaction as I see people who are seemingly distant from sports start thinking of it when I talk about our website. So,

here are a few sports career options I tell my not so very athletic friends about, which I think would also interest you.

### Importance of the study:

The present study is important because, Hyderabad Karnataka region is highly backward in its economic condition, here it is important to know that whether the sports activities does also have lagging behind it to identify, so the present study is undertaken to know the comparative analysis of the athletes and non-athletes dimension of balance in its atmosphere, to knowing that we can able to judge that does the sport activities are taking place in this region with suitable infrastructure facilities for the development of the sports and culture in this part of the region. And yet the same time it is important to know the differences that existed between athletes and non-athletes sport. It is to be knows that the correlation existed in its performance, infrastructure and achievement among the athletes and non-athletes in this part of the region.

### Statement of the Problem:

The purpose of study is to find out the differences in "A Comparative Analysis of Athletes and Non-Athletes on the Dimension of Balance of Hyderabad Karnataka"

### Objectives of the study:

The present study aimed to study the following objectives of the study.

1. To know the sports activities in this region.
2. To know the sports dimension in this region.
3. To identify the difference existed between Athletes and Non-Athletes.
4. To know the facilities available for the Athletes and Non-Athletes.
5. To identify the performance of the both Athletes and Non-Athletes.
6. To know the achievement of the both Athletes and Non-Athletes.
7. To know the behavior of Athletes and Non-Athletes in different dimensions.
8. To identify the hidden problems faced by Athletes and Non-Athletes.
9. To know the level of psychological balanced personality among Athletes and Non-Athletes.

### Hypothesis:

The following hypothesis formulated with the help of the secondary data and the knowledge of wisdom of researcher.

1. There are significant differences between Athletes and Non-Athletes on the dimension of balance.
2. There is significant co-relation between Athletes and the Non-Athletes on the dimension of balance.
3. There is significant co-relation between Men Athletes and Men Non-Athletes on the dimension of balance.
4. There is significant co-relation between Women Athletes and Women Non-Athletes on the dimension of balance.
5. There may be better balance among Athletes in comparison with Non-Athletes.
6. Athletes are more balanced than Non-athletes on the dimension of balance.

### Delimitations:

1. The study is delimited Hyderabad Karnataka region only.
2. The study is delimited to 400 hundred samples only.
3. Study is delimited to the age group of 16-21 years only.
4. The study is delimited to 200 hundred Men and 200 hundred Women.
5. The study is delimited to the athletes those who participated in intercollegiate and above competitions.

**Limitation:**

The keeping the research problems in mind it is very important to make boundary or limitations of its study, if we do not make limitation on research it will become story so keeping its importance and scope in mind the following limitation are made to make research authenticity.

1. The study was is limitation to the responses given by the subjects.
2. The record of the sophisticated equipment's is considered as the limitations for the study.
3. The food habits and geographical conditions were considered as limitations for the study.
4. The achievement declared by the athletes considered as limitations for the study.
5. Declaration of the age by the sample is considered as limitations for the study.
6. Standard questionnaire were considered as limitations for the study.

**Methodology:**

This examination inspected the idea of the connection between athletic cooperation and scholastic accomplishment in secondary school understudies. As noted in section one, troublesome monetary occasions have brought about slices to secondary school athletic spending plans with no thought of the advantages of secondary school athletic support. On the off chance that a connection could be appeared athletic cooperation and higher scholarly accomplishment, supporters of games would have a more grounded contention when endeavoring to save subsidizing for secondary school athletic projects. This part incorporates the dialog of research structure, populace and inspecting procedures, information accumulation, and information examination techniques just as areas on legitimacy, unwavering quality, and generalizability of the investigation's outcomes and the insurance of human subjects engaged with this investigation.

In this chapter it is analysed that the what are methods used for the present research work and sample of the research has been take into account for the next chapter, accordingly this is the core chapter of the research one has to carry over is research. Yet the same time identification of the sources such as primary and secondary, the collection of the source material, method used to collect both primary and secondary source materials and also how the sources are to be scrutinized is also known in this chapter, The most important activities of research is to make it clear in this chapter that, problem of research, method used research, sample size, limitation, scope, method of statistics and area of research.

