



## **Birth order and watersports involvement**

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### **Abstract**

The purpose of present study was to clarify the trend of watersports involvement of male adults belonging to Indian states i.e. Punjab, Himachal Pradesh, Arunachal Pradesh, Chandigarh and Jammu & Kashmir. Total samples of 50 participants from Indian states were taken for the present study. Data was collected to see the relation of birth order with water sports involvement of male adults. Arithmetic mean was used to analyze the data and the results showed that birth order influence the male involvement in water sports. Later born were highly motivated by the family members to participate in water sports activities i.e. Swimming, Kayaking, Rowing, Surfing, Skiing and Canoeing. Whereas first born received more love, considerations and protection from elders.

**Keywords:** birth order, watersports

### **Introduction**

Watersports is very interesting thrilling and adventurous sports which includes Swimming, Kayaking, Rowing, Surfing, Skiing and Canoeing. All these water sports activities are purely based on swimming. Swimming being the mother of all games requires all components of physical fitness i.e strength, speed, endurance and flexibility. A person who is physically fit, mentally alert, emotionally balanced can learn and perform these activities in better way. Earlier parents used to give more stress on academic side, but now days they have started realizing the value of sports. It is their desire that their children should have good health besides studies. Large number of families have started sending their children to the playgrounds. Parents have begun to motivate their children to step in and excel in sports arena instead of sitting in front of television. By keeping all considerations in mind it is assumed that a possible relation exists between sociological variables and male involvement in watersports. Birth order in itself maybe significant variable which can have an important influence on male in watersports activities. The research reviewed was primarily based on prevalence of first born compared with later born on number of achievement indicators. This type evidence showed that first born over represented in the field of sports <sup>[1]</sup>. Large proportion of

college athletes were first born whereas remaining were distributed through ordinal positions <sup>[2]</sup>. First born had less desire then later born to participate in high harm sports? Later born indicated great preference then first born for dangerous sports such as Gymnastics, Ski Diving, Football and Hockey <sup>[3]</sup>. Permanent expectation were also different towards their wards choosing risk related sports. It is assumed that first born being darling of the family is not allowed to take part in high harm sports which are highly prone to injuries. But later born show greater interest in high harm sports<sup>[4]</sup>.

### **Materials and Methods**

The present study was conducted on 50 subjects. Some of the subjects had sports background and some were beginner in water sports. A self-made Questionnaire was employed to collect information regarding relevant variables used in this study.

### **Results and Discussion**

The data so collected was analyzed to see the relationship between birth order and water sports involvement in male adults, which is given in the table below:

Table:

**Table 1**

Birth Order	%age of Subjects (50 subjects)	Involvement in Water sports	%age of Marks in Course
First born	36%	22.22%	72%
		77.78%	More than 65%
Later born	64%	75%	72%
		25%	More than 65%

Analysis of data shown in the table reveals that participation of first born and later born in water sports activities. Total 50 subjects who attended basic course in water sports were taken for the study. The analysis of data showed that 36% were first

born and 64% were later born. In first born category 75% secured 72% marks and 25% secured more than 65% marks in the course. A visual look gives different pattern of participation by first born and later born in watersports

activities. Later born really did well as compared to their counter parts. Later born got motivation from their parents, brothers and sisters to participate and give their best performance in water sports activity. First born being first issue in a family got more love, consideration and protection. This may be reason that they could not perform like later born. So it shows that birth order influence the participation and performance of sports persons. Fifty subjects were taken for this study, 36% were first born and 64% were later born. This investigation brings to light the fact that a few first born did well in water sports activities than later born but overall if we have a look on the table we find that later born really good in watersports activities. They got motivation from their parents, brothers, sisters and peer group. First born being a first issue of a family got more love, consideration and protection. Parents don't want that their first born should participate in high harm sports where maximum chances for sports injuries are.

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