



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2016; 1(1): 74-75

© 2016 Yoga

www.theyogicjournal.com

Received: 15-05-2016

Accepted: 16-06-2016

Badal Kumar Jana

Assistant Professor and Officer-
In-Charge Govt. General Degree
College, Datan-II & Dr. Mahesh
Sawata Khetmalis Associate
Professor & Vice Principal
DPE, VB, Santiniketan,
West Bengal, India

A comparative study of life style assessment among achiever and non-achiever sports person of Kolkata

Badal Kumar Jana

Abstract

The aim of the study was comparison of Lifestyle Assessment among Achievers and Non Achievers sports person of Kolkata. A total number of 40 male subjects (20 Achievers & 20 Non Achievers) of Kolkata District were selected with age ranging from 28 to 38 years to act as a subject for the study. Keeping in mind about specific purpose of the study, the variables: Life Style Assessment of Achievers and Non Achievers has been selected. Life Style Assessment Inventory” by Anspangh David S. Michal, H. Hamrichand Frank D. Rosato will be adapted to collect the data for life style assessment. In this study the To find out the level of the life Style Assessment, Descriptive Statistics and to compare the Life Style Assessment between Achievers and Non Achievers Sports person, T-test was used for achieving the objectives of the study, on the basis of the results of the study it is concluded that the Lifestyle Assessment has the significant effect on Achievers and Non Achievers sports person and the calculated value was found greater than the required tabulated value 2.03 with 38 df at 0.05 level of significant.

Keywords: Life style assessment

Introduction

The lifestyle curriculum aimed to provide children with an understanding of a range of healthy behaviour that they could try to implement throughout the programmed. Children were encouraged to problem solve, set goals that were specific to them, and monitor these goals under the support and guidance of club staff. Lifestyle behaviours such as when and where they eat, how much television they watch, and how they can include more lifestyle activity into their daily routine was also covered. Throughout the Carnegi Club programmed, children were encouraged to practice new behaviours that would take place throughout the normal weak at home. Therefore, it is deemed important for parents to obtain an understanding of the activities their children are performing so that they can aim to facilitate change, and support their child. In addition, parents were encouraged to use the opportunity to make changes to their own lifestyle and be a positive role model for their child and the rest for their family.

The term lifestyle is rather a defused concept often used to demote the way people live reflecting of a whole range of social values, attitudes and activities. It is composed of cultural and behavioural patterns and lifelong personal habit, (example, smoking, alcoholism) that have developed enough processes of socialization.

Procedure

40 Male Sports person (20 of each category) will be selected randomly from Kolkata district. The age of subjects will range from 28 to 38 years. The following variable will be selected for the purpose of the study to assess the lifestyle of the subjects. a=Physical Assessment (PA) b=Alcohol and Drug assessment (ADA) c=Nutritional assessment (NA) d=Social Wellness Assessment (SWA) e=Spiritual Wellness Assessment (SPWA) f=Emotional Wellness Assessment (EWA) g=Stress Control assessment (SCA) and h=Intellectual Wellness Assessment (IWA)For the purpose of characterizing Lifestyle Elite players of Kolkata, “Life Style Assessment Inventory” by Anspangh David S. Michal, H. Hamrichand Frank D. Rosato will be adapted to collect the data for life style assessment.

Correspondence

Badal Kumar Jana

Assistant Professor and Officer-
In-Charge Govt. General Degree
College, Datan-II & Dr. Mahesh
Sawata Khetmalis Associate
Professor & Vice Principal
DPE, VB, Santiniketan,
West Bengal, India

The tools/ questionnaires will be used in this study for the collection of the data will be selected because they are found to be most reliable and have been widely used in the profession of physical education and sports throughout the world. The subjects will be consulted personally and their sincere cooperation will be solicited. The research scholar will himself visit the different venues and will collect data on the Life style assessment of each sportsperson. The Inventory contained total 80 items, these question/statements evenly divided in eight life style contents namely Physical Assessment, Alcohol and Drug assessment, Nutritional assessment, Social Wellness Assessment, Spiritual Wellness Assessment, Emotional Wellness Assessment, Stress Control assessment (SCA) and Intellectual Wellness Assessment. The subject responding using five points ordinal scale, hence the maximum response score from the total inventory will 100 and minimum 10 and in case of each contents the response score ranges from 10 to 100.

