EFFECTS OF INDIAN PARENTS' SOCIAL STATUS ON DAUGHTERS' HEALTH-RELATED PHYSICAL FITNESS

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ABSTRACT

The purpose of this study was to examine the effect of Indian parents' social status on daughters' health-related physical fitness. Subjects were randomly selected from her 300 undergraduate students at Banaras Hindu University and their parents. Subjects ranged from 16 to 24. A socioeconomic status index was constructed and the AAPHRD health-related physical fitness test was administered to the daughters to collect information on the social status of the parents. The AAPHERD Health Related Physical Fitness which measures aerobic respiratory function (9 minutes of running/walking), body composition (sum of triceps and skin folds under shoulder blades) consisted of three test items, posterior hamstring musculoskeletal dysfunction (Modified Seat and Reach Test). To analyze the data, the chi-square test was used to measure the effect and Pearson's product-moment correlation was used to find the relationship. Results indicated that parents' social status, with their family's perceptions and contributions in society, did not influence all of the daughter's health-related fitness factors.

***Keyword**: Social status, health-related fitness, influence. ..*

INTRODUCTION: There is growing interest in the impact of socioeconomic status (SES) on health. An individual's SES has been shown to be closely associated with mortality, morbidity, health-related behaviors, and access to health services in Western countries. Whether the same social determinants are responsible for rising mortality or morbidity in India, as the degree of social stratification within society has increased over the past decade due to economic and social conditions. is questionable. SES must be interpreted in the economic, social, demographic and cultural context of a particular country. This report discusses the impact of an individual's socioeconomic status on health in India in terms of social status, family background, educational attainment, occupation/class, and income level. Physical fitness is the most important requirement for being able to get the most out of life, live your best life and provide the best service. Canada's UNESCO Commission recommends that "physical education is the birth right of every child". Everyone has a basic right to access physical education and sports. This is essential for the full development of personality. Physical activity is part of society and an integral part of culture. It varies for every country, community and group. The close relationship between sport and society influences each other. Social trends and patterns are reflected in sports and athletes. Social cognition is an important determinant of sports morale. Another important factor in building the social health of athletes is family influence. Parents, after coaches, are the second most important factor in encouraging participation in sports. The participation of girls and women in sport has always been a threat to upholding traditional gender logic. For this reason, girls and women are excluded from many sports or encouraged to engage only in sports that emphasize grace, beauty and coordination. helps to overcome By developing physical fitness, women gain the confidence that comes from knowing that their bodies function with physical capacity and strength. It comes from incorporating physical activity into your lifestyle. The components of health and fitness are cardiovascular function, body composition, strength and endurance, and flexibility.

Achieving desirable levels of these ingredients can improve health and well-being. People who are not feeling well are at increased risk of disease.

Material and Methods

For the purposes of this study, 600 subjects were randomly selected for this study. Study participants were his 300 students and their parents. Students belong to Banaras Hindu University in U.P (India), a residential area in the middle of nature. Although the campus atmosphere is the same for all students at the university, students come from very different backgrounds. Because they come from different parts of the country and have different social and cultural backgrounds.

The AAHRD Health-Related Physical Fitness Test was administered to the students and the Socioeconomic Status Index was completed by the parents. The AAPHERD Health-Related Fitness Test consists of three test items. Cardiac and respiratory function (9 minutes of running), body composition (lean/fat), sum of triceps and subscapular skin folds, abdominal and hip musculoskeletal function, i. Parental social status information A socioeconomic status index was administered by Rajiv Lochan Bharadwaj and Co.

Statistical methods:

To analyze the data, the chi-square test was used to measure the effect and Pearson's product-moment correlation was used to find the relationship. The significance level was 0.05.

Results

For the purposes of this study, to assess the effect of parents' social status on daughters' health-related physical fitness. We used the chi-square ($\chi 2$) method. Pearson's product moment correlation method was used to assess the association between parents' socioeconomic status and daughters' health-related physical fitness. The results are shown in Tables 1.1 to 5.3.

