



# International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685  
E-ISSN: 2394-1693  
Impact Factor (ISRA): 5.38  
IJPESH 2016; 3(6): 65-68  
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www.kheljournal.com  
Received: 14-09-2016  
Accepted: 15-10-2016

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## Life style assessment of Indian sports girls and NRI sports girls of Gujarat State: A comparative study

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### Abstract

The study was conducted on selected contents related to life style assessment on the subjects selected from different Indian Sports Girls and NRI Sports Girls of Gujarat State. Fifty students from Indian Sports Girls and Indian Sports Girls were selected randomly. Age of the subjects ranged from 15 to 18 years. The purpose of the study was to compare Students on their selected Life-style responses. The selected contents related to life style assessment were Physical Assessment, Alcohol & Drug Assessment, Nutritional Assessment, Social Wellness Assessment, Spiritual Wellness Assessment, Emotional Wellness Assessment, Stress Control Assessment and Intellectual Wellness Assessment. To compare Indian Sports Girls and NRI Sports Girls on their selected Life-style assessment responses, T-Test was employed. On the basis of results, the following conclusions were drawn: On the basis of the norms of Life-style Assessment inventory (L.A.I.), the students were excellent Indian Sports Girls and NRI Sports Girls were average in case of physical assessment & significant difference was found between the means of Indian Sports Girls and NRI Sports Girls. Incase of Alcohol and Drug Assessment, Indian Sports Girls students were excellent and NRI Sports Girls were below average on the basis of the norms of life style assessment inventory (L.A.I.) & significant difference was found between the means of Indian Sports Girls and NRI Sports Girls. Incase of Nutritional Assessment, Indian Sports Girls students were good and NRI Sports Girls were average on the basis of the norms of life style assessment inventory (L.A.I.) & significant difference was found between the means of Indian Sports Girls and NRI Sports Girls. Incase of Social Wellness Assessment, Indian Sports Girls and NRI Sports Girls were average on the basis of the norms of life style assessment inventory (L.A.I.) & significant difference was found between the means of Indian Sports Girls and NRI Sports Girls. Incase of Spiritual Wellness Assessment, Indian Sports Girls students were good and NRI sports Girls students were average on the basis of the norms of life style assessment inventory (L.A.I.) & significant difference was NRI Sports Girls were good on the basis of the norms of life style assessment inventory (L.A.I.) & insignificant difference was found between the means of Indian Sports Girls and NRI Sports Girls. Incase of Stress Control Assessment, Indian Sports Girls students were excellent and NRI Sports Girls were average on the basis of the norms of life style assessment inventory (L.A.I.) & significant difference was found between the means of Indian Sports Girls and NRI Sports Girls. Incase of Intellectual Wellness Assessment, Indian Sports Girls and NRI Sports Girls were average on the basis of the norms of life style assessment inventory (L.A.I.) & significant difference was found between the means of Indian Sports Girls and NRI Sports Girls. Except emotional wellness assessment, in all the selected life-style assessment contents, Indian Sports Girls students proved to be superior to the NRI Sports Girls students. This might be due to the reasons that Indian Sports Girls regular participate in games and sports. Meditations that contribute to healthy life-style of the subjects as well as many practices of Yoga contribute to the spiritual development of the subject that leads to healthy life-style. Pranayama may be one of its best examples.

**Keywords:** Life style assessment, Indian sports girls, NRI sports girls

### Introduction

#### Objective of the Study

Objective of the study was to compare Indian Sports Girls and NRI Sports Girls on their selected Life-style responses.

### Methodology

#### Subjects

Subjects for the study were selected from different CBSE School of Gujarat state. Fifty subjects were selected from Indian Sports Girls and Indian Sports Girls Fifty from Age of the subjects ranged from 15 to 18 years.

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**Variables/Contents Selected**

Following contents related to Life-style assessment were selected.

- a) Physical assessment.
- b) Alcohol and Drug assessment.
- c) Nutritional assessment.
- d) Social wellness assessment.
- e) Spiritual wellness assessment.
- f) Emotional wellness assessment.
- g) Stress control assessment.
- h) Intellectual wellness assessment.

**Questionnaire Used**

Life-style assessment inventory by Anspangh Davids, Michael, H. Hamrich and Frank D. Rosato was adopted to collect data for Life-style assessment.

