

**A STUDY ON FAMILY SUPPORT AND PEER SUPPORT EXTENDED TO THE TRACK
AND FIELD ATHLETES IN THE STATE OF KARNATAKA**

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ABSTRACT

Sport, with its physical, social, economic, and personal bearings aspects, plays a significant role in keeping the people energetic and healthy. Participation in sports is when an individual participates or subscribes in any form of sports events. The participation can be through the educational institutions or outside. The parents, family members, friends and peer group can be one of the inspiration towards sports participation. In this article the study is done on how the motivational factors like family support and peer support influence the performance of the athletes.

1. INTRODUCTION

All individuals generally do physical activities at home, schools, colleges, and universities to keep themselves active and lively. Experiences of people at these places make a way to choose and to continue doing exercises outside the educational institutions also, in their later life. If we enjoy doing physical activities and sports at student's stage, then we are more likely to continue even when we leave our Institution and also outside the academic hours. There are many factors that affect our decision to continue in sports.

There are good amount of literature supporting the fact that the parents and family members can be one of the inspiration towards sports participation (Beets et al.¹, 2006). The parents can influence the habits, behaviours and values of their children. They can lead them in the right direction, while they themselves be a role model by living rational lives and taking care of their health fitness and appearance. More precisely, mother and the father play a significant role in their children's involvement in sports. Parents who engage themselves actively in sports and keeping good physical health tend to have physically active children (Sallis et al. 2015²). They are more supportive and get involved in their children's physical activity efforts. They provide relevant information, encouragement, travel with them to different places, and give other tangible aids. In adolescence period, youth spend more time with their friends compared to their family members. Friends physical activity is having consistent impact on youth physical activity. Peer support serves many different purpose like giving emotional support, giving information, social interaction, constant motivation and accompanying them to places where their family cannot come. These factors help the youth to boost their sports participation and help them to overcome the perceived barriers to sports participation. Studies show that youth prefer peer members than their family members in terms of support provided to them for sports activity. Hence one can see its practical implications for promoting sports activities in rural areas. As parents in rural area spend hardly any time with their children, the other stakeholders like physical education teachers, school teachers, community members play a significant role by motivating and encouraging them for sports participation.

1.1 Purpose of the study:

The main purpose of this research work is to study how the motivational factors like family support and peer support influence the performance of the athletes.

1.2 Hypothesis of the study:

There is a significant difference in family and peer support among the track and field athletes.

2. METHODOLOGY

We have used a combination of quantitative and qualitative descriptive strategy. Qualitative research is used to explore and understand the respondent's experiences and attitudes towards sports participation. The questionnaire is the main technique used for this study since the respondents were scattered all over the Karnataka state. Mailed Questionnaire was also used wherever necessary.

3. FAMILY SUPPORT AND PEER SUPPORT EXTENDED TO THE TRACK AND FIELD ATHLETES (GENDER WISE AND AREA WISE)

To study the family support and peer support extended to the track and field athletes, following questions were asked.

Following questions were asked to study their Family support:

- a) "Willing to assist your travel during participation", b) "Encouraged you to participate", c) "Done physical activity or sports with you", d) "Watched you participate in sports", and e) "Told you that you are doing well in sports".

Peer support was also assessed with following questions:

- a) "Do you encourage your friends to do physical activity or sports", b) "Do your friends encourage you to do physical activity or sports", c) "Do your friends do physical activity or sports with you", d) "Do other people tease you for not being good at sports", and e) "Do friends tell you that you are doing well in sports".

There were five options for response: Never, Hardly Ever, Sometimes, Often, All the time. All the responses were recorded and tabulated in the tables.

3.1 DISTRIBUTION OF FAMILY SUPPORT EXTENDED TO THE TRACK AND FIELD ATHLETES (GENDER WISE AND AREA WISE)

- 1) The first question asked was "Willing to assist your travel during participation?"

