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Differences in Socio Economic Prominence of Men Wrestlers of Light Weight grouping Difference in Five Components of Physical Fitness of Sonipat District

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Abstract

The intention of the present learning was deliberate to discover out the dissimilarities in socio economic prominence of men wrestlers of Light Weight grouping difference in five components of physical fitness of Sonipat district in Harayna. The samples consisted of 30 in all who fit in to dissimilar socio-economic prominence and contributed in different levels of wrestling. Their particular physical fitness component was engaged with standard test of each component. For examination of the data Mean & SD were considered and to scrutinize the consequence difference between the grouping mean of different physical fitness components, independent sample 't' test was functional, and level of assurance was situate at 0.05 level. Findings out that Light Weight grouping wrestlers fit in to Middle Socio-Economic prominence are considerably enhanced in Strength as evaluate to other Socio-Economic Status wrestlers of this category. In other components of Physical Fitness, no considerable differences were established between High Socio-Economic prominence, Middle Socio-Economic prominence and Low Socio-Economic group of wrestlers.

Keywords: Economic, Prominence, grouping, Physical Fitness

1. Introduction

Wrestling, sport practiced in various styles by two competitors, involving forcing an opponent to touch the ground with some part of the body other than his feet; forcing him into a certain position, usually supine (on his back); or holding him in that position for a minimum length of time. Wrestling is conducted in various styles with contestants upright or on the ground (or mat).

The three basic types of wrestling contest are the belt-and-jacket, catch-hold, and loose styles, all of which appear to have originated in antiquity. Belt-and-jacket styles of wrestling are those in which the clothing of the wrestlers provides the principal means of taking a grip on the opponent. In many cases this is no more than a special belt worn by both wrestlers, while in others a special belted jacket and special trousers are worn. Catch-hold styles require the contestants to take a prescribed hold before the contest begins; often this grip must be maintained throughout the struggle. Loose styles of wrestling, which are used in modern international competition, commence with the wrestlers separated and free to seize any grip that they choose except such as are explicitly forbidden (e.g., taking hold of an opponent's clothing or using a life-threatening grip, such as a stranglehold).

Wrestling can also be classified in terms of what is required to win. These categories can be graded on an ascending scale of violence as follows: break-stance sports are those that require forcing the opponent to relinquish a certain posture or position; toppling requires that the standing opponent be forced to touch the ground with some part of his body other than his feet; touch-fall wrestling requires that the opponent be forced into a certain position, usually supine, for a brief instant; pin-fall wrestling requires that the opponent be held in such a position for a measurable length of time; and submission wrestling requires the opponent to vocally or visually signal defeat by his own choice.

Early history

Wrestling probably originated in hand-to-hand combat, and in particular as a sportive form of combat substituting the submission of a contestant for his death. Works of art from 3000 bce depict belt wrestling in Babylonia and Egypt, and the Sumerian Gilgamesh epic has a description of such wrestling. Loose wrestling in India dates to before 1500 bce. Chinese documents from 700 bce describe loose wrestling, as do Japanese records from the 1st

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century bce. The belt wrestling practiced locally in the 20th century by the Swiss, Icelanders, Japanese, and Cossacks differed little from that of the Egyptians in 2500 bce.

Wrestling was probably the most popular sport of the ancient Greeks. Young men belonged to palaestras, or wrestling schools, as the focal point of their social life. Illustrations of wrestling on Greek vases and coins are common throughout all periods of ancient Greece, but all that can be told from it is that the style was loose wrestling and that wrestlers, as did all Greek athletes, competed naked. Wrestling was part of the Olympic Games from 776 bce. There were two wrestling championships in these games: a toppling event for the best two of three falls; and the pankration (Latin: pancratium), which combined wrestling and boxing and ended in the submission of one contestant. Upright wrestling was also a part of the pentathlon event in the Olympic Games, a bout being fought to a clear-cut fall of one of the wrestlers. The most famous ancient Greek wrestler was Milon of Croton, who won the wrestling championship of the Olympic Games six times. Wrestling was less popular among the Romans than it had been with the Greeks, and, with the fall of the Roman Empire, references to wrestling disappeared in Europe until about 800 ce.

Middle Ages

When the Islamic rulers of Persia began hiring Turkic mercenaries about 800 ce, the soldiers brought with them a style of loose wrestling called koresh, in which grips may be taken on the long, tight leather pants worn by the wrestlers and the bout ends with a touch fall of the loser briefly on his back. Gradually the Turks took over the entire Muslim dominion, and their wrestling style spread. Later Mongolian invasions in the 13th century introduced Mongolian wrestling, which received royal patronage, and wrestling became the national sport of modern Iran.

Sumo, a Japanese belt-wrestling style, was a popular spectator sport under imperial patronage (710–1185). Originally a submission spectacle, sumo became highly ritualized as a toppling match with victory coming also from the forcing of an opponent out of a 12-foot (4-metre) circle. By the 17th century sumo wrestling had become a professional sport in Japan. From the samurai martial art jujitsu, judo, the other prominent Japanese wrestling style, was derived in the 19th century and became an international sport in the second half of the 20th century.

