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**COMPARISON OF WELLNESS LIFE STYLE  
BETWEEN SPORTS MEN AND NON-SPORTS  
MEN OF CBSE SCHOOL OF BURHANPUR (M.P)**

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# Comparison of Wellness Life Style between Sports Men and Non-Sports Men of CBSE School of Burhanpur (M.P)

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**Abstract – The purpose of the study was to compare the Wellness Life Style between Sports Men and Non-Sports Men of CBSE School of Burhanpur (M.P). For this total 500 subjects (250 Sports Students and 250 Non-Sports Students) who had participated at C.B.S.E. School of Burhanpur and aged between 13 to 18 yrs. The results of the study showed that there was a no significant difference in Wellness Life Style between sportsman and Non- sportsman Players at 0.05 level of confidence. It was concluded that Non-sportsman players showed significantly more Wellness Life Style than the sportsman Players. As a consequence of this, stress will accumulate and, without intervention, the symptoms of overtraining are likely to appear. The author has noticed that, in case of the CBSE School of Burhanpur (M.P), players seem to be constantly exhausted, low-spirited and not enough concentrated during the games, which could signify overtraining among the players. Therefore, the author hypothesized that there is a need for better post-recovery planning in order to enhance sportsmen's sense of wellness.**

**Keywords: Comparison, Wellness, Life Style, Sports Men, Non-Sports Men, Performance, Benefits, Recovery, Physical, Stress, Activities, etc.**

## INTRODUCTION:-

Lifestyle is a typical way of life of an individual, group, or culture. The term was originally used by Austrian psychologist Alfred Adler (1870-1937). The term was introduced in the 1950 as a derivative of that of style in modernist art. The term refers to a combination of determining intangible or tangible factors. Tangible factors related specifically to demographic variables i.e. an individual's demographic profile, whereas intangible factors concern the psychological aspects of an individual such as person values, preferences, and outlooks. The concept of lifestyle management has developed as a result of the growing focus of lifestyle (Adorno et al.) Lifestyle is expressed in both work and leisure behaviour patterns and (on individual basis) in activities attitudes, interest, opinions, values and allocation of income. It also reflects people's self-image or self-concept, the way they see themselves and believes they are seen by others, Lifestyle is a composite such as culture, family, reference groups, and social class. (www.businessdictionary.com) Lifestyle is typically reflects an individual's attitude, values or world view. Not all aspects of lifestyle are voluntary. The lines between personal identity and the everyday doings that signals a particular lifestyle become blurred in modern society. For ex. "Green". An

individual's health depends a lot on their lifestyle. Maintaining physical and mental health is crucial to an individual's longevity. The more time spend on hygiene, physical fitness, and diet regulation, the healthier lifestyle they have. Those who chose to participate in any kind of physical activity on a weekly basic are generally healthier than those who don't. Mental illness may occur through various variables, For example, depression may promote mental illness through stress and anxiety. Reason for being depressed can be due to a number of things including job loss, recently widowed divorce etc. Depression may lead to or increase the frequency of poor habits not promoting physical health. Poor habits may eventually lead to a poor or even dangerous lifestyle. More interestingly, a healthy or unhealthy lifestyle will most likely be transmitted across generation. According to the study done by Case et al. (2002), when a 0-3 years old child has a mother who practise a healthy lifestyle, these child will be 27% more likely to become healthy and adopt the same lifestyle. For instance, high income parents are more likely to eat organic food, have time to exercise, and provide the best living condition to their children. On the other hand, low income parents are more likely to participate in unhealthy activities such as smoking to help them release poverty-related stress and

depression. Parents are the first teacher for every child. Everything that parents do will be very like to be transferred to their children through the learning Lifestyle” means holding the believes and engaging in activities that consume fewer resources and produce less harmful waste and deriving a sense of self from holding these believes and engaging in these activities. In the magazine and television, industries, “Lifestyle” is use a category of publication or programmes (Vrdoljak, *et al.*, 2014).

