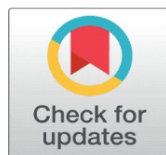
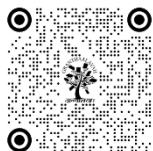


ANALYSIS OF EATING HABITS OF SPORTS PERSONNEL IN KERALA

Dr. Aji. P.L.¹, Jairaj. J.²

¹Assistant Professor, Government Sanskrit College, Thiruvananthapuram, Kerala, India

²Assistant Professor, Department of Physical Education, BJM Government College, Chavara, Kerala, India



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ABSTRACT

The purpose of the study was to analyse the eating habits of sports personnel in Kerala. Totally, 1000 samples were sorted out for this present study. Out of 1000 samples five hundred samples were scrutinized by getting proper consent and selected as participants. Among the 500 participants, randomly selected 100 coaches, 100 College Physical Education Teachers and 100 School Physical Education Teachers from all over Kerala. After construction of questionnaire for eating habits, 18 questions were derived and collected the data. The developed questionnaire was established its validity, reliability and objectivity. The statistical techniques included descriptive statistics and independent 't' test. The coaches are having better eating habits than the college teachers and school teachers. The college physical education teachers are having better eating habits than the school physical education teacher.

Keywords: Eating Habits, Sports Personnel, Coach, Physical Education Teachers, Kerala

1. INTRODUCTION

Healthy eating habits are important not only for overall physical health, but also for developing and maintaining a healthy oral cavity. When one or more nutrients in our diet are deficient, the first signs of deficiency frequently appear in the oral cavity. Diet has an impact not only on the development of dental caries, but also on tooth erosion, tooth developmental defects, periodontal diseases, and oral cancer. Food is defined as anything consumed to provide energy to the body and keep it healthy. It is an important part of many Ghanaian customs and traditions. Some people do not consider certain foods to be food at all, while others regard them as delicacies (Hanky et al. 2004).

Food is one of the most important necessities in life. It is necessary for a variety of reasons. If enough food is not consumed, one feels hungry and lacks the central imperative to work. Nutrition is required to provide the weight-gaining materials required for an infant child's development into an adult. Perfect health requires perfect support, and perfect nutrition necessitates genuine confirmation of large and small scale supplements (Hoque et al. 2016). Body support entails supplying essential nutrients to each cell and tissue of the body in adequate amounts and at appropriate levels in order to maintain the structure and components of the body in good condition. Eating regimen is nothing else with the exception of a mix of unmistakable nutrition's as they are available in nature. Such mix is essential in light of the way that there is no single nutrition which will give man each and every supplement in true blue degree required for supporting body cells.

2. METHODOLOGY

The purpose of the study was to analyse the eating habits of sports personnel in Kerala. Totally, 1000 samples were sorted out for this present study. Out of 1000 samples five hundred samples were scrutinized by getting proper consent and selected as participants. Among the 500 participants, randomly selected 100 coaches, 100 College Physical Education Teachers and 100 School Physical Education Teachers from all over Kerala. After construction of questionnaire for eating habits, 18 questions were derived and collected the data. The developed questionnaire was established its validity, reliability and objectivity. The statistical techniques included descriptive statistics and independent 't' test.

3. RESULTS

Table 1

Descriptive Analysis of Eating habits among Sports Personnel in Kerala

Sl.No	Category	Mean	Std Deviation ±
1	Coaches	45.16	1.73
2	College Physical Education Teachers	39.86	1.78
3	School Physical Education Teachers	37.11	1.76

The above table clearly describes the mean, standard deviation and standard error of mean of eating habits among sport personnel.

Table 2

Computation of Independent 't' ratio of Eating habits between Coaches and College Physical Education Teachers

	Levene's Test for Equality of Variances				T test for Equality of Means		
	F	Sig	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Equal Variance Assumed	.103	.749	21.326*	198	.000	5.30000	.24853
Equal Variance Not Assumed			21.326	197.854	.000	5.30000	.24853

In order to examine differences in eating habits between the coaches and college physical education teachers, an independent samples t-test was conducted. Given a violation of Levene's test for homogeneity of variances, $F(1,198)=0.103$, $p = .749$, a t-test not assuming homogeneous variances was calculated. The results of this test indicated that there was a significant difference in eating habits observed between the coaches and college physical education teachers and the obtained 't' ratio was 21.326. These results suggest that coaches ($M = 45.16$; $SD = 1.73$) and the college physical education teachers ($M = 39.86$; $SD = 1.78$) were shown significant difference.

