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Comparison of health and wellness status between sportsperson and non-sportsperson

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Abstract

The purpose of the study was to assess health and wellness status of sportsperson and non-sportsperson. The subjects of the study were 40 male (20 sportsperson and 20 non-sports person) and 40 female (20 sportsperson and 20 non-sportsperson) subjects of Kurukshetra District of Haryana, India. The age of subjects was ranged 19 to 27 years. The data were collected by using Health and Wellness Assessment Questionnaire (Edlin & Golanty, 2007). The 't' tests were employed for analysing the data and the hypotheses were tested at 0.05 level of significance. There were significant differences found in male sportsperson and non-sportsperson with regard to emotional health and fitness & body care variables. No significant differences were found between male sportsperson and non-sportsperson on the variables of environmental health, stress, nutrition and medical self-responsibility. No significant differences were found between female sportsperson and non-sportsperson with regard to emotional health, fitness & body care, environmental health, stress, nutrition and medical self-responsibility.

Keywords: Health, wellness, sportsperson, non-sportsperson

Introduction

Health is a state of complete physical, mental, and social; wellbeing and not merely absence of disease or infirmity (WHO, 1947). Health is an integrated method of functioning which is oriented towards maximizing the potential of the individual is capable. It requires that the individual maintain a continuum of balance and purposeful direction with the environment where he/she is functioning (Dunn, 1967). Wellness is defined as an approach to personal health that emphasizes individual responsibility for well-being through the practice of health promoting lifestyle behaviour (Hurley and Schlaadt, 1992) [3].

Health as freedom from disease is a standard of mediocrity; health as a quality of life is a standard of inspiration and increasing achievement. Wellness is dynamic and continuous, no dimension of wellness function in isolation. When you have a high level of wellness or optimal health, all dimensions are integrated and functioning together. The person's environment and physical, emotional, intellectual, occupational, spiritual, and social dimensions of wellness are in tune with one another to produce harmony. Health educationists commonly refer six dimensions of health and wellness: emotional, intellectual, spiritual, occupational, social and physical (Edlin & Golanty, 2004) [2].

Individuals struggle to attain optimal wellness and health levels due to unhealthy lifestyle behaviour. It may be difficult to screen the health and status of a large group of participants due to the costs, availability, accessibility, and time to objectively measure health and status (Romaratezabala *et al.*, 2020) [4]. So the purpose of the present study is to check the health and status of sportsperson and non-sportsperson.

Method and Procedure

The purpose of the study was to assess the health and wellness status of sportsperson and non-sportsperson. The subjects of the study were 40 male (20 sportsperson and 20 non-sports person) and 40 female (20 sportsperson and 20 non-sportsperson) subjects of Kurukshetra District of Haryana. The age of subjects was ranged 19 to 27 years. The data were collected with the help of Health and Wellness Assessment Questionnaire developed by Edlin & Golanty (2007).

To find out the significance differences between sportsperson and non-sportsperson on health and wellness variables (*emotional health, fitness and body care, environmental health, stress, nutrition and medical self-responsibility*) ‘t’ tests were employed with the help of SPSS software. The level of significances was set at 0.05 level of confidence.

Results and Findings

For the finding of the significance differences between sportsperson and non-sportsperson on health and wellness variables (*emotional health, fitness and body care, environmental health, stress, nutrition and medical self-responsibility*) the following Tables 1 and 2 have been given as the results of the study.

Table 1: Comparison of Male Sportsperson (SP) and Non-Sportsperson (NSP) on Health and Wellness Status

Variable	Group	N	Mean	SD	‘t’	P-value
Emotional Health	SP	20	34.50	6.69	2.157	0.001*
	NSP	20	30.80	3.75		
Fitness and body Care	SP	20	34.25	5.70	3.108	0.021*
	NSP	20	29.30	4.26		
Environmental Health	SP	20	36.15	5.86	2.536	0.459
	NSP	20	32.15	3.92		
Stress	SP	20	35.20	4.76	1.841	0.254
	NSP	20	32.75	3.56		
Nutrition	SP	20	35.60	5.78	2.278	0.081
	NSP	20	31.95	4.22		
Medical Self-responsibility	SP	20	34.00	5.32	1.851	0.346
	NSP	20	31.15	4.36		

*Significant at 0.05 level

It can be seen from table-1 that significant differences were found on emotional health and fitness & body care between male sportsperson and non-sportsperson as the t-values 2.157 & 3.108 and p-values 0.001 & 0.021 found lower than 0.05 level of significance ($p < 0.05$). No significant difference were

obtained on environment health, stress, nutrition and medical self-responsibility between male sportsperson and non-sportsperson as the t-values 2.536, 1.841, 2.278 & 1.851) and p-values 0.459, 0.254, 0.081 & 0.346 respectively, which were found higher than 0.05 level of significance ($p > 0.05$).