To this response, the family members of about 32.8% of track athletes and 55.4% of field athletes, out of 43.9% of the total athletes, had *all the time* assisted them to travel during sports participation. Among these, women athletes and rural athletes had been assisted by their family members *all the time* than the men athletes and urban athletes respectively. But, the family members of 15.5% of the athlete had *never* escorted their wards to the sports events, and 5.7% of them had *hardly ever*, with 24.1% of them assisting during travel *sometimes*. Nearly 10.8% of the family members had *often* assisted the athletes and travelled with them to the sports event venue. (Refer Fig. 1)

- 2) The second question asked was "Encourage you to participate?"

About 82.4% of the family members among 79.1% track athletes and 85.8% of field athletes had encouraged the athletes to participate *all the time*. Among them, the family members of men athletes were more than the family members of the women athletes, and family members of the rural athletes more than the family members of the urban athletes had *all the time* motivated them to participate. The data shows that only 5.3% of the athlete's family members had *never* encouraged them in sports participation, and 6.1% had *hardly ever* done so. Nearly 4.5% of the family members had *sometimes*, and 1.7% had *often* motivated them in sports activity. (Refer Fig. 2)

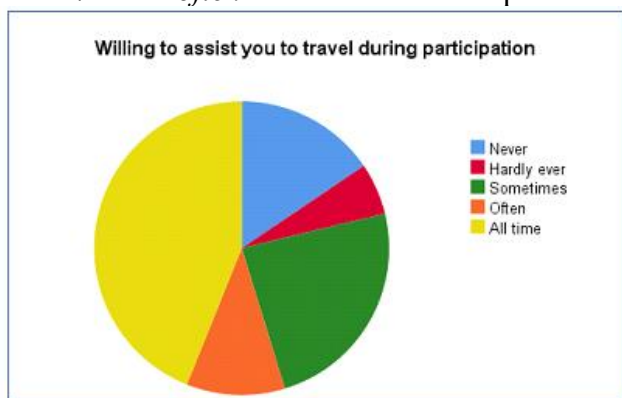


Figure 1: Distribution of Family Support among the Athletes-1

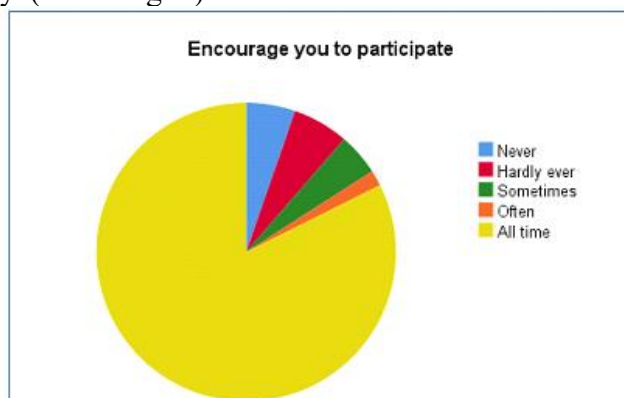


Figure 2: Distribution of Family Support among the Athletes-2

- 3) The third question asked was "Done physical activity or sports with you?"

About 31.4% of the family members *never* participated in sports with their wards, representing among 38.8% of track athletes and 23.8% of field athletes. It is evident that the family members of men athletes and rural athletes *had never* participated in sporting events than the women athletes and urban athletes respectively. Among the athletes, only 25.2% of the family members had *sometimes* and 15.7%

had *hardly ever* done physical activity with them. Only 24.2% of the athlete’s family members had *all the time* and 3.4% had *often* encouraged their wards by doing sports with them. (Refer Fig. 3).

4) The fourth question asked was “Watched you participate in sports?”

To this response, family members of 49.3% of track athletes and 38.5% of field athletes, out of 43.9% of the total athlete’s family members had *sometimes* watched sports with their wards. Among these, family members of women athletes and rural athletes had *sometimes* watched their children participate in sports than the family members of men athletes and urban athletes. About 19.9% of the family members had *all the time*, and 10.6% had *often* watched their children doing sports. Nearly 10.8% of the family members of the athletes had *never*, and 14.8% had *hardly ever* watched sports their children participated. (Refer Fig. 4)

