

NUTRITIONAL AWARENESS AMONG WOMEN PLAYERS FROM DIFFERENT AREAS OF ANDHRA PRADESH

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ABSTRACT

The foremost aim of physical education has been to inculcate a healthy mind in a healthy body. The aim of this study was to find out the differences in nutritional awareness among urban, semi urban and rural women players in Andhra Pradesh. The investigator administered a nutritional awareness questionnaire consisting of 25 statements among 50 rural women players; 50 semi urban women players and 50 urban women players of different disciplines. The filled up questionnaire were scored and the total scores for all the twenty five statements were considered as the nutritional awareness level of the subjects. The differences on nutritional awareness among urban, semi urban and rural women players were tested for statistical significance using ANOVA. In all cases 0.05 level was fixed to test the significance. The results proved that there were significant differences on nutritional awareness among urban, semi urban and rural women players ($P < 0.05$). The paired mean comparisons proved that urban women players were having highest nutritional awareness (M: 86.86), followed by semi urban women players (M: 81.86) and then by rural women players (M: 79.48). The differences between urban and semi urban players and urban and rural women players were significant and there was no significant differences between semi urban and rural women players. The findings of this study proved that rural women players were significantly having lesser nutritional awareness and hence the study recommends the strong need of nutritional education for women players in the rural area.

Key Words: Nutrition, Awareness, Women Players

1. INTRODUCTION

Adolescence is the transitional period between childhood and adulthood. During this period individual move towards physical and psychological maturity, and economic independence and acquire their adult identity. Demographically, India is a young country today as more than 70% of the population is under the age of 35. According to census 2001, there are 225 million adolescents in the age group of 10 to 19 years. Adolescence is an intense anabolic period when requirements for all nutrients increases. This period is very crucial since these are formative years in the life of an individual when major physical, psychological and behavioural changes take place (Patil SN, Wasnik V, Wadke R, 2009). Adolescent girls, constituting nearly one tenth of Indian population, form a crucial segment of the society. The girls constitute a more vulnerable group especially in the developing countries where they are traditionally married at an early age and are exposed to greater risk of reproductive morbidity and mortality. In general adolescent girls are the worst sufferers of the ravages of various forms of malnutrition because

of their increased nutritional needs and low social power(Choudhary S, Mishra CP, Shukla KP, 2003) Nutritional deficiencies has far reaching consequences, especially in adolescent girls. If their nutritional needs are not met, they are likely to give birth to undernourished children, thus transmitting under nutrition to future generation. Unfortunately, assessment of nutritional status of adolescent girls has been the latest explored area of research particularly in rural India.(Shivaramakrishna H.R, Deepa A.V, Sarithareddy M`, 2011) The nutritional intake depends on the nutritional awareness of rural, semi urban and urban girls Hence it is essential to assess the nutritional awareness differences of status of adolescent girls, especially in rural area.

Nutritional deficiency is almost impossible to avoid in these modern times. With our busy lifestyle, the ever-tempting convenience of fast food, it is now very difficult to enjoy excellent daily nutrition. The foremost aim of physical education has been to inculcate a healthy mind in a healthy body. Our body is indeed an instrument satisfying all our needs. Its maintenance and upkeep has always been a serious concern of formal education. It finds expression as health education and organisation of games and sports. Players always tend to improve their performance through vigorous physical activities and training and do not give more attention for their nutritional food habits. Women players were found to be more conservative than men players in taking nutritional food which was largely responsible for their nutritional awareness.

Melissa C. Mullinix (2003) stated that female soccer players reported an energy intake of 34 kcal/kg body weight (total 2015 kcal/day). The contribution of protein, fat and carbohydrate to total energy intake were 15%, 30% and 55%, respectively. Dietary intakes of vitamins D and E were less than two-thirds of the recommendations and intake of all minerals was greater than two-thirds of the recommendations. The self-reported health status suggests that this was a healthy group of female athletes. Responses to the nutrition attitude questions suggest that these athletes may benefit from appropriate education regarding the role of nutrients in health and performance. From a review of energy intake of male and female athletes in different sports, Burke *et al* (2001)concluded that the energy intake of female athletes, expressed relative to body mass, is about 70% of that of their male counterparts. This can be explained by the lower intensity, frequency and duration of the training programmes of most female athletes. Many studies, however, report that some athletes seem to be in negative energy balance, and such observations seem to apply more often to female athletes than to their male counterparts: these observations and the potential explanations have been reviewed in detail

