

**BIRTH ORDER AND SPORTS INVOLVEMENT OF SCHOOL GOING GIRLS OF HIMACHAL PRADESH**
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**Abstract:**

This research is to clarify the trend of sports involvement of school going girls of Himachal Pradesh total sample of 100 subject but taken for the study. Data was collected to see the relation of birth order with sports involvement of school going girls. Simple percentile was used to analyse to data, The result of this study showed that birth order influence the girl's involvement in sports. later born were highly motivated by the family members to participate in sports activities that were both low harm and high harm sports whereas first born showed interest to participate in low harm sports.

**Keywords:** Sports involvement, School going girls, Birth order

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**Introduction:**

Sports is an important aspect of life and play vital role in bringing physical, mental and social growth of nation. Sports are extremely popular throughout the world and almost every country is famous for its National sport. Sports loving person remains physical fit and leads tension free life. Earlier parents used to give more stress on academic side but now they have started realising the value of sports and now they want that their children should have good health with academic excellence. Large number of families have started sending their children to playgrounds instead of allowing them to sit in the front of television. By keeping all consideration in mind it is assumed that positive relation exists between sociological variable and girls' involvement in sports. Birth order in itself may be a significant such variable which affects the girls' involvement in the sports.

The research reviewed was primarily reviewed based on prevalence of first born compared with later born on number of achievement indicators. Study showed the first borns are less likely than later borns to participate in sports consider more dangerous such as hockey, football, and wrestling (Gould & Lander, 1972.,

Nishedd, 1968) \*. De Garay and his colleagues (1974) 3) found in their study that out of 1200 athletes who competed in the 1968 Olympie games, found that second born individuals were markedly over represented among professional baseball players. First born are more likely to internalise parental education and occupational expectation.

Alberts and Lander (1977) concluded in their study that parental expectation are also different toward choosing risk related sports. It is assumed that the first born being darling of the family is not allowed to take part in high harm sports which are highly prone to injuries.

**Table 1:**  
**Showing Birth Order and Involvements of subjects  
in LHS and HH.S**

Birth order	No. of Subjects	% of Subjects	Types of Sports	% of subjects
First Born	42	42%	LHS	31 (73.80%)
			HHS	11 (26.20%)
			LHS	10 (17.24%)
Later born	58	58%	HHS	48 (82.76%)
			LHS	100%

LHS: Low Harm Sports

HSS: High Harm Sports

Later born showed interest to participate and excel in High Harm Sports as they had sports in family background and parental motivation. First born being first issue of the family got more love, consideration and protection. This may be the reason that they could not participate in High Harm Sports. It shows that birth order influence the girls' involvement in sports. This investigation brings to light the fact that few first born 11 (26.20%) showed interest in High Harm Sports and 10 (17.24%) of later born in Low Harm Sports. Overall if we have look on the table we find that first born 42(42%) and later born 58(58%) got involved in Low Harm and High Harm Sports respectively.

### Results and Discussion:

Analysis of the data shown in the table reveals that participation of first and later born in sports activities. First born being over protected did not participate in the sports where there are chances of sports injuries. Later born got motivation from parents, brothers, sisters and peer group.

That are the reasons they enjoy by participating in the both high harm as well as Low Harm Sports.

### Methodology:

The sample consisted of hundred subjects were taken for the study. Some of the subjects had sports background and some were just beginners in sports. Questionnaire was used to collect information regarding relevant variable used in study.

The data so collected was analyses to see the relationship between the birth order and girls involvement in sports. The analysis of the data showed

that out of 100 subjects 42 (42%) were first born and 58 (58%) were later born. In the first category of first born 31 (73.80%) showed their interest to participate in Low Harm Sports. (Athletics, Badminton, Kho-Kho). Whereas 11 (26.20%) were participating in Low Harm Sports as well as High Harm Sports. In the second category of later born 58 (58%) .

10 (17.24%) showed that Low Harm Sports were their first choice to get involved. 48 (82.76%) were ready to play High Harm Sports i.c. Kabaddi , Football, Weight Lifting, Boxing A visual look gives different pattern of participation by first born and later born in the field of sports. First born have their first choice to participate in Low Harm Sports.

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