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A study of lifestyle between sports person and non-sports person: A comparative study

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Abstract

The purpose of the present study was to examine and compare the lifestyle between sports and non-sports person. 50 samples were selected as sample for this study. Only inter-university players were selected. The range of age of the samples were between 17 to 25. Lifestyle questionnaire developed by S.K. Bawa and Sumanpreet Kaur was used for data collection. T test was used to compare data. The findings shows that t value (1.31). The mean score of sports person (150.24) is higher than the non sports person (145.68), which shows no significant difference. t-value is 1.31 is lower than tabulated value 2.01. It means the hypothesis "there would be no significance difference in lifestyle between sports and non-sports person" is accepted. It was concluded that there was no significant difference in lifestyle between sports and non-sports person.

Keywords: Lifestyle, sports person, non sports person

Introduction

Sports is generally recognized as system of activities which are based in physical athleticism or physical dexterity, with the largest major competitions such as the Olympic games admitting only sports meeting this definition and other organizations such as the council of Europe using definitions precluding activities without a physical element from classification as sports.

Lifestyle refers to the way a person lives. This includes pattern of social relations, food consumption, behaviours and interests. A lifestyle typically reflects an individual's attitudes and one's interaction with the world.

A lifestyle typically reflects an individual's attitudes, way of life, values and world view.

There are many types of lifestyle:

1. Health conscious lifestyle.
2. Academic oriented lifestyle.
3. Career oriented lifestyle.
4. Family oriented lifestyle.
5. Socially oriented lifestyle.
6. Trend seeking lifestyle.

Reviews:

Vikas k. Rohit and Dr. Suresh M. Makwana (2015) ^[1] conducted research on "Lifestyle: A Comparative study of the arts and science college students". Investigator selected two groups one is arts students and other is science college students, both groups have 200 peoples. In one group has 100 arts and other one group has 100 science college students. The all subjects were randomly selected from P.G. departments of various colleges of Anand district. Lifestyle scale developed by S.K. Bawa and S. Kaur (2012) was used for data collection. Data was analysed by t test. Finding show that there is no any significant difference in the lifestyle of types of students, social status, types of families and religion.

Yahya Al-Nakeeb, Mark Lyons, Lorna J. Dodd an Anwar (2015) ^[2] this project examined the lifestyle, health habits and risk factors of young adults at Qatar University. It explores the differences in dietary habits, body mass index and physical activity amongst male and female students, both Qatari and non-Qatari. Seven hundred thirty two students aged 18-25 years completed a self reported questionnaire and an objective measure of BMI. Males and females

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has a high prevalence of being overweight and obesity and low levels of physical activity. Those who engaged the least in healthy dietary practices and consumed the most unhealthy foods, participated in less physical activity and has the highest body mass index.

Methodology

Purpose

The compare the lifestyle of sports and non sports person.

Hypothesis

There would be no significant difference in lifestyle between sports and non sports person.

Limitation

The researcher was depending only on response provided by respondent.

Delimitation

1. The study has been delimited to inter-university players of MDU Rohtak.
2. The age of the all sample were ranged from 17 to 25.

Sample

The sample 25 sports person and 25 non-sports person(male and female) were randomly selected.

Tool

Lifestyle scale developed by S.K. Bawa and Sumanpreet Kaur was used for data collection.

Statistical techniques used

T test was applied to find out the significance mean difference in lifestyle between sports person and non-sports person. The level of significance was set at 0.05.

Analysis and Interpretation of Data

Table 1

Sr No	Variable	Group	N	Mean	S.D	df	t-value
1	Lifestyle	Sports Person	25	150.24	13.04	48	1.31**
2		Non-Sports Person	25	145.68	11.37		

Level of significance 0.05 df=48 tabulated value 2.01

** Not significant.

Table shows that t value (1.31). the mean score of sports person (150.24) is higher than the non sports person (145.68), which shows no significant difference. t-value is 1.31 is lower than tabulated value 2.01. it means the hypothesis “there would be no significance difference in lifestyle between sports and non-sports person” is accepted.

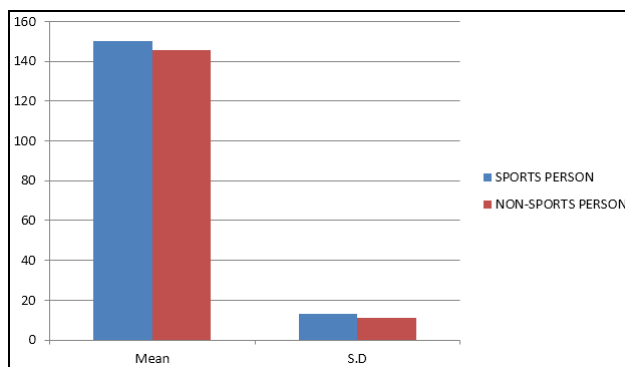


Fig 1: Regarding Mean and S.D Difference in Liftstyle between Sports Person and Non-Sports Person.

Conclusion:

It was concluded that there was no significance difference between sports and non-sports person in their lifestyle.

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