Table No. 1.1 Frequency distribution of parents' social status and daughter's ability to sit and reach

Social Status of Parents'	**Sit and Reach Ability of Daughters**					**Total**
	0-20 (poor)	20-40 (average)	40-60 (good)	60-80 (very good)	80-100 (excellent)	
0-5 (poor)	1	0	0	0	0	1
5-10 (average)	18	4	3	0	0	25
10-15 (good)	69	18	10	0	1	98
15-20 (Excellent)	**101**	**20**	21	20	3	**175**
Total	189	42	33	20	4	300

Table 1.2 Chi-Square Test

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	15.145[a]	12	.234

Table 1.3 Correlation

		Value	Asymp. Std. Error[a]	Approx. T[b]	Approx. Sig.
Interval by Interval	Pearson's R	**.075**	.039	1.682	.093[c]

Interpretation: -

The values in Table 1.1 indicate that out of 298 multi-degree students at colleges whose parents had good social standing, 254 students (227 + 27) fell into the below-average category of sitting and gripping ability. Only 39 students (29+10) fell into the very good category of sitting and

grasping skills, 13.1%, not at a notable level.

Table 1.2 shows that her $\chi 2$ statistics of the respondent's ability to sit and reach are not affected by her parents' social status. H. Respondent's $\chi 2$ value is not important.

Table 1.3 shows that the Pearson correlation value (0.075) also supports the results of the $\chi 2$ test of independence.

Table No. 2.1 Frequency distribution of Social Status of Parents v/s Sit - ups ability of their Daughters

Social Status of Parents'	**Sit – ups Ability of Daughters**					**Total**
	0-20 (poor)	20-40 (average)	40-60 (good)	60-80 (very good)	80-100 (excellent)	
0-5 (poor)	1	0	0	0	0	1
5-10 (average)	32	18	7	2	1	60
10-15 (good)	60	20	7	3	2	92
15-20 (Excellent)	**93**	**38**	**15**	8	3	**147**
Total	186	76	29	13	6	300

Table 2.2 Chi-Square Test

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	8.114[a]	12	.776

Table 2.3 Correlation

		Value	Asymp. Std. Error[a]	Approx. T[b]	Approx. Sig.
Interval by Interval	Pearson's R	.050	.044	1.125	.261c

Interpretation: -

The results in Table 2.1 show that out of 298 multi-degree students from universities with superior parents' social standing, 225 students (137 + 88) fall into the below-average category of abdominal muscle fitness. I'm here. Only 68 students (45+23) fell into the very good category. That's 22.8%, not a remarkable level.

Table 2.2 shows that her $\chi 2$ statistic of the respondent's abdominal exercise capacity is not affected by her parents' social status. H. Respondent's $\chi 2$ value is not important.

Table 2.3 shows that the Pearson correlation value (R) also supports the results of the $\chi 2$ test of independence. The results in Table 2.1 show that out of 298 multi-degree students from universities with superior parents' social standing, 225 students (137 + 88) fall into the below-average category of abdominal muscle fitness. I'm here. Only 68 students (45+23) fell into the very good category. That's 22.8%, not a remarkable level.

Table 2.2 shows that her $\chi 2$ statistic of the respondent's abdominal exercise capacity is not affected by her parents' social status. H. Respondent's $\chi 2$ value is not important.

Table 2.3 shows that the Pearson correlation value (R) also supports the results of the $\chi 2$ test of independence.

Table 3.1 Frequency distribution of parent's social status and daughter's Run and walk ability

Social Status of Parents'	Running Ability of Daughters			Total
	0-20 (poor)	20-40 (average)	40-60 (good)	
0-5 (poor)	1	0	0	1
5-10 (average)	30	18	0	48
10-15 (good)	50	18	1	69
15-20 (Excellent)	**156**	24	2	**182**
Total	237	60	3	300

Table3.2 Chi-Square Test

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	.812[a]	6	.992

Table 3.3 Correlation

		Value	Asymp. Std. Error[a]	Approx. T[b]	Approx. Sig.
Interval by Interval	Pearson's R	**.024**	.042	.527	.598[c]

Interpretation: -

The scores of the table 3.1 indicates that out of 298 students of several courses in the university, whose parents' social status were excellent, 256 student's running ability falls under the category of poor. Only 40 students are having running ability falling under the category of average, which is 13.4%, which is not up to the remarkable level.

