

## **Historical Background of Indian Wrestling**

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### **Abstract**

Since the inspection of civilization, the game has been playing an important role in the life of human beings. With the rise in education, all spheres of man have been affected. Sports are no exception. Now a day's government and non-government organizations are taking a keen interest in promoting sports. It is very correct to say that sports have become part and parcel of life. Without sports, our life is like a tree without flowers and fruits. A sport is essentially that aspect of human activity which strengthens the integration of the body and mind. It is also pointed out in the literature that such performance provides stimulation to the central nervous system to such an extent that the underdeveloped, dead or dying cell will either be rehabilitated or their function will be assumed by other or newly generated cells. Van Dalen (1971) contents that Greeks were the first civilized people to lay an equal emphasis on the cultivation of the "Man of Action" (Physical Persons) and the "Man of Wisdom" (Mentally sound persons) through games, sports, vigorous and other activities. They were of the considered opinion that intellectual achievement could not be possible without physical efficiency. 'Sports', in view of Vander wag and Sheehan, is a higher-order of playful games. The play spirits never completely disappear from sports. Sports retain play like quality as one of the characteristics. Sports in its purest and most complete form occurs in-game situations. As games become more organized or format form jump rope to the World Series, rules becomes more codified and consequently more binding. Sports, as known today, fall more on the structured side of game-rule continuum. By its very nature, a sport is generic, referring to a type activity rather a specific activity. In the general sense, a sport is compared to music, art, literature, science, and religion. One outstanding feature of the sport is its play-like nature as it origins to playful attitudes. Similar views on the nature of sports have been expressed Wrestling is the most important game since ancient times. It is one of the oldest sports not only in India but also in the world. When Olympic started, there were only two events that were conducted i.e. wrestling and athletics. Wrestling is the father of all other sports and games. In Indian sports and culture, wrestling traces its origin for beyond then pre-classic days of Ramayana and the Mahabharata. The most adorable epic characters of the great wrestlers like the mighty Hanuman and Mahabali Bhimain Ramayana and Mahabharata respectively are the glaring evidence of the social recognition of their combat modus and the closest martial art in its different forms. India is also participating in the modern Olympic Games from the starting 19th Century

**Keywords:** Wrestling, Dangal, Socioeconomic Status, Malla-Yuddha

## **INTRODUCTION**

Wrestling makes a man healthy, active, and smart. Pluto's statement "Sound mind in a sound body" can come into play only by doing wrestling. It is also a big fact wrestling is the cheapest among all the games. Hercules was a famous wrestler of Greece and even today his name is treated as the pride of the common man, a necessity for the soldier and life-breath of the nation. Even now its popularity is immense in International Sport as it forms part of the world and the Olympic Games. Indeed this game is very popular in countries like U.S.A.S., Germany, Hungary, U.S.S.R., Belgium, Turkey, Cuba, Iran, Turkistan, and Italy.

Wrestling in India is considered as one of the most ancient and oldest sports and has a glorious past. The sport of wrestling has been around in India for centuries. Wrestling is counted amongst the most prestigious and oldest events in the Olympic Games, as it was included in the Olympics in 708 BC. In ancient times, Wrestling in India was mainly used as a wonderful way to stay physically fit. It was also used as a great way of military exercise without any weapons. Wrestling in India is also known as 'dangle' and it is the basic form of a wrestling tournament.

Mythological Reference to Wrestling. Wrestling in India is most famously known as Malla-Yuddha. Some forms of Mallayuddha were practiced in India even before the invasion of the Aryan. The famous Indian epic, Mahabharata has a huge mention of the game of Wrestling in India. One of the premier characters in Mahabharata, Bhima was considered to be a great Wrestler of that time and some of the other great wrestlers included Jarasandha, Duryodhan, Karna, etc. In the other Indian epic, Ramayana also mentions Wrestling in India, and Hanuman is described as one of the greatest wrestlers of that time. The thirteenth-century Malla Purana has the reference of a group of Gujarati Brahmin wrestlers known as Jyesthimallas.

## **Objectives**

- To Study of Indian Wrestling History
- A Study Of Indian Wrestler Socio-Economic Status

## **Methodology and Database**

Data is collected from secondary sources.