**Statistical Analysis**

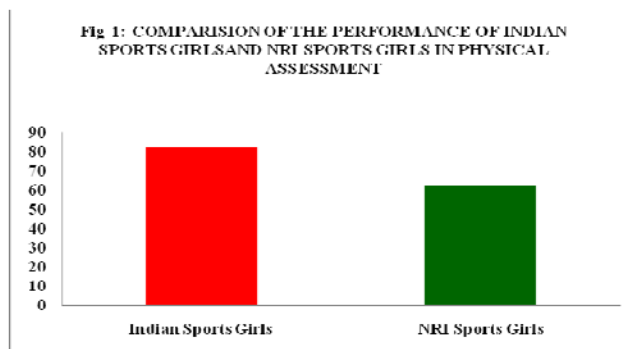
To compare Indian Sports Girls and NRI Sports Girls on their selected Life-style assessment responses, T-Test was employed. DATA were analyzed by using S.P.S.S (Statistical package of Social Sciences).

**Findings**

**Table 1:** Comparison of the performance of Indian sports girls and NRI sports girls in physical assessment

Means		T-Ratio
Indian Sports Girls	NRI Sports Girls	
82.16	62.63	52.27*

\*Significant at 0.05 levels



**Fig 1**

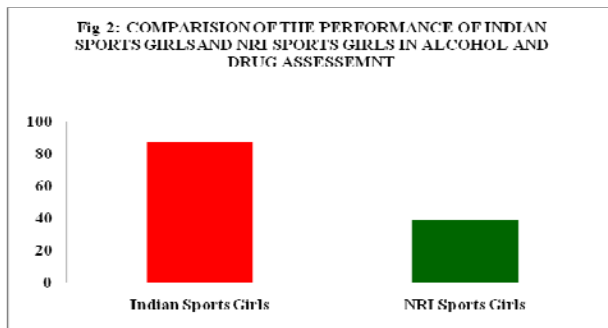
T value at 118 df = 1.98

Table-1 clearly indicates that significant difference was found between the means of a Indian Sports Girls and NRI Sports Girls as the observed T-ratio was 52.27, which was higher value than the required value (1.98) to be significant at 0.05 level of significance.

**Table 2:** comparison of the performance of Indian sports girls and NRI sports girls in alcohol and drug assessment

Means		T-Ratio
Indian Sports Girls	NRI Sports Girls	
87.33	38.66	126.65*

\*significant at 0.05 level.



**Fig 2**

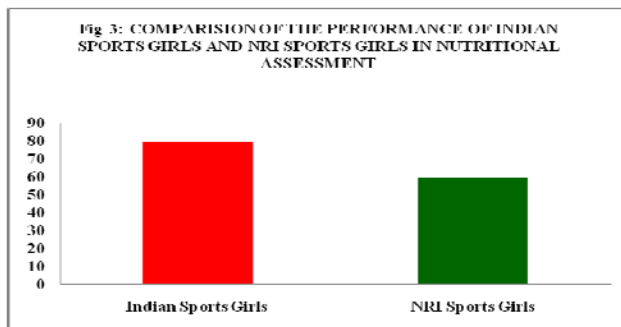
T value at 118 df = 1.98

Table-2 clearly indicates that significant difference was found between the means of Indian Sports Girls and NRI Sports Girls as the observed T-ratio was 126.65, which was higher value than the required value (1.98) to be significant at 0.05 level of significance.

**Table-3:** Comparison of the performance of Indian sports girls and NRI sports girls in nutritional assessment

Means		T-Ratio
Indian Sports Girls	NRI Sports Girls	
79.73	59.80	53.39*

\*significant at 0.05 level.

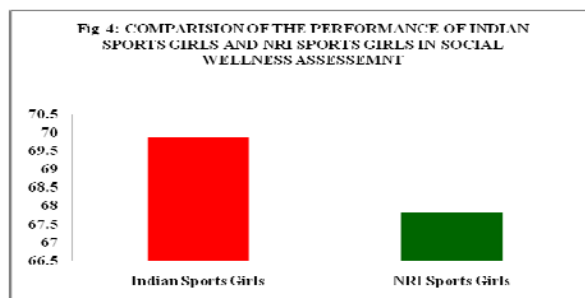


**Fig 3**

T value at 118 df = 1.98 Table-3 clearly indicates that significant difference was found between the means of Indian Sports Girls and NRI Sports Girls as the observed T-ratio was 53.39, which was higher value than the required value (1.98) to be significant at 0.05 level of significance.