Achieving or maintaining wellness could be determined by individual awareness and ability to measure states of health including mental health, physical activity, nutritional intake, fiscal responsibility, productivity, as well as emergency preparedness and avoiding common pitfalls. Wellness can also be described as a state that combines health and happiness. Thus, those factors that contribute to being healthy and happy will also likely contribute to being well. Factors that contribute to health and happiness have long been recognized, at least since the time of Ancient Greeks. To achieve a state of wellness, one has to work on its determinations. The determinations of wellness are often considered to be: awareness and the initiative to improve one's state of physical, mental, emotional, spiritual, environment, social and/ or occupational health.

## REVIEW OF LITERATURE:

**Davorka Vrdoljad, Bergman Morkovie et al (2014)** conduct study on “lifestyle intervention in general practice for physical activity, smoking, alcohol consumption and diet in elderly: A randomized controlled trial “The purpose of the study was to compare the effectiveness of programmed and intensified intervention on life style changes, including physical activity, cigarette smoking, alcohol consumption and diet, in patient aged  $\geq 65$  with the usual care of general practitioners (GP). In this multicentre randomized controlled trial, 738 patient aged  $\geq 65$  were randomly assigned to receive intensified intervention (N=371) or usual care (N=367) of a GP for lifestyle changes, with 18-month follow-up. The main outcome measures were physical activity, smoking, alcohol consumption and diet. The study was conducted in 59 general practices in Croatia between May 2008 and May 2010. The patients mean age was 72.3 $\pm$ 5.2 years. Signification diet correction was achieved after 18-mounth follow-up in the intervention group, comparing was controls. More patients followed strictly Mediterranean diet and consumed healthy foods more frequently. There was no significant difference between the groups in physical activity, tobacco smoking and alcohol consumption or diet after the intervention. In conclusion, an 18-month intensified GP's intervention had limited effect on lifestyle habits. GP intervention managed to change dietary habits in elderly population, which is encouraging since elderly population is very resistant regarding lifestyle habit change.

**Fangli Hou, shaojun Xu et al (2013)** conduct study on “effect of emotional symptoms and life stress on eating behaviours among adolescents” The aim of this study was to explore possible effects of emotional symptoms (depressive symptoms and anxiety symptoms) and life a stress on eating behaviours (restrained, emotional and external eating behaviour) among junior and high school students in chine. A total of 5473 students in Xuzhou, Jiangsu Province were sampled to participate in this survey based on a clustering sampling approach. The survey collected socio demographic data, emotional symptoms, life stress and eating behaviours of adolescents. Spearman correlation coefficients were measured and tested to examine the relationship between eating behaviours and emotional symptoms as well as life stress. In addition, we analysed the data using chi-square tests and multivariate logistic regression models. The result showed positive correlation between emotional symptom, life stress, and eating behaviours. Furthermore, depressive symptoms and life stress were significantly associated with unhealthy eating behaviour, after adjusting for gender, age, BMI, parental education level and self-assessed family economic status. This study suggests that a comprehensive intervention focusing on emotion and stress management would be helpful for the prevention of unhealthy eating behaviour among Chinese adolescents.

**A Sidige. Washi, B Maha. Ageib (2010)** Conduct study on “Poor diet quality and food habits are related to impaired nutritional status in 13-to 18- year-old adolescents in Jaddah” In recent two decades, diets have changed rapidly in the Kingdom of Saudi Arabia (KSA) because the Western diet is replacing the traditional Arabic diet. This has resulted in an alarming increase in the number of overweight and obese children and adolescents in KSA. It is well documented that lifestyle is strongly with the development of obesity. Nevertheless, this remains to be demonstrated in adolescents from a rapidly developing country in the Middle East such as Saudi Arabia. This study tested the hypothesis that the new current dietary habits are related to the increase in overweight and obese Saudi Arabian adolescents. In 2006, a cross-sectional study was conducted among 239 adolescent (13-18 year old) who were selected by cluster sampling from schools in Jeddah, KSA. The nutritional status was assessed by anthropometric and biochemical parameters at the Saudi German Hospital Group, Jeddah. Dietary habits were evaluated by a 3-day dietary recall (food diary) and food frequency questionnaire. The mean age of the participants was 15.5 $\pm$ 2.5 years. The mean body mass index was 27.43 $\pm$ 4.61 kg/m. A total of 44.6% of the adolescents were overweight, and 56.6%, 30.5% and 13.0% of energy from carbohydrates, fat, and proteins, respectively. Compared with the Dietary Reference Intake, carbohydrate and fat intakes were higher, and calcium, iron, and zinc intakes were lower. Higher cholesterol and lower haemoglobin

