



A STUDY ON SOCIO-ECONOMIC STATUS OF RETIRED MALE AND FEMALE SPORTSPERSONS

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Abstract

Sport participation is associated with a range of physical health benefits, including a reduction in all-cause mortality, superior lifespan longevity and a reduced risk of diabetes, cardiovascular disease and osteoporosis (Oja, et. al., 2015). Socioeconomic status is often considered a personal demographic variable; however, Socioeconomic status can also reflect aspects of an individual's broader environment. As a result, it can be measured at the individual level or the area level (Lynch & Kaplan, 2000). In order to achieve the purpose of the study forty retired sportspersons who have previously represented Karnataka state in various sports and games in male (N=20) and female (N=20) category were selected. The socio-economic status of retired sportspersons is assessed through modified Kuppuswamy Socio-economic scale (2018). Descriptive statistics including Mean and Standard Deviation were employed for the present investigation. Tabular and percent analysis were used to elicit information on various categories of socio-economic status. 'T' test was employed to compare the Socio-economic status of male and female retired sportspersons. In the present study, the majority of retired sportspersons belong to 'Upper Middle' socio-economic class. Particularly, eighty percent of the male and fifty-five percent of the female retired sportspersons belong to 'Upper middle'

socio-economic class. Further, there were no significant differences in socio-economic status between male and female retired sportspersons.

Keywords: Retirement, Sportspersons, Upper Middle Class and Socio-economic status.

Introduction

Sport participation is associated with a range of physical health benefits, including a reduction in all-cause mortality, superior lifespan longevity and a reduced risk of diabetes, cardiovascular disease and osteoporosis (Oja, et. al., 2015). However, after retiring from sport, former athletes can adopt an inactive lifestyle (Filbay, 2017), which places them at the same or higher risk for developing chronic disease as the inactive general population (Park, Lavellee and Tod, 2013) and is related to reduced life satisfaction (Marques, et. al., 2018). Sports injury can also have long-lasting physical and psychological impacts that persist across the lifespan, with potential impacts on health-related quality of life and life satisfaction (Didehbani, et. al., 2013).

Athletes in India struggle psychologically and socially when transitioning out of sport. Reported challenges include a change in athletic identity, a loss of camaraderie and minimal support systems (Fuller, 2014). Adapting to life post-sport appears more difficult



when an athlete is retiring involuntarily due to injury or deselection (Smith and McManus, 2008). Forced retirement from sport can result in high levels of negative emotions, social exclusion, a loss of identity and a sense of betrayal (Park, Lavellee and Tod, 2013). In contrast, voluntary retirement and achievement of sporting goals are associated with a positive experience of transition from sport (Park, Lavellee and Tod, 2013).

Socioeconomic status is often considered a personal demographic variable; however, Socioeconomic status can also reflect aspects of an individual's broader environment. As a result, it can be measured at the individual level or the area level (Lynch & Kaplan, 2000). Individual measures of Socioeconomic status such as income, education, and occupation reflect the opportunities and resources people might have (Lynch & Kaplan, 2000), and are part of one's intrapersonal environment.

Socioeconomic status is one non-modifiable factor of interest that may influence physical activity and sports (Stockie, 2009). Krieger, Williams, and Moss (1997) define socioeconomic position as "an aggregate concept that includes both resource-based and prestige-based measures, as linked to both childhood and adult social class position" (p. 345). Although they suggest that the term SES clouds the distinction between resource-based measures such as income and education, and prestige-based measures such as occupation (Krieger et al., 1997).

Socioeconomic status is the social standing or class of an individual or group. All persons in the society do not belong to same socioeconomic strata. Socioeconomic status is determined by the status of individuals' occupation, educational status and their income. The socioeconomic status of retired

sportspersons who have achieved at higher level in sports need to be given attention.

Studying the socioeconomic status of sportspersons is important to understand their quality of life. The status of retired sportspersons will be a motivating factor for young sportspersons. Sportspersons participate in sports at an early age and spend considerable period of time in practice and competitions. They will not be in a position to concentrate on their academics and create a livelihood outside sports. Sportspersons in fact devote their entire time to achievement in the field of sports at the cost of their career outside sports. In the Indian context, the financial position of sportspersons is not satisfactory.

The socioeconomic status of sportspersons in India varies from sports to sports. Also, the socioeconomic status of athletes participating in sports and games other than cricket is difficult to imagine. Majority of them struggle for their livelihood during and after their sports career.

