

## AN ANALYTICAL STUDY OF SOCIAL SUPPORT IN KAYAKING AND ROWING PLAYERS

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### ABSTRACT

*The present study was aimed to indentify the role of Social Support in kayaking and rowing players. For this purpose, the investigators had selected Forty (N=40) inter-college male kayaking and rowing players of 19 to 25 years of age to act as subjects. They were divided into three groups; (i.e., N<sub>1</sub>=20; inter-college male kayaking, N<sub>2</sub>=20; inter-college male rowing players). The purposive sampling technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study. To measure the level of Social Support among subjects, Social Support Scale constructed by Zimet et al. (1988) was administered. To determine the significant differences of Self-Acceptance in male kayaking and rowing players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05. Conculdingly from the above findings that significant differences were present between male kayaking and rowing players on the variables of Social Support.*

*Keywords: Social Support, kayaking and rowing players.*

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### INTRODUCTION:

Social support is associated with better psychological health in general and reduces the negative psychological consequences of exposure to stressful life events (Cohen & Wills, 1985). Wallston et al. (1983) reported that various sources or types of social support contribute to different outcomes in physical health. There have been recent indications that social support resources play an important role in athlete retention and success (Botterill, 2004; Bruner, 2002; Halliwell, 2004). In sports, social support might influence performance in a main effects model by providing advice about tactics and game plans, or by increasing positive effect, leading to a greater likelihood of experiencing flow states (Cohen, 1988; Rees et al., 1999). Rees et al. (1999) studied that whilst no associations were found between social support and a winning vs. losing outcome measure, associations were found between social support and factors underlying performance. Associations were therefore only apparent when attention was focused on those

factors. In youth sport, the structural dimension of social support is primarily founded on the athlete's network of significant others including coaches, parents, teammates, and peers (Bianco & Eklund, 2001; Scanlan et al., 2003). The coach-athlete relationship may be the most important social sport interaction (Mageau & Vallerand, 2003). According to Jowett and colleagues (Jowett & Cockerill, 2002; Jowett et al., 2005) the relationship is a dynamic process characterized by the coach and athlete having interrelated thoughts, feelings, and behaviours. The provision and receipt of social support may help foster this relationship.

#### METHODS:

#### SUBJECTS:

For this purpose, the investigators had selected Forty (N=40) inter-college male kayaking and rowing players of 19 to 25 years of age to act as subjects. They were divided into three groups; (i.e.,  $N_1=20$ ; inter-college male kayaking,  $N_2=20$ ; inter-college male rowing players). The purposive sampling technique was used to select the subjects. All the subjects, after having been informed about the objective and protocol of the study, gave their consent and volunteered to participate in this study.

#### TOOLS:

To measure the level of Social Support among subjects, Social Support Scale constructed by Zimet et al. (1988) was administered.

#### STATISTICAL ANALYSIS:

To determine the significant differences of Self-Acceptance in male Intercollege kayaking and rowing players, unpaired t-test was employed for data analyses. To test the hypothesis, the level of significance was set at 0.05.

#### RESULTS:

Table-1: Significant differences in the Mean scores of male Intercollege Kayaking And Rowing Players on the Variable Social Support.

Variables	Intercollege Rowing Players =20		Interuniversity Rowing Players =20		t-value	Sig.
	Mean	SD	Mean	SD		
Social Support	46.89	6.89	56.67	8.67	6.45	0.04

**SOCIAL SUPPORT** A glance at table-1 shows the results of m male Intercollege Kayaking and Rowing Players, on the variable Social Support. The descriptive statistics shows the Mean and SD values of male Intercollege Kayaking Players as 46.89 and 6.89 respectively. However, Intercollege Rowing Players had Mean and SD values as 56.67 and 8.67 respectively. The 't'-value 6.45 as shown in the table above was found statistically significant ( $P < 0.05$ ). It has been observed from the above results that Interuniversity Rowing Players has demonstrated significantly better on Social Support than the Intercollege Kayaking.

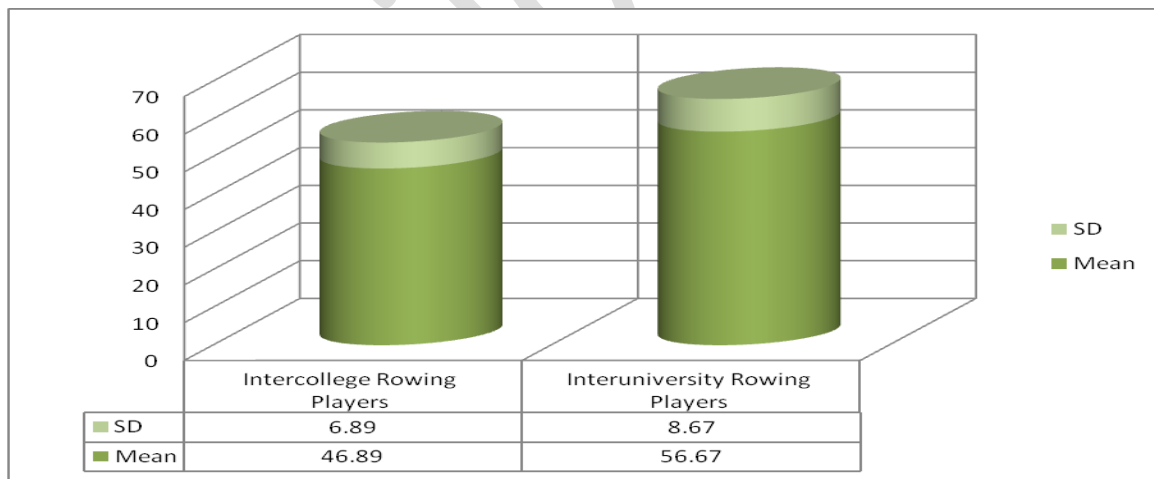


Figure-1: Mean & SD scores of male Intercollege Kayaking And Rowing Players on the Variable Social Support.

**CONCLUSION :**

Concludingly from the above findings that significant differences were present between male kayaking and rowing players on the variables of Social Support.

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