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## Health behavior and trends of athletes

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### Abstract

The great evolution that happened in sport competitions in different games were accompanied by a significant increase in players training physical load. The significant increase of athletes training load, requires them to be in a highest level of health and fitness so as they can hold the increasing volume of exercises and training. Health behavior has a significant impact on athlete physical body and psychological state. The increasing understood of the associated relationship between behavior and health has led great number of athletes to focus more on their health behavior as it's the key to excel in their work field. Applying health behavior on athlete practical life is very important to avoid serious health risks resulting from lack health behavior attention. This research aims to improve athletes' health behavior through studying and analyzing health behaviors for a sample of athletes. The research is enclosed by recommendations that will help athlete to avoid bad health habits and will increase his chances for the best achievements in the sport field.

**Keywords:** Athlete, Health behavior, Health trend, sports

### 1. Introduction

It was observed that most sport clubs do not show the required attention for the player health behavior, neither to follow-up health issues of its players. On the other side, team trainers achieve complete players training physical course, without taking into account, player health status and his health trends which if ignored, will lead to serious physical and functional injuries.

Historical fact records assure that many athletes were exposed to cases of sudden death during competitions because of the high and unaffordable efforts they gave during competition, which affect functional internal organs work and lead to fatal complications.

Therefore, it is very important to study the real athlete health behavior, as it will affect directly on his health if it wasn't taken into account for the athlete suitable training and the level of exercises he can hold.

### 2. Health Behavior

#### 2.1 Identification

Health science determines dangerous health behavior; identify and diagnose reasons for health disorders, it also rehabilitate and improve health supply system<sup>[1]</sup>. It focuses on the affects of health behaviors on human health and how to overcome it. Health science covers the following human health behavior fields<sup>[2]</sup>:

1. Health development and preservation.
2. Prevention and treatment of diseases.
3. Identify dangerous behavior patterns.
4. Identify reasons for health disorders.
5. Rehabilitation.
6. Improve human health supply system.

Researchers believe that good health situation of athlete is not required to only avoid diseases, but it also required and essential to get full benefit of their efficiency and functional physical in order to reach the highest spot levels and best sport achievements.

Health behavior depends mainly on health and disease so as to be able to achieve the study. It aims to improve individuals' health potential.

**2.2 Health Behavior Patterns**

Health behavior science analyzes actions taken by individuals for the early identification of a disease occurrence and takes the necessary measurements to prevent it from happening, this includes behavior patterns that seems to be appropriate in order to maintain health and enhance it. There are five important factors to determine health behavior patterns<sup>[3]</sup>:

1. Factors related to individuals and environment (age, case history, relatives, skills and attitudes ... etc).
2. Factors related to community (profession, education, expectation of behavior and its requirements .... etc).
3. Social and cultural factors in general (religious and ideological values, legal rule systematic).
4. Physical surround environment factors (weather, nature, infrastructure ... etc).

There have been different studies that discussed the importance of athlete healthy behavior. It concentrated on a particular behavior or specific athlete exercise or game. This study is different than previous ones, it studies athlete health behavior in general and how it affects him physically and psychologically. It affect also, his level of competency in the games he participate in.

**3. Methodology**

To achieve this research, a random sample of (309) athlete has been selected from both genders (males & females). It

