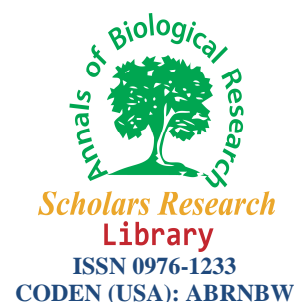




Scholars Research Library

Annals of Biological Research, 2012, 3 (8):4012-4016
(<http://scholarsresearchlibrary.com/archive.html>)



Relationship between Social-Economic status of Family and Adolescents student Sport Participation

Mehr Ali Hemmati Nezhad¹, Mohammad Mahdi Rahmati², Mohsen Manochehri Nezhad^{1*}

¹Faculty of Physical Education and Sport Sciences, University of Guilan Iran

²Faculty of Human Science, University of Guilan Iran

ABSTARCT

This study was conducted to determine Relationship between Social – Economic Status of family and adolescent students sport participation in Rasht-Iran. The analyses were based on data that collected from third grade high school students in three fields, (n= 415) adolescent (159 male, 255 female), in 10 high schools that use random from 2 area of Rasht city. We find that the families that have higher level of social -Economic Status, their children were more active and participate in sport more than others. By rising education of parents, higher level of Economic Status (income of family) and what the parents does (parents level of job), are important factors that amount of adolescent sport participation increased by them.

Keywords: Social-Economic, Family and Adolescents, Sport

INTRODUCTION

Adolescence is the period during which lifestyle patterns of behavior are being formed. These behaviors set the stage for one's future health, and are viewed as crucial determinants of health, illness, disability, and premature mortality through life span [16]. Being physically active is good for one's health. Physical activity is associated with reduced risk for chronic diseases such as cardiovascular disease, type 2 diabetes, obesity, some cancers and mental ill-health [2, 12]. The relationships between physical activities (PA) and health-related outcomes are well documented. Indeed, there is evidence that shows PA provides an array of physical, psychological, social, and emotional benefits for individuals of all age's [12]. Evidence also consistently shows that achieving the recommendation of at least moderate intensity physical activity on most days of the week reduces the risk of all-cause mortality [4]. Multiple population-based studies have shown that adolescent participation in physical activity declines sharply as youth age, with a widening gender gap [12]. The 2003 Youth Risk Behavior Surveillance System survey (YRBSS) estimated that the percentage of high school girls in the United States who participate in sufficient vigorous physical activity declined from 64% in 9th grade to 46% in 12th grade. For boys, the percentage declined from 73% to 64% throughout high school [9]. Physical inactivity, along with other lifestyle-related health risk factors (e.g. unhealthy diet, tobacco use, alcohol consumption), is becoming increasingly prevalent in developing countries which face rapid economic and social development, urbanization and industrialization. Associated non communicable diseases (NCDs) such as cardiovascular diseases, diabetes and cancer have risen in prevalence rapidly in transitional countries, and their prevention and control is now a major challenge for leading governmental and nongovernmental organizations (NGOs) [25].

A popular assumption is that sport has positive impacts on physical health and fitness, on self-esteem, offers access to positive adult role models for teenagers and young adults living in disadvantaged communities, and fosters the capacity to build relationships across religious, ethnic and economic lines [5, 7, 13, and 17].

American sociologist Jay Coakley (2002) mounts critique of using sports to help e read control young people. Coakley explains that young people are identified as being possible 'problems' or even 'threats' to society and there is a perceived need to change their personal characteristics and behaviors "so that they can escape their immediate environments and become productive citizens in the very same social and economic system that gave rise to the conditions that limited their lives in the first place" [6]. Sport rarely enables young people to escape their place in the political, legal, economic and social system. Sporting success does not end the challenges being faced. These challenges can include chronic ill health, lack of housing and sanitation, unemployment, less than adequate education, social breakdown in many communities, substance abuse, a general feeling of purposelessness about life and high rates of suicide. Rather than address the social justice and there source needs that young people require to politicize and empower themselves what we end up with programs that focus on teaching 'approved' attributes that tell young people to "pull themselves up by their athletic shoelaces"[6].

