1.1 INTRODUCTION

Man is sportive by nature and no aspect of human life is more enjoyable and more educative as well as socialistic than sports, because it is through sports that man keeps himself highly fit both for work and achievements in competitive sport, improves his general well-being, enjoys sound health and contributes to the welfare of his own family, society and the nation. There is more than adequate historical evidence to highlight the fact that all sporting people and nations have always had an upper edge over non-sporting nations in almost all fields of life - health, fitness, economics, productivity and even in war, which many great men have believed to be essential to ensure peace. The ancient Greeks, well known to the world as the creators of the Olympic Games - were the first nation to have realized the importance of games and sports both in an individual’s life and that of a nation. They made play and sport as an integrated part of their education and that was the reason that they developed the personality of their youth
in such an integrated manner that every able-bodied young boy could serve the country both, in war and peace. In war he made victory possible and in peace, he contributed to the prosperity of the society by producing more. All European nations today are comparatively healthier, fit and more prosperous because they follow the ancient Greek ideal of being sportive.

Unfortunately, the Indians, know quite a lot about sports as the very basis of organizing fitness, health, skill, social adjustment and personal development but, in reality, practice little what. It is due to this reason alone that in several important aspects of our individual, social, economic and political life, we are not in the forefront as great many nations are; Swami Vivekanand - a great spiritual luminary of our times - wanted India to have more of football fields than temples because he firmly believed that only through play and sport, we could become a strong nation to defend ourselves against the foreign intruders and enjoy total freedom from disease, physical weakness, mental backwardness, social inequality and economic disparity. Playing no sport is the cause of many ills and weaknesses. Mahatma Gandhi always lamented that he could not
improve his handwriting and that he never participated or learnt any game or sport.

Many scholars have developed definitions of play, games and sports. Gregory Stone (1955) said that sports are composed of two types of action; play and display. Play, according to Stone involves spontaneous actions that freely expressed the immediate emotions and concerns of one or more players. The dynamics of play are emergent and largely unpredictable. "Display," on the other hand, refers to spectacular actions motivated by the desire of one or more entertainers to amuse spectators. Stone (1955) related these two activities with games and sports in this way: Play and dis-play are precariously balanced in sport, and, once that balance is upset, the whole character of sport in society may be affected. Furthermore, the spectacular element of sport may, as in the case of American professional wrestling, destroy the game the rules cease to apply, and the "cheat" and the "spoilsport" replace the players.

Stone distinguished sports from play, because sports are not characterized by complete freedom, spontaneity, and personal expression. However, he also thought that sports
contain a "spirit of play" that provides intrinsic satisfaction to athletes. In other words, there is an emergent component to sports, and this prevents them from being "acted out" according to a pre-planned script designed to amuse an audience. Stone wanted to acknowledge that sports include activities that emerge from one moment to the next as players make choices and respond to changing circumstances. He also acknowledged that sports are organized and involve displays of skills that are evaluated and rewarded either informally (praise, status, reputation) or formally (trophies, medals, money). In this way sports involve structured actions that display individual and collective skills at the same time they involve freedom, spontaneity and personal expression.

Stone was writing in the 1950s, he warned that sports at that time were, in his view, becoming commercialized to the point that "spectators [were beginning] to outnumber participants in overwhelming proportions, and the spectator, as the name implies, encourages the spectacular—display." Stone underestimated the extent to which a "spirit of play" could survive as sports were commercialized as forms of entertainment. However, his
warnings are worth keeping in mind as sports continue to change and as spectacles such as professional wrestling, ultimate fighting, and other activities designed to amuse audiences become popular.

Sports have become cultural phenomena of great magnitude and complexity in the present world. Sports have almost become a social institution permitting education, economics, arts, politics, law, mass communications and international diplomacy. Its scope is awesome; nearly everyone is involved in some way or the other. In modern sports although participation is important but the number of medals won is international competition judge the strength of a nation. Sportsman is so trained to give best performance and to win medals in competition.

Physical education is the part of education that has been designed to further improve the physical, mental, moral and social growth and development of the children through physical activities in various forms. The main purpose of physical education is to provide healthy person with special attitude towards physical education.

Bucher (1975) statied that games and sports are a popular past time for young and old, for boys and girls
men and women. They often opportunity to all for exercises, fun and relaxation, they can play an important part in developing physical fitness and skill for the use of leisure time at all age levels many of the skills developed through games and sports may be used in the years to come to help people to keep themselves physically fit.

1.2 **PHYSICAL FITNESS AND WRESTLING**

Physical fitness is a must for every person and of a sportsman even more. The components of physical fitness required in a particular sportsman are different. According to the nature of every game to find the required components of physical fitness in a particular sportsman depends on his socio-economic status and background.

Physical fitness is an essential part of total health. It involves the proper functioning of all parts of the body-eyes, ears, muscles, heart, lungs and other body organs. "Thus, a person who has a weak heart or some other physical weakness is limited in his ability to do many things well. This is especially true "an expenditure of physical energy is necessary". Two important characteristics of physical fitness are strength and endurance. When a muscles contracts, it creates force which may be great of small, depending on
how strong the muscles is also a muscle may show endurance or stamina by remaining contracted for several minutes, as in lifting and holding a heavy stone off the ground. Endurance permits a person to keep going a physical activity, such as running or jumping and doing additional pull-ups, sit-ups and push-ups. The more muscular activities a person can do, the greater is his capacity to do things of a physical nature. This is because all movement in the body depends upon muscle action, and all muscle action in the body can be made more efficient by physically conditioning of the body.

Every citizen of a country wants that he should progress and improve in any field, he should possess a good health which, in turn, contributes to the betterment of the society. Physical fitness and good health appears to be almost synonymous, but they are not exactly so; a man who is healthy may not be physically fit. The amount of required physical fitness differs from one occupation to another. Physical fitness differs from man to man, a clerk with much less strength may work in the office for a long period without feeling any special strain and discharge his duty without any fatigue and exertion, but a sportsman who is
participating in competitive sports like boxing, wrestling and football would require much greater strength, endurance & speed to give better performance in these activities.

Actually, different definitions have been offered by the educationists, but the physical fitness defined by the “American Association for Health, physical Education and Recreation is,” That state which characterizes the degree to which the person is able to function. Fitness is an individual matter. It implies the ability of each person to live most effectively with his potentiality of function and depends upon the physical, mental, emotional, social and spiritual components of fitness which are related to each other and are mutually inter-dependent.

Bud Gatchell (1964) defines ‘physical fitness’ as the “capacity of the heart, blood vessels, lungs and muscles to function at optimal efficiency.”

