

An investigation of the factors associated with weight lifting participation in Dakshina Kannada womens

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Abstract: This study aimed to find out the factors associated with weight lifting participation among women of Dakshina Kannada. For this concerning study, women's weight lifters who participated in intercollegiate competitions were taken as subjects. A total of 50 women were randomly selected for this study. The subject's age ranges in between 18-25 years. Self-prepared questionnaires were used as tools for Research in Acquisition of Data. A questionnaire consisting of 10 questions was given to the female weight lifters to fill out. It is regarding the psychological factors and health related factors associated with weight lifting participation among women of Dakshina Kannada district. In order to give a connotative touch to the survey data, a few relevant techniques have been used, such as percentage, and tabular form. Wherever it was possible, charts were incorporated and analyzed. The results confirmed that there is a negative, attitude towards weight lifting among women students in Dakshina Kannada District.

Key Words: Weightlifting, Dakshina kannada, Psychological factors, Health related factors.

1. INTRODUCTION:

Weight lifting is one of the oldest games in which strength plays a vital modern role. Modern weight lifting started in the year 1920, when the seventh Olympic Games were held in Antwerp. It was considered as a test of one's strength in earlier times, and a weight lifter had to overcome heavy external resistance of the weight. The Meitei women's weightlifters started participating in weight lifting events in the year 1985. Weight lifting is a sport where competitors attempt to lift heavy weights mounted on steel bars called barbells, the execution of which is a combination of power, flexibility, and technique. The term "weight lifting" is often informally used to refer to weight lifting. Weight lifting has developed from those days when men tested their strength by lifting and throwing stones and rocks. Weight lifting is a sport that involves lifting barbells in competition. Lift categories that are used in official competition. Since, 1972, there have been two hands snatching and two hands clean and jerk. Weight lifting has been a part of the Olympic Games since 1896, with the exception of 1900, 1908, and 1912, when it was omitted due to World War I.

Weight lifting is a competitive sport included in the Olympic Games governed by rules established by the International Weight Lifting Association. A variably weighted barbell is a steel-rod handle about two metres long to which removable cast-iron discs or weights are attached at the ends. The winner is the one who lifts the highest total weight in two styles of lifting. In the case of a tile, the lighter man wins. In the snatch, the barbell is pulled from the floor to locked arms over the head in a single motion, with the lifter permitted to lunge or squat under the weight as it travels upwards. The clean and jerk is a two movement lift, one to the shoulder and a second overhead, but leg action is not restricted. The lifter may lunge, squat, and start the barbell upward from the shoulder with a leg drive.

Weight lifting competitions have been conducted in various weight classes. The most important requirement of them is good technique, the right mental approach, suppleness of limbs and joints, speed of movement, balance, coordination, and courage. All have a part in the complete make-up, but none rates as high as the possession of great strength. Weight lifting is an internationally recognised sport in which participants are expected to lift the maximum quantity of weight on a barbell packed with weight plates. Women from all parts of the world take part in such strength-training sports and have also achieved great heights. There are many regulations that should be followed in strength training sports. So, in all sports, participation in a national or international level event requires certain standards. So that you can meet such standards, participants are required to be involved in regular training.

Even though weight lifting is ideally recognised as a sport and primarily involves professional trainers to be involved in training, it is also one of the most effective methods used to get fit among many women. It's often identified that weightlifting for women is as essential as cardio workouts to get rid of belly fat and also to maintain all around health. Weight lifting for women can help maintain a wonderfully toned, sculpted feminine body. Furthermore, its contribution towards enhancing metabolism can make an individual feel great psychologically.

Many women avoid weight lifting because they are afraid of looking too buff and muscular, opting instead for the treadmill or the elliptical machine to burn calories. Women should pay particular attention to building strength in the upper back and shoulders. This will protect against poor posture later in life, a common problem related to osteoporosis (W Kolber, and M Corrao, 2010).

Although there are many advantages, there are also disadvantages to weight lifting. Majority women are in health related factors that participation in weight lifters will tend to change in menstrual cycle, as well as they feel that women will effect on capacity of child bearing ability of them. So it is believed that weight lifting should be avoided during the menstrual period during the pregnancy period (Gleeson Blake Peggy, 1990).In the past, women of all ages have faced net social barriers, created by old-fashioned myths and confusion about weight training activities, which have prevented them from freely participating in weight training. Weight lifting does not necessarily mean struggling with huge weights and the development of large muscles, as many women fear (J. Elizabeth Doyne, 1987). Modern research has shown that lifting weights regularly can improve your general wellbeing and increase the strength and stamina in daily life. A physically active lifestyle, including weight lifting, combined with good nutrition, will also help protect the person from bean disease, obesity, diabetes, and osteoporosis.

Dakshina Kannada

Daksina Kannada, also known as South Kanara or South Canara, is a coastal district in the state of Karnataka in India. It is bordered by Udupi District to the north. Chikkamagaluru district to the northeast, Hassan District to the east, Kodagu to the southeast, and Kasaragod District in Kerala to the south. Mangalore is the headquarters and chief city of the district. Dakshina Kannada district has an area of 4.866 square kilometres.

2. THE METHODOLOGY:

Selection of subjects

For this concerning study, women’s weight lifters, who participated in intercollegiate competitions were taken as subjects. A total of 50 women were randomly selected for this study. The subject’s age ranges between 18-25 years.

Collection of Data

Self-prepared questionnaires were used as tools for Research in Acquisition of data. A questionnaire consisting of 10 questions was given to the female weight lifters to fill out. It is regarding the psychological factors and health related factors associated with weight lifting participation among women’s in Dakshina Kannada district. After the completion of the questionnaire, the response sheets were collected back and carefully screened for study.