Figure 1

Graph of Eating habits between Coaches and College Physical Education Teachers

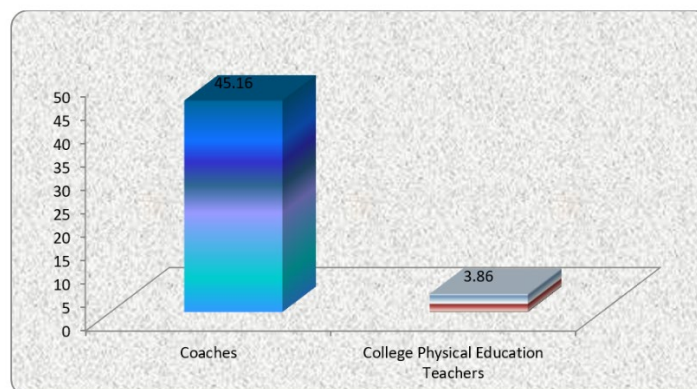


Table 3

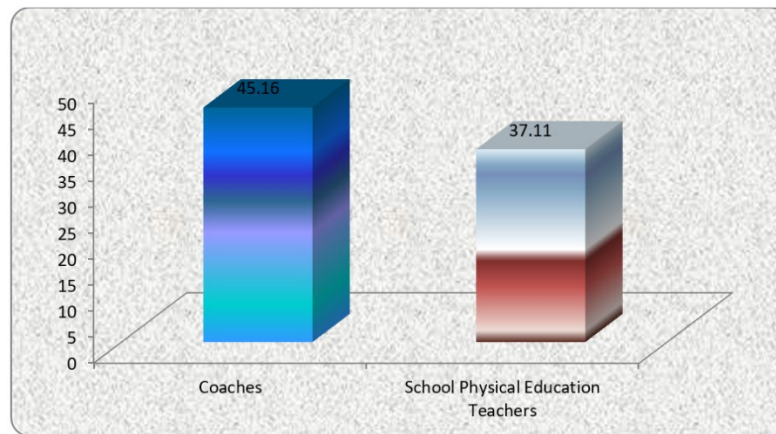
Computation of Independent 't' ratio of Eating habits between Coaches and School Physical Education Teachers

	Levene's Test for Equality of Variances				T test for Equality of Means		
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Equal Variance Assumed	.116	.734	32.558*	198	.000	8.05000	.24725
Equal Variance Not Assumed			32.558	197.942	.000	8.05000	.24725

In order to examine differences in eating habits between the coaches and school physical education teachers, an independent samples t-test was conducted. Given a violation of Levene's test for homogeneity of variances, $F(1,198)=0.116$, $p = .734$, a t-test not assuming homogeneous variances was calculated. The results of this test indicated that there was a significant difference in eating habits observed between the coaches and school physical education teachers and the obtained 't' ratio was 32.558. These results suggest that coaches ($M = 45.16$; $SD = 1.73$) and the school physical education teachers ($M = 37.11$; $SD = 1.76$) were shown significant difference.

Figure 2

Graph of Eating habits between Coaches and School Physical Education Teachers

**Table 4**

Computation of Independent 't' ratio of Eating habits between College Physical Education Teachers and School Physical Education Teachers

	Levene's Test for Equality of Variances				T test for Equality of Means		
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Equal Variance Assumed	.001	.988	10.973*	198	.000	2.74000	.25062
Equal Variance Not Assumed			10.973	197.980	.000	2.74000	.25062

In order to examine differences in eating habits between the college physical education teachers and school physical education teachers, an independent samples t-test was conducted. Given a violation of Levene's test for homogeneity of variances, $F(1,198)=1.68$, $p = .02$, a t-test not assuming homogeneous variances was calculated. The results of this test indicated that there was a significant difference in eating habits observed between the college physical education teachers and school physical education teachers and the obtained 't' ratio was 10.973. These results suggest that college physical education teachers ($M = 39.86$; $SD = 1.78$) and the school physical education teachers ($M = 37.11$; $SD = 1.76$) were shown significant difference.

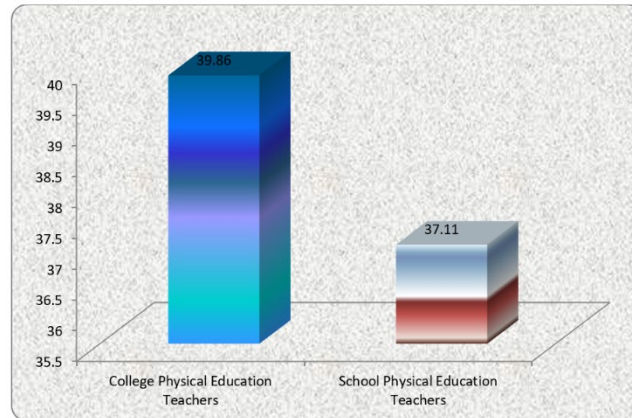


Figure 4

Graph of Eating habits between College Physical Education Teachers and School Physical Education Teachers

4. CONCLUSION

- 1) The coaches are having better eating habits than the college teachers and school teachers. The college physical education teachers are having better eating habits than the school physical education teacher.

CONFLICT OF INTERESTS

None.

ACKNOWLEDGMENTS

None.

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