Karpovitch (1965) offered the following definitions of physical fitness- strictly speaking “physical fitness means that a person possessing it meets certain physical requirements. These requirements may be anatomical, physiological or both.”
Bucher (1967) defined fitness as “the degree to which a person functions physically, mentally, emotionally and socially, all aspects of which impinge upon each other and are closely interwoven into the fabric of the human beings.”

Fitness is broad terms denoting dynamic qualities which allow one to satisfy his own needs and at the same time contribute to the common welfare of one’s society. All of these qualities mental and emotional stability, social consciousness and adaptability, spiritual and moral fiber and organic health consistent with one’s heredity help to make up total fitness weakness in any of these characteristics is indicative of a general weakening in the structure of the individual.

Physical fitness is an important component of total fitness. The term “physical fitness means more than muscular strength and stamina, it implies efficient performance in exercise or work and a reasonable means of skill in the performance of selected physical activities.”

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These comprehensive definitions of the fitness encompass the concept of total fitness which is the prime objective of physical education and thus, there is a greater responsibility of the coach of wrestling. He is concerned with the well being of the wrestlers. This great responsibility involves muscular development, endurance, flexibility, agility, co-ordination and cardio-respiratory fitness of the wrestlers.

Thomas (1964) remarked that physical fitness is the condition of one’s body judged in the terms of age, height, and weight & chest expansion in term of absence of defects from disease constitutional affection or bodily infirmity. Full physical development, vigour, vitality and radiant health should be seen in one who is physically fit. In term of usefulness physical fitness is total functional capacity of an individual to perform a given task. It provides the ability to perform task without undue fatigue of exhaustion having always a reserve of energy to meet heavier demand made on
the individual during stress and strain. Physical fitness depends upon several factors such as heredity, hygienically living, nutrition and bodily activity plays an important role in developing the physical fitness.

Sharma (2000) has remarked that Physical Fitness means the overall physical condition of a person and it is the ability to carry out daily task with vigour and alertness without undue fatigue and with ample energy to engage in the leisure time pursuits and to meet the above average physical stress encountered in emergency situations. Physical education is an education through physical activities and these exercises play an important role in developing physical fitness and skill for use of leisure time. According to Encyclopaedia Britannica (1994), the training of the body improves its function and enhances its fitness, so it is understood that for all systems of the body to be fit, we need physiological fitness which should respond to hard work and effective functioning of appropriate systems. But physical fitness runs side by side with psychological fitness as perception to emotional stability, motivation, and intelligence & education ability to accomplish the task.
Physical fitness has always been a concern of man from prehistoric time. Indeed, it was survival for the fittest. Throughout human evaluation man has been a nomad, a hunter and a farmer. His body has a high degree of adaptability for walking, running, jumping and throwing. Only recently complete changes have taken places due to industrialization, automation and motorization and the demand to gross motor activities have been greatly reduced. These changes have caused a number of so called Hypokinetic diseases and have lowered the degree of physical fitness (Percival, Percival and Taylor 1982). Physical activity has important implications for the health and well being of all individuals. Easy life has negatively influenced the development and maintenance of physical fitness. Barrett (1974) reported Evidence is mounting those physically fit person lead longer lives, have better performance records and participate more fully in life than those who are unfit. Barrow and McGee (1979) stated fitness is that state which characterizes the degree to which the person is able to functions.

Kamlesh and Sangral (1980) quoted Greek Philosopher Aristotle as saying “the body is the temple of the soul and to
reach harmony of body, mind and spirit, the body must be physically fit.” Yogic exercises also emphasize physical well being besides mental and spiritual attainments.

The term of physical fitness has been defined by Harish (1960) as composed of functions such as strength, cardio-respiratory endurance, speed, power, flexibility and co-ordination. Each of these qualities is believed to be important for the kind of fitness needed for daily living and possible emergencies. According to Clarke (1963) it is not limited to any specific element but covers vast field i.e. individual to individual, professional to professional, from age to age and from group to group.

It is the ability of a person’s body to meet the demands placed upon it by his work by way of life and necessity to meet emergency situation (Hart and Shay, 1964).

Golding and Ronold (1969) say regarding fitness that it is the ability of organism to maintain various internal-equilibrium as closely as possible to the resting state during strenuous exercises and to restore promptly after exercises and equilibrium which has been disturbed. Hunter (1982) defines it as total functional capacity to perform some specified task requiring muscular efforts. It involves sound
organic development, motor skill and capacity to perform specific task with quality and intensity of effort to meet confidently the problem and crises which were among life expectations (Frost, 1971).

Habbellneck (1984) views physical fitness as combination of muscular strength, endurance, speed, agility, indoor skills and co-ordination. There has been growing realization of importance of physical fitness in enhancing human health and performance. The term physical fitness implies fitness of body and mind. New concept of physical fitness includes mental, emotional, social as well as physical aspect. According to Barrow and Rosemary (1979), it is not a stage for young but for all ages.

The development of sportsman to enable him to achieve high level of performance is usually concentrated in four areas namely physical power, social adjustment, psychological efficiency. Since varied activities make different demands upon organism with respect to circulatory respiratory, metabolic, and neurological & temperature regulating-function hence fitness is specific to each particular activity (Uppal, 1982). A fit, trained or conditioned athlete is characterized by the ability with high
level of lactic acid and to use larger volume of oxygen maintain lower heart rate and pulse rate during prolonged work or activity.

Physical fitness evaluation by means of performance has been a popular professional pastime for many years. Physical fitness and motor fitness are often used interchangeably. Physical fitness has three basic components i.e. muscular endurance, muscular strength and cardio-respiratory endurance where as motor fitness has four additional components i.e. muscular power, agility, flexibility and speed, According to Fleishman (1963) motor ability is more general trait which may be common to many tasks but motor ability is one’s level of proficiency at a specific task and both the rate of learning and find level achieved by an individual in specific skills are limited by basic motor abilities.

Body built is another factor of physical fitness (Hirata, 1968). It is a kind of living substratum on which human functions are based. Body built is different with regard to composition it is divided into two components, lean body mass (muscles, bones, brain and nerve, tissue liver and body fluids) on the one hand and fat tissues on the other
hand. One can change body composition through physical fitness regimes. Further, physical fitness programmed supplemental with appropriate diet can maintain satisfactory body composition. This ability is measured through under water weighing and though skill fold callipers found in the work of Behnke and Willmore (1974) and Pullock (1978).

Singh (2007) is defined Endurance as work against time or the capacity to withstand fatigue. There are two types of endurance i.e. cardio respiratory and muscular endurance, cardio respiratory endurance or fitness is the ability to transport oxygen from atmosphere to the working muscles. Aerobic power involves the continuous contraction of large muscle groups and anaerobic capacity is the intensity of the workloads to exhaustion in less than three minutes. It is of two types i.e. cardio respiratory endurance and muscular endurance. It is the ability to maintain a sub-maximal contraction over an extended period of time (static) or to repeatedly express a sub-maximal amount to force.

