

Comparison of Wellness Lifestyle between Sports Women and Non Sports Women of Devi Ahilya University, Indore

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Abstract

The objective of the study was to compare the wellness lifestyle between sports women and non-sports women of DAVV, Indore. For study a total of 120 females (60 Sports women and 60 Non Sports women) were selected as the subjects. The age ranged from 18-25 years. A questionnaire prepared by Anspangh David S.Michal, H.Hamrich and Fran D.Rosato having eight factors was used for the collection of data for the study. Mean, standard deviations and independent 't' test was used to compare the wellness lifestyle between sports women and non-sports women. The Findings of the Study clearly indicates that there was significant difference between mean of wellness lifestyle of sports women's and non-sports women's except alcohol and drug assessment and spiritual wellness assessment.

Introduction

Lifestyle is a typical way of life of an individual, group, or culture. The term was originally used by Austrian psychologist Alfred Adler (1870-1937). The term was introduced in the 1950 as a derivative of that of style in modernist art. The term refers to a combination of determining intangible or tangible factors. Lifestyle is expressed in both work and leisure behavior patterns and (on individual basis) in activities attitudes, interest, opinions, values and allocation of income. To find out the comparison lifestyle between sports women and non sports women of DAVV, Indore this study was done. To know the difference between sports women and sports women regarding the different variables of the questionnaire the study was done.

Everything that parents do will be very like to be transferred to their children through the learning Lifestyle means holding the believes and engaging in activities that consume fewer resources and produce less harmful waste and deriving a sense of self from holding these believes and engaging in these activities.

The outcomes in health and physical education learning areas are interrelated and contribute to development of healthy, active lifestyle for students. It will also include interpersonal skill such as communication, and decision making skills for choice of tactics and strategies. There are five outcomes which provide a framework for the kinder garden to 12 curriculums in health and physical education.

Lifestyle: According to People Millionaire, "A way of life or style of living that reflects the attitude and values of a person or group".

Methodology

A total of 120 female students 60 each from sports and non-sports stream from Devi Ahilya University, Indore were selected to serve as subjects of the study. Age of the subjects was ranged between 18 to 25 years. . A questionnaire prepared by Anspangh David S.Michal, H.Hamrich and Fran D.Rosato having eight factors was used for the collection of data for the study.

Mean, standard deviations and independent 't' test was used to compare the wellness lifestyle between sports women and non-sports women. In the questionnaire the Dependent Variables are 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), Intellectual Wellness Assessment (IWA) and Independent Variables are Sports women, Non-Sports women.

Findings and Result

Table 1 & 2 Descriptive Measure of wellness lifestyle of non-sports women (table-1) and sports women (table-2) of DAVV Indore

Variable	Table-1		Table-1	
	Mean	Std. Dev.	Mean	Std. Dev.
PA	60.47	13.81	76.80	6.928
ADA	93.00	7.023	91.88	6.631
NA	67.87	11.77	73.72	13.187
SoWA	74.28	10.61	78.78	10.982
SpWA	78.57	9.446	81.72	12.688
EWA	71.18	9.484	72.42	8.575
SCA	70.58	8.876	73.85	8.174
IWA	73.82	10.339	80.33	9.476
AvWA	73.81	5.784	78.68	5.298

Table 1 and Table-2 represents the means, standard deviations of physical assessment, alcohol and drug assessment, nutritional assessment, social wellness assessment, spiritual wellness assessment, emotional wellness assessment, stress control assessment, intellectual wellness assessment and overall wellness assessment of non-sports women and sports women of DAVV Indore.

Table-3

Mean difference and ‘t’ ratio of physical assessment, alcohol and drug assessment, nutritional assessment, social wellness assessment, spiritual wellness assessment, emotional wellness assessment, stress control assessment, intellectual wellness assessment of non-sports and sports women of DAVV Indore

Group Mean					
	Non-Sports Women	Sports Women	M.D.	SEDM	“t” Ratio
Physical Ass.	60.47	76.80	-16.33	1.195	-8.816*
Alcohol & Drug Ass.	93.00	91.88	1.120	1.247	.896
Nutritional Ass.	73.72	67.87	-5.850	2.282	-2.564*
Social Well. Ass.	74.28	78.78	-4.500	1.972	2.282*
Spiritual Well. Ass.	78.57	81.72	-3.150	2.042	-1.543
Emotional Well. Ass.	71.18	72.42	-1.232	1.651	-7.470*
Stress Cont. Well.	70.58	73.85	-3.267	1.158	-2.097*
Intellectual Well. Ass.	73.82	80.33	-6.517	1.811	-3.599*