The table 3.2 indicates that the χ^2 statistic value of the respondents' running ability is not affected by their parents' social status 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 Social Status of Parents v/s Body Composition of their Daughters

Social Status of Parents'	**Body Composition of Daughters**					**Total**
	0-20	20-40	40-60	60-80	80-100	

	(poor)	(average)	(good)	(very good)	(excellent)	
0-5 (poor)	1	0	0	0	0	1
5-10 (average)	28	11	11	2	0	52
10-15 (good)	76	19	8	4	3	110
15-20 (Excellent)	**88**	**19**	**18**	**7**	5	**137**
Total	193	49	37	13	8	300

Table 4.2 Chi-Square Test

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	5.129[a]	12	.954

Table 4.3 Correlation

		Value	Asymp. Std. Error[a]	Approx. T[b]	Approx. Sig.
Interval by Interval	Pearson's R	**.019**	.044	.430	.667[c]

Interpretation: -

The scores of the table 4.1 indicates that out of 298 students of several courses in the university, whose parents' social status were excellent, 248 student's (209+39) body composition falls under the category of below average. Only 45 students (28+17) were having

body composition falling under the category of very good, which is 15.1%, which is not up to the remarkable level.

The table 4.2 indicates that the χ^2 statistic value of the respondents' body composition is not affected by their parents' social status 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 χ^2 test of independent.

Table 5.1 Frequency distribution of Social Status of Parents v/s Total Health Related Physical Fitness of their Daughters

Social Status of Parents'	**Total Health Related Physical Fitness of Daughters**						**Total**
	0-50 (v. poor)	50-100 (poor)	100-150 (average)	150-200 (abv.average)	200-250 (good)	300-350 (excellent)	
0-5 (poor)	1	0	0	0	0	0	1
5-10 (average)	18	17	10	2	0	0	47
10-15 (good)	25	27	22	5	1	0	80
15-20 (Excellent)	**55**	**65**	**40**	**10**	1	1	**172**
Total	99	109	82	17	2	1	300

Table 5.2 Chi-Square Test

	Value	Df	Asymp. Sig. (2-sided)