In strength training both isometric (static) and isotonic (dynamic) sub-maximal load will increase muscle mass (hypertrophy). Thus, their functional capacity is improved
for improving strength weight resistance must be very hard and fast for a new moment. If performed, on the contrary, for improving dynamic muscular endurance it must be slow and many repetitions should be performed.

Speed- is rapid movement of the limbs and total body. It relates to maximum rate at which the individual and move over a shorter distance. Speed is based partly on neuro-muscular action and partly on inherited factors which operate anatomically and physiologically.

A general understanding of principles of physical fitness is necessary for all those working in the areas of health and medicures.

Physical fitness can be presented in two aspects static and dynamic. In fact medical examination is the prerequisite for analysis of individual’s physical performance capacity. On the one hand functional examination consists of motor performance capacity like strength, speed, co-ordination whereas organic performance capacities on the other hand can be assessed by individual’s physiological responses to exercise. Physical response includes biological adaptation to improve performance. In order to improve physical fitness the principle of over load, specificity
individual differences are to be followed. Lamb (1984) describes physical fitness as the capacity to meet successful the present and potential physical challenges of life. The achievement of good physical condition for wrestling is therefore a special case of improving one’s physical fitness. In wrestling there is close inter-relationship between technique and tactics on the one hand and between physical fitness condition and coordinative capacities on the other hand.

1.3 CONCEPT OF WRESTLING

While talking on wrestling, it may be said that today the value of wrestling is universally recognized. Wrestling is one of the oldest sports known to the man. Ever since the remote past, wrestling has remained the most appreciated and much participated sport in the world. In the ancient Olympic games, wrestling was an integral part of the pentathlon, a form of all-round athletic championship comprising jumping, running, throwing the discus and javelin and wrestling. The Greek adopted wrestling as a national game.

According to Hunt and Millar (1970) wrestling offers excellent opportunities for long-term physical, psychological
and personality development. This is a very rigorous sport which demands self-discipline and self-reliance because the wrestler is on his own in the ring: success depends on his intelligence, speed, strength and skill; each wrestler makes his own decisions and exercises his own initiative, determination and abilities in competition against an opponent. The pre-requisites of success in this sport are strength, endurance, flexibility, skill, coordination and good general body condition are a natural outcome of learning to wrestle correctly under effective teaching.

Wrestling is an excellent recreation for maintaining general physical fitness and can be enjoyed with moderation throughout life apart from other things it also provides opportunities to everybody to develop his physique irrespective of the weight and size. It may be said that wrestling is one of the best and cheapest forms of sports which develops the all-round mental as well as physical fitness of human beings. Moreover every wrestler has to have a tremendous amount of self-confidence, determination and courage. It also said that wrestling enable a wrestler to determine quite accurately how conditioned he is. That is why, people in other sports value
wrestling so highly. In earlier times wrestling skills were handed down from generation to generation and father to sons.

Wrestling has been explained in the Encyclopaedia of sports medicine (1971) wrestling is a contest between two participants in which each participant attempts to control the body of the other. According to Oxford Dictionary, “wrestling sports consisting of the hand to hand combat between two unarmed contestants two seek to throw each other.” According to New Webster’s Dictionary of the wrestling defined, “A contact sports in which each of two opponents attempts to force the shoulders of the other to the mat or ground.

The popularity of wrestling varies from country to country, particularly since May nations have their own styles. In their own right these styles have considerable local interests. Among the chief variants are: Cornwall in Britain, Schwingen in Switzerland, Glima in Iceland, Sumo in Japan, Sumbi in Russia, Yagli in Turkey and Kusti in Iran, India and Pakistan. However, two style free style and Greco-Roman style are practiced all over the world and are the only two included in the annual world championships
and in Olympic and Asian games. Both have developed from ancient method of wrestling into modern well controlled, exciting sports which attract thousands of participants particularly in Russia, U.S.A., Turkey, Japan, Iran, China, Pakistan and India.

In various countries there have been minor differences in the rules and objects of wrestling making about as many systems as nations engaging in this sports there is no fundamental difference in the various systems. About one hundred years ago, the French compile a set of rules which are still in use today, with very little change from time to time.

1.4 ORIGIN

It is assumed that wrestling owes its origin to either of the two sources; both these sources have their roots in Greek mythology. One version traces the origin of the Olympics games to Hercules victory celebration after he had cleaned up the Aegean stables. But according to Greek mythology the Olympics are supposed to have begun as a religious ceremony to mark the triumph of god Zeus over Krones in a mighty wrestling bout between the two Gods for possession of the earth.
The origin of wrestling Chandrehas Debey (1964) an outstanding scholar in the field of physical education has noted that, wrestling is one of the most ancient people of the world; the struggle for existence, the survival of the fittest was one perpetual wrestle with the elements of nature and with all corners and conditions of life. Man in old stone—age had to provide for himself by means of strength and cunning consequently, physical combat was essential wrestling at that time was not only the elementary type of warfare between men, but it was extended to the conflict between the wild animals and men. At this age, wrestling was significantly of a brutal form. It can be called “father of all sports”.

The records of early civilizations dating back over 5,000 years, show that even then, wrestling had been scientifically and systematically develop to a high degree and ancient Egyptian paintings and coverings along the Nile show wrestlers in holds and position still used today. Undoubtedly, wrestling developed in several cultures simultaneously, since it began as an essential military survival skill. So far as the practices are concerned numerous adaptations depending on local customs
traditions and varying system of values and philosophy created the different forms and styles practiced today.

It has also been pointed out that wrestling is an ancient sport and it was part of the ancient Olympic in the 7th century B.C. and the first champion was the Spartan, Eurbatos.

Wrestling is one of the toughest and the oldest forms of sports known to mankind. It is probably the ‘father of all sports’ being the original means whereby human beings overcome each other when seeking to conquer or determinate without weapons of any sort. It develops soldierly qualities of strength, agility, courage, tenacity and will power. Once a man steps on to the mat to face an opponent, he must take his own decision and execute them himself. Every wrestler known that when he was pinned his antagonist, he has done it himself. He was out maneuvered, out thought and out-last a man of equal ability. Wrestling is frequently called “father of all spots” is one of the most ancient sports of which we have any record more than four thousand years ago at he down of Aryans civilizations we find that wrestling was a highly developed combative sports in India and Egypt. During the Mahabharata period due to
fusion of Brain and Brawn, Bhim, could kill Bakasur as well as Balram and Krishna could kill Kansa, Shalya etc.