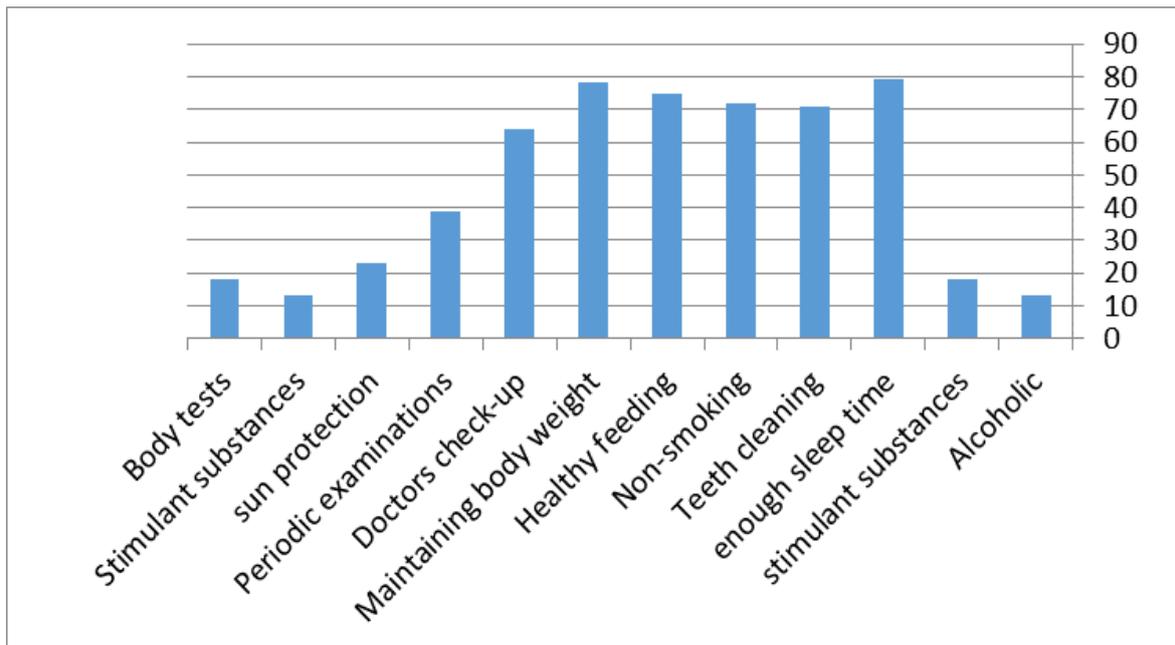
included games: football, basketball, handball and volleyball as available games in the Arabian countries and needs high level of fitness so the athlete can share in it.

In cooperation with specialist in health science behavior, the distributed questioner has been divided into main items that determine athlete health behavior.

Results has been collected and summarized in the following table:

**Table:** results in items for questioner distributed on athletes

No.	Item	Percentage %
1.	Alcoholic and dangerous drugs	13
2.	stimulant substances	18
3.	enough sleep time	79
4.	Teeth cleaning	71
5.	Non-smoker	72
6.	Healthy feeding	75
7.	Maintaining an ideal body weight	78
8.	Regular check-up to doctors and dentists	64
9.	Periodic examinations for heart, blood and diabetes	39
10.	Use of sun protection tools	23
11.	Stimulant substances	13
12.	Body basis distortions tests	18



**Fig:** flow-chart of the table

**4. Discussion on findings**

The following points can be noted from previous table:

1. It can be noted that the item values of: Alcoholic and dangerous drugs, stimulant substances and getting enough sleep time which values are (13, 18, 79) respectively, indicating small positive trends to Alcoholic, dangerous drugs and stimulant substances in a simple percentages, whereas the percentage is high for the members to get enough sleep time.
2. It is also clear from the previous table, that items (teeth cleaning, non-smoker, healthy feeding, maintaining an ideal body weight and to regularly make check-up from doctors and dentists) which valued to (71, 72, 75, 78, 64) respectively, indicate a positive trend in general to the mentioned items, except for smoking that the was roughly

small which means that sample individuals majority have attitude to previously mentioned areas.

3. Previous table contains the items (periodic heart medical examinations, blood and diabetes, use of sun protection tools, drink stimulant substances and body basis distortions tests) valued to (39, 23, 13, 18) respectively, indicating a negative trend towards the mentioned items, which means that sample respondents have a negative trend or they do not care about these areas.

**5. Conclusion**

1. Reasonable percentage for the number of athletes who smoke cigarettes.
2. Small percentage of athletes who consume alcohol, dangerous drugs and stimulant.

3. Small percentage of the sample who tried stimulant substances in his life even if for one time.
4. Relatively reasonable percentage of athletes who maintain or adhere to positive health practices (textures, sleep, sun protection, cleaning teeth).
5. Reasonable commitment in a high percentage of athletes towards healthy feeding habits and food.
6. Low percentage of athletes who take preventive health measurements.

#### **6. Recommendations for Future Work**

1. Holding awareness workshops to acknowledge athletes the significance of maintaining healthy behavior and habits.
2. Importance of a medical specialized staff to be in every sport club for the purpose of maintaining and raising health behavior level for the athletes.
3. Managements of sport clubs should encourage athletes to perform periodic medical examinations in order to determine their health status firsthand.
4. Helping athletes to get financial aid for the purposes assisting them to be in the best health status.
5. Conduct specialized studies on how to protect athletes from diseases and to develop his fitness level.

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