

## CHOICE OF FOOD AND AMOUNT OF PROTEIN AND GLYCOGEN AMONG SPORTSPERSON



### Sports Science

**KEYWORDS:**vegetarian, non-vegetarian, protein, glycogen and sports person.

**Mukesh Kumar**

Research Scholar at LNIPE Gwalior

#### ABSTRACT

The study was aimed to analyse the choice of food and amount of protein and glycogen among the sportspersons. A total of 60 subjects were drawn from the (Lakshmbai National Institute of Physical Education, Gwalior) who have joined this profession from at least 3 years. Out of 60 samples 30 were vegetarian remaining 30 were non-vegetarian. The age of the subjects is ranges between 18 to 28 years. The non-probability sampling technique (purposive sampling method) was used to select the samples from the population. The data was collected with the help of body composition analyser "Maltron Bioscan 916". Before collection of the data the subjects are fully aware about the meaning of vegetarian and non-vegetarian. The data was analysed through the SPSS 20 version, by applying the descriptive statistics. After analysing the data it was concluded that there is no significance difference is found between vegetarian and non-vegetarian, because the p value associated with protein and glycogen is (.286 and .643) which is greater than 0.05 level of significance. Hence the null hypothesis there is no difference among the groups is fail to reject and it was concluded that the choice of food have nothing to do with amount of protein and glycogen

#### Introduction

The field of physical education and sports is affected by the development in science and technology because it is becoming more competitive and innovative day by day. The physical educationists and sports scientists are working hard to develop suitable methods to enhance existing level of performance. There are many reasons for the continuous improvement in performance. The large numbers of young people are coming in contact with systematic coaching for a better selection procedure. Modern coaching methods are improved by the application of the results of research in all the related sciences.

With the progress of modern civilization to the computer era, the field of sports also gets sophisticated beyond the recreational approach. The interest in games and sports has motivated the researchers towards a number of scientific researches and observations. So that researcher was attempting to analyse the choice of food and amount of protein and glycogen. For making himself fit the required amount protein and glycogen plays a vital role, but there is different-different thoughts or thinking of people regarding vegetarian food and non-vegetarian food. Some people think that non-vegetarian food is better than vegetarian food. But the country like India where Brahmins were not excepted non-vegetarian food in their diet due to religious belief that "Brahmins are not made for eat non-vegetarian food" along with  $F_{n}$  Brahmins there are lot of another Hindu communities who cannot allowed their children to eat non-vegetarian food. Irrespective to this, when I see the literature there is still controversy in the in the result of effect of vegetarians and non-vegetarian habits on the body composition of boxers. Acc to Chris Forbes-Ewan, in his report he suggested that many of endurance player at international level or successful endurance players are vegetarian whereas only few of strength and power related elite athletes follow the vegetarian diet. Most preferably strength and power related athletes prefer non-vegetarian food like meat. Boston university School of health "a planned and appropriation proportion of veg. food not only fulfill the nutritive value but also important to prevent certain diseases. This means vegetarian diet is very good for make good health. White, R. An organized and well planned vegetarian diet is perfectly good for health and also can helpful to reduce the risk of diseases. This kind of studies gives confidence me to study on the "CHOICE OF FOOD AND AMOUNT OF PROTEIN AND GLYCOGEN AMONG SPORTSPERSON".

#### Objective of the study

The objective is to compare choice of food and amount of protein and glycogen among vegetarian and non-vegetarian groups.

#### Hypothesis

The hypothesis of the study was "there will be significant difference between both the groups of vegetarian and non-vegetarian".

#### Significance of the study

The study will be helpful to nutrition and for individuals to choose their own choice of food and helpful to remove the myths of society that that vegetarian diet is insufficient to fulfil the requirement of protein in the body.

#### Methodology

For the purpose of study the data was conducted on 60 subjects of physical education profession from Lakshmbai National Institute of Physical Education, Gwalior who have joined this profession from at least 3 years. Out of 60 samples 30 were vegetarian remaining 30 were non-vegetarian. The age of the subjects is ranged between 18-28. The data was collected with the help of non-probability sampling technique (purposive sampling method). Before collecting the data the subjects are fully aware about the meaning of vegetarian and non-vegetarian. The data was collected with the help of body composition analyser "Maltron Bioscan 916". The data was analysed through the SPSS 20 version, by applying the descriptive statistics.

#### Findings and Interpretations

In the following sections the statistically analysed data has been presented. Results pertaining the analysis of protein and glycogen between vegetarian and non-vegetarian.

**Table-1: Analysis of protein and glycogen between vegetarian and non-vegetarian.**

Variables		N	Mean	Std. Devi ation	Std. Error Mean	f-value	t value	sig.
Protein	Non-veg.	30	11.3847	2.53034	.4619	0.61	1.083	0.283
	veg.		10.678	2.52418	.46085			
Glycogen	Non-veg.	30	473.667	74.92494	13.679	0.207	-.467	0.643
	veg.		483.167	82.71934	15.102			

After analysing the raw data through SPSS software the above table was obtained which express the whole picture of the data. The mean value of protein for non-vegetarian is 11.3847 which is greater than from vegetarian group. Whereas the mean value of glycogen for vegetarian is 483.167 which is greater than that of non-vegetarian. The p value for both the groups are 0.283 and 0.643 which is greater than 0.05. Hence, it is proved that there is no significant difference is found in between the groups of vegetarian and non-vegetarian.

**Conclusion**

This study was designed to analyse the protein and glycogen level among vegetarian and non-vegetarian. The study was found no significant difference in the both groups of vegetarian and non-vegetarian boxers. So this can be concluded that choice of food have nothing to do with the protein and glycogen amount. Following are the main reasons why the choice of food has nothing to do with protein and glycogen:-

- 1) The reason might be the both vegetarian and non-vegetarian boxer fallows the required level of nutrition chart.
- 2) The reason may be this, that both the groups are belongs to the physical educational background.

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