

A comparative study on academic achievement between athletes and non-athletes

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Abstract

The main purpose of the study was to compare on academic achievement between female athlete and non-athlete. To obtain the data the investigators selected total 40 forty (N=40) subjects; (N₁=20) subjects from inter college level Athlete and (N₂=20) subjects from Non- Athlete from Dibrugarh University affiliated colleges between the age group of 18-25 years. The study was delimited to compare on academic achievement between the two groups. It was hypothesized that there would be significant difference between female athlete and non-athlete. To analyse the collected data t-test was employed. The findings of the study indicated that there was significant differences between the groups as $t_{(0.05, 38)} = 4.3 > 1.684$.

Keywords: Academic Achievement, Athlete, Non-Athlete

Introduction

Physical fitness involves the performance of the muscles, the heart and lungs of our body since what we can do with our minds, fitness influences to some degree qualities such as mental alertness an emotional stability. Different people have different points of view regarding physical fitness. For a common man to have a good physique is a symbol of physical fitness. For a doctor, the proper functioning of physical system is physical fitness. On other hand physical fitness of common persons means the capacity to do the routine work without any fatigue or exertion and after doing his work he has power to do some more work and the recovery is quicker.

The person those who used to participate in to various competition at various level, it may be official or non-official are considered as athlete and those who used to keep themselves away from sports and playground may be termed as non-athlete. By participating in games and sports we are able to maintain and develop our overall fitness, it may be physical, physiological, emotional or psychological. It helps to improve the size of the muscles, improve the functions of the body and the psychological attributes such as creativity, intelligence and academic achievement. Academic achievement means Educational learning and achievement in

school, colleges and university and it is commonly measured by examination or continuous assessment and indicator of academic achievement, grades are the students 'score' for their classes of overall tenure to get promotion to next class for making one's future carrier. Since it has become more and more competitive in nature and quality of performance has become the most important key of personal progress.

Methodology

For the purpose of the study data were collected from 6th semester of three years degree courses female students of colleges affiliated to Dibrugarh University. Total 40 female students were selected as subjects for the present study where 20 subjects from inter college level Athletes and 20 subjects from Non- Athletes. Simple random sampling method was employed for the selection of subjects. The academic achievement of the subjects were assessed by collecting the percentage of class 12th, 1st, 2nd, 3rd 4th and 5th semester of graduations and the score were note down in percentage form. The collected data were analysed by using 't' test to find out the significant difference at 0.05 level of confidence.

Results and Discussion

Table 1: Comparison of mean of academic achievement between female athlete and non-athlete

Groups	Mean	Standard Deviation	Mean Difference	Standard Error	t-ratio
Athlete	56.11	43.10	8.45	1.96	4.31*
Non-Athlete	64.56	34.03			

*Significant at 0.05 level

Tabulated $t_{0.05(38)} = 1.684$

The table -1 reveals that the calculated t- value of 4.31 is greater than tabulated t- value of 1.684 which is statistically significant at 0.05 level of confidence.

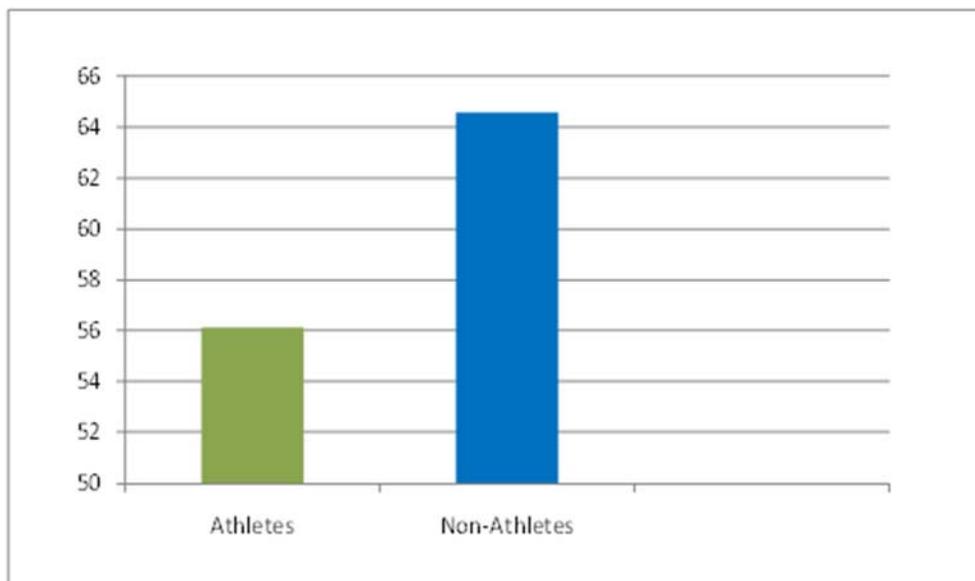


Fig 1: Comparison of means of academic achievement between female athletes and non-athletes.

Discussion and Findings

The above mentioned table and figure indicated that there is significant difference of means of academic achievement between female athletes and non-athletes of colleges affiliated to Dibrugarh University. It may be attributed to the fact that the athlete having less academic achievement as compare to Non- athlete is due to the duration given for study. It is reported that the athletes dedicating less time for study purpose. Moreover, they are use to engage themselves in the vigorous sports activities. On the other hand most of family of the athlete are of less economic status. Hence, they might unable to concentrate to the studies. But non-athletes are getting more time for study. From the various researches it is evident that the participation in games and sports has positive improvement in academic achievement. Some intervention research indicates that increased participation in physical activity leads to enhanced leaning and better grades (Hollar *et al.*, 2010; Shephard *et al.*, 1994). Health related physical education programme may be favourable effect on students' academic achievement (James, F. Salis. 1995). The study found that Female non-athlete has higher academic achievement as compare to Female athlete.

Conclusion

On the basis of result of the study it was concluded that there is significant difference of means on academic achievement between female athletes and non- athletes, Non-athletes have higher academic achievement than female athletes (56.11<64.56)

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