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Sports participant medical college students constraints and controversies: A study

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Abstract
This study aim is to find out the constrains and controversies faced by the medical students in Tamil Nadu. Tamil Nadu Dr.M.G.R medical university, Chennai affiliated allopathic medical college sports participant (students both boys and girls) are involved this study. Survey method is preferred to conduct this study. A standard, pre-tested questionnaire was used as a primary data collection tool. Questionnaire covers the following listed constraints, religious, financial, educational, sports facilities job opportunity, anatomical and anthropometrical constraints. Percentage analysis and chi-square tests (5% level) are used for interpretation of this study. There are 800 boys and 800 girls are involved. Education, sports facility, finance and Anthropometrical as constraints is common for both boys and girls. It is found that the constraints which include religion, finance, education, sports facilities, job opportunity, anatomy, and anthropometrical are constraint for the medical college sports participants.

Keywords: Sports Constraints, Controversies, Medical students

1. Introduction

Health and physical fitness have a vital role in the life of men from time immemorial. The progress of the nation lies in the hands of the people, who are healthy and physically fit. Every individual should develop his physical fitness for a happy and effective living. In order to get physical fitness one has to involve in physical activities. Physical activity is essential for the development of whole some personality of the child which would depend upon the opportunities provided for wholesome development of the mental, physical, social and spiritual aspects. Hence, a well organsied and properly administered physical education program for school children is very essential.

Physical activity throughout the ages has been acclaimed for health and recreation. It provides fun and enjoyment besides, it also provides youthful exuberance. Physical activity and movement are as old as human existence. It plays numerous roles from struggle for existence to struggle for excellence. Fundamental to success in education or any other field of living for that matter is good health and that can be achieved by youth unless growth and development take place in any acceptable form[1]. There have been constraints and controversies over the participation in sports by the medical students in competitive sports. Female participation in sports has come a long way. Efforts have been made in getting more females to participate in sports. However, a lot more effort is required to encourage female participation in sports.

It is noticed that medical college students are under-represented in sports and this tendency has filtered through to the educational institutions and the community in general. There are more medical college students who do not participate in sports than those who do participate. Why do some students participate while others do not participate in sports?. Focusing on the above dimensions will reveal the reasons that encourage them to participate in sports and the negative reasons that discourage them to choose not to participate in sports. A number of studies have been conducted on female sports participation. This study will attempt to show the problem of non-participation by the medical students which starts at school and this is where necessary changes need to be initiated. The under representation of medical students in sports at the school level and college level has become a matter of concern not just for schools but also for the entire country.

Radha[2] conducted a study on social constraints on women who participated in school sports and games. The purpose of the study was to assess the social constraints on women who participated in sports and games. Data were collected following a survey method using a standard questionnaire. Data were collected on social constraints, traditional beliefs and culture, women's inferiority complex, illiteracy, non-availability of women coaches, fear of losing physical appearances and academic work. A total of 1000 school children were chosen as subjects for the data collection. Their age ranged between 16 and 18 years.

The percentage of each constraint was computed as follows, Social constraints (35%), Traditional belief and culture (9%), Inferiority complex (9%), Illiteracy (16.2%), Non availability of women coaches (10%), Fear of losing physical appearance (8%), and Academic work (12%). He concluded that social constraints largely impede the women's participation in Sports and Games.

Saudamini[3] conducted a study on women sports – psycho – social aspects. For the purpose of the study, a survey was conducted on athletes who participated in the state athletic meet at Chandigarh. The data collected on the athletes revealed that the long distance runners increase amenhoria than endurance sports. The runners also tend to lose more weight as they train more. The incidence of athletic amenhoria was 43% in women running more than 112km. It was 12% in swimmers and cyclists. The menhoric runners had greater psychological stress than cyclists and swimmers.

2. Purpose of the Study

Participation in sports by medical college students has been a topic virtually ignored by most scholars and thus their participation has been a relatively undeveloped area of research. Recent trends have sparked a need for knowledge about sports participation by medical students and the constraints that confront them.

There have been controversies over the participation by medical students in competitive sports which were based on certain biological, sociological and philosophical concepts. Women have the courage of conviction and have developed the quality of initiative courage and certain degree of leadership. In spite of all these qualities, some special problem attached to them keep themselves a step behind their male counterparts.