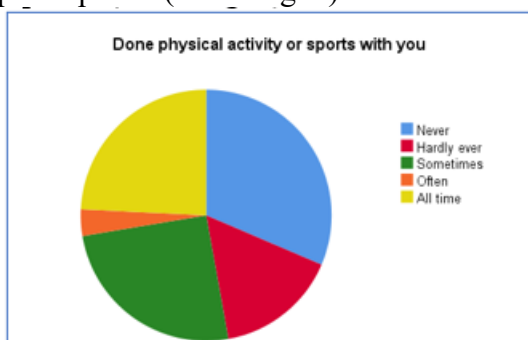


Figure 3: Distribution of Family Support among the Athletes-3

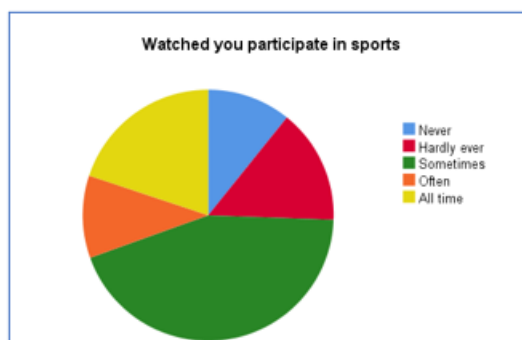


Figure 4: Distribution of Family Support among the Athletes-4

5) The last question asked was “Told you that you are doing well in sports?”

To this response, about 51.5% of the total athlete our of 48.1% track athletes and 58% field athletes had got motivation from their family members *all the time*. The women athletes were motivated more than the men athletes, and rural athletes were motivated more than the urban athletes at *all the time* and they had been told by their family members that they are doing well in sports. And, about 3.8% of them had *never*, and 6.1% had *hardly ever* been given motivation by their family members. About 27.1% of them had been *sometimes*, and 11.6% had *often* been motivated by their family members. (Refer 5)

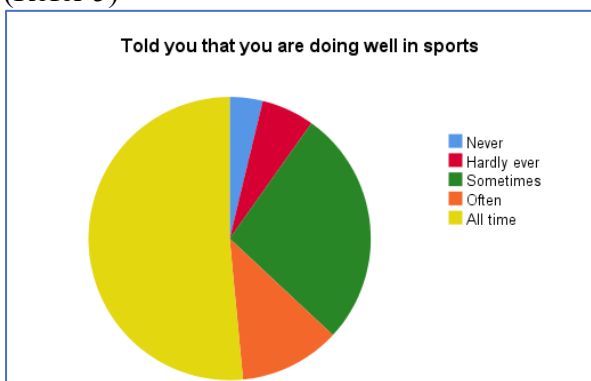


Figure 5: Distribution of Family Support among the Athletes-5

3.2 DISTRIBUTION OF PEER SUPPORT EXTENDED TO THE TRACK AND FIELD ATHLETES (GENDER WISE AND AREA WISE)

1) The first question was “Do you encourage your friends to do physical activity or sports?”

To this response, about 75.9% of the athletes had *all the time* encouraged their friends. Nearly, 72.8% of track athletes and 79.2% of field athletes had been encouraged *all the time* under this response, with women athlete getting encouraged more than men athlete, and rural athletes are being encouraged more than the urban athletes. About 6.4% of the total athletes had *often* got this response, and with 0.6% of them *never* had such response. About 4.9% were *hardly ever*, and 12.1% of them had *sometimes* motivated their friends to do sports with them. (Refer Fig. 6)

2) The second question was “Do your friends encourage you to do physical activity or sports?”

To this response, about 72.3% of the total athletes, among them 66% of track athlete and 78.8% of field athlete, had *all the time* encouraged by their friends to do sports. Among them, men athletes more than women athletes, and rural athletes more than urban athletes had been motivated by their peer members *all the time*. Only 1.3% of them had *never* been motivated by their friends, with 6.1% of them *hardly* supported by their peers. Among the athletes, 11.9% had *sometimes* and 8.3% had *often* had such response from their peers. (Refer Fig. 7)