1.5 TRADITIONAL WRESTLING IN ASIA

Wrestling has been a popular sport in the lands of the middle and Far East for at least five thousand years. In Mongolia and China it was practiced at religious festivals. The first recorded bout in Japan took place before the birth of Christ. The huge champions of India were challenging all comers two thousand years ago. In Turkey wrestling has been a national sport for centuries and the country boasts a proud history of Olympic champions.

Although styles vary from nation to nation, the predominant form has always been some variation of the catch-as-catch can. In these bouts the loser is the first man to touch the ground with any part of his body except his feet. In Mongolia and India weight classes are dispensed with and the champions are gigantic men almost as bulky as the sumo wrestlers of Japan. The style if Chinese wrestlers is more static, relying on muscular strength rather than speed. The wrestlers of China are particularly strong in the arms and hands developing impressive crushing muscles. In order to prepare for their bouts Chinese
wrestlers have always developed the muscles of their arms and hands by laboriously squeezing handfuls of wet sand for hours at a time.

Wrestling has been in existence in India and Pakistan as far back as record goes; and before that the sport is mentioned in the mythology of both nations. Two ancient documents the Ramayana and the Mahabharata give accounts of the famous wrestlers of thousands of years ago and several holds and throws have been named after these legendary heroes.

The great age of India wrestling came in the time of Moguls the all powerful conquerors and princes of India form the 16th century onward. The Moguls patronized athletes and held many savage tournaments at which all types of sports were represented. Each prince had his own stable of champion wrestlers and spent a great deal of money on the training and upkeep of these men.

As time went on many moguls began to hold wrestling tournaments which attracted competitors from all over the country. In addition to being feted and receiving money, the winner of one of these competitions would receive a wooden club, similar to the one founds in the hands of hanuman,
the Hindu God of strength. The successful wrestlers could also call him Rustem-a-Hind, and claim the championship of all India—until he came up against the winner of another tournament with similar pretensions.

India princes continued to patronize wrestlers until well into the 20th century and among grapplers backed by the rulers were such notables as Karim Bux, Ghulam and Kikar Singh all of whom built up impressive reputation within the borders of their country and also did well against touring European wrestlers. Indian wrestlers wrestling began to take a firm hold of the world, and in 1892 Karim Bux defeated Tom Cannon the British championship who so nearly won the world title from William Muldoon of the U.S.A.

Perhaps the most famous fall Indian wrestler was Ghulam. This mighty grappler was taken to Paris in 1900 by Moti Lal Nehru the father of the late prime minister of India. In Paris, Ghulam fought Kader Ali of Turkey and won a brawling contest. As a result of this victory Ghulam claimed the championship of the world, but Hocken Schmidt of Russia and Jenkins of the United States had more
substantial claims to the title and Ghulam was never really recognized as champion.

Such men as Karim Bux and Ghulam showed the western world that Indian wrestlers were men to be reckoned with. Further proof of this, if proof were needed was furnished by the bout between Gama and Stanislaus Zybyszco. This match was arranged by the Maharaja of Patiala; it turned out to be thriller and made professional wrestling very popular for a time in India.

The high level of public interest was not however maintained and after the First World War wrestling became something of a neglected sport in India. It was not until 1945 that it regained some its former popularity.

1.6 TRADITIONAL WRESTLING IN INDIA

In India there are thousands of arenas of soil where Indian style wrestling is being practiced with old rules and the wrestlers are least careful about the mat wrestling. Due to hot climate Indian wrestlers like to practice in oiled soil arena and have the competitions in the countries organized throughout the year with old traditions and conventions and the winner wrestlers are honoured with prize and cash.
As far as India is concerned, if we refer to the ancient history of physical education in India, it will be clear that wrestling in India has an unbroken and brought tradition from very ancient times. In those days wrestling was called as “Mal Yudh”. The art of wrestling seems to have been varying popular during the time of “Ramayana” and “Mahabharata”.

Hanuman, Bali, Sugriva, Bhim, Karan, Jamvanti and Jarasandh etc many be recalled as the most popular and powerful warriors and wrestlers of those day based on the styles of wrestling of these warriors the following types of wrestling as in practice during those days.

Wrestling which can be called “father of all sports” is one of the most ancient sports of which we have any record more than four thousand years ago at the down of civilization we find that wrestling was a highly developed combative sports in India and Egypt. During the Mahabharata period due to fusion of brain and brawn, Bhim could kill Hidimba, Bakasur etc. as well as Balram and Krishna could kill Kansa, Shalya etc. several modes of wrestling and several ways of keeping fit healthy, strong and supple were quite useful and popular from prince to paupe.
We can divide the Indian wrestling holds into four categories:

1) **Bhimsene wrestling**: The types of holds requiring strength and power used by Bhimsene such as lifting. The opponent above the shoulder level and throwing him down, waist back press, neck press etc.

2) **Hanumati Wrestling**: The holds full of tricks and tactics used by Hanuman such as leg hold and throw, cross buttock, leg hook and throw, arm and leg throw flying mare etc.

3) **Jamavanti Wrestling**: The holds full of locks used by Jamavanti wrestling e.g. neck lock, ankle lock, arm lock etc.

4) **Jarasandhi Wrestling**: Limb breaking holds used by Jarasandh, such as shoulder lock with flying mare, hand full and wrist lock on the back, strange hold and wrist breaking etc.

Generally untrained and villagers which have enough strength usually make full use of Bhimsene wrestling whereas Hanumanti wrestling has the advantage to best even a stronger opponent by applying tricks and skilled holds. In Jamavanti wrestling by used of locks, a wrestler is
able to bring his opponent under his control and can make him fell exhausted. And in Jarasandhi wrestling by means of limb breaking holds a wrestler can harm the opponent.

1.7 MODERN WRESTLING IN INDIA

The development of wrestling after the modernization of the Olympic Games proceeded in three directions - professional wrestling, Amateur wrestling and verities of traditional wrestling (Folkloric) the revival of the Olympic Games opened up attractive perspectives and amateurism but only five wrestling teams took part in the first Olympic wrestling tournament in 1896 in Athens. At that time proper rules were not formed and only Greco-Roman wrestling was conducted. A Greco-Roman fight lasted until a win even if it required the match to be broken and continued the next day. In 1904 at the Olympic Games in St. Louis, Free style wrestling was added. In 1920 the two styles became a part of the Olympic Games programmed.

The first Greco-Roman world wrestling championship was held at Vienna in 1910 followed by Vienna again in 1920, Helsinki in 1921 and Stockholm in 1922. Again it was revived in 1950 at Stockholm and in 1951 Helsinki the first world championship in free style wrestling was held. In the
following year’s championship for the two styles (except for Olympic years) alternated every two years. Beginning in 1961 at Yokohama championship for both styles were held every year except the Olympic year.

