

# THE INFLUENCE OF FAMILY BACKGROUND OF PARENTS' ON HEALTH RELATED PHYSICAL FITNESS OF THEIR DAUGHTERS

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## Abstract

*The purpose of this study was to determine the influence of parents' family background on the health related physical fitness of their daughters. The subjects were randomly selected 500 college students of Banasthali University and their parents. The subjects were ranging to 17 to 23 years of age. Socio-Economic Status Index was employed on the parents and AAPHERD Health Related Physical Fitness test was administered on their daughters. To collect the information about the family background of the parents, a Socio-Economic Status Index was administered. The AAPHERD Health Related Physical Fitness test consisted of four test items i.e. Cardio Respiratory function (9 minutes run / walk), Body Composition (sum of triceps and sub scapular skin folds), Abdominal strength (Bent Knee Sit Ups for 60 seconds) and Low Back Hamstrings Musculo- Skeletal function (Modified Sit and Reach test). For the analysis of data, Chi-square test was administered to measure the influence and Pearson's Product Moment Correlation to find out the relationship. The results indicated that the family background of the parents, which includes the family competency & family's commitment towards the society, did not have any influence on all the health related physical fitness components of their daughters.*

**Keywords:** Family Background, Health Related Physical Fitness and Influence.

## Introduction

Good health and fitness is indispensable in the modern age. This age is an age of adventurism and technological advancement, which man has built for the purpose of adding comforts to his life. Modern man in comparison to the primitive man is poorer and inferior with regard to physical fitness. Physical fitness is the prime necessity to get utmost of life and to enable him to live most and serve best. Canadian commission UNESCO recommends that "Physical

Education is the birth right of every child". Every human being has a fundamental right to access to physical education and sports, which are essential for the full development of his personality. Physical activity is a part of a society and an integral fact of the culture. It varies in each nation, community and group. "Sports are reflection of society". Social conditions have an impact on the structure and dynamic of sports. It is not to be questioned that the development of sports has perfect correlation with development of the society or development and progress of the nation. A nation has sports programme which can reveal something of its philosophy, its political and international policy. The intimate relationship of sport and society influence each other. The trends and patterns of society are reflected in sport and sports performers. The social recognition is an important determinant for sports moral. The other important factor in building up social health of athletes is family influence. Parents are the second forceful factor after coaches to encourage sports participation. The participation of girls and women in sports has always presented a threat to the preservation of traditional of gender logic. This is why girls and women have been excluded from playing many sports or why they have been encouraged to play only sports that emphasized grace, beauty and coordination. Sports participation can help women overcome the feeling that their bodies are object. Developing physical skills can give women the confidence that comes from knowing that their bodies can perform with physical competence and power. Many health benefits are derived from physical fitness and the incorporation of physical activity into one's lifestyle. The health fitness components are cardio vascular function, body composition, muscular strength and endurance, and flexibility. Attainment of desirable levels of these components can enhance one's health and well being. Individuals who are unfit are at increased risk for disease.

## Material and Methods

For the purpose of this study, One thousand subjects were selected randomly for this study. The subjects for the study were five hundred students and their parents. The students belong to Banasthali University, which is residential in nature. Though the campus atmosphere is same for all the

students in the institute, the backgrounds of the students are very different; as they belong to different parts of the country and have different social and cultural backgrounds.

The AAPHERD Health Related Physical Fitness test was administered on the students and the Socio-Economic Status Index was filled by their parents. AAPHERD Health Related Physical Fitness test consists of three test items; Cardio- Respiratory Function i.e. 9 minutes run) ,Body Composition (leanness/fatness) sum of Triceps and Sub-Scapular skin folds & Abdominal and Low Back Hamstring Musculoskeletal Function i.e. Bent-Knee Sit -Ups (60 seconds) and Sit & Reach Test. To collect the information about the family background of the parents, a Socio-Economic Status Index by Rajiv Lochan Bharadwaj and co. was administered.

For the analysis of data, Chi-square test was administered to measure the influence and Pearson's Product Moment Correlation to find out the relationship. The level of significance was 0.05.