Many constraints have been identified during data collection from medical students, which forestalled their active participation in sports. Whether it is a rural area or urban area, whether it is educated family or uneducated family. Whether it is a school or college or university, whether it is a Hindu religion, or Muslim religion, or Christian religion, whether it is a wealthy family or not, everywhere women confront constraints towards sports participation.

Similarly, many constraints and controversies have been identified for male students which forestalled their active participation. Every student may have more than one reason for their nonparticipation in sports.

No research has been done so far to identify the constraints and controversies confronted by the medical college students in Tamil Nadu.

3. Aim and Methodology

The primary purpose of the study was to identify the constraints faced by the medical students towards sports participation separately for men and women. The secondary purpose was to find out which are the constraints that impede their participation in sports for men and women separately. The questionnaire used for the collection of data was duly standardized by establishing the validity, reliability and objectivity. Compilation of question's relevant to the topics; the questionnaire covered all the areas of information needed for this study. The questionnaire was given to the subjects from where information was desired. In the survey, questionnaire is the best tool instead of interview technique or opinionative. It is because the classified information can be collected through a set of battery of questions. The questionnaire used for this study consisted the following categories namely religion, finance, education, sports facilities, job opportunities, anatomical constraints and anthropometrical constraints. Prior to the collection of data, preliminary discussion with the medical students, medical faculty and personal interview with the physical education scientists were made.

4. Study variables

The present study is to identify the constraints and controversies confronted by the students (both boys (50/college) and girls (50/college)) in all medical colleges (32) affiliated to Tamil Nadu Dr. M.G.R Medical University, Chennai and hence this study. The questionnaire was given to the subjects after the inter medical matches every day during 2014-15. During their assembly, the explanation of each category of question was made. Their doubts regarding the questions were cleared and they answered without ambiguity. Their option for each reason was marked.

Some subjects opted three or four reasons for their non-participation in sports and it was marked in order. The total was found out in each category for all the variables separately. In each category, it was expected that there may be equal number of subjects. But it was observed that the number of subjects in each category was different.

5. Statistical test

To find out the divergence between expected frequency (constrains) and observed frequency (constrains) Chi-square test was used. Chi-square test is used to study the divergence between experimentally observed frequency and theoretically expected frequency. The percentage of each constraint was also computed for men and women separately. Hypothesis method was used for each variable for men and women separately. Hypothesis method was employed for men and women separately.

6. Hypothesis

To aid the findings of the study, the following hypothesis is formulated. It was hypothesized that there may be constraints (religious constraints, financial constraints, educational constraints, sports facilities constraints, job opportunity constraints, anatomical constraints, and anthropometrical constraints) that will affect the participation of medical students in sports and games. (Men and women)

7. Level of significance

The probability level below which the hypothesis is rejected is termed as level of significance. In the present study, if the obtained values were greater than the table value at 0.05 level, the hypotheses were accepted. If the obtained values were less than the table value, the hypotheses were rejected. The degree of freedom was determined by $(c-1)*(r-1)$ formula. For this study, the level of significance was fixed at 0.05 level.

8. Significance of the study

The present study may provide some significant contribution in the following aspects.

- The results of the study may help to identify the constraints towards the participation in sports by the medical college students (Men and Women)
- The results of the study may be used to remove the constraints which are identified.
- The results of the study may be used to encourage more medical students to take part in sports and games.
- On the basis of the results of the study, it is believed that authorities concerned may take necessary steps to minimize the constraints and controversies towards participation in sports by medical students.
- This study may bring to light some new facts regarding participation of medical students in sports and games in Tamil Nadu.
- The study may motivate further research in the area of sports participation by doctors, police personnel, lawyers and many more professionals.
- The results of the study may add to the quantum of knowledge in the area of constraints towards sports participation.

- The study may be helpful to know which of the chosen constraints dominant hindrances towards sports participation are.
- The study may contribute to the body of knowledge in the specialized area of identification of constraints.