At the time of modern Olympic Games wrestling grew very speedily. The number of weight categories was one in 1896 and seven in 1904, dropping to 5 and progressively stabilizing at 7 from 1924 to 1936. The weight categories were increased to 8 in 1940 remained so till 1968. In the year 1969 the weight categories were increased to 10, which is applicable now the number of participating countries and competitors has not stopped increasing with the excepting of certain Olympic Games organized outside Europe (1932 and 1956).

In 1931 the first official rule book was printed in Helsinki by Victor Smeds. In 1937 there was a new addition of the rules featuring almost exclusively the Hungarian system of scoring. After the Second World War the rules were discussed at the 1948 Olympic Games and thereafter at a special meeting in Amsterdam in 1949 and were finally adopting in the general body meeting of FILA in Stockholm in 1950.
In the beginning of Olympic Games there was no set length for a fight the fight used to continue until there was a winner. At the fifth Olympic Games in 1912 in Stockholm the fight between Russian wrestler m. Klein and his Finish opponent Asikainen lasted all day long (10 hours and 5 minutes). Following the election of Tatakis as president of FILA, Hungrain influence took an upper hand. As a result the time of bout was fixed at 20 minutes of two rounds with one minute break (rest) in between. In 1948 at London Olympic, the timings of the bouts were reduced to 15 minutes for free styles wrestling and 20 minutes for Greco-Roman wrestling. In 1952 at Helsinki Olympic, the timings of the bouts were fixed at 15 minutes. In 1960 at Rome Olympic, it was reduced to 12 minutes where’s as in 1962 during world championship, it was further reduced to 10 minutes (5-1-5). And again in 1966 during world congress it was reduced to 9 minutes (because of Mexico Olympic) of 3 rounds each (3-1-3-1-3) and one minute breaks in between. It was further reduced to 6 minutes (3-1-3) and finally to 5 minutes in 1989. At present we have got two rounds of 3 minutes each and a break of 30 sec. in between the round.
1.8 WOMEN IN WRESTLING

Women wrestling may seem like a recent phenomenon, girls and women have actually been wrestling since ancient times. Early inscriptions suggest that Spartan girls wrestled during Roman and Byzantine rule. In African tribes, girls often wrestled as part of their ritual initiation into womanhood. Among the Yala of Nigeria and the Njabi of Congo, men and women wrestled one another. In the Diola Tribe of Gambia, adolescent boys and girls wrestled, but not against one another. The male champion often married the female champion. In the 13th century, Tahitian priests introduced the huna religion in Hawaii, which involved various rituals martial art participates. Working class men and women participated in hand-to-hand combat such as boxing and wrestling in games known as mokomoko. In the middle and late 19th century, Parisian artists sketched local women wrestles and photographed them in their costumes. In the early 20th century, American women wrestled against one another in public demonstrations and bouts for entertainment.

Women’s wrestling is growing and strengthening throughout the world as more nations sponsor teams and
competitions for women each year. In the past two years opportunity to see firsthand the Klippan Ladies Cup in Klippan, Sweden and the Gilbert Schwaub Interantional in Tourcoing, France. Hundreds of girls and women, age seven to the senior open level competed in the tournament from all across Europe. The skill, the technique, the hunger for victory and the enthusiasm looked no different than attending Wrestling tournament here in the United States. Until recent years, women have not competed against other women in the sport of wrestling. In the past, young women have often competed against males on the club and high school level.

At the collegiate, World Olympic levels, women wrestle freestyle. The United State is still behind Canada struggle with regard to the acceptance of women’s wrestling. The USA struggles with implementing high school teams for girls. As a result, many high school girls participate on the boy’s team where they wrestle American Freestyle. However, the United State has made strides amongst universities boasting 14 schools registered on the women’s collegiate wrestling Association website offering opportunities to continue wrestling while getting an education. Gator
Wrestling Club, New York Athletic Club, Army World Class Athlete Program and Sunkist are domestic sponsors that support many of the nation’s top girls. In addition to colleges and universities, there are programs like the Beat the Streets-Girls Wrestling Program. This organization is highly successful at targeting inner city kids and introducing them to the world of wrestling at no cost.

Women’s Wrestling made its Olympic Debut in Athens 2004. Typically the females have 7 weight classes (48 kg, 51 kg, 55 kg, 59 kg, 63 kg, 67 kg and 72 kg) that compete in a World Championship. Through, during the Olympic year, the weights are reduced to only 4 weight classes (48 kg, 55 kg, 63 kg and 72 kg). Only one representative from each weight class is permitted to enter Olympic Competition.

At the collegiate level women’s wrestling is an ideal choice for creating new opportunities for women. Adding women’s wrestling to an athletic program can save the athletic budget a lot of money.

1.9 INDIAN WOMEN WRESTLING

Sports play is very important role in our lives. Human beings often perform such activities in their day to day life which are somehow associated to the games. There are
many references in the books that games have played a dominant role in the lives of Indian from thousands of years. One of such epics Mahabharata depicts Kunti playing Chopad (an ancient version of modern game of chess) and in Ramayana, Kakeyi was an accomplished archer. With changing times women’s participation in games increased and many competitions were organized for women. In the beginning, women participated only in athletics, but slowly they started participating in team as well as individual games. Wrestling is one of the games in which women not only participated, but also set many records. In the beginning, only males were allowed to participate in this game, as the game was meant for entertainment only. Wrestling is a game that is entertaining for males as well as females, but women’s participation in this game cannot be recorded accurately. It said that women started participating in this game in 1987, when World Wrestling Championship was organized in Norway. It is surprising that India did not participate in that championship because at that time women wrestling in India did not have that quality, but due to good performance of women in different competitions, women in India have also taken to wrestling.
Women in India started participating in this sport at the end of 20th century and in the beginning of 21st century. In the beginning, the competition was organized at a small scale. In 1998, Senior National Championship for women wrestling was organized in Hyderabad. Many women wrestlers participated in this and performed well. Sonika Kaliraman, Sunita Sharma and Shumel were the finds of this tournament. After this, these wrestlers were sent by Indian Federation to participate in World Cadet Wrestling Championship in 1999, organized in Poland. Indian women wrestlers won a Bronze medal in 48 kg in this championship. After this success, women’s interest increased and Indian women wrestlers put up a good show a state level, national level and at international level.

