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A study on dietary pattern, food and nutrition knowledge and practices of female table tennis players of South India

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Abstract

A study was conducted to know the Dietary pattern, Food and Nutrition Knowledge and practices of Female Table Tennis Players of South India. Table Tennis is one of the indoor sports which were earlier known as “Ping-Pong and Whiff-Whiff”. The objective of the study was to know the dietary habits, nutritional knowledge and practice of female Table Tennis players. The investigation was performed on 80 National levels University female Table Tennis players of the age group 18-24 years, willing to participate in the study were randomly selected from National Level Table Tennis Tournaments organized by Visveshwarayya Technological University, Belagavi, Karnataka. A detailed questionnaire was structured to collect information of the subjects. The results of the study were the University female table tennis players of South India, belonged to the age group of 18-24 years. About 91.3% tennis players were graduates students. 72.5% belonged to nuclear family the mean nutritional knowledge of players was 52.5. The mean nutritional practice of players was 73.55. From this study it can be concluded that University female Table Tennis players of South India were just adequate in nutritional knowledge and very low in practices. Hence an intensive orientation and education, awareness about sports nutrition is absolutely necessary at least just before the performances.

Keywords: female table tennis players, nutrition knowledge, south india

Introduction

A sport is an organized, competitive entertaining and skillful activity requiring commitment strategy and fair play in which a winner can be defined by objective means. It is governed by a set of rules and customs. There are over 500 different sports in the world. They are mainly classified as outdoor sport, indoor, underwater and air sports. Sporting competition has attracted nutritional ritual for centuries. The primitive and under stable belief that you are what you eat and certain constituents of the diet can confer exceptional virtues and abilities of a sportsman. Various factors like age, sex, height, weight body composition and type of sports, physical conditioning, clothing intensity, all determine the energy requirement of sportsman. Eating well all the time is important. The correct diet won't make average table tennis player elite but a poor diet can make an elite table tennis player average. Everyday food pattern are more important than focusing on what our compensate for poor eating patterns in previous weeks or months. Energy requirements for table tennis player vary greatly depending on the standard of play. Table tennis player's diet should consist of 60-70% carbohydrates, 10-15% proteins and 20% fat. In this way glycogen levels supplied will be replenished and supplied with necessary proteins, vitamins trace elements and electrolytes. The mean times and their composition must be in accordance with the training and their time tables for the games. Unfortunately athletes might not be getting the optimal nutrition information that can help them excel and stay healthy. Female athletes in particular stand a greater chance of developing complications or injuries associated with in adequate nutrition counseling or information relative to their level of exercise. As there are not much published studies on nutritional knowledge and practice of female table tennis players the study was conducted with the following objectives to study the dietary habits of university female table tennis players of south India. To know the nutrition knowledge and practice of players.

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Methodology

The study was conducted on 80 national level university female players belonged to Andhra Pradesh, Kerala, Tamil Nadu and Karnataka of the age group of 18-24 years, who were willing to participate in the study were selected randomly during the tournament organized by Visvshwaraya technological university Belagavi, Karnataka. A detailed questionnaire was structure to collect information of the subjects like general information and details of nutrition knowledge and practice of players.

Results

General information

Demographic profile of female TT players: The data collected from 80 players is depicted in Table 1. Majority of students were graduates (91.3%) only (8.8%) of them were PG students. Among them 72.5% of were from nuclear family while 27.5% of them belonged to joint family. Majority of TTP were (75%) were having one breakfast, 2 meals and one snack pattern, 20% of them were having 3 meals pattern and only 1.25% of them were having 4 meals pattern. Majority of them (52.5%) of them were no vegetarians whereas only 47.5% of them were vegetarians. Among them 40% play regularly where as 60% of them don't. 57.5% of them motivated by their parents 47.5% of them by teachers, 2.5% of them motivated by coaches while 12.5% by others were as 5% of them motivated through media. Majority of players 55% had special foods or drinks, among them 12.5% had special food or drinks daily 22.5% of them had just before the event while 20% of them had after event. They preferred to have fruit juices, milk, biscuits and soft drinks, coconut water and fruits like banana, even some of them to have preferred dry fruits and boiled potato.

Table 1: Demographic profile of female table tennis players

Particulars	Table Tennis Players	
	Frequency	Percentage (%)
Education Status	73	91.3
Graduates	7	8.8
Post graduates		
Occupational status		
Employed	-	-
Type of family	58	72.5
Nuclear	22	27.5
Joint		
Marital Status		
Married		
Unmarried	80	100
Food habits		
Vegetarian	38	47.5
Non-vegetarian	42	52.5
Type of meals		
1 snacks, 3 meals	16	20
1 breakfast, 2 meals, 1 snacks	60	75
4 meals	1	1.3
Others	3	3.4
Do you play daily		
Yes	32	40
No	48	60
Parents	46	57.5
Teachers	22	47.5
Coach	26	32.5
Medi	4	5
Tennis player	19	23.6
Others	10	12.5

I. General nutrition knowledge of female table tennis players

The results of General Nutritional Knowledge of University Female

Table Tennis Players of South India given in Table 2.