Family SES¹

Wealth and income are the most important factors in determining the individual's economic status [1]. In America and Europe, the individual's yearly income and personal or familial wealth is an important index of economic status. The yearly income is the amount of money and allowances an individual or a family earns a year. Customarily, the individual's or family's income in Iran is measured according to their monthly earning.

Besides, the wealth has been investigated on a familial ground because the individual's property circulates in a family and eventually passes on as inheritance to other family members. Undoubtedly, it is not an easy task to verify the exact amount of citizens' assets in any society which is essential to the investigation of the individual's social class and economic status. This status presupposes a set of rights and responsibilities that defines the individual's position which is relative to others and which is based on equality, hierarchy, social credibility and/or honor [10].

The prevalence of adolescent obesity has increased dramatically over the past several decades across all socioeconomic (SES) strata, and data suggest that risk for adolescent obesity is inversely associated with SES [22]. A better understanding of associations among SES, gender, and physical activity level over time is important for identifying which subgroups of youth are at particularly high risk of inadequate physical activity. Such information is critical for developing tailored obesity prevention and physical activity interventions that will best meet the needs of all youth.

From a public or population health perspective it is important to note that socioeconomic status has consistently been documented as having an inverse relationship with physical activity [22]. Sociological theorists such as Coleman (1988) and Bourdieu (1984) also articulate a contingent relationship amongst different forms of capital for child well-being. Family structure can be considered a parental investment in children (Haveman and Wolfe, 1994) that could modify the influence of other, complimentary investments, like family SES [13].

Adolescent Sport participation

Sports have long been the integral part of the human life and used as the major tool to achieve physical and mental perfection. With regard to the cumulative development of different types of sports especially athletics, as one of the most basic and diverse sports, as well as the participation of Iranian teenager's. What is the relationship between socio-economic factors including education, occupation, income, etc and the inclination of adolescent toward sport? As definition Sport means all forms of physical activity which, through casual or organized participation, aim at expressing or improving physical fitness and mental well-being, forming relationships or obtaining results in competitions at all levels. Evaluation Unit, Saskatchewan Ministry of Tourism, Parks, Culture and Sport (2008) said "Children whose parent participated in sport were also more likely to participate in sport, and also Children from lower socio-economic status (SES) households were less likely to participate in sport than children from higher SES households" [8].

Shafiee (1994) investigated the socioeconomic status of the participants in public sports in Tehran city and reported that the majority of the participants were from the middle economic class and only a fraction were from the high economic status groups. As to the occupation, the unemployed including housewives, the retired and students formed the greater percentage of participants, and there was a significant relationship between parents' job and income and educational progress [22].

¹ SES (socio-economic status) refers to parent's level of education, household income, the number of parents living in the household, and the parent employment status. Generally, a higher SES would be a higher household income level, a higher level of parent education, full-time employment, and a two-parent household.

Frost in his "sports psychology" discusses the critical effect of socio-economic status on sports activities. Since sports and culture are closely related, the investigation of national sports planning usually demonstrates a prospect of a nation's political and international policies as well as their philosophy. As well, it reveals the life style, attitudes and value system of people in a society. With regard to the relationship between sports and socio-economic status, Frost indicates that young people who live and grow up in poor districts rarely enjoy tennis courts, running tracks, etc. Nowadays, sports psychology is regarded as one of the critical factors in successful performance of sports teams and countries are seeking advantages over their competitors not only through technical and tactical developments but also through psychological procedures and aptitude search. On the other hand, countries wish to predict the number of their potential medals in international tournaments including Asian, world and Olympic competitions. Therefore, the present study may contribute to the accuracy of this type of predictions. This study also purports to answer such questions as "what is the effect of socio-economic status on the extent of athletes' participation in Track and- field?", and whether we can make better decisions to develop this type of sport in training programs including aptitude search, nutrition, appropriate training hours, psychological coaching, etc [10].