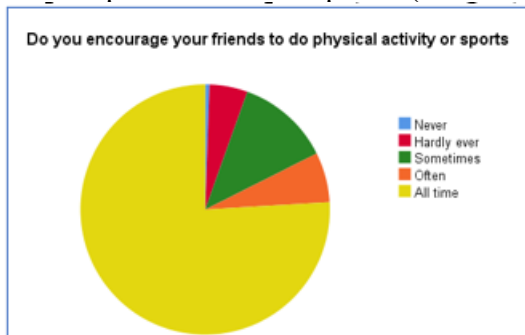


Figure 6: Distribution of Peer Support among the Athletes-1

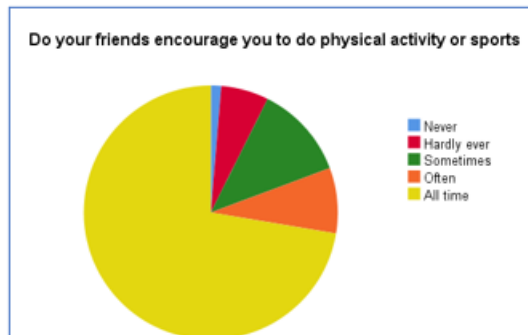


Figure 7: Distribution of Peer Support among the Athletes-2

3) The third question asked was “Do your friends do physical activity or sports with you?” To this response, about 64.2% of track athletes and 57.3% of field athletes, making a total of 60.8% total athletes were *all the time* encouraged by their friends by joining them in sports activity. Among them, women athletes and rural athletes were *all the time* accompanied by their friends in sports than the men athletes and urban athletes respectively. But 3.4% of them had *never* got this opportunity, with 8.3% of their friends *hardly* ever done sports with them. About 20.1% of the athletes had *sometimes*, and 7.4% had *often* done sports with their friends. (Refer Fig. 8)

4) The fourth question asked was “Do other people tease you for not being good at sports?” About 35.6% of the total athletes, among 37.3% track athletes and 33.8% of field athletes had *never* got such negative response. Surprisingly, women athletes and urban athletes had *never* been teased by their peers compared to the men athletes and rural athletes respectively. About 42.4% had *sometimes* and 18.4% had *hardly ever* experienced such responses. Nearly, 1.7% of them had got this response *all the time*, while 2.3% of the athletes had *often* experienced such response. (Refer Fig. 9).

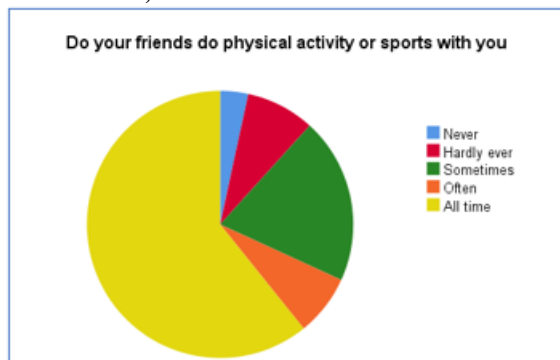


Figure 8: Distribution of Peer Support among the Athletes-3

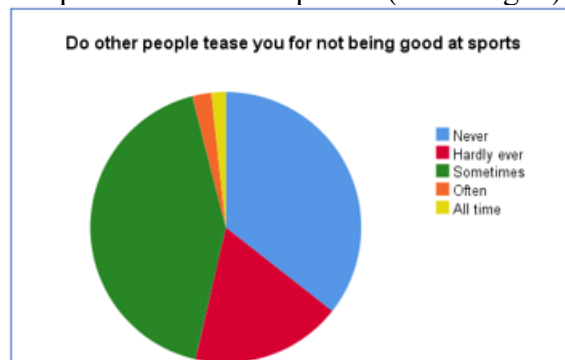


Figure 9: Distribution of Peer Support among the Athletes-4

5) The last question asked about the peer support was “Do your friends tell you that you are doing well in sports?” About 43.8% of the athletes had positive response *all the time*, among them there were 41.5% track athletes and 49.1% field athletes. More men athletes than women athletes, and rural athletes than urban area athletes had been *all the time* told by their friends that they do well in sports. Nearly 29.5% of them had been *often* encouraged by their friends, with 21.6% were *sometimes* encouraged by their peers. Only 1.1% of the athletes had *never*, and 4% had been *hardly ever* got this encouragement from their friends. (Refer Fig. 10)