Table 2: General Nutrition Knowledge of University Female Table Tennis Players of South India

S. No.	Particulars	Nutrition Knowledge of Table Tennis Players	
		Frequency	Percentage (%)
1	Concept of Balanced food	45	56.3
2	Function of nutrient		
	Carbohydrate	59	73.8
	Protein	52	65
	Fats	31	38.8
	Vitamins	37	46.3
	Minerals	55	68.8
3	Source of nutrition of food stuffs		
	Cereals	68	85
	Pulses	49	61.3
	Oilseeds	63	78.8
	Milk and milk products	52	65
	Egg	61	76.3
	GLV	58	72.6
	Yellow vegetables and fruits	63	78.8
	Sour fruits	63	78.8
	Sugar and jaggery	57	71.3
	Vegetables	43	53.8
4	Major function of vitamins		
	Function of vitamin A	49	61.3
	Function of vitamin C	39	48.8
	Function of Thiamine	58	72.6
	Function of vitamin D	48	60
	Function of folic acid	50	62.5

Among all the players 56.25% of them had the correct knowledge about balanced food. Among all the players on an average (46.8%) had the knowledge of functions of different nutrients, and 57.7% of them had the knowledge about source of nutrients of different food stuffs, whereas about 50.8% of them had the knowledge about major function of different vitamins.

II. Nutrition knowledge of university female table tennis players of South India

The results of general nutritional knowledge of University female Table Tennis players of South India are given in Table 3.

Table 3: Nutrition knowledge of university female table tennis players of South India

Particulars	Yes	
	Frequency	Percentage (%)
Balanced diet is important in sports performance	77	96.3
Sports person should take high protein diet	50	62.5
Water and electrolyte is vital requirement of any sports persons	68	85
It is best to eat before 3 hours of any sports event	62	77.5
Carbohydrate rich sweet/drink immediately after sports activity	53	66.3

Among all the players majority of them (96.25%) had the knowledge that balanced diet is one of the most important factors in sports performance. Majority of them (62.5%) had knowledge that sports person need to take high protein diets, were as 85% of them have the knowledge in sports activity. Among all players most of them (77.5%) had the knowledge that eating at least 3 hours before competition is needed in any sports events. While 66.3% of them had knowledge that sport person should take carbohydrate rich sweet/drinks immediately after an event.

III. Nutritional practices of university female table tennis players of South India

Table 4: Nutritional practices of university female table tennis players of South India

Practice	Daily (%)	Weekly (%)	Monthly (%)
Cereals	95	1.3	3.8
Millets	27.35	61.3	11.3
Pulses	25	61.3	11.3
Any other	15	6.3	11.3
Milk and milk products	91.3	5	3.8
GLV	72.5	23.8	3.8
Other vegetables	58.8	32.5	5
Potato and tubers	20	66.3	8.8
Egg	20	66.3	8.8
Non-vegetarian	16.3	35	21.5
Baker products	37.5	37.5	25
Coffee/Tea	70	15	8.8
Commercial drinks	13.75	20	57.5

Table 5: Sports practice of university female table tennis players of South India

Item	Yes
	Percentage (%)
Any special food before, during and after sports	36.3
Cold drinks during practice	16.3
Water/beverage during competition	81.3
Usually take food 3-4 hrs before competition	67.5
Consume sweet/drink after the event	42.5

Among all the study group majority of them (71.3%) consume balanced diet daily. And all of them (95%) consume cereals in their daily diet. 61.25% of them consume the millets weekly. Half of them (55%) consume pulses weekly in their diet. 15% of them player (91.3%) consumes milk and milk products daily. 72.5% of them consume green leafy vegetables daily in the diet. 58.8 of them consume other vegetables daily. 66.3% of them consume potato and tubers weekly and (81.3%) of them consume egg weekly. Among non-vegetarians 35% of them consume non-vegetarian foods weekly. Among all the study group 37.5% consume bakery daily and weekly. About 70% of them consume coffee/tea in their diet. While 57.5% of them consume commercial drinks monthly. Among the study group 36.3% of players practice consuming special food before. During the after and sports activity, and very few (16.3%) among them take cold drinks during practice of sport activity, were as majority (81.3%) of them drink water/beverage during competition or sports activities. About 67.5% of them eat food 3-4 hrs before the competition or sport activities and 42% of them practice consuming sweet/drink immediately after the event. The nutritional knowledge score had mean of 52.5 (SD 7.23). On an average 77% female Table Tennis players had the knowledge of nutrition for sports persons and half the study group (50.1%) had the knowledge of general nutrition. The nutritional

practice score had a mean of 37.55 (SD 18.81). Among the entire study group half of them (50.7%) had general nutrition practice. And very few among them (34.4%) had sports nutrition practices.

Summary and Conclusion

The study concludes that though the sports men are highly educated but when it comes to nutrition and sports nutrition knowledge and followed by practice, the knowledge as well as practice is poor. Hence the sports persons who perform at state/national level must possess adequate nutrition knowledge and seriousness of practices for better performance.

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