levels were found in 30.5% and 53.6% of the adolescents, respectively. In summary, increased weight status of 13 to 18 years old Saudi adolescent was related to their inadequate dietary habits. This indicates the importance of rapidly promoting a healthier lifestyle among Saudi Arabian adolescents.

### **STATEMENT OF THE PROBLEM:**

The purpose of the study will be to compare the wellness lifestyle between sports students and non-sports students of C.B.S.E School of Burhanpur.

### **OBJECTIVE OF THE STUDY:**

1. The objective of the study will be to assess lifestyle with 8 related variables (Physical Assessment, Alcohol and Drug Assessment, Nutritional Assessment, Social Assessment, Social Wellness Assessment, Emotional Assessment, Spiritual Wellness Assessment and Intellectual Wellness Assessment and Overall Assessment) of Sports students of C.B.S.E School of Burhanpur.
2. The another objective of the study was to assess lifestyle with 8 variables (Physical Assessment, Alcohol and Drug Assessment, Nutritional Assessment, Social Assessment, Social Wellness Assessment, Emotional Assessment, Spiritual Assessment and Intellectual Wellness Assessment and Overall Assessment) of non-Sports students of C.B.S.E School of Burhanpur.
3. The another objective of the study will be to compare the lifestyle with 8 related variables (Physical Assessment, Alcohol and Drug Assessment, Nutritional Assessment, Social Assessment, Social Wellness Assessment, Emotional Assessment, Spiritual Assessment and Intellectual Wellness Assessment and Overall Assessment) among Sports Students and Non-Sports students of C.B.S.E. School of Burhanpur.

### **HYPOTHESIS OF THE STUDY:**

With available literature expert opinion and researcher own understanding it was hypothesised that: Sports students will having more significantly positive lifestyle than non-sports students on 8 lifestyle related variables i.e. Physical Assessment, Alcohol and Drug Assessment, Nutritional Assessment, Social Assessment, Social Wellness Assessment, Emotional Assessment, Spiritual Assessment and Intellectual Wellness Assessment and Overall Assessment.

### **LIMITATION OF THE STUDY:**

The social, economic and cultural backgrounds of the subjects were different, so an effect caused by these factors will be considered limitations of the study.

### **DELIMITATIONS OF THE STUDY:**

1. The study will be delimited to the Sports students of C.B.S.E. School of Burhanpur.
2. The study will be delimited to 500 subjects (250 Sports Students and 250 Non-Sports Students).
3. The age of the subject was range from 13-18 years.
4. The study was delimited to the "Lifestyle Assessment Inventory" by Anspangh David S. Michal, H. Hamrich and Fran D. Rosato.
5. The study will be delimited to eight lifestyle components, given in the questionnaire.

### **SIGNIFICANCE OF THE STUDY:**

1. The study will help the sports students and non-sports students to assess the status of their lifestyle.
2. If the sports students is found healthy lifestyle than non-sports students then non-sports students will be motivated to adapt the lifestyle of a sports students.
3. The findings of this study will also help to develop awareness among common students regarding a healthy life style.
4. The finding of this study will also help to develop awareness among men to maintain a healthy lifestyle.

### **PROCEDURE OF THE STUDY:**

In this paper selection of the subjects, selection of variables, selection of the Questionnaire, administration of the Questionnaire, collection of the data and statistical technique for the analysis of data are described.

### **SELECTION OF SUBJECTS:**

A total of 500 students 250 each from sports and non-sports stream from C.B.S.E. School of Burhanpur will be selected to serve as subjects of the

study. Age of the subjects was ranged between 13 to 18 years.

