

Effect of Sports Participation on Academic Achievements among Boys

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Abstract

Aim: To determine effects of Sports Participation on Academic Achievements among males. **Material and Method:** The study was conducted on 300 male students between 14-17years. Sports Participation questioners and GPA at school were used to determine the Sports Activity participation and Academic achievement respectively. **Results:** The mean GPA in Team sports, Individual sports and the non-participant group is 3.554, 3.534 and 3.408 respectively and SD value within groups are 0.281, 0.281 and 0.314 respectively. One-way ANOVA shows significant P-value 0.000798. **Conclusion:** The increased sports participation has significant benefits to students' grades.

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Introduction

Children's engagement in sports competition is known to contribute to the developmental outcomes for a healthy lifestyle, where children learn about physical, social and cognitive skills (Choi et al, 2014). More broadly, engagement in physical activity is also recognized to contribute a range of positive outcomes, specifically; physical and mental health, social wellbeing, cognitive and academic performance (Bailey et al, 2013). Removing or reducing physical activity classes from the school day may be detrimental to children's physical and mental health as research indicates that school day physical activity is associated with total daily physical activity (Trudeau and Shepard, 2008). High school athletes receive better grades (Darling et al., 2005; Eccles & Barber, 1999; Eitle & Eitle, 2002; Sillicker & Quirk, 1997), have higher educational and occupational aspirations (Darling et al., 2005; Marsh & Kleitman, 2002; Otto & Alwin, 1977; Sabo et al., 1993), spend more time doing homework (Marsh & Kleitman, 2002), and have a more positive attitude towards school (Darling et al., 2005; Eccles & Barber, 1999) than non-athletes, it is not clear if these correlations reflect causal relationships or are driven, in whole or in part, by unmeasured heterogeneity. Students with high participation in school-based physical activities and students with more than 5 bouts per week MVPA were more likely to earn higher grades. (Nelson and Gordon-Larsen, 2006). Surprisingly effects of specific sports and selected nutrition on intelligence and academic achievement are somewhat under studied in the developing countries like India. More local and empirical studies need to be conducted to ascertain further details about academic achievement and sporting activity. Hence the relationships between sports participation and academic achievement are studied in this endeavor.