## Results

For the purpose of this study, to assess the effect of socio-economic status of the parents' on health related physical fitness of their daughters; the Chi-square ( $\chi^2$ ) method was used. In order to assess the relationship of socio-economic status of the parents' with the health related physical fitness of their daughters, the Pearson's Product Moment Correlation method was used. The results are presented in Table 1.1 to Table 5.3.

**Table No. 1.1**

Frequency Distribution of Family Background of Parents v/s Sit and Reach ability of their Daughters

Family Background of Parents'	Sit and Reach Ability of Daughters					Tot
	0-20 (Poor)	20-40 (Ave.)	40-60 (Good)	60-80 (V. Good)	80-100 (excellent)	
0-10 (poor)	6	0	0	0	0	6
10-20 (average)	46	3	5	0	0	54
20-30 (good)	59	14	13	1	2	89
30-40 (excellent)	273	35	30	9	4	351
Total	384	52	48	10	6	500

**Table 1.2**  
Chi-Square Test

	Value	df	Sig.
<b>Chi-Square</b>	13.530	12	.332

**Table 1.3**  
Correlation

	Value	Std. Error	Approx. T	Sig.
<b>Pearson 'r'</b>	.032	0.037	0.722	0.470

The scores of the table 1.1 indicate that out of 351 students of several courses in the university, whose parents' family background were excellent, 308 student's (273+35) sit & reach ability falls under the category of below average. Only 39 students (30+9) were having sit & reach ability falling under the category of very good, which is 11.1%, which is not upto the remarkable level. The table 1.2 indicate that the  $\chi^2$  statistic value of the respondents' sit & reach ability is not affected by their parents' family background i.e. respondents'  $\chi^2$  value is insignificant. The table 1.3 indicates that the Pearson's correlation value (R) also favors the result of  $\chi^2$  test of independent.

**Table No. 2.1**

Frequency distribution of Family Background of Parents v/s Sit - ups ability of their Daughters

Family Background of Parents'	Sit - ups Ability of Daughters					Tot
	0-20 (Poor)	20-40 (Average)	40-60 (Good)	60-80 (V. Good)	80-100 (excellent)	
0-10 (Poor)	3	3	0	0	0	6
10-20 (Average)	29	16	6	3	0	54
20-30 (Good)	40	28	13	6	2	89
30-40 (Excellent)	166	105	48	23	9	351
Total	238	152	67	32	11	500

**Table 2.2**

Chi-Square Test

	Value	df	Sig.
<b>Chi-Square</b>	4.535	12	.972

**Table 2.3**

Correlation

	Value	Std. Error	Approx. T	Sig.
<b>Pearson 'r'</b>	.054	.039	1.210	.227

The scores of the table 2.1 indicate that out of 351 students of several courses in the university, whose parents' family background were excellent, 271 student's (166+105) sit- ups ability falls under the category of below average. Only 71 students (48+23) were having sit- ups ability falling under the

category of very good, which is 20.3%, which is not up to the remarkable level. The table 2.2 indicates that the  $\chi^2$  statistic value of the respondents' sit-ups ability is not affected by their parents' family background i.e. respondents'  $\chi^2$  value is insignificant. The table 2.3 indicates that the Pearson's correlation value (R) also favors the result of  $\chi^2$  test of independent.

**Table 3.1**

Frequency distribution of Family Background of Parents v/s Running ability of their Daughters

Family background of Parents'	Running Ability of Daughters			Total
	0-20 (Poor)	20-40 (Average)	40-60 (Good)	
0-10 (Poor)	6	0	0	6
10-20 (Average)	48	6	0	54
20-30 (Good)	75	14	0	89
30-40 (Excellent)	302	46	3	351
Total	431	66	3	500

**Table 3.2**

Chi-Square Test

	Value	df	Sig.
Chi-Square	2.895	6	.822

**Table 3.3**

Correlation

	Value	Std. Error	Approx. T	Approx. Sig.
Pearson 'r'	.037	.038	.825	.410

The scores of the table 3.1 indicate that out of 351 students of several courses in the university, whose parents' family background were excellent, 302 student's running ability falls under the category of below average. Only 46 students are having running ability falling under the category of average, which is 13.1%, which is not up to the remarkable level. The table 3.2 indicate that the  $\chi^2$  statistic value of the respondents' running ability is not affected by their parents' family background i.e. respondents'  $\chi^2$  value is insignificant. The table 3.3 indicates that the Pearson's correlation value (R) also favors the result of  $\chi^2$  test of independent.