Methodology

In order to achieve the purpose of the study forty retired sportspersons who have previously represented Karnataka state in various sports and games in male (N=20) and female (N=20) category were selected. The socio-economic status of retired sportspersons is assessed through modified Kuppuswamy Socio-economic scale (2018). Kuppuswamy socioeconomic scale was initially projected within the year 1976 by Kuppuswamy (1981). The dimensions taken under consideration are a composite score of the education of the pinnacle of the family, occupation of the pinnacle of the family together with total monthly financial gain of the family. This scale has been endlessly revised over the amount of years. The overall evaluation ranges from 3-29



and categorizes families into upper, upper middle, lower middle, upper lower and lower socioeconomic status. The questionnaire was administered to the selected subjects at their residence or workplace. The objectives of the questionnaire were made clear and honest responses were sought by the researcher. Descriptive statistics including Mean and Standard Deviation were employed for the present investigation. Tabular and percent analysis were used to elicit information on various categories of socio-economic status. 'T' test was employed to compare the Socio-economic status of male and female retired sportspersons.

Findings of the study

Mean and standard deviation were calculated for socio-economic scores of both male and female retired sportspersons. The results are given in table 1.

TABLE 1
RESULTS ON MEAN AND STANDARD DEVIATION OF
SOCIO-ECONOMIC STATUS OF RETIRED MALE AND
FEMALE SPORTSPERSONS

	Gender	Mean	N	Std. Deviation	Std. Error Mean
Socio-Economic Status	Men	17.60	20	3.57	.79934
	Women	14.75	20	5.25	1.17401

From table 1 it is clear that the scores on socio-economic are normally distributed with acceptable homogeneity expressed in terms of standard deviation. The raw data was subjected to tabular and percent analysis. The results are given in table 2.

TABLE 2
SOCIO-ECONOMIC CLASS WISE RESULTS OF RETIRED
MALE
AND FEMALE SPORTSPERSONS

	Men	%	Women	%	Total	%
Upper	0	--	0	--	0	--
Upper Middle	16	80 %	11	55 %	27	67.5 %
Lower Middle	04	20 %	02	10 %	06	15%
Upper Lower	0	--	07	35 %	07	17.5 %
Lower	0	--	0	--	0	--
TOTAL	20		20		40	

From table 2 it is clear that the retired sportspersons in Karnataka mostly belong to Upper middle socio-economic class in both men (80%) and women (55%) section. A small proportion of the retired sportspersons belong to lower middle class in both men (20%) and women (15%) section. Another 35% of women retired sportspersons belong to Upper lower socio-economic class. Altogether, 67.5% of the retired sportspersons belong to 'Upper middle' socio-economic class; 17.5% belong to 'Upper lower'; and 15% belong to lower middle socio-economic class. The results on comparison of socio-economic class between male and female retired sportspersons is given in table 3.

TABLE 3
SUMMARY OF 'T' TEST ON SOCIO-ECONOMIC STATUS
BETWEEN RETIRED MALE AND FEMALE SPORTSPERSONS

Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
2.85	6.75	1.51	1.887	19	0.074

From table 3 it becomes clear that there is no significant difference between male and female retired sportspersons. The obtained 't' value 1.887 is lower than the tabulated 't' value



(1.729) for significant at .05 levels of significance.

Discussion

From the results obtained in the present investigation it is observed that there are no retired sportspersons in 'Upper' socio-economic class in both men and women section. The reasons for this being that the sportspersons often neglect their education and mostly get satisfied with 'C' or 'D' grade jobs in the Government sector. Further, due to non-attainment of a good job with handsome salary their economic status particularly remains low. A well-structured retirement process for sportspersons is felt essential. According to Marthinus (2007) sport-career termination is an important life event that could have a significant influence on an athlete's life after retirement from competitive sports. 35% of Women retired sportspersons come under Upper lower socio-economic class is a matter of concern in the present context. The status of women has always remained secondary in every field in India. The same has been highlighted in the present investigation. The women sportspersons like P. V. Sindhu, Saina Nehwal, Sania Mirza, Hima Das etc have brought laurels to the Nation in recent times. Their contributions to uphold the glory of Nation in sports filed at the international levels cannot be undermined. Hence, due attention should be given to uplift the socio-economic status of women sportspersons. In a similar study by Konnur and Hoovanna (2017) the low Socio Economic Status sportswomen had high Mental Health than the high Socio Economic Status sportswomen and there was a significant difference in their Mental Health level. The manner in which the athlete accommodates the stresses which accompany retirement influences the ultimate social standing which he

attains just as surely as does his career in sport (Hill and Lowe, 2016). In the present study, there were no significant differences in socio-economic status between male and female retired sportspersons. This result is satisfactory that the female sportspersons do not lag behind their male counterparts in socio-economic status.

The results of a study by Suutarinen (2014) did not show any correlation between the level of education and employment. In the other hand there was a correlation between the level of education and annual income: the higher degree the respondent held the more he/she earned annually. The responses also demonstrated that the ones with higher education seemed to need more support during their transfer to work life.

Conclusion

The majority of retired sportspersons belong to 'Upper Middle' socio-economic class. Particularly, eighty percent of the male and fifty-five percent of the female retired sportspersons belong to 'Upper middle' socio-economic class. Further, there was no significant difference in socio-economic status between male and female retired sportspersons.

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