Habibi (2011) found that there is no significant relationship between the Iranian female athletes' socio-economic status and their participation in trainings. That is, one cannot say that the athletes' socioeconomic status is likely to affect their extent of participation in trainings; although, Iranian female athletes belong to low, lower middle and middle socio-economic classes [10].

Kashfi (1977) suggested that there is relationship between the socio-economic status of families and their leisure time so that fathers' education and income plays a significant role in how the family spend their leisure time. He asserted that father's low income may induce children to take part-time jobs [10]. Mozaffari (2002) came up with same findings and reported that the improvement of family's economic status and parents' education positively affect the way they spend their leisure time and their participation in physical exercises [15]. Ramazani (1994) studied the motivational factors of the participants in morning exercises in Tehran city parks. He concluded that people with under-diploma education were more inclined to participate in physical exercises than those with higher education levels. That is, there was a negative correlation between the level of education and participation in physical activities [20]. Tondnevis (1996) reported a significant relationship between field of study, level of education, parents' income, etc and the students' participation in sports training [23]. Berioman (2005) studied the effect of socio-economic status on health and concluded that studies on public and clinical health incorporate the estimation of socio-economic status as a control variable which can affect the empirical findings about physical exercise policies. She recommended that socio-economic status studies, that had measured limited aspects of SES, to be replicated to measure broader aspects. She has also suggested procedures for that [10].

MATERIALS AND METHODS

Sample

Data collected from third grade high school students in three fields, in 415 adolescent (159 male, 255 female), in 10 high schools that chose randomly from 2 area of Rasht city. I measure parents' SES as a composite of parents' education, occupation and income [13].

Instruments

Adolescent student asked about the composite of parents' education, occupation and income. And for their amount of sport participation we design a table that common sports in Iran set in that table and we asked about the time that each sport they do each week (how many section do you do per week?, how long length each section I each sport?), young students just chose the sport that they did, and section of that sport, and the time of that sport he/she did during a week

Data analysis

Data were computed using the Statistical Program for Social Sciences (SPSS, version 18), with missing data or no applicable responses scored as missing data. Descriptive statistics were utilized to summarize sample characteristics, including level of family education and their occupation and income. We use or Pierson correlation test to know relationship between SES of family and adolescent sport participation.

RESULTS

Sexually difference showed that there is significant different between male and female in purpose and amount of sport participation among adolescent's students.

Table1 Amount of sport participation (minute) pre a week

Amount of sport participation (minute) pre a week			
male	N	Valid	155
		Missing	0
	Std. Error of Mean		58.01638
	Std. Deviation		722.29809
	Minimum		.00
	Maximum		4800.00
female	N	Valid	260
		Missing	0
	Std. Error of Mean		17.61822
	Std. Deviation		284.08519
	Minimum		.00
	Maximum		1240.00

Result showed that there is significant correlation (0.140) between family SES and amount of Sport Participation Among students. Result showed each part of SES has significant correlation with amount of sport participation pre a week among adolescent students education ($r = 0.126$; $p \leq 0.05$), Level of mother education ($r = 0.106$; $p \leq 0.05$), except level of mother job ($r = 0.02$).

Result showed that there is significant correlation ($r = 0.140$; $p \leq 0.01$) between family SES and amount of Sport Participation among Adolescent students; family income, ($r = 0.12$; $p \leq 0.01$), level of father job ($r = 0.138$; $p \leq 0.01$), Level of father

Table2. Family SES and adolescent sport participation

		Correlations						
		SES	Family income	Father job	Level of father education	Amount of adolescent sport participation	Level of Mother job	Level of mother education
Amount of adolescent sport participation	Pearson Correlation	.140	.129	.138	.126*	1	.002	.106*
	Sig. (2-tailed)	.004**	.009**	.005**	.011*		.960	.031*
	N	415	414	407	409	415	413	414