After 1999, World Junior Women Wrestling was organized in 2000 in France. In this championship Shumel won a bronze medal in 43 kg. In 2001, Indian women wrestlers participated in Asia Junior World Championship and Sunita Sharma won a Silver medal. Due to the regular good performance of the women wrestlers, the game was included first time in 2002 Asian Games held in Busan, South Korea. India won a Silver medal in 55 kg weight
category. After good performances by the wrestlers in these games, women’s wrestling was included in 2004 Olympic games (Athens), and 2012 Commonwealth games (New Delhi) for the first time. In 2004 Olympics, four weight categories (48 kg, 55 kg, 63 kg and 72 kg) were included and only one contestant was allowed in every category. Though in 2004 Olympic games female wrestlers were able to qualify, they did not give up and as a result got many awards for their hard work. Gitika Jakhar and Sonika Kaliraman were awarded with Bharat Kesri. In 2006 World Championship, Alka Tomer won a bronze medal, a first for the Indian women wrestler in 39 years. The record was created by a female wrestler which is matter of proud and she was given Arjun Award for this. Alka Tomer was awarded Bharat Kesri in 2005.

In 2010, wrestling was included in Commonwealth games for the first time and records were made by both male as well as female wrestlers. In these games, three gold medals, one silver and one bronze medal were won in five weight categories (55 kg, 59 kg, 67 kg 48 kg, or 63 kg) out of seven (48 kg, 51 kg, 55 kg, 59 kg, 63 kg, 67 kg or 72 kg). This is the best performance so far. In the first Olympic
games, no women was able to qualify, but after the record success of 2010 Commonwealth games, female wrestlers qualified along with male wrestlers for 2012 London Olympics which is a record in itself. Geeta Phogat, a gold medallist of Commonwealth games, qualified in 55 kg weight category for London Olympics which is a record. She became the first wrestler to qualify for the Olympics. She was given Arjun Award in 2012 for her accomplishment.

These awards not only give recognition to the wrestlers, but also make them stronger socially and economically, but these awards are given only to those wrestlers who perform well at the highest level. If the awards can be constituted at lower levels also then these can help the sports person in gaining recognition and can help them socially and economically because sports helps in maintaining the relations of one player with another (Google Search).

1.10 SPORTS AS SOCIAL PHENOMENA

People in all cultures have engaged in playful physical activities and incorporated human movement into their everyday routines and collective rituals. The first examples of organized games in societies worldwide emerged in the form of various combinations of physical activities and
religious rituals, and they were closely connected closely with the social structures, social relations, and belief systems in the social contexts where they existed. Although they often re-created and reaffirmed existing systems of power relations and dominant ideologies, they sometimes served as sites for resistant or oppositional behaviours. Variations in the forms and dynamics of physical activities and games indicate that they are cultural practices that serve different social purposes and take on different meanings from time to time and place to place.

The physical activities that most sociologists identify as "modern sports" emerged in connection with a combination of rationalization, industrialization, democratization, and urbanization processes in the eighteenth and nineteenth centuries. As various forms of physical activities and play took the form of institutionalized, competitive, rule-governed contests, they were also implicated in processes of social development and the organization of family life, socialization and education, identity formation and government policy, co modification and the economy, and globalization and the media. Today, sports constitute a significant part of the social, cultural, political, and economic fabric of most societies.
As cultural practices, organized sports constitute an increasingly important part of people's lives and collective life in groups, organizations, communities, and societies. In addition to capturing individual and collective attention, they are implicated in power relations and ideological formation associated with social class, gender, race and ethnicity, sexuality, and physical ability. Because sports are social constructions, they are developed around particular ideas about the body and human nature, human abilities and potential, manhood and womanhood, and what is important and unimportant in life. These ideas usually support and reproduce dominant ideologies in a society, but this is not always the case. Ideologies are complex webs of ideas and beliefs; therefore, the relationship between sports and ideological formation and transformation can be inconsistent and even contradictory. Furthermore, sports come in many forms and are given social meanings that are linked to the values and experiences of those who create and play them.

Although sports exist for the enjoyment of the participants, commercialized forms of sports are now planned, promoted, and presented for the entertainment of vast numbers of spectators. Mega-events such as the
Olympic Games, soccer's World Cup (men's and women's), the Tour de France, the tennis championships at Wimbledon, American football's Super Bowl, and championship boxing bouts capture the interest of billions of people when they are televised by satellite in over two hundred countries around the world. These and other formally organized sport events are national and global industries. They are linked with processes of state formation and capitalist expansion and are organized and presented as consumer activities for both participants and spectators.

Although sport programs, events, and organizations may be subsidized directly or indirectly by local or national governments, support increasingly comes from corporations eager to associate their products and images with cultural activities and events that are a primary source of pleasure for people all over the world. Corporate executives have come to realize that sponsoring people's pleasures can be crucial in creating a consensus to support corporate expansion. At the same time, most sport organizations have sought corporate support.

People of all ages consume sports through the media. Newspapers in many cities devote entire sections of their
daily editions to sports, especially in North America, where the space devoted to sports frequently surpasses that given to the economy, politics, or any other single topic of interest. Major magazines and dozens of specialty magazines cater to a wide range of interests among participants and fans. Radio coverage of sporting events and sports talk shows capture the attention of millions of listeners every day in some countries. Television coverage of sports, together with commentary about sports, is the most prevalent category of video programming in many countries. First, the transistor radio, and more recently satellites and Internet technology have enabled millions of people around the world to share their interests in sports. Today, people use the internet and sport video games to integrate sports into their lives in new ways that influence social relationships.

People worldwide now recognize high-profile teams and athletes, and this recognition fuels everything from product consumption to tourism. Sport images are a pervasive part of life in many cultures, and the attention given to certain athletes today has turned them into celebrities, if not cultural heroes. In cultures in which there have been
assumed connections between participation in sport and character formation, there has been a tendency to expect highly visible and popular athletes to become role models of dominant values and lifestyles, especially for impressionable young people. This has created a paradoxical situation in which athletes often are held to a higher degree of moral accountability than are other celebrities while at the same time being permitted or led to assume permission to act in ways that go beyond traditional normative boundaries.

People worldwide increasingly connect with others through conversation about sports. Relationships often revolve around sports, especially among men but increasingly among women. Some people identify with teams and athletes so closely that what happens in sports influences their moods and overall sense of well-being. In fact, people's identities as athletes and fans may be more important to them than their identities related to education, religion, work, and family.

Overall, sports and sports images have become a pervasive part of people's everyday lives, especially among those who live in countries where resources are relatively plentiful and the media are widespread. For this reason,
sports have become topics for the attention of sociologists and others concerned with social life.

1.11 SOCIO ECONOMIC STATUS

Today in the modern competitive era very sportsman is in a race to excel other and competition has became a fundamental mode of human expressive and it is one of the very important function by which inter-University and recognition and prestige is gained from its very simple form, sports have emerged into highly organized activity of human society and it has became a complex social and cultural phenomenon.

