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A comparative study of knowledge and practice of balanced diet among players of individual games

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Abstract

Knowing the individual games players' knowledge and practice of Balanced diet helps to improve the nutrition of the society, which will therefore lead to a healthier society, as they will be the main body of future players, coaches, trainers and professionals. Good knowledge and practice of balanced diet have been recognized as important factors in improving the player's performance and health status. The present study was conducted to a comparative study of knowledge, practice, and balanced diet status of amongst players of selected Individual games. The objective of this study is to compare the knowledge and practice of balanced diet among players of selected individual games. N= 250 players of selected Individual games such as Athletics, Badminton, Table-tennis, Tennis and Wrestling players. N= 50 players were selected from each game. Total five Individual games were selected. The age of the players between 18-30 years. The sample size was reached out to maximum athletes/ players of India represented various levels domestically. Data was collected through random sampling method (online mode), descriptive statistics were applied in M.S. Excel. ANOVA test was applied by using the SPSS 21 Version Software. Results: The ANOVA and Descriptive statistics results show that there was no significant difference between knowledge and practice of balanced diet among players of individual games.

Keywords: Knowledge, practice, balanced diet, players, individual games, nutrition

1. Introduction

A balanced diet is one of the basic requirements of the players. For the players who need nutritious food before the competition, players are provided with adequate food. Nutritional knowledge can affect eating and athletic performance. Team games share the general feature of high-performance activities by intermittent, but experience shows the characteristics of the game in sports and the transition from one match to another. This team creates various types of physical challenges and nutritional needs for athletes. The goal of this paper is to review some major areas in which nutrition can adapt to performance in the sport: achievement of ideal body composition, nutrition support for training, the supply of liquid and irregularities, during competition. A balanced diet not only plays the role of influence, but can help prevent injuries, improve recovery from exercise, maintain body weight, and improve overall health. It is important that all players have knowledge and practice of a balanced diet that works well so that they can help with their own performance capabilities. Badminton is usually played at an entertaining level, but there are many players who can play at the latest level, who need to increase their game. To succeed, the wrestler should follow a well-balanced diet provides sufficient energy. Because wrestlers are so active during the season, they need high-calorie food to maintain these energy needs. Balanced diet knowledge and practice play important role in their health and performance. Malnutrition is a problem of birth down infants and young children. Babies are completely based on nutritious needs in their early life. Sports nutrition is that the study and apply of nutrition and diet with regards to up one's athletic performance. Nutrition is a crucial a part of several sports coaching regimens, being well-liked in strength sports (such as weight lifting and bodybuilding) and endurance sports (e.g. cycling, running, swimming, rowing. Children's poor diet doesn't solely have direct negative effects on their weight and health, however conjointly ends up in vital deficiencies in those nutrients taking part in an important role in psychological feature development.

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2. Methodology

The purpose of this study is to compare the knowledge and practice of balanced diet among players of Individual games. In this section selection of the subjects for this study (N=250) 50 players selected from each game, total five games were selected from individual games such as Athletics, Badminton, Table-tennis, Tennis and Wrestling. The age group of the players ranges between 18-30 years.

Eating habits questionnaire (Dana Farber Cancer Institute website) modifies according to Indian food availability and then used for Practice of balanced diet. Self-prepared questionnaires were used for Knowledge of balanced diet.

For the purpose of this study scores were obtained from the self-made questionnaire and eating habit questionnaire used to compare knowledge and practice of balanced diet among players of individual games. The scores were obtained for knowledge of balanced diet questionnaire having 37 questions with each having 4 options multiple choice options used and score (1 or 0). Practice of balanced diet total 52 questionnaires with each having 9 option 1-10 scale was used and scored from: (Never or less than one -1score, 1-3 per month -2 score, 1 per week -3 score, 2-4 per week -4 score, 5-6 per week 5-score, 1- per day 4 score, 2-3 per day 3 score, 4-5 per day 2 score, 6+ per day 1 score).

A study questionnaire consisting of two sections was developed, tested and verified at pilot study before the start of the final study. A pilot study was performed among 20 players of Physical education, Devi Ahilya University, Indore (M.P.). In section-I included 37 multiple choice questions regarding knowledge of a balanced diet. The final questionnaire was further examined by a physical education faculty, Physicians specialized in the area of sports medicine and dietitians. Reliability and validity check by index discrimination and difficulty rating method and in section-II consisted of 52 questions regarding the practice of a balanced diet. The questionnaire was already prepared. Eating habits questionnaire (Dana Farber Cancer Institute website) modify according to Indian food availability and then used for Practice of balanced diet. The data was collected through online-survey (Google drive). Data has been taken for Athletics, Badminton, Table-tennis, Tennis and Wrestling players.

The collected feedbacks through questionnaires were coded, tabulated and analyzed statistically. MEAN and STANDARD DEVIATION was calculated from the scores of knowledge and practice of balanced diet questionnaires. Descriptive statics variable wise is presented graphically. The data analysis was performed using the MS Excel software. We here are assessing the current knowledge and practice of Balance Diet hence only descriptive statistics were statistically applied.

