

# An Analytical Study of Optimum Health among the School Level Players of Contact, Semi Contact and Racquet Sports

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## ABSTRACT

The purpose of present investigation was to find out the difference in optimum health among the school level players of contact sports, racket sports and semi contact sports. In the present study investigator applied random sampling procedure to select the sample. The sample of present study comprised of 150 players of school level, including contact sports (N1=50), Semi contact sports (N2=50) and Racket sports (N3=50). The data was collected from the schools of Jalandhar district. Optimum Health Scale developed by Dr Pravin Kumar and Loveleen Bala was used for measuring optimum health status. The variable means of contact sports, semi contact sports and racket sports athletes were compared by using Analysis of variance (ANOVA). There exists an insignificant difference among the school level players of contact sports, racket sports and semi contact sports in the optimum health. Findings indicated that in optimum health an insignificant difference was found among the school level players of contact sports, racket sports and semi contact sports.

## Keywords

Contact Sports, Semi contact sports, Racket sports

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## Introduction

Children are the wealth of any nation as they constitute one of the important segments of the population. Children in the age group of 6-14 years are often considered as school age. One fifth of the population in every country constitutes school age children (6- 14 yrs.). In India, approximately 19% (190 million) of the growing population comprises school-aged children (Srihari et al., 2007). The quality of future human resource is determined largely by the investment made for the development of child population. The growing interest on child health and nutrition has been justified on many ways. In most developing countries, child health from a medical point of view, both in absolute terms as well as in relation to the total population, is primarily more resource allocation to meet improved child health status (Chhabra and Rokx, 2004).

Healthy life is a treasure that every entity should strive to build up and try to sustain throughout their life and regular physical activity is a great source to improve health psychologically as well as physiologically. Each individual should develop a habit of maintaining their good health and physical fitness level from their childhood, which will facilitate them throughout their life and help them in creating healthy environment all around. If they will be fit the nation will augment progressively. Bates (2006) revealed that regular

physical activity for children have so many benefits and have great impacts on their physiological and psychological aspect of health. Daily workout helps to diminish the risk of chronic disease, obesity and improve cognitive function and academic performance as well as enhanced body image and self-esteem among children. Regular physical activity has very dynamic effects on psychological variable on 11 to 21 years old adolescents (Calfas & Taylor 1994). Keays and Allison (1995) studied that daily basis physical movement has constructive results on school student's academic achievements like memory, observation, problem solving skills, decision making and also generous improvements in attitude, obedience, behaviors and creativeness. Physical activity deals with bodily function and movements. Caspersen et. al. (1985) "physical activity is set of bodily movements generated by the skeletal and muscular system of the human body that results in energy expenditure and it can be divided on the nature of work i.e., occupational, sports, conditioning, household or other activities".

The literature sustained that daily physical activity is very mandatory for the all over development of the growing children. Growth and development will take place in an adequate manner by doing daily physical workout. Now days there are so many factors that are affecting the health status of the children in terms of bad eating habits, lack of

physical work, luxurious lifestyle, polluted environment and much use of electronic gaming etc. These factors cause many health-related issues i.e., obesity, postural deformities, diabetes, stress, depression and tantrums etc. Lack of physical activity creates so many health problems among them obesity is the most leading health related issue in all over the world. So, there is a massive requirement to focus on these issues by espousing the different type of recreational or any other training programs which is related to physical activity in to the present curriculum of children to overcome this issue which arises very quickly in the society. It is quite clear that the proceedings of the homeland are depends upon the healthy children and youngsters for this they need to concentrate on their optimum health status as well as on their physical fitness level by adapting physical doings in their daily routine with the help of different type of exercises or recreational activity programs in the school. School programs are essential and effective for the prevention of the childhood obesity (Veugelers & Fitzgerald 2005).