**Sample:**

The present study is studied with the help of both Athletes and Non-athletes in the Hyderabad Karnataka region, here samples will be both athletes and Non- athletes in this part of the region. By the research problem we could able to take them as sample for the present study, accordingly the both athletes and non-athletes in the region are taken into account.

**Sample Size:**

By knowing its limitation of the study and it depth one can able to choose according to the need of the research, by keeping the research limitation in mind that, the sample of the present research problem has been selected, accordingly 400 samples have been taken into account for the present study, in that 200 Athletes and 200 Non-Athletes have been taken for the present research.

**Population and Sampling :**

The site of this study is a Hyderabad Karnataka region in the northern Karnataka of India and nearly  $\frac{1}{4}$  of the population of the state represents from the region the region has rich human resource and to know the population participation in the sports activities and other curriculum activities. That the results of this study would have a positive impact in the researcher's, specifically in preserving and increasing funding for athletics. Although a convenience sample is not ideal, a random sampling would not be practical as athletic and non-athletes. Nonetheless, with 2,00 athletes and 200 non-athletes. However, because this is a convenience sample, a study conducted with data from a site that was

accessible to the researcher (Creswell, 2003), there is a limitation on the generalizability of study findings to other populations.

### **Data Collection :**

In order to determine whether there is a correlation between athletic and non-athletes participation and performance achievement, archival data was examined. Pre-existing data sets for the both athletes and non-athletes in question include GPA and whether they participated in athletics over the period of the study. Permission to collect and use this data was granted by the University authorities during the university selection and during the Dashara festival sports meet. And the researcher has obtained printouts of these data for the 2010-2011, 2011-2012, and 2012-2013 from the University of Gulbarga during this period.

### **Data Analysis :**

The initial phase in information examination was investigating the athletic and non-competitors group lists to figure out which understudies could be incorporated into the investigation. The understudy data must be screened with the goal that just applicable, clean information are utilized in the examination, "athletic member" and "non-competitors" are critical. An athletic member is characterized as any understudy who was an individual from no less than one secondary school athletic group for every one of the three years. A non-member is characterized as any understudy who was not an individual from a secondary school athletic group for any of the three years. This arrangement disposed of a considerable gathering of understudies from the examination who took an interest just a couple of years. The rest of the example for the investigation is 200 athletic members and 200 non-Athletes, enabling the analyst to achieve the objective of 200 understudies for every example gathering. Tests of under 200 are by and large viewed as little, while "tests somewhere in the range of 200 and 200 can be adequate given there are generally few factors each with just few marker factors Because understudy by and large execution is influenced by such huge numbers of different components, for example, financial status and parental inclusion, this examination isn't concerned principally with the general methods for the two gatherings, yet rather the change, either negative or positive, analyst presently fills in as an instructor at the school where the example was gotten thus can be sure of the above conditions. As expressed, all understudy information utilized in this investigation was coded by number. No understudy, or mentor names show up in any of the information. The analyst has kept this information in a safe area and has not imparted it to anybody. The majority of the materials will be wrecked at the finish of the examination. The specialist has not and won't have any communication with understudies identified with their support in this investigation, and no members were bamboozled in any capacity.

This section shows how the exploration examine reacts to an issue of training by tending to a hole in the writing. Past investigations identified with this theme used cross-sectional information and took a gander at just by and large GPA without representing previous contrasts that may give competitors an underlying favorable position in their accomplishment. By executing a longitudinal report that centers around the adjustment in GPA over a three-year time frame, the analyst plans to all the more likely record for whatever other variables that may affect understudy accomplishment. Surveying the impact of athletic support on understudy scholarly accomplishment is a confounded endeavor, and regardless of whether the theory of this investigation was resolved to be valid, just a relationship could be asserted, not causation. No investigation can totally respond to the inquiry: Does athletic support sway scholastic accomplishment? In any case, the consequences of this investigation could educate chiefs deciding the job and money related help for games in educational systems. The examination was led at a Hyderabad Karnataka locale competitors and non-Athletes for the time of three years, who have taken an interest in at college level challenge held under the Gulbarga University associated schools member.