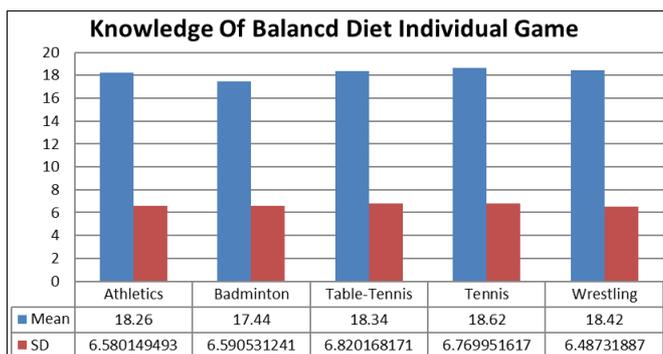


Fig 1: Knowledge of Balanced Diet of Individual Game Players.

Table 1: Analysis of variance of knowledge of balanced diet individual game players.

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	41.216	4	10.304	.233	.920
Within Groups	10837.120	245	44.233		
Total	10878.336	249			

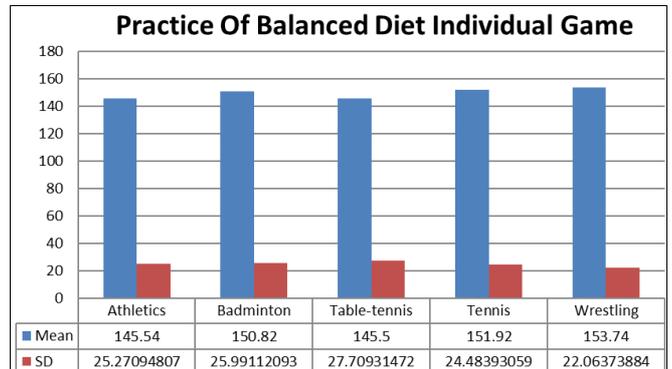


Fig 2: Practice of balanced diet among individual game players.

Table 2: Analysis of variance of the practice of balanced diet among individual game players.

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	2862.896	4	715.724	1.130	.343
Within Groups	155243.600	245	633.647		
Total	158106.496	249			

3. Results and Interpretations

The graphical presentation Fig 1 shows the descriptive statistics of knowledge of balanced diet among players of individual games. Athletics – Athletics game players mean was 18.26 and SD was 6.58, Badminton player mean was 17.44 and SD was 6.59, Table-tennis player mean was 18.34 and SD was 6.82, Tennis players mean was 18.62 and SD was 6.76 and Wrestling players mean was 18.42 and SD was 6.48. Tennis players were found to be highest as far as knowledge of Balanced Diet followed by wrestling, Table-tennis, athletics and badminton players.

The result of ANOVA states that there was no significant difference between the knowledge of the balanced diet of individual games players with F value was 0.233 and the tabulated value was 1.960 hence the calculated F value was less than tabulated F value therefore no further post-hoc was applied.

The graphical presentation Fig 2 shows the descriptive statistics of the practice of balanced diet among players of individual games. Athletics:- Athletics game players mean was 145.54 and SD was 25.27, Badminton player mean was 150.82 and SD was 25.99, Table-tennis player mean was 145.5 and SD was 27.70, Tennis players mean was 151.92 and SD was 24.48 and Wrestling players mean was 153.74 and SD was 22.63. Wrestling players were found to be highest as far as practicing balanced diet followed by Tennis, Badminton, Athletics and Table-Tennis players. The result of ANOVA states that there was no significant difference between the Practice of the balanced diet of Individual game players with F value was 1.130 and the Tabulated value was 1.960 hence the calculated F was less than Tabulated F value thus no further post-hoc was applied.

4. Conclusion

The purpose of this descriptive study and ANOVA was to determine the knowledge and practice of balanced diet among

players of individual games. It is concluded that there was no significant difference found between knowledge and practice of balanced diet among players of individual games. And whatever players are having knowledge they are implementing and they are having to practice as it is so we can't say there is any significant difference found in both variables knowledge and practice of balanced diet and we can say as per as mean values of the knowledge and practice of balanced diet of individual games players are concern about knowledge of balanced diet of tennis players were found to be highest as far as knowledge of balanced diet followed by wrestling, Table-tennis, athletics and badminton players.

In the mean values wrestling topped the chart followed by tennis, badminton, athletics and table-tennis, so they can take an example:- wrestling is power sports so they followed a good diet and they should have followed good knowledge. These things showed top in the chart then followed by Tennis which is also equally and challenging and demanding sports so rest of the games badminton, athletics and table-tennis can lock up to wrestling how the following diet and what how they are practicing. Every game has their way of the following the diet but 90% of athletes followed carbohydrate and protein-based diet because it prepared their muscles easily for the recovery purpose and carbo-hydrates fulfills the energy required amount enhanced. Hence we can conclude that wrestling may give rest of the game players an idea or outlook to flow certain practice of a balanced diet.

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