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

**. Correlation is significant at the 0.01 level (2-tailed).

DISCUSSION

The results of this study provide important information about sport participation of adolescents in the Rasht city north of Iran. It is remarkable that the overall rate of Iranian adolescents' engagement in all levels of physical activities is good. Each part of SES has significant correlation with amount of sport participation pre a week among adolescent students; family income level of father job, Level of father education, Level of mother education but level of mother job doesn't have correlation with amount of adolescent sport participation. The availability of such data would enable health care providers to begin screening, counseling for inactivity risks, and establishing a routine of lifelong oriented physical activities of adolescence. In conclusion, instructions about the benefits and value of physical activity and other healthy life style habits should be provided for the target population. Access to exercise and sport facilities in and out school time should be addressed. Further research needs to focus on longitudinal and intervention studies to follow young Iranians sport participation.

REFERENCES

- [1] M Abuqamar, D Coomans, F Louckx, *International Journal of Sociology and Anthropology*, **2011**, 3(1): 15-21
- [2] Australian Institute of Health and Welfare. Australia's health **2004**.
- [3] R Bailey, *Educational Review*, **2005**, Vol. 57, No. 1.
- [4] AE Bauman. Updating the evidence that physical activity is good for health: **2004**; 7(1 Supple):6-19.
- [5] M Cameron, C MacDougall, Australian Institute of Criminology, Canberra, **2001**.
- [6] J Coakley, In: M Gatz, M Messner, S Ball-Rokeach, *Paradoxes of Youth and Sport*. SUNY, New York. **2002**.
- [7] M Collins, T Kay, *Sport and Social Exclusion*. Routledge, London, **2003**.
- [8] Evaluation Unit, Saskatchewan Ministry of Tourism, Parks, Culture and Sport, **2008**.
- [9] JA Grunbaum, L Kann, S Kinchen, *Youth risk behavior surveillance*, **2003**, MMWR Surveill Summ **2004**; 53:1-96.

-
- [10] Z Habibi, N Aghaei, B Beglou, A Dana, Z Tarasi, *International Journal of Sport Studies*. 2011, Vol., 1 (2), 36-42, **2011**
- [11] H A Hashim, J Pertanika, Soc. Sci. Hum. **2012**, 20 (1): 147 – 153.
- [12] SY Kimm, NW Glynn, AM Kriska, Decline in physical activity in black girls, **2002**, *N Engl J Med*;
- [13] A Molly, Martin, Family structure and the intergenerational transmission of educational advantage, **2011**.
- [14] L Morris, J Sallybanks, K Willis, T Makkai, Australian Institute of Criminology, Canberra, **2003**.
- [15] A Mozafari, Description of attitude and tendency of people toward physical movements and exercises in I.R.I, **2002**.
- [16] O Salwa, G Huda, *European Journal of Scientific*, **2012**, Vol.67 No.3, pp. 433-443
- [17] T Olds, J Dollman, K Ridley, K Boshoff, S Hartshorne, S Kennaugh, *Children and Sport*, **2004**.
- [18] O Paronen, P Oja, *Patient Educ Couns*,**1998**;33(Supplement 1):S25-S28
- [19] KI Proper, E Cerin, WJ Brown, Sitting time and socio-economic, *Int J Obes*; **2007**, 31(1):169—76.
- [20] G.H Ramezani, Motivation of participants of the activity, **1994**.
- [21] M Shafiee, Evaluation of socio - economic participants in a mass exercise in Tehran, Master Thesis,**1994**.
- [22] RS Strauss, HA Pollack. Epidemic increase in childhood overweight, 1986–1998. *JAMA* **2001**; 286:2845–8.347:709–15.
- [23] F Tondnevis, PhD thesis, Tehran University. 1996, M Shafiee, **1994**.
- [24] JJ Varo, MA Martinez-Gonzalez, J De Irala-Estevez, J Kearney, M Gibney, JA Martinez, *Int J Epidemiol* **2003**; 32(1):138-46.
- [25] WHO, Health and Development Through Physical Activity and Sport, **2003**.