The Analysis of Data

In order to give a connotative touch to the survey data, a few relevant techniques have been used, such as percentage and tabular form. Wherever it was possible, figures were incorporated and analyzed.

3. RESULT AND INTERPRETATION :

Figure no.1

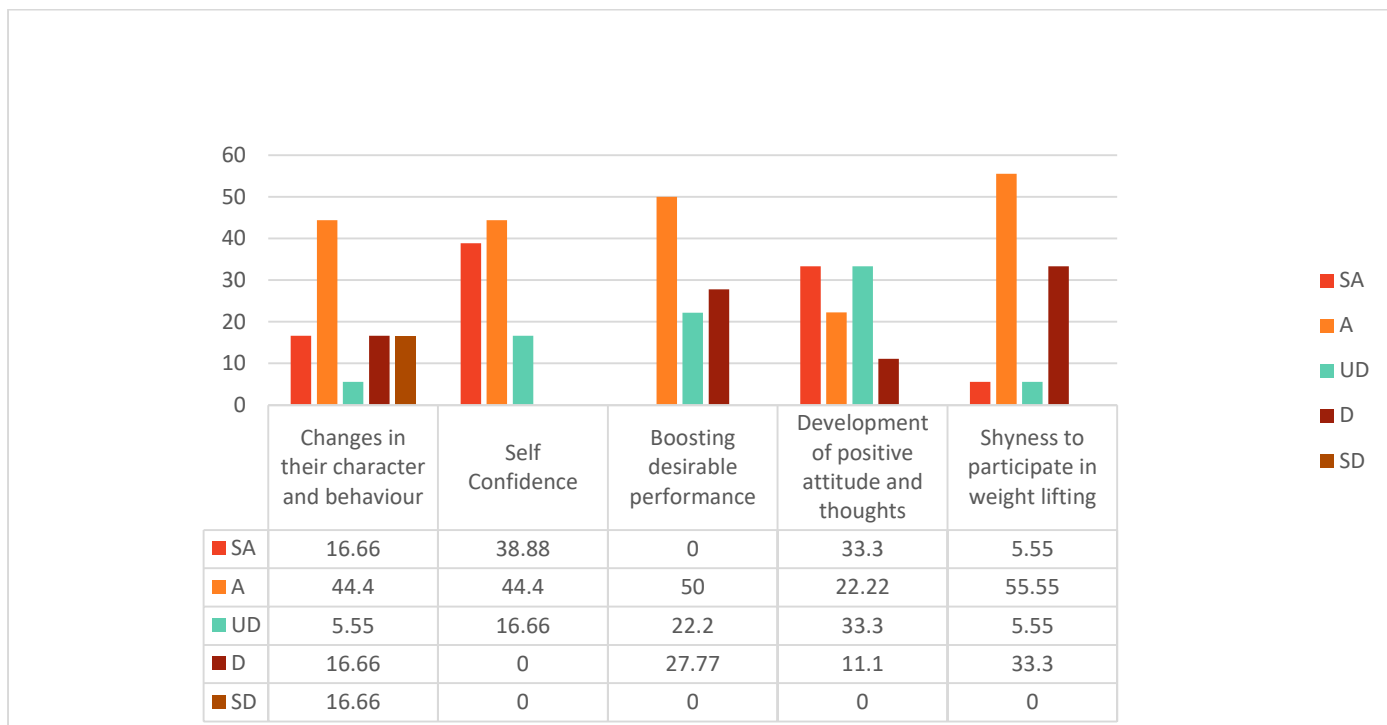
Figure shows effect of weight lifting participation on health related factors



According to the graph above, the majority of female weight lifters believe that weight lifting causes some desirable changes in their health-related factors. About 55.54 percent of respondents feel that prolonged weight lifting has affected their ability to bear children, and nearly the same percentage say that it has harmed their monthly menstruation cycle. The findings show that almost every single subject disagrees that weight lifting has no impact on overall health.

Figure no.1.2

Figure shows effect of weight lifting participation on Psychological factors



Weight lifting leads to a change in psychological aspects, as shown in the diagram above. Weight lifting, according to the majority of respondents, may affect psychological factors such as character and behavior changes, confidence, boosting desirable performance, developing positive attitudes and thoughts, and shyness about participating. About 16.66 percent strongly disagree that weightlifting has no impact on their personality or behavior. The findings show that the majority of respondents believed it is affected by psychological factors.

4. SUMMARY, CONCLUSION AND RECOMMENDATION:

This study was conducted with the purpose of identifying the factors associated with participation in weight lifting. The possible areas of factors identified were psychological, social and physiological. The tools of this study included the questionnaire, which has open form and closed form questions, and the point rating scales, according to the requirements of the study and which have relevance in identifying factors causing the participation of women from Dakshina Kannada in weight lifting events. The subjects of this study were 50 female respondents belonging to the Dakshina Kannada district from whom opinions were collected randomly during inter collegiate competitions. The analysis and interpretation of the results were carried out in the form of graphs.

5. CONCLUSION:

On the basis of the discussions and findings of the study the following conclusions were arrived.

- It was confirmed that there is negative, attitude towards participation in weight lifting among women students of Dakshina Kannada District.
- It was very clear among some weight lifters that participation in weight lifting will increase the confidence level and helps to build good personality.
- It was made known that participation in weight lifting by the women’s leads to some health related risks.

6. RECOMMENDATION:

- A similar study may be conducted for women power lifters.

- An investigation could be done to identify the factors associated with higher level women weight lifters.
- A comparative study could be conducted on different women sports personalities.

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