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**Dr. BV Shrigiriwar**

Director, Physical Education  
and Sports Annasaheb Gundewar  
College, Nagpur, Maharashtra,  
India

## A comparative study of family relationship and environment among sportspersons: With reference to sports achievements

**Dr. BV Shrigiriwar**

### Abstract

Sports achievements are byproduct of so many factors. Family relationship is also considered as factor responsible for sports achievement but no scientific data is available yet in the regard. So, the aim of the present study was to assess family relationship of medal winner and non-medal winner sportspersons. To conduct the study 30 medal winner sportsperson from national level team and individual sports event were selected as sample. To serve the purpose of the study 30 non-medal winner sportspersons from national level team and individual sports events were also selected. Relationship dimensions of family environment scale prepared by Bhatia and Chadha (1998) was used for data collection. Results revealed that family relationship in medal winner sportspersons was better as compared to non-medal winner sportsperson. The results are discussed in the light of Bloom's model of talent development.

**Keywords:** Family relationship, sports achievements

### Introduction

Family relationship is a basic part of family environment. The relationship sub-factor of family environment includes unity, self-expression, disagreement, and care towards other members of family. Family cohesion means emotional bond between members of the family. Emotional cohesion between family members brings a feeling of togetherness. Family conflict is not common and it may be in the form of aggression, verbal spat etc. A family with open views handle conflict peacefully. Genetics also determine family relationship in which parents' heredity-based traits determine it. According to Fitzpatrick and Ritchie (1994) [7] family relationship depends on conversation between members on casual and serious matters, planning future events together and expressing feelings towards each other. Bloom *et al.* (1985) [2] considers family relationship as essential element of talent development. Bloom defined the role of family in development of talented person. The involvement of family in talent development is lifelong that is from early years, middle years to later years. Cote (1999) [5] also specified the role of parents in talent development in the field of sports. He opined that parents encourage their child to take part in sport of his liking in early years. The specializing years saw parents in a supporting mode where they made financial and time dedication to their child's sport, supporting the child to get good coaching facilities, equipment and training modalities. Finally, in the investment years parents played stringently an advice-giving and helpful role as the athlete committed to a higher level of training and competition. Parents keeps interest in their child's sport and were vital in providing emotional help so that child overcome setbacks, such as injuries, pressure and fatigue as well as financial support for training. This high level of emotional support during stressful times is a central characteristic of the investment years. The research of Bloom (1985) [2] and Côté (1999) [5] exhibited how parental help is useful for athletes to deal with demands of day-to-day training schedule and rigors of sports. Bloom (1985) [2], Power and Woolger (1994) [9], Blom and Drane (2008) [1], Siekańska (2012) [10], Dionigi *et al.* (2012) [6], Jermaine (2014) [8] in their studies extensively studied the role of family in athlete's life. Despite the existing literature on association between family relationship and sports participation, no scientific study yet has been conducted in which family relationship of sportspersons has been analysed in the light of their sports achievement. Hence the present study was planned.

**Corresponding Author:****Dr. BV Shrigiriwar**

Director, Physical Education  
and Sports Annasaheb Gundewar  
College, Nagpur, Maharashtra,  
India

### AIMS and Objective

The objective of the present study was to compare family relationship of medal winner and non-medal winner sportsperson.

### Hypothesis

It was hypothesized that medal winner sportspersons will exhibit greater bonding with their family as compared to non-medal winner sportsperson.

### Methodology

The following methodological steps were taken in order to conduct the present study.

### Sample

To conduct the study 30 medal winner sportsperson (Average age 26.19 years) from national level team and individual sports event were selected as sample. To serve the purpose of the study 30 non-medal winner sportspersons (Average age 25.29 years) from national level team and individual sports events were also selected.

### Tools

To evaluate family relationship, relationship dimensions of family environment scale of Bhatia and Chadha (1998)<sup>[4]</sup> was adopted. The scale consists of eight dimensions and it has the reliability of 0.87 and a validity of 0.82. The first four dimensions i.e. cohesion, expressiveness, conflict, and acceptance and caring constitute family relationship and were scored to serve the purpose of this study.

### Procedure

30 medal winner and 30 non-medal winner national sportspersons from both the sexes were selected purposively. Family environment scale was administered on each subject under peaceful environment. The response on first four dimensions was scored off and tabulated. Independent sample 't' test was preferred for comparing family relationship of two study groups. Result is shown in table no. 1 and 2 respectively,

### Result and Discussion

**Table 1:** Comparison of dimensions of family relationships between medal winner and non-medal winner national sportsperson

Dimensions of family relations	Sports Achievements				Mean Difference	't'
	Medal Winners (N=30)		Non medal winners (N=30)			
	Mean	S.D.	Mean	S.D.		
Cohesion	47.20	5.57	45.26	9.00	1.93	1.00
Expressiveness	28.53	6.55	27.16	3.34	1.36	1.01
Conflict	35.63	4.74	36.60	5.69	0.86	0.71
Acceptance and caring	39.76	4.48	36.70	6.42	3.06	2.14*

\* Significant at .05 level

A perusal of entries given in table 1 reveals statistically non-significant difference in cohesion, expressiveness and conflict dimensions of family relationship between medal winner and non-medal winner national level sportsperson. The only dimension of family relationship in the form of acceptance and caring was found to be higher in medal winner group as compared to non-medal winner group.

**Table 2:** Comparison of family relationship between medal winner and non-medal winner sportsperson

Groups	Mean	S.D.	Mean Difference	't'
Medal Winners (N=30)	151.13	13.88	4.13	1.30 (NS)
Non-Medal Winners (N=30)	145.73	17.90		

NS Not Significant

Entries reported in table 2 clearly suffice that family relationship of medal winner subjects was better as compared to non-medal winner sportspersons but not to a significant extent. ( $t=1.30$ ,  $p>.05$ ) Results clearly indicate the trend that medal winner national level sportspersons relationship with their family was much better ( $M=151.13$ ) as compared to non-medal winner sportsperson. Cote (1999)<sup>[5]</sup> also emphasized the role of parental support which helps sportspersons to sustain their efforts to achieve success. Apart from financial and emotional demands family members especially parents also play leadership role in making of an elite sportsperson. Hence the results purport the notion that apart from other physical, physiological, tactical, psychological and biological factors, a good family relationship is also required for athletes to perform at bigger sports arena.

### Conclusion

On the basis of results, it was concluded that the family relationship of medal winner sportsperson was superior as compared to non-medal winner sportspersons which gives them advantage to deal with adverse situation effectively with the backing of their family members.

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