



A COMPARISON OF BALANCED DIET AND NUTRITION OF PLAYERS AND NON-PLAYERS

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ABSTRACT

Every individual wants to live for a long time, feel better and improve our longevity, for which we require proper Diet. Food is fuel for the body be eating right food is one of the important steps in living healthy life. For this study, Researcher personally contacted 25 department of physical education Maharani Kishori Jat Kanya Mahavidyalay(MKJKM) Rohtak players, who had participated in inter-college tournament of different games and sports organised by MKJK college Rohtak and 25 non-player students of same institute. It is found that most of the players are non-vegetarian, the have knowledge about calories. Most of the players and non-players did not get proper guidance.

KEYWORDS :**Balanced diet-**

Balanced diet is one which provides all the Nutrients in required amount and proportion. Balanced diet should provide 50 to 60% calories. Nutrition is very important for the development of growth and development of players health.

Importance of Balanced Diet

- 1) A balanced diet is the one that gives the player's body with the nutrients it need to function correctly. In order to get the proper nutrition from diet.
- 2) A balanced diet is important because players organs and tissues need proper nutrition to work effectively, without proper nutrition player's body is more prone to disease infection, fatigue and poor performance. Player with a poor diet run the risk to growth and development tissues.
- 3) Balanced diet are food that are low in un-necessary fats and sugars but high in vitamins, minerals, proteins and other nutrients.

Hypothesis-

- A) It was hypothesized that college players and non-players may not have much difference in their daily intake quantities of food.
- B) It was also hypothesizes that the physical education teacher, coaches and parents may not guide them about the diet.

Method-

- 1) Sample- Simple random sample was used. 25 college players of MKJK Rohtak and 25 non-players of same college were selected between the age group of 18 to 28 years
- 2) A questionnaire and interview method was applied to collect the data for the research. The collected data was formulated in the form of table. Seven tables were prepared in which the data was filled. The data was analyzed through percentage and conclusion was drawn.

Percentage with description is given in the following Table:-
(No of players veg. & non-veg. 25 and No. Of non-players veg & non-veg 25.

Table No.	Description	No of players (veg)	No of players (non-veg)	No of non players (veg)	No of non players (non-veg)
1.	Table shoing % of vegetarian and non-vegetarian players	7.67%	92.33%	66.33%	36.67%
2.	Table showing awareness about diet players	Aware 65.67%	Non-aware 34.33%	Aware 60%	Non-aware 40%
3.	Table shows forgetting guidance about Diet	Coaches 22% Dietician 7.10% Self 34.16% Doctor 6.32% Nobody 30.42%	22% 7.10% 34.16% 6.32% 30.42%	Coaches 0% Dietician 15.34% Self 34.66% Doctor 10% Nobody 40%	0% 15.34% 34.66% 10% 40%

4.	Table showing knowledge about getting calories	Getting 14.67%	Non-getting 85.33%	Getting 4.33%	Non-getting 95.67%
5.	Table showing breakfast plan	11%	89%	4.34%	95.66%
6.	Table of daily intake calories	2719	-	2460	48 cal
7.	Table shows Intake of supplements	Yes 7.67%	No 92.335	Yes 0%	No 100%

Conclusion-

As per the above mentioned seven table wise percentage the following conclusion were drawn:

- 1) Most of the college players are non-vegetarian.
- 2) Most of the college non players students are vegetarian.
- 3) It is found that 14.67% of college players have knowledge about getting calories daily while its percentage of non players is 4.33%.
- 4) After the study it is found that 11% players while 4.34% non players have plan of their breakfast.
- 5) It is found that most of the players did not have knowledge about their daily intake calories.
- 6) It is found that college players and non players do not get proper guidance.
- 7) It us also found that the parents are not taking much interest about the diet of their children. In fact according to their age group it should be provided to them.

References-

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