***significant at .05 level with df (118) = 1.984**

Findings

The objective of the study was to compare the wellness lifestyle between sports women’s and non-sports women’s of Devi Ahilya University, Indore. The Findings of the Study clearly indicates that there was significant difference between mean of wellness lifestyle of sports women’s and non-sports women’s except alcohol and drug assessment and spiritual wellness assessment. So the hypothesis that there will be significant differences between sports women’s and non-sports women’s of Devi Ahilya University, Indore was accepted for Physical Assessment (PA), Nutritional Assessment (NA), Social Wellness Assessment (SWA), Emotional Wellness Assessment (EWA), Stress Control Assessment (SCA), Intellectual Wellness Assessment (IWA).

And there will be no significant differences between the Alcohol and Drug Assessment (ADA) and Spiritual Wellness Assessment (SPWA).

The sports women's were having greater physical wellness; this might be due to that the sports women's are involved in doing conditioning and work out every day and attending their practical classes regularly. So they are physically strong as compared to non-sports women's.

There was significant differences found related to nutritional assessment. The non-sports women's are having better nutritional assessment as compared to sports women's. This might be due to that non-sports women's are more aware of nutrition for balanced diet. Sports women's are practicing regularly so they are not getting the proper diet in their food.

There was significant difference found in related to social wellness Assessment among sports women's and non-sports women's of Devi Ahilya University, Indore; this might be due to sports women's are socially adjustable in all the conditions. They are the part of the team in which the players are from every regions, different caste and cultures. Sports women's having more social wellness this is due to that when a team is made women's are coming from different area, religion, caste, creed. All represent whole as a team.

There was significant difference found in related to Emotional Wellness Assessment among sports women's and non-sports women's of Devi Ahilya University, Indore; this might be due to sports women's were having greater emotions in comparison to non-sports women's. Non-sports women's were having almost similar routine but the routine of sports women's are very hectic and they have to attend the theory as well as practical classes in the ground too. They are more socially attracted and they spend more time with each other as compared to non-sports women's.

There was significant difference found in related to Stress Control Assessment among sports women's and non-sports women's of Devi Ahilya University, Indore; this might be due to that sports women's are not easily distracted and they cannot express their anger and having more patience as compared to non-sports women's. In sports coaches taught how to handle different situation with patience and easily recover from that.

There was significant difference found in related to Intellectual Wellness Assessment among sports women's and non-sports women's of Devi Ahilya University, Indore; this might be due to sports women's the sports women's are having the knowledge of latest trends and information's, current social and political issues and the medical care as compared to non-sports women's.

On the basis of result it was concluded that there was no significant difference between sports women's and non-sports women's of Devi Ahilya University, Indore in relation to Alcohol and Drug Assessment. This might be due to though Alcohol and Drug Assessment is related to a life of an individual, so in the study it was assumed that the responses obtained in the questionnaire may not be true due to the confidential factor in the life. It may be also assumed that in our society women's are apart from these types of habits.

There was no significant difference found in related to Spiritual Wellness Assessment among sports women's and non-sports women's of Devi Ahilya

University, Indore; this might be due to they all believe in God and Religions and are always faithful towards religious in similar manner.

CONCLUSIONS

On the basis of the findings of the study, the following conclusions are drawn:

In relation to Physical Wellness Assessment Significant Difference was found among the means of sports women's and non-sports women's. Sports women were found significantly superior than non-sports women. In Alcohol and Drug Assessment Insignificant Difference was found among the means of sports women's and non-sports women's. In Nutritional Wellness Assessment Significant Difference was found among the means of sports women's and non-sports women's. Non-sports women were found significantly superior than sports women. In Social Wellness Assessment Significant Difference was found among the means of sports women's and non-sports women's. Sports women's are more socially than non-sports women. In Spiritual Wellness Assessment Insignificant Difference was found among the means of sports women's and non-sports women's. In Emotional Wellness Significant Difference was found among the means of sports women's and non-sports women's. Sports women were found significantly superior than non-sports women. In Stress Control Assessment Significant Difference was found among the means of sports women's and non-sports women's. Sports women were found significantly superior than non-sports women. In Intellectual Wellness Assessment Significant Difference was found among the means of sports women's and non-sports women's. Sports women were found significantly superior than non-sports women.

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