

Comparative Self-Care Assessment of Sportspersons in Various Sports

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Abstract:

This research paper aims to assess the self-care practices among athletes participating in different sports. Understanding the self-care behaviors and routines of sportspersons is crucial for optimizing their physical and mental well-being, performance, and overall quality of life. This study investigates various aspects of self-care, including physical, psychological, and emotional dimensions, and explores potential differences based on sport-specific demands and training regimens.

Introduction:

Athletes face unique physical and psychological demands due to the rigorous training and competitive nature of sports. Adopting effective self-care practices can play a significant role in preventing injuries, enhancing recovery, managing stress, and promoting overall athlete well-being. This research aims to assess the self-care behaviors of sportspersons across different sports and identify potential variations based on specific sport requirements.

Self-care means maintaining one's own health. It is any action carried out by an individual, a family, or a group of people with the goal of enhancing or regaining health or of managing or preventing disease. All health choices people (as individuals or customers) make for themselves and their families in order to maintain their physical and mental fitness are considered self-care. Exercise is a form of self-care that promotes both physical and mental well-being. In order to maintain excellent health, one should also consume a balanced diet, self-medicate, practise proper cleanliness, and abstain from health risks like drinking and smoking. Self-care includes looking after minor illnesses, chronic problems, or one's own health after receiving secondary and tertiary medical attention. People do self care, and experts and professionals encourage it so that people might practise improved self care.

Support for self care has a significant enabling value and wide use in developing nations with a health care system that is already overburdened. However, it also has a crucial part to play in wealthy nations where people are more aware of their health and desire to take a bigger part in taking care of themselves.

Objectives of the study:

Two objectives were established for the study's purposes, and they are as follows:

(1) The first objective was to assess students' self-care in three distinct physical education courses.

(2) The comparison of students in three different physical education courses' self-care was the second objective.

Methodology:

Subjects:

The study was conducted taking Self Care on 45 students of different Sports [15 from American Football, 15 from Rugby and 15 from Arm Wrestling players] with the purpose to characterize students of three different Sports on Self Care and to compare the students of three different Sports by their Self Care responses. Self Care was measured by Questionnaire named "Self Care Inventory" developed by David Anspaugh S, Hamrich Michael, H. and Rosato Frank D. This questionnaire was adopted to collect data on Self Care. To characterize students of three different Sports on Self Care; descriptive statistics were used. To compare the students of three different Sports by their Self Care, Analysis of Variance was employed at 0.05 level of significance. On the basis of results, the following conclusions were drawn: The American Football, Rugby and Arm Wrestling players though found to be fair for some Self Care but still there exists a difference in the scores for Self Care. No significant difference was found among the means of three different groups American Football, Rugby and Arm Wrestling players, since the Tabulated Value was found greater than F- value.

Scores of Self Care

S. No.	American Football	Rugby	Arm Wrestling
1	44	59	58
2	53	58	39
3	41	48	37
4	50	44	56
5	52	39	49
6	49	43	43

7	45	48	62
8	40	47	55
9	50	48	45
10	44	52	56
11	42	56	44
12	51	39	50
13	-----	56	46
14	-----	55	-----

Test for Self Care

Questionnaire named “Self Care Inventory” developed by David Anspaugh S, Hamrich Michael, H. and Rosato Frank D. was adopted to collect data for Self Care.

Selection of different Sports

For the purpose of the study, students of following three different Sports were selected:

- American Football
- Rugby
- Arm Wrestling

Statistical Analysis

-To characterize Students of three different Sports on their Self Care, descriptive statistics were used.

-To compare Self Care of three different Sports, Analysis of Variance (ANOVA) was used at 0.05 level of significance.

Findings and Conclusions:

First objective:

To characterize students of three different Physical Education Courses on their Self Care

Table-1

Descriptive Statistics of Self Care among three Different Physical Education Courses Students

Measures	Sports		
	American Football	Rugby	Arm Wrestling
Mean	46.75	49.42857	49.23077
Standard Error	1.320726	1.799616	2.139835
Median	47	48	49
Mode	44	48	56
Standard Deviation	4.57513	6.733547	7.715286
Sample Variance	20.93182	45.34066	59.52564
Kurtosis	-1.6372	-1.17364	-1.05452
Skewness	-0.12089	-0.13314	0.037382
Range	13	20	25
Minimum	40	39	37
Maximum	53	59	62
Sum	561	692	640
Count	12	14	13

1. On the basis of the norms Self Care, American Football Players were found Passive consumer.
2. On the basis of the norms of Self Care, Rugby Players were found Possibility for improvement.
3. On the basis of the norms of Self Care, Arm Wrestling Players were found Possibility for improvement. (The American Football Players though found to be Passive. Rugby Players, and Arm Wrestling Players though found to be Possibility for improvement but still there exists a difference in the scores for Self care.)