**Table 4.1**

Frequency distribution of Family Background of Parents v/s Body Composition of their Daughters

Family Background of Parents'	Body Composition of Daughters					Total
	0-20 (Poor)	20-40 (Average)	40-60 (Good)	60-80 (V.Good)	80-100 (excellent)	
0-10 (poor)	3	1	2	0	0	6
10-20 (average)	38	5	8	3	0	54
20-30 (good)	60	11	11	6	1	89
30-40 (excellent)	253	48	27	16	7	351
Total	354	65	48	25	8	500

**Table 4.2**

Chi-Square Test

	Value	df	Sig. (2-sided)
Chi-Square	10.912	12	.536

**Table 4.3**

Correlation

	Value	Std. Error	Approx. T	Sig.
Pearson 'r'	-.042	.044	-.935	.350

The scores of the table 4.1 indicate that out of 351 students of several courses in the university, whose parents' family background were excellent, 301 student's (253+48) body composition falls under the category of below average. Only 43 students (27+16) were having body composition ability falling under the category of very good, which is 12.3%, which is not up to the remarkable level. The table 4.2 indicate that the  $\chi^2$  statistic value of the respondents' body composition ability is not affected by their parents' family background i.e. respondents'  $\chi^2$  value is insignificant. The table 4.3 indicates that the Pearson's correlation value (R) also favors the result of  $\chi^2$  test of independent.

**Table 5.1**

Frequency distribution of Family Background of Parents v/s Total Health Related Physical Fitness of their Daughters

Family Background of Parents'	Total Health Related Physical Fitness of Daughters						Total
	0-50 (V. Poor)	50-100 (Poor)	100-150 (Average)	150-200 (Above Average)	200-250 (Good)	300-350 (Excellent)	
0-10 (Poor)	3	3	0	0	0	0	6
10-20 (Average)	24	21	8	1	0	0	54
20-30 (Good)	28	34	22	5	0	0	89
30-40 (Excellent)	129	148	55	16	2	1	351
<b>Total</b>	<b>184</b>	<b>206</b>	<b>85</b>	<b>22</b>	<b>2</b>	<b>1</b>	<b>500</b>

**Table 5.2**  
Chi-Square Test

	Value	df	Sig. (2-sided)
<b>Chi-Square</b>	9.599	15	.844

**Table 5.3**  
Correlation

	Value	Std. Error	Approx. T	Sig.
<b>Pearson 'r'</b>	.043	.040	.968	.334

The scores of the table 5.1 indicate that out of 351 students of several courses in the university, whose parents' family background were excellent, 277 student's (129+148) health related physical fitness level falls under the category of below poor. Only 71 students (55+16) were having health related physical fitness level falling under the category of above average, which is 20.2%, which is not upto the remarkable level. The table 5.2 indicate that the  $\chi^2$  statistic value of the respondents' health related physical fitness level is not affected by their parents' family background i.e. respondents'  $\chi^2$  value is insignificant. The table 5.3 indicates that the Pearson's correlation value (R) also favors the result of  $\chi^2$  test of independent.

### Discussion

The findings of the Chi-Square test reveal that the family background of the parents, which includes the family competency, family's commitment towards the society, did not have any influence on all the Health Related Physical Fitness Parameters i.e. the Sit & Reach Ability, Sit-up's Ability, Running Ability, Body Composition and Total Health Related Physical Fitness components of their daughters.

The finding also shows that there was no significant relationship between all the Health Related Physical Fitness Parameters i.e. the Sit & Reach Ability, Sit-up's Ability, Running Ability, Body Composition and Total Health Related Physical Fitness of the daughters with regard to family background of their parents.

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