9. Delimitations

The study was delimited in the following aspects

- The study was conducted only in The Tamil Nadu Dr. M.G.R Medical University, Chennai affiliated medical college students (Men and women) in Tamil Nadu
- The data were collected from medical college students who participated in any one of the games in the inter medical sports competitions.
- The data for study were collected from students studying in all the medical colleges in Tamil Nadu.
- The study was conducted to note down the constraints only confronted by the medical students.
- In the primary findings, eight categories of constraints were identified. Hence, the data were collected only on the identified constraints.

9.1 Limitations

- The data for this study was collected using a standard questionnaire as this study was a survey method design. So the ability to understand the questionnaire by the medical students may have an effect on the results of this study and this will be considered as a limitation.
- No motivational technique was used for the collection of data.

10. Tables and Analysis

Table 1: Study Participant based gender and status of the college

Status	Gender		Total
	Male	Female	
Government	495(61.88)	495(61.88)	990(61.88)
Private	305(38.12)	305(38.12)	610(38.12)
Total	800(50)	800(50)	1600

(Figures in parenthesis are consider as percentage)

Table 1 reveals the respondents' gender and status of the college. It could be seen that out of the total respondents (1600), 990 (61.88) and 610(38.12) are government and private medical college students. Among the total participants, males and females are equally (50) distributed. Among the male respondents (800), 495(61.88) and 305(38.12) are government and private medical college. It is similar to female. It shows that government medical college students are more than the private medical college students. In Tamil Nadu, there are 19 government medical colleges and 13 private medical colleges.

Table 2: Study Participant based gender and study year

Status	Gender		Total
	Male	Female	
First year	163(20.4)	163(20.4)	326(20.4)
Second Year	168(21.0)	168(21.0)	336(21.0)
Third Year	168(21.0)	168(21.0)	336(21.0)
Final Year	158(19.8)	156(19.5)	314(19.6)
CRRI	143(17.9)	145(18.1)	288(18.0)
Total	800	800	1600

(Figures in parenthesis are consider as percentage)

Table 2 gives the details of the study participants' gender and study year. It could be seen that out of the total respondents (1600), male and female respondents' percentage is 50. Among the male respondents (800), 20.4, 21, 21, 19.8, 17.9 percent of the first year, second year, third year, final year and CRRI. It is the percentage lies between 7.9 to 20. 4. Among the female respondents' 20.4, 21, 21, 19.5, 18.1 percent of the first year, second year, third year, final year and CRRI.

The percentage of each constraint was computed for men and women as follows.

Table 3: Study Participant based gender and study year

Constrains	Men	Rank	Women	Rank
For Religious constraints	168(21.00)	5	164(20.50)	6
For Financial constraints	419(52.38)	3	363(45.37)	3
For Educational constraints	531(66.38)	1	521(65.12)	1
For Sports facilities constraints	513(64.12)	2	464(58.00)	2
For Job opportunity constraints	119(14.86)	7	83(10.39)	7
For Anatomical constraints	163(20.37)	6	204(25.50)	4
For Anthropometric constraints	206(25.75)	4	204(25.50)	4

(Figures in parenthesis are consider as percentage)

From the Table 3, it is found the percentage of religious constraint for medical college men is 21% whereas it is 20.5% for the medical college women. It is also noticed from the table that the financial constraint for men is 52.37 whereas it is 45.37% for women.

Table 3 reveals that the educational constraint for the medical college men is 66.375% whereas it is 65.12% for the medical college women. As far as sports facilities are concerned, 64.62% of constrains are confronted by the medical college men whereas women confronted 58% of sports facilities constraints as given in table.

Further it is noticed from table that there is 14.875%. Job opportunity constraint for men and it is 10.39% for women. 20.37 of anatomical constraints are faced by men and 25.5%

anatomical constraints are faced by medical college women. Again 25.75% of anthropometric constraints are faced by the medical college men and 25.5% of anthropometric constraints are faced by medical college women students as seen in table. To sum up, it is noticed from the above results that both men and women (of the medical colleges in Tamil Nadu from where the data were collected) faced almost equal percentage in all constraints.

Of the eight constrains, educational constraint was felt more 66.375% and 65.12% by medical college men and women respectively. It is followed by sports facilities constraint 64.12% and 64% faced by men and women. Financial constraints come next with 52.37% and 45.37% by men and women. By way of comparison of constraints among students (between boys and girls) there was no difference among them. All are found to be equal.

