

# A Study on Factors that Influence Attitude Towards Sports Among School-Going Adolescents of Fishing Community in Rameshwaram, Tamilnadu

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## Abstract

Participation in sports plays a vital role in enhancing adolescents' communication skills, teamwork, and social interactions. This study aims to explore the attitudes toward sports among adolescent schoolchildren in the fishing community of Rameswaram, highlighting how sports engagement contributes to physical, mental, and social well-being. Adopting a quantitative, descriptive research design, the study utilized a structured questionnaire to collect data through a convenient sampling method. The research focused on key social determinants, including family, peer influence, community involvement, and access to sports opportunities. Findings reveal that socio-demographic factors significantly shape adolescents' attitudes toward sports, with male students demonstrating more positive attitudes compared to their female counterparts. Furthermore, the study identifies several infrastructural gaps in coastal schools, such as the lack of sports equipment, facilities, and trained instructors, which hinder active participation in sports. The results underscore the need for targeted interventions to improve sports infrastructure and promote equal opportunities for all adolescents in the community.

**Keywords:** Attitude, Sports, Fishing Community, Adolescent School Children, Family and Peer Influence, Sports Involvement.

## INTRODUCTION

People experience excessive overweight and obesity as a result (Bhadoria, n.d.). Engaging in sports might be an excellent method for reducing weight and mitigating these issues (Navneet Aasi, 2012). Consequently, you may want to start exercising to promptly address your issues if you are routinely having trouble gaining weight or being generally fit. It is thought that doing sports may help lower stress levels all around. In today's society, a large proportion of people experience stress due to their long workdays and frequent childcare responsibilities. As a result, handling these many responsibilities well is a difficult undertaking that calls for a break from one's usual routine (Ohashi et al., 2023). Playing sports can provide people with a chance to detach from the stresses of everyday life and reenergize themselves. Physical activity offers the mind an opportunity to detach from the tensions and strains of daily living (Sharma & Bramta, 2018). The developmental stage that separates childhood from

adulthood is adolescence (Desai, 2019). Children who are adolescents go through several physiological and neurological changes. These challenges include characteristics that are social, psychological, intellectual, and physical, and include developing their moral values. The changes happen quickly and often, usually at different rates (Dechamma & Nagalingappa, n.d.). Teenagers may find their adolescence to be an exciting and challenging time. Their sports are frequently categorized into a wide range of groups, including competitive games, team sports, and individual sports. Nowadays, a lot of people are unhealthy and lethargic since they don't work out frequently (Meena & Thuse, 1998). Many lives. The developmental period known as adolescence is when your child starts to explore who they are on a self-discovery journey and acquires more autonomy. One of the most important phases of a person's growth is adolescence. In this developmental period, teenagers may face difficulties arising from following school rules as well as conflict within their families. Adolescents' growth stage, which coincides with the responsibilities of maturity, may exacerbate their issues and increase the likelihood that life will become more difficult. In some circumstances, people could be forced to feel unwanted feelings more strongly than usual. Because adolescents are under so much strain, it is reasonable to argue that they require a wide range of support networks to cope with the difficulties they confront (Arulraj, n.d.). Most teenagers who play sports do so for reasons other than just being physically fit and active. The urge to be social creatures, the fear of being alone, and the need for social connection all have an impact on adolescents' views on sports. Sports are a significant communication tool that creates opportunities and possibilities for collaboration. It has been argued that sports engagement opens doors to new friendships and social groups for people. Sports are thought of being group activities that provoke emotional and physical reactions. In addition to helping people integrate into society, sports protect people's physical and mental health from loneliness, which is defined as "a negative and subjective psychological state stemming from the discrepancy between one's current social connections and their idealized social connections." The fishing people group adds to the economy through the offer of fish and fish products. This industry gives work to a great many individuals internationally, ranging from anglers to processors, wholesalers, and dealers. The fishing people group plays an urgent part in providing a wellspring of protein and sustenance to populations around the world. Numerous beachfront and island networks depend heavily on fish as a staple food source, making the fishing business fundamental for food security. Fishing people groups frequently have rich social customs and a legacy attached to the ocean. These practices might incorporate explicit fishing strategies, boat-building techniques, legends, music, and cooking. Safeguarding these social angles is fundamental for keeping up with local area personality and legacy. The fishing people group can act as stewards of marine environments, as their jobs rely upon solid fish populations and sustainable fishing rehearses. Many fishing networks effectively take part in sustainable fishing practices and preservation endeavors to guarantee the long-term sustainability of marine assets. The fishing people group frequently draws in sightseers looking for encounters, for example, remote ocean fishing, fish-eating, and the seaside travel industry. These exercises add to the local economy and give valuable opportunities for social trade and instruction. Fishing people group frequently has major areas of strength in having ties and organizations built around shared encounters and livelihoods. These very close networks can offer social help, strength, and a feeling of having a place for individuals. Fishing people groups can give important bits of knowledge about changes in marine environments over the long run. Neighborhood anglers frequently have nitty-gritty information on marine conditions and can add to logical exploration and observing endeavors. By and large, the meaning of fishing networks reaches out past monetary contemplations to