Sports is as old as the human society and it has achieved and universal following in the modern times. It now enjoys a popularity which outstrips any other form of social activity. It has become an integral part of educational process. Millions of forms follow different sports event all over the world with an enthusiasm bordering on devotion. Many participate in sports for the fun of it or for health. It is taking the “shape of professional to some with skills with ample financial benefits linked with high degree of popularity”.
Sports and socialization are highly correlated to each other, since it is necessary for individual to have a good social environment, which in result build up the personality of the sportsman in general and attitude towards sports in specific. Role of family in socialization of a child is universally recognized. Socialization in sports role is to a large extent the responsibility of family besides providing role model and financial support. Family provides also encouragement to children in the matter of sports participation and motivates them to try for higher aspiration and standards in sports achievements. This means the positive attitude of parents towards sports is a powerful motivator for the children. Attitudes are contagious children are great imitators of the attitudes of their parents. They learn many of their attitudes from parents. So, if the parents have positive attitudes towards sports, it will play an important role in development of sports. It seems responsible to believe that a boy or girl is deciding upon a game or activity is attracted to it, because of certain factors in his or her individual make up growing out of his or her social background and heredity. These factors may vary with the individuals in strength of their influence of in the
form in which they appear, but they are always present. The financial status of an individual influence competitive and cooperative behavior an individual form a lower class competes for different reasons and for different things form those motivating people in the middle and upper economic groups.

Professor Cartty has collected an enormous kind of knowledge and has provide a bibliography of 467 entries in his book, “Social Dimensions of Physical Activity” regarding the role of different social factors which influence initiation into sports and achievements of higher level of performance among the important social factors enumerated by him are appearance, sociality, aspiration level, Group interaction involving competition, cooperation, leadership, social status, the audience and the family.

Mc. Pherson and Kenyon in clear and evident that specific roles can be learned in more than one institutional setting. The family, the school peer group and voluntary sports associations influences individual’s sports role socialization formally and informally. Researchers have tried to find out who gets involved in sports, how they learn sports roles are learned and whether individuals reserved
the opportunity to realize their inherent potential to become involved in specific sports roles or to ultimately perform at an elite level.

It is observed by Williams that the first physical educator or sports teacher was the parent who taught his son to throw a spear, to climb tree, to leep a brook, to do all those things that were important for youth to learn in the tribal life of uncivilized social scene has changed tremendously ways of living have profoundly altered and new stresses have passed upon the old biological patterns of man. And yet the pattern remains the organism still retains the structure, organization and functional demands that long ago appeared. New types of physical activity have replaced the old one but the pattern of learning physical skills has not altered much.

There is clear evidence that the Roman Youths trained on campus Matins (field of mass, the god of war) supervised by their father in fencing, javelin, throwing, sword play, vaulting, riding swimming and the use of every kind of weapon. They learned by precept and example from their parents and by participating in a strenuous physical training program that was maintained constantly, even
during rules in military. Manoeuvres obedience was probably in youth more by the example and constant supervision of their parents.

It is rightly said that all the organization in the community cannot be made much better than the formative years which your family life has given you the family leavers in its mark upon you for life and knowing what to do with it begins in the home. The family is important in the life of the individual because it gets him first keeps him longest is his major source of cultural imperatives and prescribes then with emotional finality.

Socio-economic status affects the value of the individual of family standards, cultural, income possessions, material possessions and participation in group of activity of the community. In the socio-economic status has been considered in the senses of parental occupation, parental education, economic index, income material possessions, cultural level education of brother and sister, type of the family and tendency towards progressivism concept of social prestige, belief in caste system etc. in other word we can says socio-economic status in the present study refers to the family members of the
different wrestlers in different level depicted by educational qualification, monthly income, present employment caste, community etc, of the family members of a particular wrestlers.

Socio-economic conditions have an important role in developing the child’s personality. This also serves as the basic factor for further development. It may be possible that different changes in behavior pattern are due to poor financial condition, which may lead to physical abnormalities such as aggressiveness, Jealousy, stealing Truancy and running away from home. Similarly, parental occupation has a profound influence on the child’s outlook. When a child is ashamed of his father’s profession because of his level, his work, it affects the attitude of the father, his family members and of himself. Hence, SES affects the personality both directly and indirectly. The environment condition of home sizes of the family, neighborhoods and general conditions of living greatly influences the child’s outlook, attitude, interest initiative drive etc. the social behavior of adolescents is related functionally to the position their family occupy in the social structure of the community.
Bonsall and Stiffire in their study of the growth, teaching and learning found that factors like residence, broken homes and size of the family affected the personality.

It is also imperative to understand their social background and economic condition in the society; otherwise the physical educationists will not be able to peruse the goals of high performance and popularizing physical educations.

Socio economic Status affects the value of the individual of family standards, cultural, income possessions, material possession and participation in group of activity of the community. In the SES has been considered in the sense of parental occupation, parental education, economic index, income material possessions, cultural level, education of brother and sister type of the family and tendency towards progressive concept of social prestige, belief in caste system etc. in other word we can say SES refers to the present social and economic position of the family members of the different wrestlers in different level depicted by educational qualification, monthly income,
present employment caste, community etc. of the family members of a particular wrestlers.

SES refers to the wrestlers present and involves a study over a period of time concerning the Socio-economic conditions of his/her home. It may involves consideration of such factors as the death of a member of a family, divorce or any other crisis of social or economic nature which influence the development of the wrestlers for the time.

Lundberg (1968) in defining the term socio-economic level says ‘we should content to say that it is that, which under certain circumstances makes people beg on the streets, crying before the local banker, behave arrogantly to the janitor, that status which is associated with certain kinds of houses, food, clothes, education, occupation---.”

Stephen (1958) definition of socio-economic level refers to a cluster of factors which includes occupation income and culture features of the home.

From such definitions as above when the general dictionary definition on folk usages in followed to determine its meaning, one cannot enumerate or point to the items which enter into the socio-economic levels of parents and proportional weight which each items carries in the total. If
one tries this, one has to construct operational definitions for the present purpose.

The term SES has broadly been defined to include social, educational professional and economic status of parents of the wrestlers environmental facilities are also taken into account. Generally, the SES has been confined to three components levels of elements they are: Economic Level, Occupational Level and Educational Level.