### SELECTION OF VARIABLES:

Keeping the feasibility criterion in mind, the researcher selected the following variables for the present study:

#### [A] Dependent Variables:

Lifestyle with following 8 personality related variables was considered as dependent variable:

1. Physical Assessment (PA)
2. Alcohol and Drug Assessment (ADA)
3. Nutritional Assessment (NA)
4. Social Wellness Assessment (SWA)
5. Spiritual Wellness Assessment (SPWA)
6. Emotional Wellness Assessment (EWA)
7. Stress Control Assessment (SCA)
8. Intellectual Wellness Assessment (IWA)

#### [B] Independent Variables:

1. Sports students.
2. Non-Sports students.

### CRITERION MEASURE:

To measure personal appraisal about the Lifestyle of the subject's belongings to sports and non-sports women "Lifestyle Assessment Inventory" was used. The questionnaire were divided into eight parts; Physical Assessment (PA), Alcohol and Drug Assessment (ADA), Nutritional Assessment (NA), Social Wellness Assessment (SWA), Spiritual Wellness Assessment (SPWA), Emotional Wellness Assessment (EWA), Stress Control Assessment (SCA), and Intellectual Wellness Assessment (IWA). The inventory contains total 80 items, these questions/statements were evenly divided in eight Lifestyle contents namely physical assessment, alcohol and drug assessment, nutritional assessment, social wellness assessment, spiritual wellness assessment, emotional wellness assessment, stress control assessment and intellectual wellness assessment. There were ten questions statements for each life style aspect. The subjects was responding using five point ordinal scales, each contents the response score ranges from 10 to 100. The normative response intervals for lifestyle assessment score are given below.

- |    |                                 |                         |
|----|---------------------------------|-------------------------|
| 1. | 86-100: Excellent               | 70-85: Good             |
| 2. | 50-69: Average<br>average       | 30-49: Below<br>average |
| 3. | Less than 30: Needs improvement |                         |

### COLLECTION OF DATA:

The data for the study was collected from 500 subjects 250 each (sports and non-sports students). The data was being collected as per direction of lifestyle assessment inventory. A necessary instruction was given to the subjects, requested to go through the Questionnaire and answer all the questions for all aspects of the lifestyle. However, no time limit was set to answer the questionnaire but, all the subjects requested to answer as quickly as possible. While filling up of the questionnaire no intervals were provide to the subjects between different aspects of the lifestyle assessment inventory.

### STATISTICAL TECHNIQUE:

1. To assess Life Style with 8 related variables (Physical, Alcohol and Drug Assessment, Nutritional Assessment, Social Wellness Assessment, Spiritual Wellness Assessment, Emotional Wellness Assessment, Stress Control Assessment, and Intellectual Wellness Assessment) of sports students, descriptive statistics will use.
2. To assess Life Style with 8 related variables (Physical, Alcohol and Drug Assessment, Nutritional Assessment, Social Wellness Assessment, Spiritual Wellness Assessment, Emotional Wellness Assessment, Stress Control Assessment, and Intellectual Wellness Assessment) of non-sports students, descriptive statistics will use.
3. To compare Life Style with 8 related variables (Physical, Alcohol and Drug Assessment, Nutritional Assessment, Social Wellness Assessment, Spiritual Wellness Assessment, Emotional Wellness Assessment, Stress Control Assessment, and Intellectual Wellness Assessment) among sports and non-sports women, independent 't'-test will use.

### CONCLUSION:

The present study is selected keeping in view the importance of Wellness Life Style between sportsmen and non-sportsmen. It permeates our whole way of life from birth to death and from generation to generation. It is involved in our work, in sickness and health, our ability to live amicably with ourselves and people around us. In this modern era of competition the psychological preparation of a team is or much



important or teaching the different skills of a game on the scientific lines. The teams are prepared not only to play the games, but to win the games, and for winning the game. It is not only the proficiency in the skills which bring victory but more important in the spirit of the players with which they play and perform their best in the competition. Sports psychology is very important for coaches, physical educationists, sports scientists and sportsmen.

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