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Assessment of drug and nutritional status of achiever and non-achiever football players

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Abstract

The aim of the present research was to compare drug and nutritional status between Achievers and Non-Achievers football players. A total of 40 samples (20 from achievers and 20 from non-achievers) were selected from the Garhwal region of Uttarakhand in the year 2016-1017. The ages of the subjects ranged from 20-27 years. Drug and Nutritional Assessment of Achievers and Non-Achievers were measured with the help of the Life Style Assessment Inventory. The descriptive statistics and independent t-test were used at $P < 0.05$, to compare the Drug and Nutritional Assessments between achievers and non-achievers among the football players. The obtained result reveals that Nutritional status as the significant effect on Achiever and Non-Achiever football players.

Keywords: Achievers, non-achievers, drug, nutrition

1. Introduction

A drug is any substance (other than food that provides nutritional support) that, when inhaled, injected, smoked, consumed, absorbed via a patch on the skin, or dissolved under the tongue causes a physiological change in the body (<https://en.wikipedia.org/wiki/Drug>) and alters the body's function either physically and/or psychologically. Drugs may be legal (e.g. alcohol, caffeine and tobacco) or illegal (e.g. cannabis, ecstasy, cocaine and heroin).

Psychoactive drugs affect the central nervous system and alter a person's mood, thinking and behaviour. Psychoactive drugs may be divided into four categories: depressants, stimulants, hallucinogens and 'other'. To ensure optimal performance it is vital to understand all aspects of an athlete's preparation, including the diet. If a full understanding of the athlete's nutritional status is to be learned, it is critical that this assessment be accurate and complete. There are various methods available to assess the nutritional status of an athlete. It is often helpful to combine multiple methods to obtain a more comprehensive and accurate assessment (Judy & Wolinsky, 2010). During the past 20 years there has been great development in the scientific understanding of the role of nutrition in the health and physical performance. Epidemiological and physiological studies have provided evidence that certain forms of dietary behaviour may be linked with an increased risk of developing disorders such as blood pressure, coronary artery disease and some cancers.

The science of nutrition in relation to sports performance has progressed from empirical studies investigating the effect of dietary manipulation such as restriction and supplementation, to the direct investigation of the physiological basis of the specific nutritional demands of hard physical exercise (Brotherhood, 1984) [7]

Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism and excretion (Human Nutrition and Food, 2014) [6]. Lifestyle behaviours such as when and where they eat, how much television they watch, and how they can include more lifestyle activity into their daily routine was also covered. The term lifestyle is rather a defused concept often used to demote the way people live reflecting of a whole range of social values, attitudes and activities. It is composed of cultural and behavioural patterns and lifelong personal habit that have developed enough processes of socialization

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2. Methodology

2.1 Selection of Subjects

40 male football players were selected from Garhwal region of Uttarakhand. Among them 20 players are achievers those who represent North Zone Inter University and 20 are non achievers were selected purposive sampling approach with age's ranges 20-27. The sample was taken in 2016-2017 academic years.

2.2 Selection of Variables

The following variable was selected for the purpose of the study to assess the Drug and Nutritional aspects of the subjects.

1. Alcohol and Drug assessment
2. Nutritional assessment

2.3 Selection of Questionnaire

The Nutritional status and drug of the footballer's were assessing by Life Style Assessment Inventory, developed by Anspangh David, S.Michal, H. Hamrich and Frank D. Rosato. The questionnaires was used in this study for the collection of the data will be selected because they are found be most reliable and have been widely used in the profession of physical education and sports throughout the world.

2.4 Administration of Questionnaires

The subjects will be consulted personally and their sincere cooperation will be solicited. The research scholar will himself visit the different venues and will collect data on the Drug and Nutritional assessment of each sportsperson. The

Inventory contained total 80 items, out of these only 20 items will be selected, these question/statements evenly divided in two life style contents namely Alcohol and Drug assessment, Nutritional assessment, The subject responding using five points ordinal scale, hence the maximum response score from the total inventory will 100 and minimum 10 and in case of each contents the response score ranges from 10 to 100.

The normative response intervals for Drug and Nutritional assessment score are given below:

86-100	Excellent
70-85	Good
50-69	Average
30-49	Below Average
Less than 30	Needs improvement

2.5 Collection of Data

The data were collected from the 40 footballers 20 from each (Achievers and Non Achievers) of Garhwal region. The data were collected as per direction of life style assessment inventory.

