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## ANALYTICAL STUDY OF TOTAL LIFESTYLE ASSESSMENT AMONG SPORTS ACHIEVERS, NON ACHIEVERS AND SENDENTARY PEOPLES



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### ABSTRACT

The main objective of the study was to compare the lifestyle Assessment among Sports Achievers, Non Achievers and Sedentary people. A total number of 300 male subjects (100 from each group) of Lucknow District were selected with age ranging from 35 to 55 years to act as a subject for the study. Keeping in mind about specific purpose of the study, the variables: Total lifestyle Assessment of Sports Achievers, Non Achievers and Sedentary people has been selected. By Life Style Assessment Inventory” by Anspangh David S. Michal, H. Hamrichand Frank D. Rosato was adapted to collect the data for life style assessment. In this study To find out the level of the Total lifestyle Assessment, Descriptive Statistics and to compare the total lifestyle Assessment among Sports Achievers, Non Achievers and Sedentary people ANOVA was used for achieving the objectives of the study, on the basis of the results of the study it is concluded that there was a significant difference among Sports Achievers, non achievers & Sedentary people in relation to their Total Lifestyle assessment as determined by one way ANOVA- F (2,297),  $p=0.00$ , at 0.05 level of significant. Since one way analysis of variance was found significant, in relation to Total Lifestyle Assessment, the L.S.D. test was applied to find the difference of paired means among sports achievers, Non achievers & sedentary people.

**Keywords:** Lifestyle Assessment, Sports Achievers, Non Achievers & Sedentary Peoples.

### INTRODUCTION

Lifestyle factors such as personality traits, living habits, Nutrition, Physical exercise, use of Alcohol, Drugs and Smoking, behavioral pattern etc., play major role in determining the outcome of an individual's exposure to infection. Health requires the promotion of healthy lifestyle. In the last twenty years a considerable cumulated data indicates that there is an association between health and Lifestyle of individual. Many current day health problems especially in the developed countries are associated with Lifestyle changes. In developing countries, such as India, where traditional Lifestyle still persist risks of illness and death, with lack of sanitation, poor nutrition, personal hygiene, elementary human habits, customs and cultural patterns.

Sports nutrition can be described as the practice and the study of diet and nutrition and how they both relate to the athletic performance of a sports personality on the field. A sports nutrition needs to be well versed, not just with the different foods that are good for sports personalities, but also with the type and quantity of fluids, as well as dietary nutrients, which make up an integral part of a diet for a sports person. The nutrients that should be included in high amounts in every sports diet are protein, carbs, calcium, iron fiber, fats and other vitamins and minerals. However it is mainly the sports diet plan for strength sports like body building and weight lifting, along with endurance sports, like running, sprinting and cycling, which focus on adequate sports nutrition. Physical activities are considered very important in contemporary society. The benefits of activities are well documented and these have both physical and physiological benefits. Participating in physical activities has been linked with reduction in tension reduced state of anxiety, depression thus enhancing sense of wellness and reduction of mortality rate in both developed and underdeveloped nations of the world.

#### OBJECTIVE

The main objective of the study was to compare the lifestyle Assessment among Sports Achievers, Non Achievers and Sedentary peoples of Lucknow District of Uttar Pradesh State.

#### PROCEDURE

Selection of subject For the purpose of the study total 300 male subjects from lucknow district were selected by using purposive sampling technique. 100 male subjects from each category contributed to the final sample of 300 subjects. For the selection of the subject government organization in Lucknow district were approached. Sixty subjects from each organization having 10 or more years of job experience were taken as sample for this study.

Detail of the sample distribution given in the table below:-

Sr. No.	Name of Organization	Sports Achievers	Non-Achievers	Sedentary Peoples
1	Northern Railway	20	20	20
2	N.E. Railway	20	20	20
3	R.D.S.O.	20	20	20
4	U.P. Police	20	20	20
5	G.S.I.	20	20	20
	Total	100	100	100

For the purpose of this study “Life Style Assessment Inventory” prepared by Anspangh Davids. Michal, H. Hamrich and Frank D. Rosato were adopted as tool for collecting the data on Life style assessment.

## STATISTICAL TECHNIQUE

According to the requirement of proposed hypotheses and the nature of the study, the obtained data on sports achievers, non achievers and sedentary people on their selected lifestyle dimension, were analyzed using Descriptive statistics (mean & standard deviation) & to compare them One way Analysis of variance (ANOVA) was used, where ever the significance difference was found L.S.D. Post hoc test was applied. In order to test the hypothesis, the level of significance was set at 0.05.

