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Research Paper

Socio-Economic Status and Recreational Interest of Aged Women

Physical Education

KEYWORDS : Socio-economic Status, Recreation, Interest

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ABSTRACT

Objective: The objective of the study was to determine the socio-economic status and interest towards recreation of aged women of four districts of West Bengal.

Methods: Two hundred (N=200) middle aged women of West Bengal were selected at random for the purpose of the study from four districts (Howrah, West Medinipore, North 24 Parganas and South 24 Parganas). The age of the subject ranged from 60 to 85 years. The subjects were chosen from the rural areas of the respective districts. For collecting information from the subjects a self made questionnaire was employed to obtain relevant data by the investigator himself. The questionnaire containing of 20 questions on recreational interest was employed on the basis of answer by 'Yes' or 'No'. Percentage of each variable was calculated as statistical technique of analysis of data.

Results: Result of the study showed that, i) The women of middle income group are more conscious and interested with the game and recreational activity than the women of other Income Groups. ii) The women of Lower Income Group are more active and involved with any type of domestic work iii) The women of Higher Income Group are involved more with the professional activity. iv) The women of Lower Income Group are involved more with the social work than the women of other Income Groups.

INTRODUCTION

In the past, the whole family used to be managed by the head of the household, usually by the elder person. The whole family business like buying of food grains for the whole year, purchasing of clothes for occasions like festivals or at time of social functions would generally be decided by the head of the family. The scenario has gone to great change. Presently the problem of the rural aged seemed to be increasingly serious in the changing scene of rural social structure. For instance, the rural aged happen to force many unfold sufferings due to the changes from the joint family to nuclear and permanent rural residence to urban migratory residential life. At the juncture, most of the rural aged feel that they are comparatively less active. (Vaithilingam, M. etal,1997)

Recreation is a fundamental and universal need. Among all peoples and all the stages of history man has found out lets for self- expression and personal development in forms of recreation which have a striking similarity. It is a common heritage of all peoples, although its expression does take varied form. Man's life style changed rapidly day by day in our social, individual, economic and also political life. Some of these changes is , change the speed of living, unemployment, stable population, specialization and mechanization in industry , decrease in leisure, where men worked 12 to 14 hours a day, 6 days a week, so the problem is recreational use of leisure, so vital today , was nonexistent. Therefore for most people, time for recreation is very short and opportunity is very short. (George D.Bultler, 1949)

Due to family planning the number of old people is increasing rapidly in recent decades and has become an important forces of world's attention. Aging in an inevitable as anything real in life, but it is possible to delay the onset aging through regular exercise and proper nutrition and eating habits. In the field of geriatrics, non conventional techniques of medical science have a major role to play, practically in a developing country like India. Adequate number of medical care and consultancy centers should be set up so that the aged could get necessary medical advice on the diet, exercise. (Indrani chakravarty, 1994)

Considering the present scenario of the psychological as well as life style disorder of the aged women population in India the present project was planned to initiate research work on the recreational interests of the aged women and impetus of socio-economic status on recreational interest of the aged population of this country to gather some information about them and to give ample opportunity to the aged in mass recreational activities that will help them to cope up from psychological stress, loneliness and several other things that they faced in their life. Thus the study may help to understand the degree of interest of aged women on recreational activities and on the basis of that it will help to take necessary planning for use of leisure time. This study might be helpful for the educationists to arrange necessary steps to make the aged women of conscious about the utility of physical activities and organize recreation programme in their daily life. Thus the purpose of the study was to investigate the socio-economic status and recreational interest of aged women of our country.

METHODS & MATERIALS

Two hundred (N=200) middle aged women of West Bengal were selected at random for the purpose of the study from four districts (Howrah, West Medinipore, North 24 Parganas and South 24 Parganas). The age of the subject ranged from 60 to 85 years. The subjects were chosen from the rural areas of the respective districts. For collecting information from the subjects a self made questionnaire was employed to obtain relevant data by the investigator himself. The questionnaire containing of 20 questions on recreational interest was employed. All the statements are absolutely clear, relevant and free from ambiguity. Provision was made on the right side of each statement to note of interest of the respondent by responses viz. 'Yes', 'No'. respectively. Prior to administration of the test the investigator met all the subjects and requirement for answering to the question was which enabled them to reply. Percentage of each variable was calculated as statistical technique of analysis of data. For statistical calculations Excel Spread Sheet of windows version 7 was used.

