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A Study on Wellness Life Style between Sports Men and Non-Sports Men

Arun Sharma[1]* Dr. Minakshi Pathak[2]

[1]Research Scholar, Sri Satya Sai University of Technology and Medical Sciences, Sehore (MP)

[2]Deen of Physical Education, Sri Satya Sai University of Technology and Medical Sciences, Sehore (MP)

Abstract – The present study is selected keeping in view the importance of Wellness Life Style between sportsmen and non-sportsmen. A field of endeavour that has its aim in the development of physically, mentally, emotionally and socially fit citizens through the medium of physical activities that have been selected with a view to realize these outcomes. It is always a matter of concern in the society that those who play more are less interested in studies or the persons involved in sports are not good in academics. To find out the answers to certain queries in mind present research was done on the students of CBSE School of Barhanpur (M.P). The purpose of the present study was to find out the academic achievements of Sportsmen and non-sportsmen and to compare the academic achievements of sportsmen and non-sportsmen. On the basis of findings of this study it is concluded that there is difference in academic scores of sportsmen and non-sportsmen. More Sportsmen were found in excellent category than Non Sportsmen. But when tested statistically for significant difference there is insignificant difference in the academic Scores of Sportsmen and Non Sportsmen. The purpose of the study was to a compare the Wellness Life Style between Sports Men and Non-Sports Men of CBSE School of Barhanpur (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.

Keywords: Sportsmen, Non-Sportsmen, Development, Activities, Society, Sports, Achievements, etc.

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INTRODUCTION:-

The importance of role of Wellness Life Style as a determinant to the human behavior and critical factor of personality is increasingly realized. In terms of how a person perceives himself, what he thinks of himself, how he attempts through various actions to enhance or defend himself. Further the concept may be identified in terms of personality traits. It is compared to such elements as perceptions of ones characteristics and abilities, the percepts and concepts of the self in relation to others and to environment, the value qualities which are perceived as associated with expenses and objects and the goals and ideals which are perceived as having positive or negative aspects. A physical educator plays an important role in enhancing a sportsmen and non-sportsmen Wellness Life Style. There is a highly positive relationship between self-concept and physical achievement. As the individual learns to move more skill fully, he or she also tends to develop as stronger Wellness Life Style. 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:

Li Gladys Shuk-Fong, J.H. Frank Lu9, et al (2009) Conduct study on "Exploring the Relationships of Physical Activity, Emotional Intelligence and Health in Taiwan College Students". The benefits of physical activity (PA) on health are well documented. However, inactivity among university student is

prevalent. This study examined whether emotional intelligence (EI) was one of the possible underlying psychological mechanism responsible for behaviour change that may be associated with the low levels of effectiveness of PA interventions. The purpose of these study were: (1) to compare EI, health-related physical fitness (HRPF) and health-related quality of life (HRQL) for the different level of PA in Taiwan College Students; (2) to explore the predictability of PA levels, HRQL, and HRPF toward EI. A total of 599 Taiwan College Students were assessed utilizing HRPF measurement, and two questionnaire including the Bar-On Emotional Quotient Inventory (EO-I) and the Medical Outcomes study 36- items short-form Health Survey (MOS SF-36). College participants who reported a recommended level of PA scored significantly higher than their insufficient and inactive counterparts in EI, and some measures of HRQL and HRPF. The variable of "physical activity", "mental health", "gender", "social function", and "flexibility" were found to be the best linear combination to significantly ($p<0.05$) predicts the EI of Taiwan College of students. It was concluded that participation in PA might be an effective way to improve the physical, psychological, as well emotional health of college students. Thus, the importance of increasing exercise participation at the college level should be reinforced and implemented. The finding provides a basic for research aimed at determining the casual relationship between EI and PA.

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_+2.5 years. The mean body mass index was 27.43_+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 fund 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.

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 _>65 with the usual care of general practitioners (GP). In this multicentre randomized controlled trial, 738 patient aged >65were 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+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.

STATEMENT OF THE PROBLEM:

The purpose of the study will be to compare the A Study on Wellness Life Style between Sports Men and Non-Sports Men.

OBJECTIVE OF THE STUDY:

1. 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.

2. The objective of the study will be to asses' 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.

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.

DELIMITATIONS OF THE STUDY:

1. The study will be delimited to the Sports students of C.B.S.E. School of Burhanpur.

2. The age of the subject was range from 13-18 years.

3. The study will be delimited to eight lifestyle components, given in the questionnaire.

4. The study will be delimited to 500 subjects (250 Sports Students and 250 Non-Sports Students).

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 to18 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** **30-49: Below average**
3. **Less than 30: Needs improvement**

COLLECTION OF DATA:

The data for the study was collected from 500 subjects 250each (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:

On the basis of findings of this study it is concluded that there is difference in academic scores of sportsmen and non-sportsmen. More Sportsmen were found in excellent category than Non Sportsmen. But when tested statistically for significant difference there is insignificant difference in the academic Scores of Sportsmen and Non Sportsmen. 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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Corresponding Author

Arun Sharma*

Research Scholar, Sri Satya Sai University of Technology and Medical Sciences, Sehore (MP)

E-Mail – arun74209@gmail.com