incorporate social, natural, and environmental aspects, making them fundamental pieces of waterfront and marine environments around the world. Fishing sometimes demands the use of expensive hardware, such as boats, lures, reels, and casting poles. Many members of fishing networks may lack the financial wherewithal to invest in such gear, which limits their ability to engage in sports fishing. Fishing communities in isolated or economically disadvantaged areas may require access to essential resources for recreational fishing, such as well-maintained fishing grounds, adequate infrastructure (marinas, boat slips), and support services (tackle stores, charter boats (Santosh et al., n.d.). Sports in the fishing Community may encounter challenges when it comes to fishing regulations, such as get limits, size restrictions, and fishing seasons. Complicated regulatory frameworks and mandates may stifle collaboration or restrict the kind of fishing activities that are permitted. Ecological corruption may hurt fish populations and marine biological systems, which can affect whether fishing is appropriate in fishing networks (Silawat, n.d.). Examples of this include territorial destruction, pollution, overfishing, and environmental change. Breaking point open doors for sporting fishers and dwindling fish numbers, and degraded ecosystems may lessen the appeal of sports fishing. Mentalities about sports in fishing communities may be influenced by societal norms, traditions, and social components within their community (Singh Rathee, Associate Professor, & Kumar, 2014). Due to societal pressures to adhere to traditional fishing methods or the perception that sports fishing is a leisure activity rather than a business, participating in competitive fishing may be prohibited in some networks.

### Methodology

The purpose of this study is to determine the social variables that affect, encourage, or deter adolescents in the fishing community from having positive or negative views about sports. Investigating the social dynamics that encourage or discourage teenage schoolchildren in the Fishing community to participate in sports is the study's goal. to assess the availability and accessibility of sports facilities and resources for teenage schoolchildren in the fishing community. To take a look at the demographic aspects that affect the way teenage schoolchildren in the Fishing community feel about sports. The study's research hypothesis is that adolescents in the Fishing community's attitudes regarding sports are influenced by their gender. Gender is a significant determinant of social variables that impact the attitudes of teenage schoolchildren in the fishing community towards sports. The current study utilized a quantitative research design. A descriptive research approach was employed in the current study. The survey approach was employed by the researchers to gather data for this study. Researchers in this study employed a practical sampling strategy. There are 200 samples in all. The study's source is primary Data: Teenage school-age youngsters in the Rameshwaram area provided the researcher with data. Secondary Data: Information gathered from websites, research publications, journals, and literature reviews of earlier studies. Adolescent pupils in the fishing village were the only subjects of the study. Sports, attitude, family status, parents, peers, school infrastructure, school interpersonal elements, community infrastructure, community interpersonal aspects, and sports activity were the only social factors that were the focus of the study. The tools of data collection are Demographic data of the responder and social variables that influence the sports participation scale and attitudes about the scale. Perumal V.

### Data and Interpretation

In this survey, 44% of respondents were women and 56% of respondents were men. Based on this

survey, 20 men and 12 women have high-level attitudes about sports, whereas 68 men and 100 women have medium-level attitudes toward sports. We can conclude from the table that there is a significant difference between the respondents' gender and attitude level. When it comes to sports, the male respondents have a high attitude whereas the female respondents have a poor attitude percent of respondents strongly believe that the interpersonal dynamics at school have an impact on their attitude toward sports, fifty percent strongly agree that parents have an influence on their attitude toward sports, and thirty-one percent are unsure about the influence of peers on their attitude toward sports. 45.5% of respondents strongly agreed that their attitude toward sports is influenced by school structural factors 32.5% of respondents concur that attitudes regarding sports are influenced by interpersonal relationships in the community. 26.5% were unsure about how community structural factors affect people's views about sports 28.5% of respondents strongly concur that a person's attitude toward sports is influenced by their primary sports engagement. 44% of respondents firmly believed that a person's attitude toward sports is influenced by their status as a sportsperson. 48% of respondents strongly concur that work possibilities have an impact on respondents' attitudes on sports. This table shows that 20 men and 12 women have high-level attitudes about sports, whereas 68 men and 100 women have medium-level attitudes toward sports. According to the study, the two most important elements influencing a person's attitude toward sports are economic prospects and community structure aspects. Attitudes toward sports are not influenced by other external factors.

### **Suggestion**

Including physical education in the curriculum is essential to creating a sports culture in the classroom. Make sure there are physical education instructors at every college and institution. Every taluk should have a minimum of sports amenities, such as a sports library, fitness facility, and practice field. We may significantly lower the dangers associated with a sedentary lifestyle by altering schoolchildren's attitudes about sports and incorporating regular sports involvement into their everyday lives. Parent meetings should be held periodically to modify beliefs about children's engagement in sports. Pupils who perform well in sports and games ought to receive bonus points. Understanding the factors that influence people's attitudes toward sports might help develop educational initiatives and programs that aim to foster a positive sports culture in schools serving fishing communities. The research findings can offer significant perspectives for developing national, regional, and local policies and initiatives aimed at promoting teenage participation in sports in fishing communities.

### **Conclusion.**

In conclusion, this study demonstrates that the majority of sociodemographic traits affect attitudes, including their degree and features, as well as their vulnerability to the effects of outside variables. People's opinions about sports are influenced by sociodemographic variables, such as gender norms. This study also demonstrates how opinions on sports are influenced by outside variables. There are few resources available to residents of the Coastal neighborhood for sports participation. My study indicates that several schools lack the necessary facilities and sporting goods, as well as sports instructors. This study also discovered that gender influences two external elements, namely the structural aspect of the community and the main sports activity.

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