## **Education and Socioeconomic Status**

Socio-economic status (SES) is usually measured as a combination of education, income and occupation. It is usually defined as the social place or class of an individual or group. When viewed through the lens of social class, the emphasis is on privilege, power, and control. Moreover, examination of SES as a gradient or continuous variable reveals disparity in access and distribution of resources. SES deals with behavior and relates to all areas of the social sciences, including research, practice, education, sports, and promotion.

## **SES affect of Society**

Low SES and its relationships, such as low education, poverty and poor health, affect our society as a whole. Wealth inequality, resource allocation and lifestyle inequalities are on the rise in India and around the world. The society benefits from a revised focus on the foundations of socio-inequality and efforts to reduce the deepening socio-economic gap between India and the country. Behavioral and other social science professionals have the necessary tools to study and identify strategies that can improve these inequalities at the individual and social levels.

### **SES and Education Issue**

Research shows that students in the low-SES home and community develop sports performance and skills more slowly than students in the higher SES group. Early performance is related to the home environment, where a low literacy environment and severe stress have a negative impact on a child's pre-performance. School systems in low-SES communities often have a negative impact on the progress of students' sports. Inadequate education leads to an increase in children's sports performance, which in turn perpetuates the low SES status of the society. Improving college and school systems and early intervention programs can help reduce these risk factors, and thus increased research on the interrelationships between SES and sports and education is needed.

### **SES and Family Resources**

Families in low-SES communities are less likely to have the financial resources or time available to support sports for children. The initial sports skills of the students are related to the home literacy environment, the number of sports facilities owned and the distress of the parents. However, parents in the lower-SES community cannot afford resources such as sports equipment and other sports facilities to create a positive literacy environment. While enrolling in a program that encourages adult support, students in the low-SES group reported a high level of effort towards academics and sports.

### **SES Academic and Sports Achievement**

Research continues to link low sports availability and low rates of academic and sports progress is adding less to low SES compared to higher SES groups. Students in low-SES environments acquire skills more slowly, display delayed letter recognition and phonemic awareness, and are at risk of other difficulties. Students with a higher SES background are more likely to excellent in education and sports than students with an SES background.

### **Psychological Health**

Children in lower SES households are twice as likely as children in higher SES households to show behavioral problems related to education. The mother's SES was also linked to her son's neglect, dissatisfaction, and lack of cooperation at school. Being recognized as part of the lower / working class in college is related to the feeling of not coming to college and the

purpose of leaving school before pursuing higher education. Emotional distress / depression among students about family financial stress and personal financial difficulties and their impact on sports and education.

### **Sports Sociology**

Although sports sociology is a sub-discipline of Sport and exercise science, it is part of parental discipline in sociology, which deals with human behavior and social interaction in specific contexts. Sports sociology examines sports as a part of cultural life as well as social life and adds different approach and perspectives to the study of sports and exercise. In particular, sports sociology examines the relationship between sports and society and seeks answers to many questions and queries related to sports and culture.

### **Family Background:**

The family background is important to the athlete's life and, both in and out of college, has the greatest influence on the player, such as socio-economic status, parental motivation, support, family size, and neighborhood. The home environment is the primary socialization agent and takes an interest in students' desires for play and the future.

### **The relevance of the Problem**

Socio-economic status is an important factor in the success of sports and sport is an important factor in a democratic society. A person's socio-economic status can influence his or her choice of activities, in which he or she participates effectively and presents skills with a high level of motivation. It has been recognized that socio-economic factors play an important role in an individual's performance in sports. Creating an individual's socioeconomic status plays an important role in their performance in every area of life. Significant research has been done on the socio-economic status of athletes, individual sports players. But very few research studies are available in published form on the socio-economic status of sports, such as team and individual sports players. Socio-economic status attitudes, motives, audience, self-concept, motivation, adjustment, etc. are many psychological factors that affect the participation and performance of players in sports and games. The socio-economic status of a group and the status of an individual in its group affect competitor and co-worker behavior for different reasons and different factors that have different factors affecting the health of athletes in the middle and upper economic group.

### **Conclusion**

Study the historical background of wrestling from ancient to modern times for a good change. High and low socio-economic status groups. It was found that sports achievement had an impact on socio-economic status and those who were of high socio-economic status performed well.

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