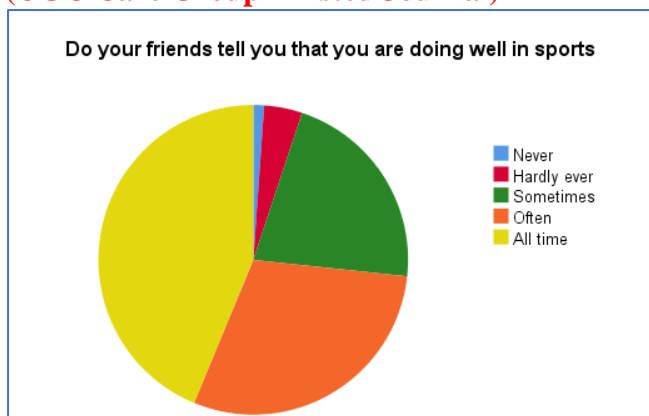


Figure 10: Distribution of Peer Support among the Athletes-5

3.3 ASSOCIATION OF FAMILY SUPPORT AND PEER SUPPORT AMONG THE ATHLETES-AREA WISE AND GENDER WISE.

Statistical Analysis:

To investigate the relationship between family support and peer support among the athletes, student's t-test was employed among all the categories of athletes, gender wise and area wise.

3.3.1 FAMILY SUPPORT AND PEER SUPPORT AMONG THE CATEGORIES OF ATHLETES

Null Hypothesis H_0 : There is no significant difference between family support and the categories of athletes.

Since t-value is 5.327 and $p=0.00(<0.05)$ is highly significant, we reject the null hypothesis. Hence we conclude that there is a significant difference in the family support among the track and field athletes. Comparing their means, we conclude that field athletes were supported more than the track athletes by their family members.

Null Hypothesis H_0 : There is no significant difference between peer support and the categories of athletes.

Since t-value is 0.670 and $p=0.503(>0.05)$, we accept the Null Hypothesis. Hence we conclude that there is no significant difference in the peer support among the track and field athletes.

Conclusion: The field athletes were supported more than the track athletes by their family members. There is no significant difference in the peer support among the track and field athletes.

3.3.2. FAMILY SUPPORT AND PEER SUPPORT AMONG THE CATEGORIES OF ATHLETES-GENDER WISE

Null Hypothesis H_0 : There is no significant difference in the family support among the categories of gender.

Since t-value is 8.736 and $p=0.00(<0.05)$ is highly significant, we reject the Null Hypothesis. Hence we conclude that there is a significant difference in the family support among the men and women athletes. Comparing their means, we conclude that women athletes have got more support from their family than the men athletes.

Null Hypothesis H_0 : There is no significant difference in peer support among the categories of gender.

Since t-value is 1.691 and $p=0.091(>0.05)$, we accept the Null Hypothesis. Hence we conclude that there is no significant difference in the peer support among the men and women athletes.

Conclusion: The women athletes have got more support from their family than the men athletes. There is no significant difference in the peer support among the men and women athletes.

3.3.3 FAMILY SUPPORT AND PEER SUPPORT AMONG THE CATEGORIES OF ATHLETES-AREA WISE

Null Hypothesis H_0 : There is no significant difference in family support among the categories of area.

Since t-value is 0.644 and $p=0.520(>0.05)$, we retain the Null Hypothesis. Hence we conclude that there is no difference in the family support among the athletes of rural and urban areas.

Null Hypothesis H_0 : There is no significant difference in peer support among the categories of area.

Since t-value is 2.538 and $p=0.019(<0.05)$, we reject the Null Hypothesis. Hence we conclude that there is a significant difference in the peer support among the athletes of rural and urban areas. Comparing the mean values, it results that peer support for rural athletes is more than the urban athletes.

Conclusion: There is no difference in the family support among the athletes of rural and urban areas. The peer support for rural athletes is more than the urban athletes.

CONCLUSION:

In the present time, society has a major role in promoting sports and games for its high social values through its agencies to cater to the needs of the individual in the society. Sports gives students open doors for entertainment, socialization, shaping associate connections, physical wellness, and athletic grants. The study concluded that, family support had an influence on the area and gender of the athletes. The peer support was equally extended to all types of athletes, gender wise.

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