by Loucks (2004). It does seem that some female athletes are in precarious energy balance, and maintain a low body mass and low body fat content by prolonged energy restriction, including some periods of negative energy balance. This is not unique to female athletes, in many societies women are under greater pressure to maintain a low body fat content. At a time when the prevalence of obesity is increasing rapidly, some parts of the population are moving in the opposite direction. In a comprehensive review of match activities, patterns of play and energy demands of both training and match play, Bangsbo *et al* (2006) were able to present little information on the female player. There also seem to be rather few data on the energy intakes of female players and most of those are based on short term measurements (typically three days) using household measures to estimate portion sizes that were then recorded in a food diary. The food intake, especially nutritional food intake depends on an individual awareness and attitude. KieferIngrid, RathmannerTheres, and KunzeMichael (2005) documented that there are some considerable gender-specific differences in many areas of nutrition. Women are more often affected by problems with their eating behaviour, such as craving for special foods, that men are. The reasons for the different eating behaviours and the different attitudes towards nutrition can be found in psychological and socio-cultural factors. And in these circumstances, this research is devoted to find out the differences in nutritional awareness among urban, semi urban and rural interuniversity women players in Andhra Pradesh which will help sports managers and nutritional specialists to take suitable remedial action for the all-round development of these players.

2. METHODOLOGY

To achieve the purpose of the study, the investigator administered a nutritional awareness questionnaire consisting of 25 statements among 50 rural women players; 50 semi urban women players and 50 urban women players of different disciplines. The administered questionnaire has four dimensions. Each statement was responded by the respondents for a 5 point scale, strongly agree, Agree, Neutral, Disagree and Strongly disagree. The filled up questionnaire were scored and the total scores for all the twenty five statements were considered as the nutritional awareness level of the subjects. The differences on nutritional awareness among urban, semi urban and rural women players were tested for statistical significance using ANOVA. In all cases 0.05 level was fixed to test the significance.

3. RESULTS

Table 1: Analysis of Differences in Nutritional Awareness among Urban, Semi Urban and Rural Women Players

	Urban Women Players	Semi Urban Women Players	Rural Women Players	Source of Variance	Sum of Squares	Df	Mean Square	F
Mean	86.86	81.86	79.48	Between	1418.81	2	709.41	13.43*
				Within	7766.52	147	52.83	

Required Table Value F(2,147): 3.07

* Significant

Since significant F value was obtained, the results were further subjected to post hoc analysis using Scheffe's post hoc analysis and the results presented in Table II.

Table 2: Multiple comparisons of Paired Means of Urban, Semi Urban and Rural Women Players on Nutritional Awareness

Urban Women Players	Semi Urban Women Players	Rural Women Players	Mean Difference	Required Confidence Interval
86.86	81.86		5.00*	3.60
86.86		79.48	7.38*	3.60
	81.86	79.48	2.38	3.60

* Significant

4. Discussions

The results presented in Table I proved that there were significant differences on nutritional awareness among urban, semi urban and rural women players as the obtained F value was greater than the required table F value to be significant at 0.05 level. The paired mean comparisons proved that urban women players were having highest nutritional awareness (M: 86.86), followed by semi urban women players (M: 81.86) and then by rural women players (M: 79.48). The differences between urban and semi urban players and urban and rural women players were significant and there was no significant differences between semi urban and rural women players. Ingrid Kiefer et.al. (2013) reported that the reasons for the different eating behaviours and the different attitudes towards nutrition can be found in psychological and socio-cultural factors. Sweta Singh, Sangeeta Kansal, and Alok kumar (2011) found caste, religion and marital status were significantly ($p < 0.05$) associated with nutritional status of adolescents. The findings of this study that rural women players were significantly less nutritional awareness than urban players were in agreement with the studies of Ingrid Kiefer et.al. (2013) and Sweta Singh, Sangeeta Kansal, and Alok kumar (2011).

5. CONCLUSIONS

The findings of this study proved that rural women players were significantly having lesser nutritional awareness and hence the study recommends the strong need of nutritional education for women players in the rural area.

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