**Table 4:** Comparison of the performance of Indian sports girls and NRI sports girls in social wellness assessment

Means		T-Ratio
Indian Sports Girls	NRI Sports Girls	
69.86	67.83	5.48*



\*Significant at 0.05 levels.

**Fig 4**

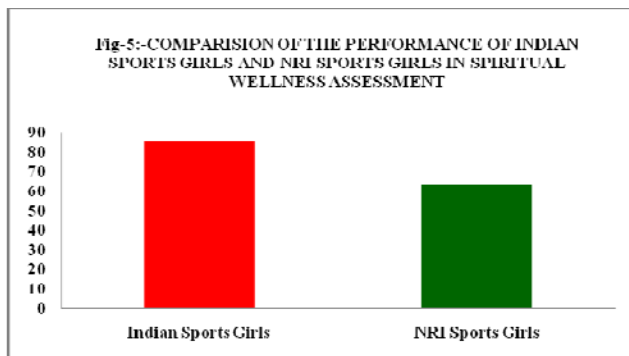
T value at 118 df = 1.98

Table-4 clearly indicates that significant difference was found between the means of Indian Sports Girls and NRI Sports Girls as the observed T-ratio was 5.48, which was higher value than the required value (1.98) to be significant at 0.05 level of significance.

**Table 5:** Comparison of the performance of Indian sports girls and NRI sports girls in spiritual wellness assessment

Means		T-Ratio
Indian Sports Girls	NRI Sports Girls	
85.56	63.63	60.53*

\*significant at 0.05 level. T value at 118 df = 1.98



**Fig 5**

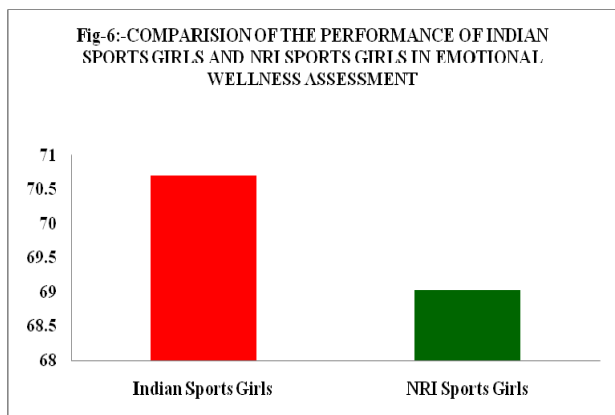
Table-5 clearly indicates that significant difference was found between the means of Indian Sports Girls and NRI Sports Girls as the observed T-ratio was 60.53, which was higher value than the required value (1.98) to be significant at 0.05 level of significance.

**Table 6:** Comparison of the performance of Indian sports girls and NRI sports girls in emotional wellness assessment

Means		T-Ratio
Indian Sports Girls	NRI Sports Girls	
70.70	69.03	1.51*

\*significant at 0.05 level.

T value at 118 df = 1.98



**Fig 6**

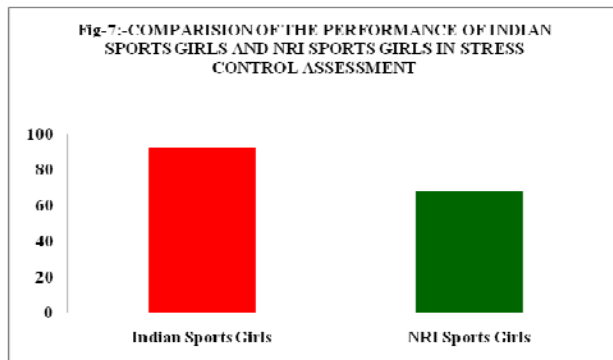
T value at 118 df = 1.98

Table-6 clearly indicates that insignificant difference was found between the means of Indian Sports Girls and NRI Sports Girls as the observed T-ratio was 1.51, which was lower value than the required value (1.98) to be significant at 0.05 level of significance.

