



ANALYSIS OF ATTITUDE TOWARDS NUTRITION OF SPORTS PERSONNEL AND ATHLETES IN KERALA

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Abstract:

The purpose of the study was to analyse the attitude towards nutrition of sports personnel and athletes 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 Boys and 100 College Girls from all over Kerala. After construction of questionnaire for attitude towards nutrition, 20 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 college boy athletes are having more attitude towards nutrition than the college girl athlete.

Key Words: Nutrition, Attitude, Sports Personnel, Coach, Men, Women, Kerala.

Introduction:

Nutrition, the intake and use of nutrients are essential for the individual to continue his vital functions from the moment he is born, grows and develops, and lives a long time healthily and productively. On the other hand, the idea of healthy nutrition is the intake of all the nutrients required in adequate amounts, in a rich, balanced variety, and at the right time, taking into consideration the individual's age, gender, and physiological state. Healthy eating lowers inflammation and adverse effects, which makes people less likely to become ill and speeds up their recuperation when they do. People with poor nutritional profiles are more likely to suffer from psychological, cardiovascular, diabetes, obesity, and cancer (Gulen et al. 2021).

In the modern world, a variety of factors, including agricultural structure, geographic location, socioeconomic status, biology, psychology, and globalisation, influence people's healthy eating habits. Media, technology, and other factors can occasionally lead to people developing a negative attitude towards nutrition and developing diseases. Developing a healthy diet and lifestyle can be accomplished by raising social and personal awareness. People should be given the steps to access accurate information, assess it, and make the best choice in order to support their healthy eating habits (Tomasello et al. 2015).

Methodology:

The purpose of the study was to analyse the attitude towards nutrition of sports personnel and athletes 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 Boys and 100 College Girls from all over Kerala. After construction of questionnaire for attitude towards nutrition, 20 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.

Results:

Table 1: Descriptive Analysis of Attitude towards nutrition among Sports Personnel and Athletes in Kerala

S.No	Category	Mean	Std Deviation
1	Coaches	47.87	1.61
2	College Men Athletes	41.03	1.61
3	College Women Athletes	43.01	1.51

The above table clearly describes the mean, standard deviation and standard error of mean of attitude towards nutrition among sport personnel and athletes.

Table 2: Computation of Independent 't' ratio of Attitude towards nutrition between Coaches and College Men Athletes

	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	0.099	0.753	36.233*	398	0	6.76667	0.18676
Equal Variance Not Assumed			36.217	169.627	0	6.76667	0.18684

In order to examine differences in nutrition knowledge between the coaches and college men athletes, an independent samples t-test was conducted. Given a violation of Levene's test for homogeneity of variances, $F(1,398)=0.099$, $p = .753$, a t-test not assuming homogeneous variances was calculated. The results of this test indicated that there was a significant difference in attitude towards nutrition observed between the coaches and college men athletes and the obtained 't' ratio was 36.233. These results suggest that coaches ($M = 47.87$; $SD = 1.61$) and the college men athletes ($M = 41.10$; $SD = 1.61$) were shown significant difference.

Figure 1: Graph of Attitude towards nutrition between Coaches and College Men Athletes

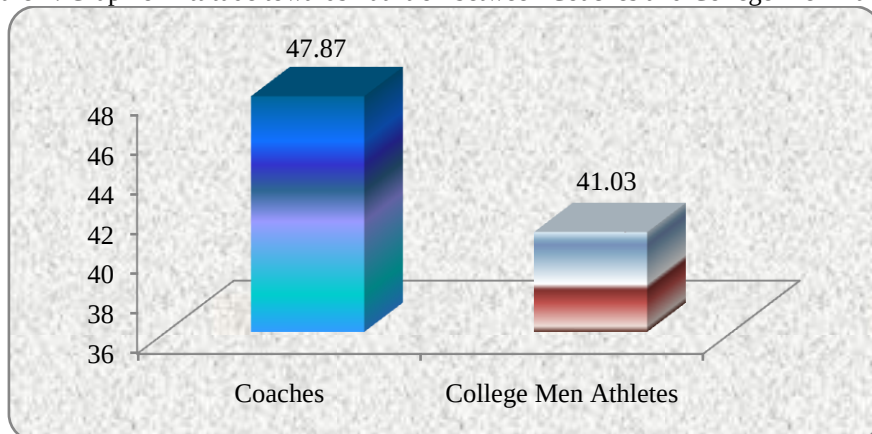


Table 3: Computation of Independent 't' ratio of Attitude towards nutrition between Coaches and College Women Athletes

	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	1.444	0.23	27.296*	398	0	4.86	0.17805
Equal Variance Not Assumed			26.415	160.805	0	4.86	0.18399

In order to examine differences in attitude towards nutrition between the coaches and college women athletes, an independent samples t-test was conducted. Given a violation of Levene's test for homogeneity of variances, $F(1,398)=1.444$, $p = .230$, a t-test not assuming homogeneous variances was calculated. The results of this test indicated that there was a significant difference in attitude towards nutrition observed between the coaches and college women athletes and the obtained 't' ratio was 27.29. These results suggest that coaches ($M = 47.87$; $SD = 1.61$) and the college women athletes ($M = 43.01$; $SD = 1.51$) were shown significant difference.