There has been a very close relationship between the wrestlers in the society and his SES. In the past, the wrestlers used to get financial support from the society as a whole and from the upper class in particular more specifically, the Nawabs, Land-Lords and Talukdar has their deep attachment with the wrestlers. Therefore, they extended every possible help to them. They were the symbols of their fame and they were known through them in the society. Even today in rural India the tradition is still followed and those who are interested in wrestling try their best to assist the wrestlers economically, psychologically and physiologically. This clearly shows that the development and performance of the wrestlers depends on their SES. Wrestlers as game demands strenuous hard, mental and
physical labor which burns a lot of metabolism. Naturally, this needs to be supplemented through rich and nutritious diet, so the wrestlers should be in a position to have good diet. For this purpose either a wrestlers should own as ancestral properly or should be patronized by society/clubs. So the socio-economic factor plays a significant role in the success of wrestlers.

SES has a great impact on a person engaged in any profession or activity. Anyone who has a sound socio-economic background can go ahead with his mission without worries that may cause certain impediments. In sports too, those sportsman who have better, SES show somewhat better performance because they get constant financial support and inspiration.

SES is affected by occupational, financial, educational and cultural factors. It is broadly constituted by economic level, occupational level and educational levels.

**ECONOMIC LEVEL**

At the outset, it is necessary to have and understanding of the word economic. In simple words it denotes wealth in the words of smith: “to grow rich, is to get money and wealth and money, in short are in common
language considered as increasing respect similar.” Not only this, it also includes other things like service, sacrifice, honour etc. from another angle wealth is sum total of one’s material possessions such as landed property household items, personal offices etc. which are normally not taken into account from our study point of view, we considered the account financial support in terms of money, honour, awards, landed property etc. the background of the subject particularly the income they could generate at their own or the assistance they get from their parents as well as from the institutions and non-institutions is considered. It is a common phenomenon that a wrestler having very well. Earning can enjoy better diet, equipment and social reputation therefore; the economic level has a direct bearing on the incumbent.

**EDUCATIONAL LEVEL**

The second elements of the SES are the level of education. In the modern society, it is well recognized fact that education has an important role to play in development of the personality of the subjects. The higher the level of education, the higher is the status of a person. Those who are better educated try to know the new techniques more
frequently and put them into use more effectively. The educational level changes their behavior and social interaction while expressing his views on education, connts (1934) states, “some would make education as broad as the learning process and then include within its animal life and still others reflecting the popular mind, and would limit education to the work of certain special agencies-----.” To Kilpatric (1936) education is “the cumulative effect of all the successive learning experiences one undergoes.” In the present we have developed the relationship between the level of education and their physical fitness components of the subjects.

**OCCUPATIONAL LEVEL**

The occupation of himself and of parents has a long lasting impact on the economic and social aspects of a person. Those who have good occupation derive handsome income to lead a better life. As regards the relationship between the occupation of a wrestler and of his parents with the socio-economic aspects, no specific study is available to highlight and review the position. However, Saltz ((1933) has defined occupation in the following words: “subjectively occupation is the specific activity by which a living is
learned, a duty is imposed from the outside as a necessary condition of life in society. Objectively it refers to the deviating of individuals onto the numerable spheres of activity into which modern society is divided.” There are a variety of occupations such as trader’s farmers, shop-keepers, businessmen, physicians, teachers etc.

1.12 STATEMENT OF THE PROBLEM

“STUDY OF PHYSICAL FITNESS COMPONENTS AND PERFORMANCE OF WOMEN WRESTLERS OF SPORTS AUTHORITY OF INDIA COACHING CENTERS IN RELATION TO THEIR SOCIO ECONOMIC STATUS”

1.13 OBJECTIVES OF THE STUDY

The present study was undertaken with following main objectives in views:

1. To study to the Physical Fitness and Socio-Economic Status of women wrestlers of SAI centres.

2. To determine the differences in Physical Fitness components of women wrestlers belonging to Light weight, Middle Weight and Heavy Weight Categories.

3. To determine the differences in Physical Fitness components of women wrestlers belonging to High, Middle and Low Socio-Economic Status.
4. To determine the differences in interactional affects of weight category and Scio-Economic Status on Physical Fitness components of women wrestlers.

5. To determine the differences in SES of women wrestlers belonging to Light Weight, Middle Weight and Heavy Weight categories.

6. To determine the differences in Physical Fitness components in relation to SES in case of Light Weight, Middle Weight, Heavy Weight and Total sample of women wrestlers.

7. To determine the differences in SES of women wrestlers of different level of participation.

8. To determine the differences in performance of women wrestlers belonging to different level of participation.

9. To determine the differences in performance level of participation of women wrestlers belonging to low, middle and high socio-economic status.

10. To determine the differences in interactional effect of participation level and socio-economic status on performance of women wrestlers.
11. To determine the differences in performance in relation to SES in case of different level of international, national, state and junior national levels of women wrestlers.

1.14 HYPOTHESIS OF THE STUDY

On the basis of the literature review, expert opinion and scholar's own understanding of the problem below mentioned hypothesis were formulated;

1. There exist no significance differences in physical fitness components of women wrestlers belonging to Light weight, Middle Weight and Heavy Weight Categories.

2. There exist no significance differences in physical fitness components of women wrestlers belonging to High, Above Average, Average, Below Average and Low Socio-Economic Status.

3. There exist no significance differences in Interactional effects of weight category and Scio-Economic Status on Physical Fitness components of women wrestlers.
4. There exist no significance differences in SES of women wrestlers belonging to Light Weight, Middle Weight and Heavy Weight categories.

5. There exist no significance differences in Physical Fitness components in relation to SES in case of Light Weight, Middle Weight, Heavy Weight and Total sample of women wrestlers.

6. There exist no significance differences in SES of women wrestlers of different level of participation.

7. There exist no significance differences in performance of women wrestlers belonging to different level of participation.

8. There exist no significance differences in performance level of participation of women wrestlers belonging to low, middle and high socio-economic status.


10. There exist no significance differences in performance in relation to SES in case of different level of
international, national, state and junior national levels of women wrestlers.

1.15 DELIMITATIONS OF THE STUDY

The factors delimiting the study are as followed:-

1) The study is delimited to women wrestlers of sports authority of India coaching centres existing in northern India.

2) The sample consists of 167 women wrestlers.

3) Only five major components of physical fitness will be measured through physical fitness test. (strength, speed, endurance, flexibility and agility)

4) The subjects were included with the participation level at State, junior national, national, international, no participation etc.

5) The socio-economic status of the women wrestlers was assessed on the basis of information collected through the Scale.

6) The age limits of women wrestlers 18 to 25 years.

1.16 LIMITATIONS OF THE STUDY

While collecting data the investigator faced some limitations which were beyond the control of the
investigator. The reliability of this test item, the specification of the tools and questionnaire, the climate or weather condition, the psychological conditions of the subjects, their health on the day of test, the sincerely in completing the questionnaire and the dedication of the helpers to collect the data may put problem on the data collection. However the investigator made maximum efforts to motivate the subjects and the helpers.