Pearson Chi-Square	5.633[a]	15	.985

Table 5.3 Correlation

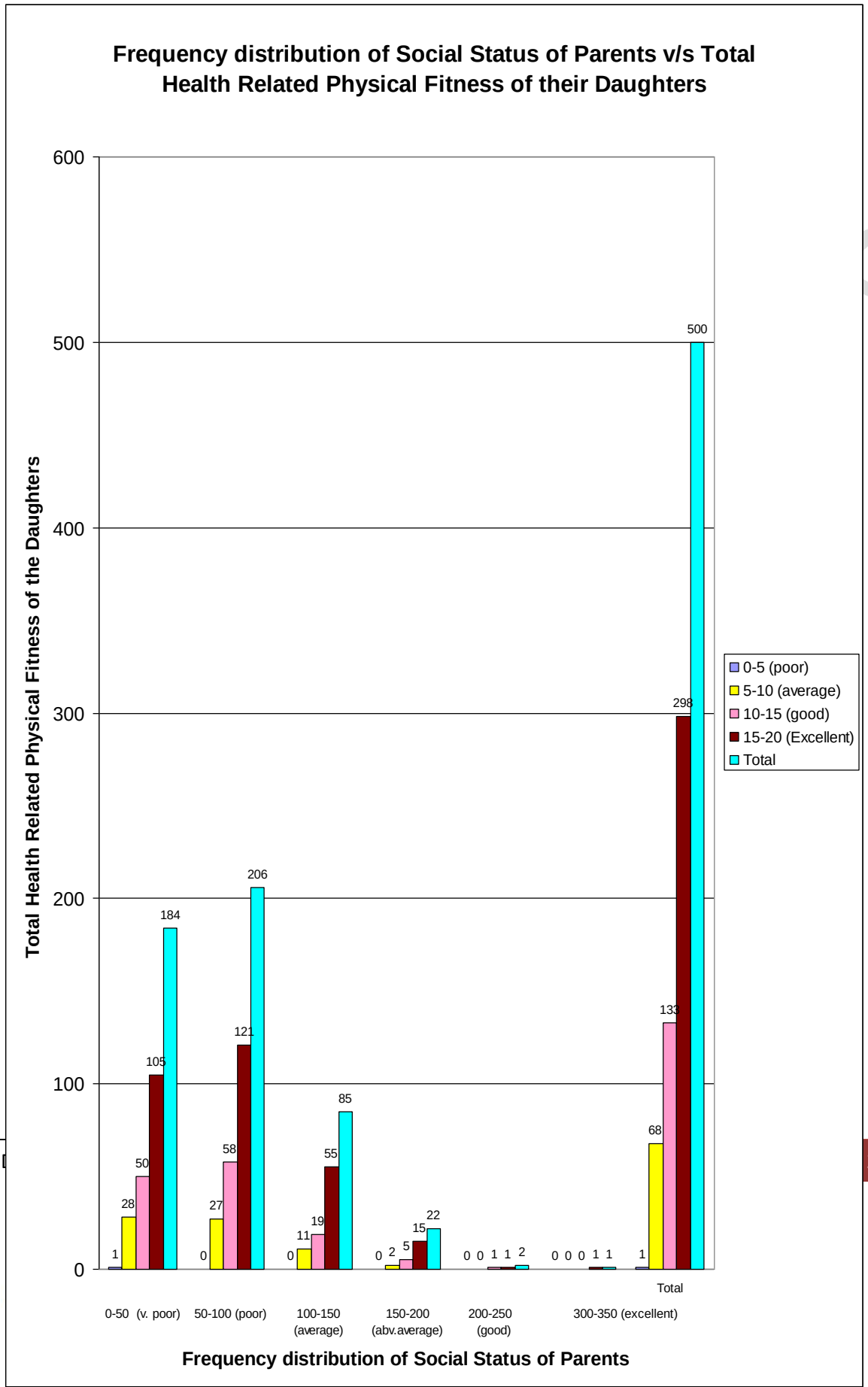
		Value	Asymp. Std. Error[a]	Approx. T[b]	Approx. Sig.
Interval by Interval	Pearson's R	**.071**	.042	1.590	.113[c]

Interpretation: -

From the above table 5.1, we can conclude that out of 298 students of several courses in the university, whose parents' social status was excellent, 226 student's (105+121) health related physical fitness lie under the categories of below poor. Only 70 students (55+15) are having health related physical fitness lie under the category of above average, which is 23.5%, which is not up to the remarkable stage.

The table 5.2 indicates that the χ^2 statistic value of the respondents' health related physical fitness is not affected by their parents' social status i.e. respondents' $\chi 2$ value is insignificant.

Also, the table 5.3 indicates that the Pearson's Correlation value (R) favors the result of χ^2 test of independent.


Frequency distribution of Social Status of Parents v/s Total Health Related Physical Fitness of their Daughters
Total Health Related Physical Fitness of the Daughters
600
500
400
300
200
100
0
0-5 (poor)
5-10 (average)
10-15 (good)
15-20 (Excellent)
Total
1 28 50 105 184
0 27 58 121 206
0 11 19 55 85
0 2 5 15 22
0 0 1 1 2
0 0 0 1 1
1 68 133 298 500
0-50 (v. poor)
50-100 (poor)
100-150 (average)
150-200 (abv.average)
200-250 (good)
300-350 (excellent)
Total
Frequency distribution of Social Status of Parents

Discussion

Chi-square test results indicated that Indian parents' social status (including family perceptions and contributions in society) did not influence hip musculoskeletal flexibility (seat and reach) ability. is showing. Abdominal strength (abdominal muscles), aerobic fitness (9 minute walk), body composition (sum of triceps and skin folds under shoulder blades), and overall health-related fitness (health-related fitness The sum of all four elements of their daughter. The findings also indicate that there were no significant associations between all health-related physical fitness parameters. Daughter's ability to sit and reach, sit-up ability, walking ability, body composition, and overall health-related physical fitness related to parents' social status. A study by Freitas et al. (2007), Giuseppe et al. (2006), Mota & Silva (1999), Prista et al. (1997), etc. suggests that socioeconomic status is positively associated with physical fitness among young people in Europe, Africa, and East Asia.

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