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Correlation of eating attitudes, mood states and competitive behaviour among team game players and individual game players (Sports women rural)

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Abstract

The purpose of this study was to find out the correlation of Eating Attitudes, Mood states and Competitive Behaviour among sports women rural. This study deals with the analysis of data, findings and discussion of findings. To achieve the objectives of the study, the scholar will adopt the entire process of the research work, the sample and its selection, proper tools and adequate statistical techniques for organizing, analyzing of the data. A Standardized questionnaire arranged for taking information regarding the correlation of Eating Attitudes, Mood states and Competitive Behaviour among sports women. The data that was collected through various 300 subjects (150 + 150 females) were selected randomly belonging to the age of 18 to 22 years from different colleges of Haryana State University.

Keywords: Behaviour among team game players and individual game players, attitudes, mood states

Introduction

Millions of people are not happy with there look. In fact, the National Eating Disorder Information Centre estimates that up to 40% of nine year-old girls have dieted to lose weight-even when they were at a normal weight. We're constantly told that thinner is better and that we should look a certain way. Some people go to extremes to lose weight because they feel like they're not thin enough. And unfortunately, this can lead to an eating disorder. To achieve the objectives of the study, the scholar will adopt the entire process of the research work, the sample and its selection, proper tools and adequate statistical techniques for organizing, analyzing of the data. A Standardized questionnaire arranged for taking information regarding the correlation of Eating Attitudes, Mood states and Competitive Behaviour among sports women. The data that was collected through various 300 subjects (150 + 150 females) were selected randomly belonging to the age of 18 to 22 years from different colleges of Haryana State University. Score of different tests were collected, tabulated and statistical analysis was done to find out the results.

Method and Procedure

A Standardized questionnaire has been arranged for taking information regarding the Eating Attitudes, Mood states and Competitive Behaviour, pilot study has been done. Standardized questionnaire was fit for the Indian condition.

Selection of the Sample

A sample is a miniature of population. To collect the data from population a random sampling device was used. The data was collected in such a manner so that true representation was drawn.

Selection of Subjects

300 subjects (150 + 150 females) were selected randomly belonging to the age of 18 to 22 years from different colleges of Haryana State university was selected for survey.

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Tools to be used

The following tests were used for data collection:

1. Eating Attitudes Test Questionnaire–By Garner *et al.*, 1982^[15].
2. The Mood Disorder Questionnaire –By Robert M.A. Hirschfeld *et al.*, 2000^[23]
3. Competitive Behaviour Scale–By Dr. R. K. Yadav.,1995

Table 1: Interpretation and discussion of results correlation (n=300) rural (individual game and team game players) correlation (Pearson product moment correlation)

Variables	Correlation (Pearson product moment correlation)	Level of significance
Eating Attitudes and Mood state	0.297	S
Eating Attitudes And Competitive Behaviour	0.297	S
Eating Attitudes and BMI	0.037	NS
Eating Attitudes and Age	0.094	NS
Mood state and Competitive Behaviour	0.193	S
Mood state and BMI	0.132	NS
Mood and Age	0.093	NS
Competitive Behaviour and BMI	0.019	NS
Age and Competitive Behaviour	0.063	NS
Age and BMI	0.140	NS

Correlation (Pearson product moment correlation) of rural (individual game and team game players)

1. Results show that the effects of Eating Attitudes and mood states are significantly co-related in both (rural individual game and team game players). If Eating Attitudes increased or changed, then mood states also increased or changed.
2. Results show that the effects of Eating Attitudes and Competitive Behaviour are significantly co-related in both (rural individual game and team game players). If Eating Attitudes increased or changed, then Competitive Behaviour also increased or changed.
3. Results show that the effects of Eating Attitudes and BMI are not significantly co-related in both (rural individual game and team game players). It shows that there is no correlation between Eating Attitudes and BMI.
4. Results show that the effects of Eating Attitudes and Age are not significantly co-related in both (rural individual game and team game players). It shows that there is no correlation between Eating Attitudes and Age.
5. Results show that the effects of Mood states and Competitive Behaviour are significantly co-related in both (rural individual game and team game players). If Mood states increased or changed, then Competitive Behaviour also increased or changed.
6. Results show that the effects of Mood state and BMI are not significantly co-related in both (rural individual game and team game players). It shows that there is no correlation between Mood state and BMI.
7. Results show that the effects of Mood states and Age are not significantly co-related in both (rural individual game and team game players). It shows that there is no correlation between Mood state and Age.
8. Results show that the effects of Competitive Behaviour and BMI are not significantly co-related in both (rural individual game and team game players). It shows that there is no correlation between Competitive Behaviour and BMI.
9. Results show that the effects of Competitive Behaviour and Age are not significantly co-related in both (rural individual game and team game players). It shows that there is no correlation between Competitive Behaviour and Age.
10. Results show that the effects of Age and BMI are not significantly co-related in both (rural individual game and team game players). It shows that there is no correlation between Age and BMI.

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