The normative response intervals for life style assessment score are given below:

86-100	Excellent
70-85	Good
50-69	Average
30-49	below Average
Less than 30	need improvement

To measure personal appraisal about the life style assessment of the subjects belonging to sports person (Achievers and Non achievers), "Lifestyle Assessment Inventory" will be used. The Questionnaire will be divided into eight parts i.e, Physical Assessment (PA), Alcohol and Drug assessment (ADA), Nutritional assessment (NA), Social Wellness Assessment (SWA), Spiritual Wellness Assessment (SPWA), Emotional Wellness Assessment (EWA), Stress Control assessment (SCA) and Intellectual Wellness Assessment (IWA).The data will be collected from the 40 subjects 20 from each (Achievers and Non Achievers) of Kolkata. The data will be collected as per direction of life style assessment inventory. To find out the level of the Life Style Assessment, in Achievers and Non Achievers sports person, Descriptive Statistics was used. To compare the Life Style Assessment, in Achievers and Non Achievers sports person, T-test was used. The level of significance was set at 5%.

Table 1: Descriptive Statistics of lifestyle assessment of Achievers and Non Achievers sports person.

Descriptive Statistics	Achievers	Non Achievers
Mean	71.681	67.513
Standard Error	.510	1.307
Standard Deviation	2.284	5.846
Sample Variance	5.220	34.182
Kurtosis	-.683	-.090
Standard Error of Kurtosis	.992	.992
Skewness	.231	-.078
Standard Error of skewness	.512	.512
Range	8.50	22.75
Minimum	67.63	54.63
Maximum	76.13	77.38

Table 2: t-Test of lifestyle assessment of Achievers and Non Achievers sports person.

Group	Mean	Standard Deviation	t-value
Achievers	71.681	2.284	2.969
Non Achievers	67.513	5.846	

Significant at .05, $t_{0.05}(38)=2.03$

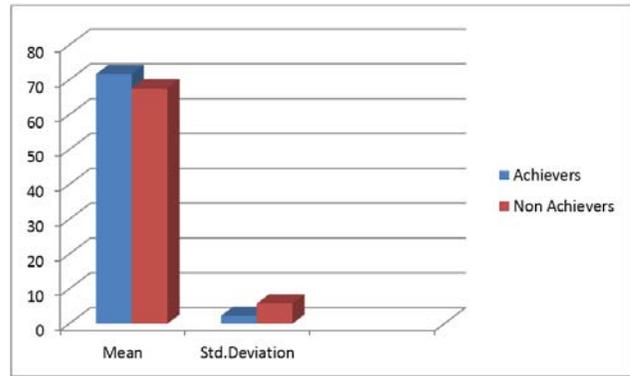


Fig 1: Graphical Representation of Mean and S.D of Achievers and Non Achievers on lifestyle Assessment.

Discussion of finding

In the light of obtained data it can be seen that there was a significant effect of Lifestyle Assessment is seen on the Achievers whereas Non Achievers possessed greater Lifestyle Assessment in comparison to Non Achievers. The finding may be attributed to the fact that an individual’s typical way of life: his attitude and their expression in a self-consistent manner as developing from childhood. A way of life or style of living that reflects the attitudes and values of a person or group. Thereby the Achievers lifestyle is more consist because of their way of living in perfect manner

Conclusion

On the basis of the results of the study the conclusion may be made that the Lifestyle Assessment has the significant effect on Achievers and Non Achievers. It can be used as the means to develop the ability of tolerance of Non Achievers.

Reference

1. Anspaugh David S, Hamrich ichael H, Rosato Frank D. Wellness-Concept and Application Mosby: Von Halfmon Press, Inc., 1994.
2. Anspaugh DJ, Hamrich MH, Rosato FD. Wellness-Concept and Application Mosby, 1994.
3. Aubry, William E. life Style Assessment So What! 1974, 13.
4. Brown E. Judith, Nutrition through life cycle, Thomas was worth, 2007, 308.
5. Ellen Devis Kelly. Teaching posture and Body Mechanics, New York, The Ronald Press Company, 1949, 5.