RESULT AND DISCUSSION

For the purpose of the study, the subjects were divided into three groups according to their economical status such as i) High Income Group-Those earning above Rs. 3,00,000/PA., ii) Middle Income Group-Rs. 50,000/- Rs. 3,00,000/PA., iii) Lower Income Group-Up to 50,000/PA. In table-1 the subjects group division were shown from which we see that 15 belongs to the higher income group, 58 belongs to the middle income group and rest 127 belongs to the lower income group.

Table 1: Group Division Based on Annual Income

HIGHER INCOME GROUP	MIDDLE INCOME GROUP	LOWER INCOME GROUP	TOTAL
15	58	127	200

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In table-2 the complete Percentage of respondents of aged women on recreational interest of the self made questionnaire and its percentages were shown.

On the basis of the result it was seen that maximum of sample were came from lower income group having day long engagement in family works as a matter of fact they got less opportunity of leisure and spending time through recreational activities with respect to the middle income and higher income groups. Naturally in recreational activities, viz. Spend time on playing card/carram Enjoy television; listen on radio program; or Spend time by study, the higher income and middle income groups had greater opportunity and as a matter of fact showed greater percentage of spending time in recreational activities than the lower income group though they have engagement in different professional engagement as well as social works.

Table-2
Percentage of respondents of aged women on recreational interest

Sl. No	Nature of work	Questions	Socio-economic status											
			Higher Income group				Middle Income group				Lower Income group			
			Yes		No		Yes		No		Yes		No	
			F	%	F	%	F	%	F	%	F	%	F	%
1	Family Work	Does any type of family work	4	27	11	73	26	45	32	55	113	89	14	21
2		Does professional activity	13	87	2	13	24	41	34	59	19	15	108	85
3		Like to be alone	3	20	12	80	30	51	28	49	9	7	118	93
4		Gives company to children	5	33	10	67	42	72	14	28	105	83	22	17
5	Recreational Activity	Spend time on playing card/carram	2	13	13	87	17	29	41	21	7	5	120	95
6		Enjoy television	14	93	10	7	48	43	10	17	69	54	58	46
7		Listen on radio program	9	60	6	40	46	79	12	21	87	68	40	32
8		Spend time by study	13	87	2	13	38	65	20	35	25	20	102	80
9	Professional Activity	Do you like to see games and sports	10	87	5	33	40	69	18	31	57	45	70	55
10		Do you like to teach the game	7	47	8	53	27	46	31	54	81	64	46	36
11		Spend time on playing games	5	33	10	67	17	29	41	21	15	12	112	88
12		Discuss on game thoughts	12	80	3	20	32	55	26	45	18	14	109	46
13		Participation in competitive sports	8	53	7	47	27	46	31	54	35	27	92	73
14		Have you any player in your family	4	27	11	73	12	21	46	29	7	5	120	95
15		Do you help any sports authority by money	8	53	9	60	30	52	28	48	11	9	116	91
16		Have you interested in rock climbing	3	20	12	80	25	43	33	57	35	27	92	73
17		Like to participate in drama /dance	10	67	5	33	22	38	36	62	11	9	116	91
18		Attend any local fair	14	93	1	7	29	50	29	50	5	4	122	96
19	Social Work	Do you motivate children	9	60	6	40	32	55	26	45	68	53	59	47
20		Involved in social service	7	47	8	53	37	64	21	36	38	30	89	70

F= female subjects.

CONCLUSIONS

1. The women of middle income group are more conscious and interested with the game and recreational activity than the women of other Income Groups.
2. The women of Lower Income Group are more active and involved with any type of domestic work
3. The women of Higher Income Group are involved more with the professional activity.
4. The women of Lower Income Group are involved more with the social work than the women of other Income Groups.

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