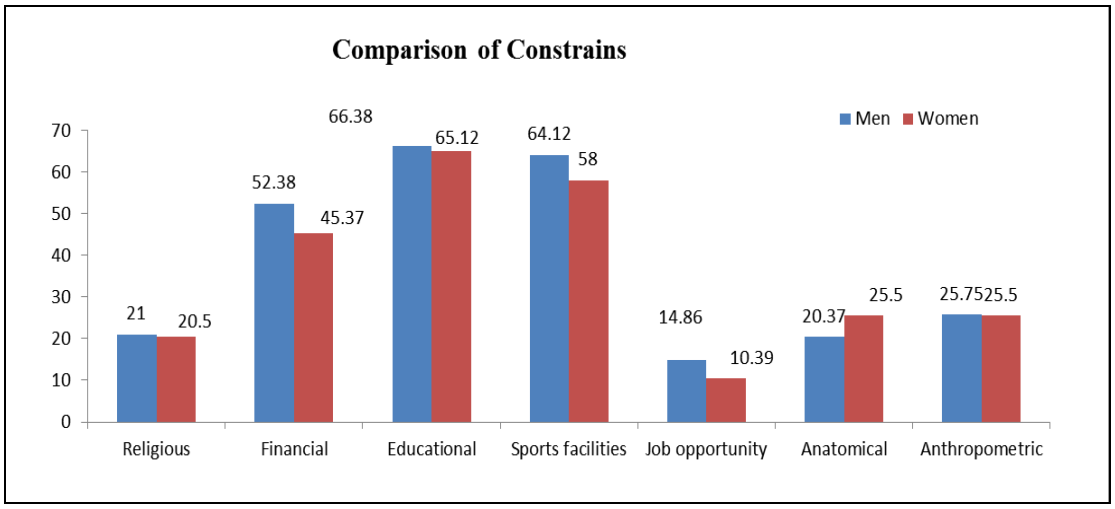

Chart 1: Comparison of constrains based on gender

Computation of chi-square

The following Chi-square test table 4 illustrates the statistical results of the constraints which include religion, finance, education, sports facilities, job opportunity, Anatomy, anthropometrical.

Table 4: Chi-square test: Gender and Constraints

S. No.	Constraints	Boys	Girls
1	Religious constraints	449.65*	505.89*
2	Financial constraints	182.47*	239.33*
3	Educational constraints	092.23*	097.33*
4	Sports facilities constraints	103.43*	105.16*
5	Job opportunity constraints	580.34*	642.99*
6	Anatomical constraints	508.33*	445.25*
7	Anthropometrical constraints	441.93*	444.75*

(Table value of chi-square at 0.05 level=9.488)

From the statistical findings in table, it is found that the Chi-square values are greater than the table value 9.488 at 0.05 level. It is significant and hence it is noticed that the above listed constraints are constraint for the medical college sports participants.

11. Findings and conclusion

Within the limitation of the present study, the following findings and conclusions were drawn.

- Equal number of students (gender and study year based) participated in this study.
- Education, sports facility, finance and anthropometrical as constraints is common for both boys and girls.
- It is found that the constraints which include religion, finance, education, sports facilities, job opportunity, anatomy, and anthropometrical are constraint for the medical college sports participants.
- Religion was a constraint for the medical students (men and women) towards their participation in sports.
- Financial constraint seriously affected the sports participation by the medical college students (men and women)
- Educational constraint impede the sports participation of the Medical students (men and women)
- Sports facility was found to be a constraint that hinders the sports participation by the medical college students (men and women)
- Job opportunity was a common constraint both for men and women of the medical colleges.
- Anatomy was found to be an influential constraint that forestalled the participation in sports by the medical college students.
- Anthropometry was considered as a constraint in sports and games for the medical students (Men and Women)
- Similar study may be conducted on engineering college men and women national wide.
- Similar study may be conducted on tribal people, nomads, semi nomads and fishermen.

12. Further study

1. Comparative study on the constraints may be taken up between Indian students and other Asian students.
2. National survey on sociological constraints, psychological constraints, community programmes, physiological factors, self-concept, and other barriers may be conducted.
3. To remove the constrains which are identified, research on constraints to participation in sports activities may be done at physical education learning centres, national coaching centers and other sports establishments.

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