The motivation behind the examination was to decide the idea of the relationship, assuming any, among athletic and non-competitors member, execution accomplishment. As recently referenced, three years of authentic information were used and autonomous t-tests and Mann-Whitely U tests directed so as to analyze the GPA methods for understudy athletic and non-competitors, the aftereffects of which are introduced beneath. As expressed already, early investigations around there have been reprimanded for their cross-sectional plan (Holland and Andre, 1987) just as spotlight on generally GPA instead of progress in GPA (Marsh, 1988). While tests were raced to look at the general GPA implies for every one of the years and that information is incorporated, the essential focal point of this examination is to think about the adjustment in GPA for athletic just as non-competitors over the three years being referred to. This was finished by computing the GPA development rate for each gathering, and testing the essentialness of the development rate through the scholastic execution change test. The situation of the scientist is that the GPA development of athletic members must be measurably critical and higher than that of non-members all together for any case of a connection among interest and scholarly accomplishment to be made.

### Sample and Data Entry

The athletic member information comprises of 100 guys and 100 females for an aggregate of 200. These understudies took an interest in somewhere around one members at college sports meet for every one of the three years of the investigation. As expressed, there are 200 non-competitors, Student names were then supplanted by numbers with the goal that the information went into the SPSS programming would be unknown. The "names" 1 through 200 are the athletic, and 200 through 400 the non-competitors. After the information was gone into SPSS variant 19, testing could start.

### Data Analysis and Interpretation :

This is the core chapter of the thesis and heart of the research in which scholar will take his effort to analyse the data which he has taken from the respondents of his research topic keeping the variable into account. The most important thing in this chapter is to fulfil his aims and objectives and know weather the hypothesis have been proved or the disproved from his research has to be make the decision according to the available data. The scholar will take the full effort to make it clear of his aims and objectives by the statistical information, in this chapter it made very clear from the table from below in this chapter.

**Table - 1 General characteristics of the sample**

	<b>Athletes</b>	<b>Non-athletes</b>	<b>General</b>
n (Total)	200	200	400
n (Men)	100	100	200
n (Women)	100	100	200

The general sample for the present study is of 400 respondents from the both the athletes and non-athletes from the Hyderabad Karnataka region, who have been participant in the university sports meets of year 2010-2014 year meets participant s have been taken into account for the present study. In that two hundred athletes from the region, who have been participant in the meets of Gulbarga University, through them the primary data has been collected and that has been interpreted through the SPSS package, and the data has been interpretive with the percentage of method, it is the best way of finding the solution for the existing research. And yet the same time 200 Non-Athletes also been interviewed with the structured questionnaires, and the respondents were selected from the affiliated college of Gulbarga University have been taken into account and through them information related to the present research problem has been taken into account for the analyzing the issue with suitable conclusion. The most important issues is to identify the correlation between the Athletes and non-athletes and women athletes and women non-athletes were to be studied, so here same number of the female athletes and non-female athletes have been taken to collect the information related to the

research problem to find out the solution for the research problem. Here both male and female athletes and non-athletes information is interpreted with the suitable examples with their performance, participation, and their achievement in the game of sports, and also to know whether , who is dominated in this parts of region, with their information it is able to make conclusion that who has dominated the sports in this parts of region.

### SUMMARY, CONCLUSION AND RECOMMENDATIONS:

The present research work which has got its own importance because in this part of the region no prominence is given to sports activities and here it is studied that in the participant in the activities of sports. To know the correlation of the athletes and non-athletes in this part of Hyderabad Karnataka region. The main motto of the study is to know their participation, their aggressiveness, and their emotional intelligence of the athletes and non-athletes of this region and to identify who is the more active than the one among. In this study 400 hundred respondents have been selected for the present study, among them 200 athletes and 200 non-athletes were taken into account and among them 100 women athletes and non-women athletes were taken into account, through them the related information is collected and collected dated scrutinized with the newly technique of SPSS package, that were analyzed in the fourth chapter in the form of tables below that its explanation has been made with taking statistical data with suitable theoretic approach while explaining the data has been taken with scientific approach. Keeping the aims and objectives in account the data has known that has been systematically brought into the action of research. Here both hypotheses has been disproved from the data. The both athletes and non-athletes participation is same in its existing condition of the region, even though in the sense of balance of dimension, athletes are dominated the non-athletes in all aspects. It is very clear that the both have different in all approach of their performance and emotional health concern, aggressiveness and social respect. There is no correlation between athletes and non-athletes in all aspect, so it shows that the hypothesis which were formulated during the course of research have been disproved and even there is no correlation exist between men and women athletes and non-athletes women in this part of the Hyderabad Karnataka region.