Figure 2: Graph of Attitude towards nutrition between Coaches and College Women Athletes

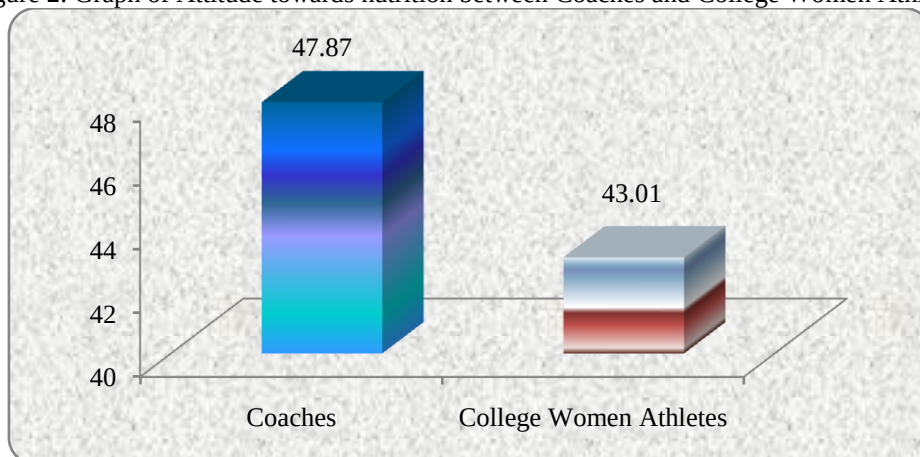
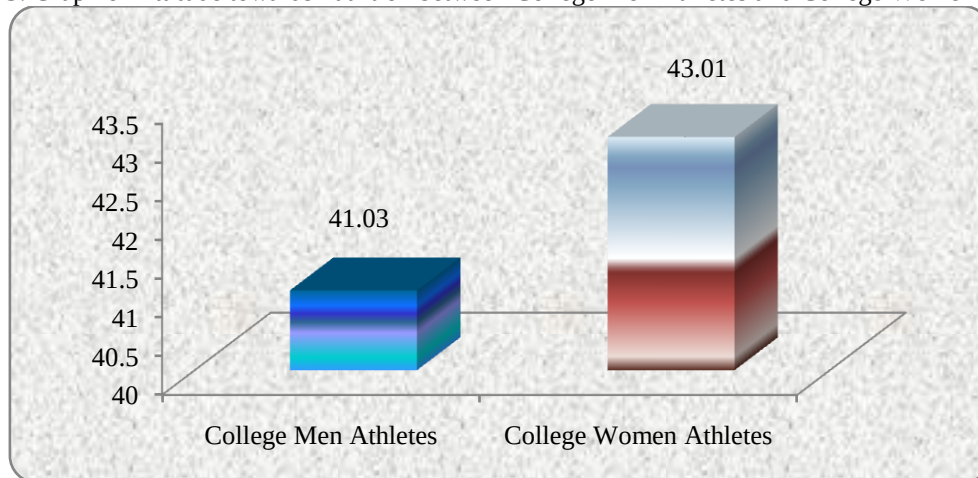


Table 4: Computation of Independent 't' ratio of Attitude towards nutrition between College Men Athletes and College Women Athletes

	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	1.465	0.227	-14.900*	598	0	-1.90667	0.12796
Equal Variance Not Assumed			-14.9	595.518	0	-1.90667	0.12796

In order to examine differences in attitude towards nutrition between the college men athletes and college women athletes, an independent samples t-test was conducted. Given a violation of Levene's test for homogeneity of variances, $F(1,598)=1.465$, $p = .227$, a t-test not assuming homogeneous variances was calculated. The results of this test indicated that there was a significant difference in attitude towards nutrition observed between the college men athletes and college women athletes and the obtained 't' ratio was 14.90. These results suggest that college men athletes ($M = 41.10$; $SD = 1.61$) and the college women athletes ($M = 43.01$; $SD = 1.51$) were shown significant difference.

Figure 3: Graph of Attitude towards nutrition between College Men Athletes and College Women Athletes



Conclusion:

The college boy athletes are having more attitude towards nutrition than the college girl athlete. Nutrition education is an important element in an overall strategy aimed at improving food security and preventing all forms of diseases.

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