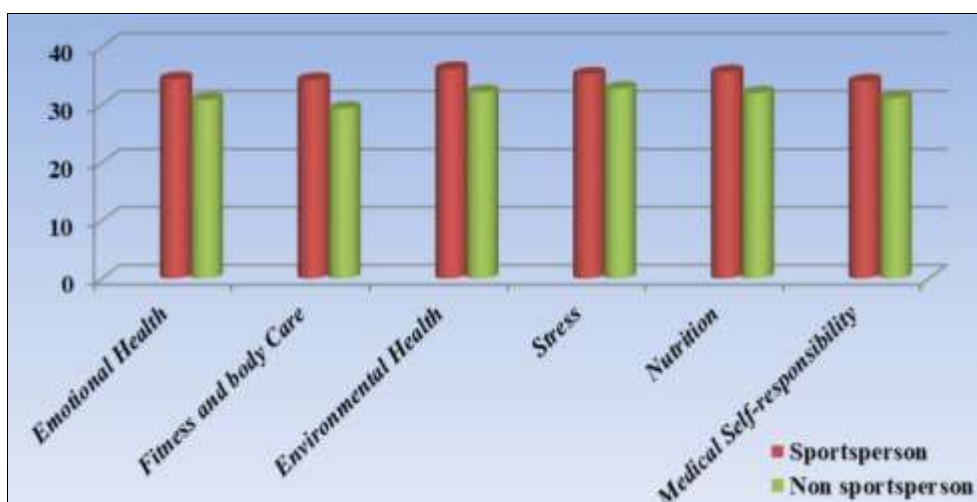


Fig 1: Graphical Representation of Mean Scores of Male Sportsperson and Non-Sportsperson on Health and Wellness Status

Table 2: Comparison of Female Sportsperson (SP) and Non-Sportsperson (NSP) on Health and Wellness Variables

Variable	Group	N	Mean	SD	‘t’	P-value
Emotional Health	SP	20	34.05	4.93	0.000	0.120
	NSP	20	34.05	3.74		
Fitness and body Care	SP	20	34.40	5.30	0.154	0.984
	NSP	20	34.15	4.97		
Environmental Health	SP	20	35.10	4.11	1.096	0.950
	NSP	20	33.70	3.96		
Stress	SP	20	35.20	4.26	0.185	0.803
	NSP	20	35.45	4.28		
Nutrition	SP	20	34.75	3.87	1.261	0.912
	NSP	20	36.25	3.64		
Medical Self-responsibility	SP	20	33.85	4.06	1.660	0.228
	NSP	20	31.30	5.53		

*Significant at 0.05 level

It can be seen from table-2 that there were no significant differences found with regard to emotional health, fitness and body care, environmental health, stress, nutrition and medical self-responsibility between female sportsperson and non-

sportsperson as the t-values 0.000, 0.154, 1.096, 0.185, 1.261 & 1.660 and p-values 0.120, 0.984, 0.950, 0.803, 0.912 & 0.228 respectively, which were found higher than 0.05 level of significance ($p < 0.05$).

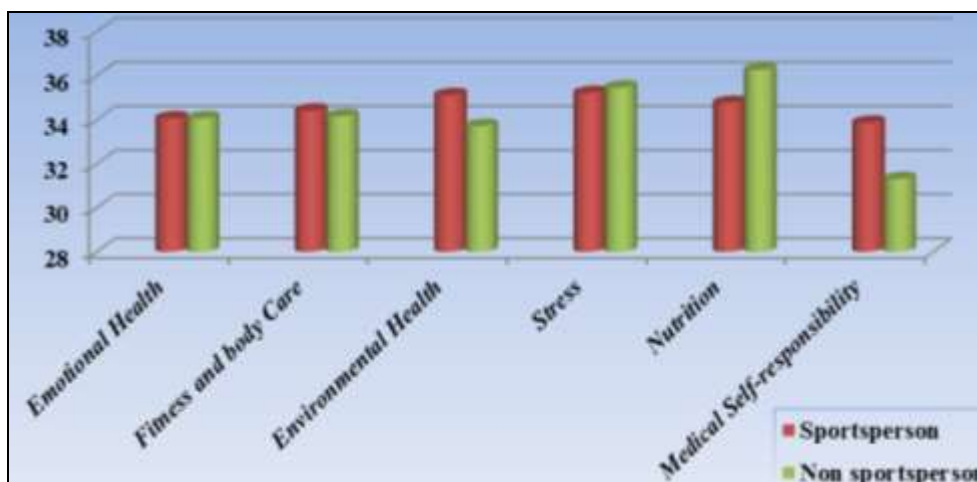


Fig 2: Graphical Representation of Mean Scores of Female Sportsperson and Non-Sportsperson on Health and Wellness Status

Conclusions

In the light of the findings and limitations of the present study the following conclusions were drawn:

- There were significant differences found between male sportsperson and non-sportsperson with regard to emotional health and fitness & body care variables. No significant differences were obtained between male sportsperson and non-sportsperson on the variables of environmental health, stress, nutrition and medical self-responsibility.
- No significant differences were found between female sportsperson and non-sportsperson on the variables of emotional health, fitness and body care, environmental health, stress, nutrition and medical self-responsibility.

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