**Table 7:** comparison of the performance of Indian sports girls and NRI sports girls in stress control assessment

Means		T-Ratio
Indian Sports Girls	NRI Sports Girls	
92.46	68.06	65.80*

\*significant at 0.05 level.



**Fig 7**

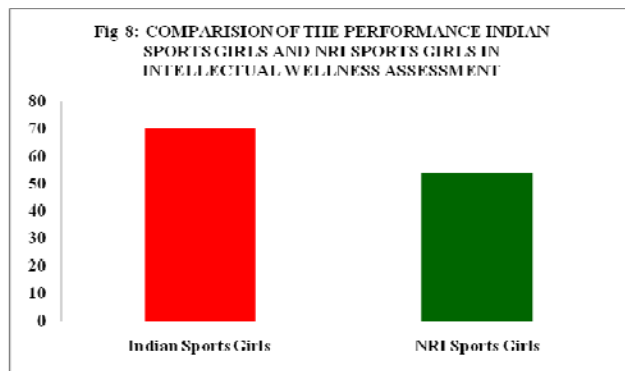
T value at 118 df = 1.98

Table-7 clearly indicates that significant difference was found between the means of Indian Sports Girls and NRI Sports Girls as the observed T-ratio was 65.80, which was higher value than the required value (1.98) to be significant at 0.05 level of significance.

**Table 8:** Comparison of the performance Indian sports girls and NRI sports girls in intellectual wellness assessment

Means		T-Ratio
Indian Sports Girls	NRI Sports Girls	
70.20	53.76	48.38*

\*significant at 0.05 level.



**Fig 8**

T value at 118 df = 1.98

Table-8 clearly indicates that significant difference was found between the means of Indian Sports Girls and NRI Sports Girls as the observed T-ratio was 48.38, which was higher value than the required value (1.98) to be significant at 0.05 level of significance.

**Conclusions**

1. On the basis of the norms of Life-style Assessment inventory (L.A.I.), the Indian Sports Girls students were excellent and NRI Sports Girls were average in case of physical assessment. Significant difference was found between the means of Indian Sports Girls and NRI Sports Girls.

2. In case of Alcohol and Drug Assessment, Indian Sports Girls students were excellent and NRI Sports Girls were below average on the basis of the norms of life style assessment inventory (L.A.I.). Significant difference was found between the means of Indian Sports Girls and NRI Sports Girls.
3. In case of Nutritional Assessment, Indian Sports Girls students were good and NRI Sports Girls were average on the basis of the norms of life style assessment inventory (L.A.I.). Significant difference was found between the means of Indian Sports Girls and NRI Sports Girls.
4. In case of Social Wellness Assessment, Indian Sports Girls and NRI Sports Girls NRI students were average on the basis of the norms of life style assessment inventory (L.A.I.). Significant difference was found between the means of Indian Sports Girls and NRI Sports Girls NRI students.
5. In case of Spiritual Wellness Assessment, Indian Sports Girls students were good and NRI Sports Girls were average on the basis of the Indian Sports Girls and NRI Sports Girls.
6. In case of Emotional Wellness Assessment, Indian Sports Girls and NRI Sports Girls were good on the basis of the norms of life style assessment inventory (L.A.I.). Insignificant difference was found between the means of Indian Sports Girls Indian and NRI Sports Girls.
7. In case of Stress Control Assessment, Indian Sports Girls was excellent and NRI Sports Girls NRI students were average on the basis of the norms of life style assessment inventory (L.A.I.). Significant difference was found between the means of Indian Sports Girls and NRI Sports Girls.
8. In case of Intellectual Wellness Assessment, Indian Sports Girls and NRI Sports Girls were averages on the basis of the norms of life style assessment inventory (L.A.I.). Significant difference was found between the means of Indian Sports Girls and NRI Sports Girls.

### **Discussion**

Except emotional wellness assessment, in all the selected life-style assessment contents, Indian Sports Girls students proved to be superior to the NRI Sports Girls students. This might be due to the reasons that Indian Sports Girls regular participate in games and sports. Meditations that contribute to healthy life-style of the subjects as well as many practices of Yoga contribute to the spiritual development of the subject that leads to healthy life-style. Pranayama may be one of its best examples.

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