### Comparison of Total Lifestyle Assessment Score among Sports Achievers, Non Achievers and Sedentary People

Groups	Mean	Std. Deviation	Analysis of Variance					
				Sum of Squares	Df	Mean Square	F	Sig.
Sports Achievers (n=100)	68.22	12.12						
Non Achievers (n=100)	61.99	9.87	Between Groups	6577.25	2.00	3288.62	32.01	0.00
Sedentary People (n=100)	56.40	7.99	Within Groups	30516.36	297.00	102.75		
Total(N=300)	62.20	9.99	Total	37093.60	299.00			

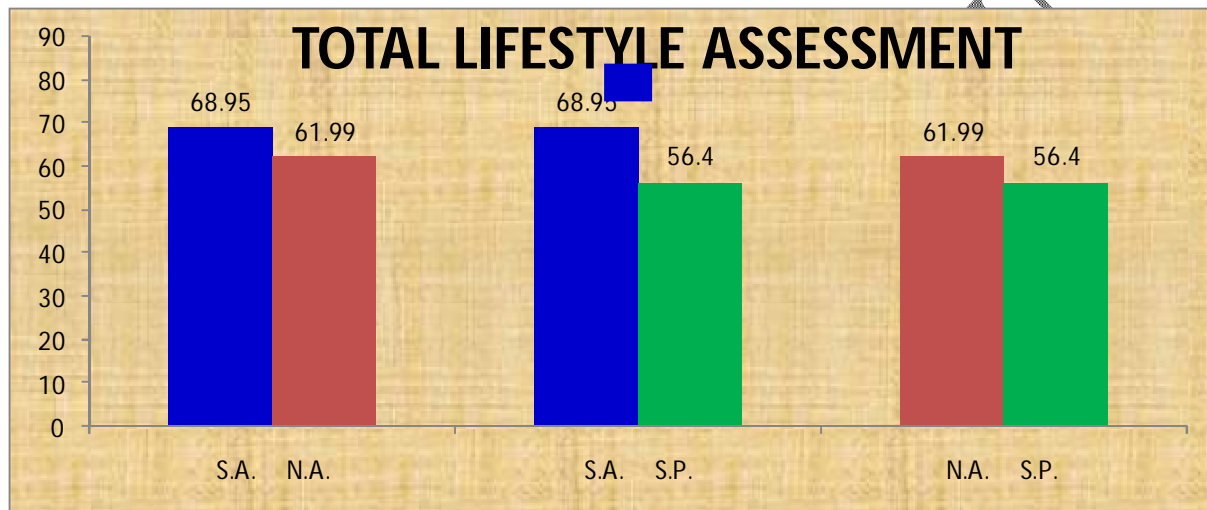
Table 1- revealed that there was a significant difference among Sports Achievers, non achievers & Sedentary people in relation to their Total Lifestyle assessment as determined by one way ANOVA- F (2,297), p=0.00 Since one way analysis of variance was found significant, in relation to Total Lifestyle Assessment, the L.S.D. test was applied to find the difference of paired means among sports achievers, Non achievers & sedentary people.

### LSD test for mean comparison of Total Lifestyle Assessment Score among Sports Achievers, Non Achievers and Sedentary People

Dependent Variable			Mean Difference (I-J)	Sig.
Total Lifestyle Wellness Assessment	Sports Achievers(68.95)	Non Achievers (61.99)	6.96	0.00
	Sports Achievers(68.95)	Sedentary people (56.40)	12.55	0.00
	Non Achievers(61.99)	Sedentary people (56.40)	5.58	0.24

It is evident from table 1.1 that difference between paired means of Sports Achievers & Non Achievers (6.96) Sports Achievers & Sedentary people (12.55) was found to be significant. Whereas the difference between the paired means of non achievers & sedentary people (5.58) was not found to be significant. The graphic representation of means of Sports Achievers, Non achievers & Sedentary People in relation to Total Lifestyle Assessment is presented in Figure -1.

**Graphic representation of the comparison of means of sports achievers, non achievers & sedentary people in their Total Lifestyle Assessment**



- SPORTS ACHIEVERS (S.A)
- NON ACHIEVERS (N.A)
- SEDENTARY PEOPLE (S.P)

**DISCUSSION OF FINDING**

In the present study total lifestyle assessment, it was hypothesized that there would be no significant difference among sports achievers non achievers and sedentary people of Lucknow district.

However the result of the present study showed the significant difference among selected groups as determined by one way ANOVA  $f(2,297)$ ,  $P=0.00$ . The L.S.D. The Post hoc test revealed that Total lifestyle assessment score of sports achievers (68.95) was significantly better than the non achievers score of (61.99) and sedentary people score of (56.40). Post hoc test also revealed that there was no significant difference between the score of non achievers (61.99) and sedentary people (56.40). Hence hypothesis is partially rejected.

The reason may be attributed to the fact that Effect of sporting activities on the solution of self development tasks, like maintaining social participation with community,

keeping active in general as well as on indices of life satisfaction like the feeling of well being emotional adjustment, or a sense of self-control.

### CONCLUSION

There was a significant difference among Sports Achievers , non achievers & Sedentary people in relation to their Total Lifestyle assessment as determined by one way ANOVA- F (2,297),  $p=0.00$ , at 0.05 level of significant.

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