### REFERENCES:

1. Beem, K. (2006). Righting the balance in the athletics-academics equation. *School Administrator*, 63(6) 10-20.
2. Bowen, D. H., & Greene, J. P. (2012). Does athletic success come at the expense of academic success? *Journal of Research in Education*, 22(2), 1-14.
3. Bowen, W. G., & Levin, S. A. (2003). *Reclaiming the game: College sports and educational values*. Princeton, NJ: Princeton University Press.
4. Brewer, B. W., Raalte, J. L. V., & Linder, D. (1993). Athletic identity: Hercules' muscles or achilles heel? *International Journal of Sport Psychology*, 24, 237-254.
5. Broh, B. A. (2002). Linking extracurricular programming to academic achievement: Who benefits and why? *Sociology of Education*, 75, 69-96.
6. Canadian Interuniversity Sport. (2011-2012). *CIS Athlete's Guide*. Retrieved on February 6, 2014
7. Caulley, Darrel N. (2007). Qualitative research for education: An introduction to theories and methods. *Qualitative Research Journal* 7.2 , 106.
8. Clark I., Moran, G., Skolnik, M. L., & Trick, D. (2009). *Academic transformation: The forces reshaping higher education in Ontario*. Kingston, ON: Queen's Policy Studies Series, Queen's University.
9. Coleman, J. S. (1988). Social capital in the creation of human capital. *American Journal of Sociology*, 94, S95-S120.
10. Coleman, J. S. (1990). *Foundations of social theory*. Cambridge, MA: Belknap Press of Harvard University Press.
11. Comeaux, E. (2005), Environmental Predictors of Academic Achievement among Student-athletes in the revenue producing sports of mens basketball and football.

12. The Sport Journal, 8(3). Retrieved February 5, 2014 from: <http://thesportjournal.org/article/predictors-of-academic-achievement-among-student-athletes-in-the-revenue-producing-sports-of-mens-basketball-and-football/>
13. Comeaux, E., & Harrison, C. K. (2011). A conceptual model of academic success for student-athletes. *Educational Researcher*, 40(5), 235-245.
14. Conzelmann, A., & Nagel, S. (2003 ). Professional careers of German Olympic athletes. *International Review for the Sociology of Sport*, 38(3), 259-280.
15. Duderstadt, J. J. (2000). *Intercollegiate athletics and the American university: A university president's perspective*. Ann Arbor, MI: University of Michigan Press.
16. Eiche, K., Sedlacek, W., & Adams-Gaston, J. (1997). *Comparing university athletes and nonathletes on attitudes and perceptions (Research report #5-97)*. College Park, MD: University of Maryland, Counselling Centre.
17. European Commission. (2004). *Education of young sportspersons - Lot 1: Final report*. DG Education and Culture. Loughborough, U.K.
18. Fredricks, J. A., & Eccles, J. S. (2004). Parental influences on youth involvement in sports. In M. R. Weiss (Ed.). *Developmental Sport and Exercise Psychology: A Lifespan Perspective* (pp. 145-164). Morgantown, WV: Fitness Information Technology, Inc.
19. Gaston-Gayles, J. L., & Hu, S. (2011). A conceptual model of academic success for student athletes. *Educational Researcher*, 40(5), 235-245.
20. Geiger, N. (2013). *Intercollegiate athletics in Canada and the United States: Differences in access, quality, and funding*. *College Quarterly*, 16(3). Retrieved February 20, 2014