2.6 Statistical Technique

To find out the level of the Drug and Nutritional Assessment, in Achievers and Non Achievers football players, Descriptive Statistics was used. To compare the Drug and Nutritional Assessment, in Achievers and Non Achievers football players, T-test was used. The level of significance was set at 5%.

3. Result

Table 1: Descriptive Statistics of Drug and Nutritional assessment of Achievers and Non Achievers football players.

Descriptive Statistics	Achievers		Non Achievers	
	Drug	Nutritional	Drug	Nutritional
Mean	68.27	80.20	65.13	70.07
Standard Error	2.812	2.292	3.028	3.916
Standard Deviation	10.892	7.948	12.443	8.648

Table 2: t-Test of Drug assessment of Achievers and Non Achievers football players

Group	Mean	SD	t-value	Sig
Achievers	68.27	10.892	.734	0.72
Non Achievers	65.13	12.443		

Significant at.05

Table 3: t-Test of Nutritional assessment of Achievers and Non Achievers football players.

Group	Mean	SD	t-value	Sig
Achievers	80.20	7.948	3.341	0.00
Non Achievers	70.07	8.648		

Significant at.05

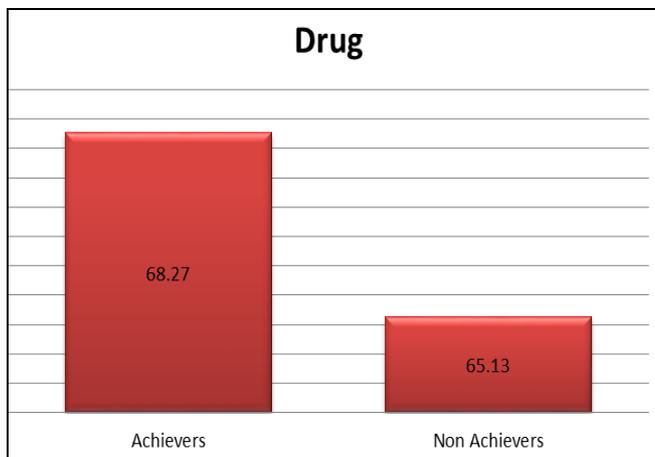


Fig 1: Graphical depiction of Drug between Achievers and Non Achievers

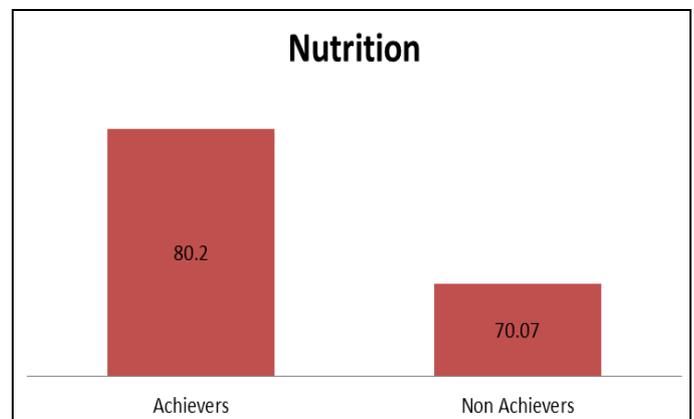


Fig 1: Graphical depiction of Nutrition between Achievers and Non Achievers

4. Discussion

Nutrition is the science that interprets the interaction of nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. From the obtained result it showed that Nutritional Assessment was significantly between achievers and non-achievers. It means Achievers possessed greater Nutritional Assessment in comparison to Non Achievers. Achievers conceded as North Zone Inter University players, indeed they have long carrier in football, involve physical activities and intake proper nutrition, because of their lifestyle. Results of Drug Assessment were found insignificant between achievers and non-achievers. The finding may be attributed to the fact that an individual's typical way of life: his attitude and their expression in a self-consistent manner as developing from childhood. A way of life or style of living that reflects the attitudes and values of a person or group. That's why the Achievers lifestyle is more consist in Nutritional aspect because of their way of living in perfect manner.

5. Conclusion

From the results it can be conclude that Nutritional Assessment has the significant effect on Achievers and on Drug Assessment insignificant effect is seen. It can be used as the means to develop the ability of tolerance of Non Achievers.

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