### Methodology

#### Research Design:

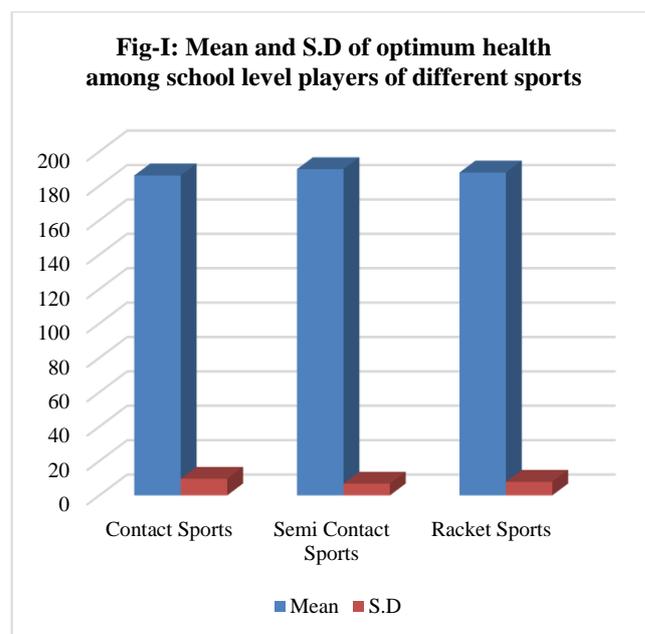
This study was adopted a descriptive research design. In the present study investigator applied random sampling procedure to select the sample. The sample of present study comprised of 150 players of school level, including contact sports (N1=50), Semi contact sports (N2=50) and Racket sports (N3=50). The data was collected from the schools of Jalandhar district. Optimum Health Scale developed by Dr Pravin Kumar and Loveleen Bala (2016) was used for measuring optimum health status. For the analysis of data SPSS version 22 was used. The mean and standard deviation were presented. The variable means of contact sports, semi contact sports and racket sports athletes were compared by using Analysis of variance (ANOVA).

### Result and Discussion

**Table-I: Descriptive analysis on optimum health among school level players of different sports**

Sports	N	Mean	SD
Contact Sports	50	186.06	9.67
Semi contact sports	50	189.72	6.81
Racket sports	50	187.78	7.89

Table:1 and figure-1 depict the mean and S.D value of optimum health of players of contact sports, semi contact sports and racket sports. It has been observed that players of semi contact sports possess greater optimum health (189.72), followed by players of racket sports (187.78) and players of contact sports possess lesser optimum health (186.06) among school level players.



**TABLE-II: Analysis of Variance (ANOVA) optimum health among school level players of different sports**

Variable	Source of variation	Sum of squares	Degree of freedom	Mean sum of squares	F-ratio	Significance level
Weight	Between Sample	335.2933	2	167.6467	2.486918	Not significant
	Within Sample	9909.48	147	67.41143		
	Total	10244.77	149			

The statistical differences, when observed between the school level players of contact sports, semi contact sports and racket sports revealed, that the f ratio is insignificant in optimum health at 0.05 level. That means, the school level players

of different sports do not differ significantly from each other in optimum health.

### Discussion

It was evident from table-I to II that players of semi sports have greater optimum health and contact sports shown lesser optimum health among the school players of different sports. There is insignificant difference among the school level players of different sports in the optimum health. It indicates that optimum help is not a discriminating factor in selecting the types of sports. However, the finding of study directed by Ghorban, H. et al (2019) demonstrated that overall wellbeing in competitor is superior to non-competitor. It can likewise be expressed that physical activities and exercise can be viable in decreasing the indications of depression (Pickett, Yardley and Kendrick, 2012) through expanding feeling of fitness, autonomy, and correspondence with others (Faulkner and Carless, 2006), expanding confidence and improving actual self-idea (White et al., 2009), staying away from negative contemplations (Craft, 2005), the improvement of good feelings and the decrease of negative feelings (White et al., 2009).

### Conclusion

There exists an insignificant difference among the school level players of contact sports, racket sports and semi contact sports in the optimum health.

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