Modern wrestling

From the 18th century on, a procession of wrestlers or strongmen appeared at fairs, in theatres, and in circuses, challenging all comers, beginning with the Englishman Thomas Topham of London in the 18th century and culminating with Eugene Sandow, the German-born international figure, who continued into the 20th century. Early in the 1800s wrestling became a part of the training regimen of the German turnverein gymnastic movement. In

the United States, wrestling was popular as a frontier sport (Abraham Lincoln was a noted local wrestler), bouts usually going until one contestant submitted and with few holds barred.

In the second half of the 19th century, two wrestling styles developed that ultimately dominated international wrestling: Greco-Roman wrestling and catch-as-catch-can, or freestyle wrestling. Greco-Roman wrestling, popularized first in France, was so called because it was thought to be the kind of wrestling done by the ancients. Greco-Roman wrestling involves holds made only above the waist and forbids wrapping the legs about an opponent when the wrestlers go down. Originally it was professional and popularized at international expositions held at Paris, but after its inclusion in the revived Olympic Games in 1896, Greco-Roman wrestling events were held at subsequent Olympic Games except in 1900 and 1904.

Method

Sample: The examination is investigation type where the researcher accomplished the investigation on wrestlers of sonipat district in Harayna. The information was composed on throughout Questionnaire prepared by Uppadhaye & Sexsena. In total 30 numbers of wrestler consisting of three categories i.e. Low, Middle and High Socio-Economic prominence who had contributed in various wrestling antagonism. The composed statistics was statistically analyzed to find out the results.

Tool Used: To accumulate the figures the subsequent tools were engaged by the researcher for the compilation of data: Socio-Economic prominence Scale (Sunil Kumar Uppadhay and Alka Sexena (2010).

Administration of the test: The information was composed by administration of the test. Then test were accomplished with the help of wrestling coaches of Sonipat district, the test were give explanation by giving a demonstration to the subjects. A experiment opportunity was also prearranged to the subjects for each the test substances. Satisfactory warm-up time was also specified to the subjects.

Statistical Technique: Statistical procedure such as Mean, SD, and t-ratio were used to discover consequence differences in particular physical fitness components. The importance of significant differences for each item for the three weight categories was experimental through the mean score of each category.

Results and Discussion: Differences in five Physical Fitness components for light weight grouping of wrestlers belonging to High Socio-Economic Status, Middle Socio-Economic Status and Low Socio-Economic Status are shown in table 1 to 3.

Table 1: Mean, SD and t-Ratio between low SES (9) and Middle SES (16) Wrestlers on Five Elements of Physical Fitness for Heavy Weight Category

Sr. No.	Elements	Mean of	Mean of	SD of	SD of	t-ratio
		Low S.E.S	Middle S.E.S	Low S.E.S	Middle S.E.S	
1	Strength	7.2	7.1	0.52	0.54	0.16
2	Speed	6.9	6.7	0.51	0.61	0.38
3	Agility	19.89	20.05	0.91	1.12	0.50
4	Power	1.79	1.82	0.25	0.21	0.61
5	Endurance	2.87	2.96	0.37	0.25	0.74

*Significant at 0.05 level

Table 2: Mean, SD and t-Ratio between low SES (9) and high SES (5) Wrestlers on Five Elements of Physical Fitness for Heavy Weight Category

Sr. No.	Elements	Mean of	Mean of	SD of	SD of	t-ratio
		Low S.E.S	High S.E.S	Low S.E.S	High S.E.S	
1	Strength	7.2	7.8	0.52	0.42	1.97
2	Speed	6.9	6.6	0.51	0.47	1.14
3	Agility	19.89	21.25	0.91	0.43	1.32
4	Power	1.79	1.89	0.25	0.26	0.08
5	Endurance	2.87	3.12	0.37	0.28	0.62

* Significant at 0.05 level

Table 3: Mean, SD and t-Ratio between low SES (9) and high SES (5) Wrestlers on Five Elements of Physical Fitness for Heavy Weight Category

Sr. No.	Elements	Mean of	Mean of	SD of	SD of	t-ratio
		High S.E.S	Middle S.E.S	High S.E.S	Middle S.E.S	
1	Strength	7.8	7.1	0.42	0.54	2.12
2	Speed	6.6	6.7	0.47	0.61	1.27
3	Agility	21.25	20.05	0.43	1.12	1.25
4	Power	1.89	1.82	0.26	0.21	0.36
5	Endurance	3.12	2.96	0.28	0.25	0.09

* Significant at 0.05 level

Table 1 to 3 shows that only two t-ratios are significant at 0.05 levels. In table 2, $t = 1.97$ and table 3, $t = 2.12$ is significant for Strength component. Other t-ratios are not significant at 0.05 levels. So, null hypothesis is discarded for Strength component of Physical Fitness. $t = 1.97$ shows that Light weight wrestlers fit in to Low Socio-Economic Status have more Strength ($M=7.2$) as compare to wrestlers belonging to High Socio-Economic Status ($M= 7.8$). $t = 2.12$ shows that heavy weight wrestlers belonging to Middle Socio-Economic Status have more Strength ($M=7.1$) as compare to wrestlers belonging to High Socio-Economic Status (7.8) wrestlers.

Conclusion

Thus, it can be over and done with that Light Weight category wrestlers belonging to Middle Socio-Economic

prominence are appreciably enhanced in Strength as evaluate to other Socio-Economic prominence wrestlers of this category. In other components of Physical Fitness, no considerable differences were established between High Socio-Economic prominence, Middle Socio-Economic prominence and Low Socio-Economic category of wrestlers.

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