Second objective:

To compare Self Care of three different Physical Education Courses Students.

Table-2

Analysis of Variance of the means of three different Sports Players

	SS	df	MS	F	Sig.
Between Groups	55.70604	2	27.85302	0.653662*	.137
Within Groups	1533.986	36	42.61073		

*Insignificant at .05 level

F-value required to be significant at 2, 36 df = 3.26

Table -2 clearly revealed that no significant difference was found among the means of three different courses i.e. American Football Players, Rugby Players and Arm Wrestling Players, since the calculated F- Value was found lower than tabulated value.

Since F-value was not found significant, Scheffe's Post Hoc test was not applied for inter-group comparison

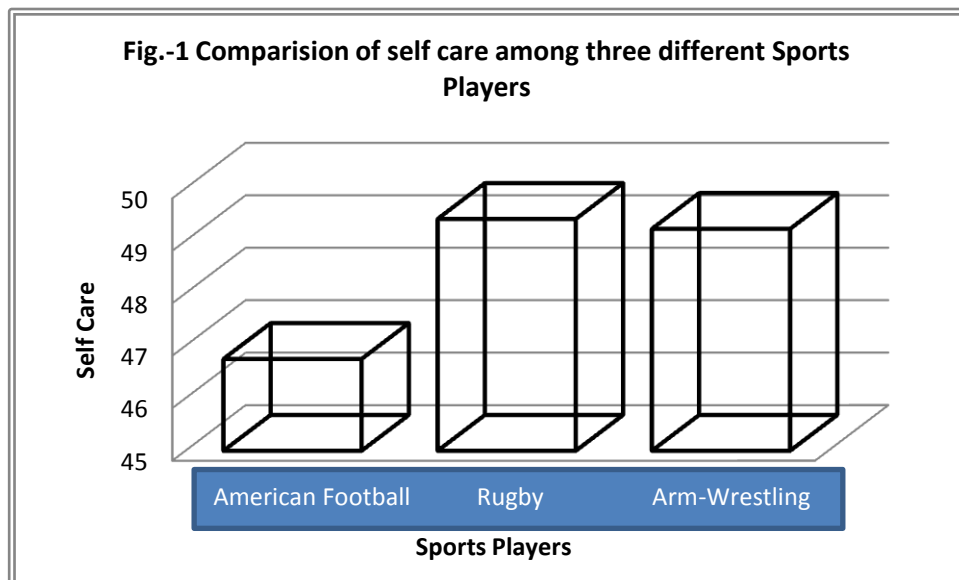


Table- 3

Responses of the three Sports Players in relation to Self Care according to the Norms of Self Care

Groups		
American Football	Rugby	Arm Wrestling
Passive	Possibility for improvement	Possibility for improvement

Discussion:

The result of the present study revealed that no significant difference was found among Football Players, Rugby Players and Arm Wrestling Players in relation to Self care.

According to Pearson, J. M. Schlettwein-Gsell, D. Brzozowska, A. Staveren, W. A. van Bjornsbo, K. (2001) Nutritional risk was associated with diminished cognitive status and diminished self-care ability, but not associated with living alone. Elderly people with diminished cognitive function and diminished self-care ability had more than 2 times higher risk of being at nutritional risk. In addition, the strength of relationships between cognitive status and self-care ability, self-care ability and living situation, and cognitive ability and living situation all increased over time. In the oldest, lifestyle characteristics and functional ability appeared to be stronger predictors of risk for malnutrition than in younger adults.

To avoid nutritional risk especially risk of malnutrition, assessment of self care as well as improvement in lifestyle is not only required in the society but essential for society.

Potential Significance:

Understanding the self-care behaviors of athletes in different sports can have wide-ranging implications for sports organizations, coaches, trainers, and healthcare professionals. The findings may contribute to the development of evidence-based guidelines and interventions aimed at optimizing athlete well-being, injury prevention, and performance enhancement. Moreover, this research may foster a culture of self-care among athletes, emphasizing the importance of holistic well-being and longevity in sports participation.

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