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Comparative study of eating behaviour among the team sports

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Abstract

The purpose of this study was to find out the significant difference in eating behaviour among the various team sports. For this purpose, 250 males, 50 from each team sports (i.e. football, handball, volleyball, hockey & cricket) were selected using simple sampling method. The aged of the students was ranged between 18 to 26 years with a mean and SD of 20.78 ± 1.82 . The data pertaining to this study were collected by administering eating behaviour R - 18 (cognitive restraint, uncontrolled and emotional eating behaviour) questionnaire developed by (De Lauzon *et al.* 2004; Porter and Johnson 2011). One-way analysis of variance and LSD post hoc test were employed as significant difference was seen in eating behaviour among the team sports.

Keywords: Eating behaviour, football, handball, volleyball, hockey & cricket

Introduction

To understand interactions between eating and health and to develop nutritional prevention programs in the context of the global obesity epidemic, better knowledge of the different eating behaviors and their prevalence in the general population would be helpful. Dietary restraint, which seems to be widespread in modern societies, is indeed suggested to play a causal role in the development of eating disorders and obesity R. J. Tuschl, (1990) [13].

The enjoyment of food is one life's pleasures. For those who have an adequate food supply, eating is about far more than survival. Eating together is an important part of daily family life and social event, celebrations and festivals.

In addition to the enjoyment it provides, food is, of course, essential for life. Obtaining the nutrients, the body's need depends on the amount and variety of food locally available. This varies widely in different parts of the world. In addition, people have their individual food taste and eating habits.

Different groups of people also have different nutritional needs, Ajmer Singh, *et al.*, (2010) [1]. Robert Burton, (2009) [5] Sport and exercise psychologists have begun to research and provide information in the ways that psychological well-being and vigorous physical activity are related. This idea of psychophysiology, monitoring brain activity during exercise has aided in this research. Also, sport psychologists are beginning to consider exercise to be a therapeutic addition to healthy mental adjustment.

Methods

For the purpose of the present study 250 (Two Hundred Fifty) students, 50 (Fifty) from each team sports of football, handball, volleyball, hockey and cricket from different university those who represented inter-university tournament of West Zone were collected. The age of the subject was ranged between 18 to 26 years with a mean and SD of 20.78 ± 1.82 . Eating behaviour (cognitive restraint, uncontrolled and emotional eating behaviour) was assessed by administering the Three Factor Eating Questionnaire R - 18 (de Lauzon *et al.* 2004; Porter and Johnson 2011) [11].

Collection of Data

The data pertaining to the study were collected on the selected students by administering the aforesaid questionnaires

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Before distribution of questionnaire the researcher taken the permission from the manager and coaches for the study. Then researcher explained the purpose of the study to the students so that they could give their correct information or responses.

Results

The result pertaining to the data have been presented in the following tables.

Table 1: Summary of One Way Analysis Of Variance on Cognitive Restraint, Uncontrolled and Emotional Eating Behaviour of Team Sports

Source of Variation	Sum of Square	Degree of Freedom	Mean Sum	F - ratio
Between Groups	20954	2	10476.8	831.78*
Within Groups	9409	747	12.5957	
Total	30363	749		

*Significant at 0.05 level. Tabulated F .05 (2,747) = 3.008

The findings of Table – 1 reveals that there is significant difference among the three eating behaviours on the selected team sports as the calculated F – ratio of 831.78 is quite higher than the tabulated F – value of 3.008 at .05 level for the 2/747 degrees of freedom. Since the F – ratio was found to

be significant hence to determine the paired mean difference among the three-different eating behaviour of the selected students the Least Significant Difference (LSD) post hoc test was employed and it has been shown in Table – 2.

Table 2: Paired Mean Difference among the Three Different Eating Behaviours of Selected Team Sports

Mean			Mean Diff.	Critical Diff.
Cognitive Restraint	Uncontrolled Eating	Emotional Eating		
13.64	19.10		5.5*	0.622
13.64		6.20	7.4*	0.622
	19.10	6.20	12.9*	0.622

*Significant at 0.05 level.

It is evident from the above table that there is significant difference in between cognitive restraint and uncontrolled eating (MD = 5.5), cognitive restraint and emotional eating (MD = 7.4), and uncontrolled eating and emotional eating

(MD = 12.9) because all the obtained mean difference values are greater than the required critical value of 0.622 at .05 level. The mean differences are graphically represented in Figure – 1.

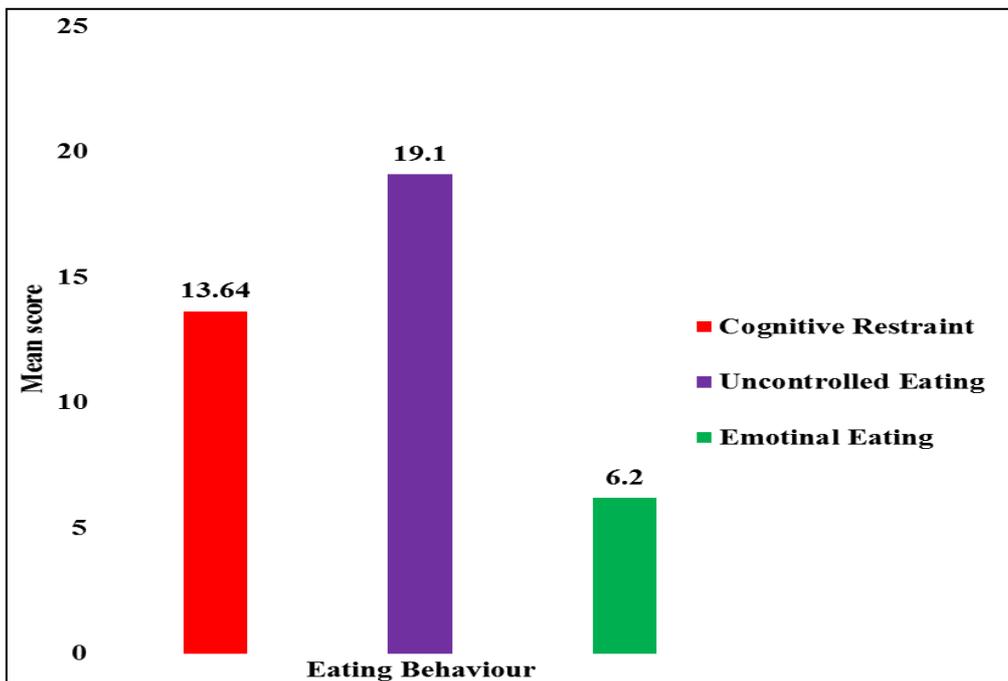


Fig 1: Difference of Means among Three Eating Behaviour

Discussion

The findings of statistical analysis revealed that significant difference was found in eating behaviour among the selected students it may be because the students were chosen from different team sports viz. football, handball, volleyball, hockey, and cricket that too every team consisted of students who were varied regions, casts, religions, socio-economic status and societies with different kinds of food habits, hence such differences might have occurred in this study.

It was discovered from the findings that greater numbers of students were found with uncontrolled eating and it was followed by cognitive restraint whereas least number of students with emotional eating behaviour, it may be due to inadequate knowledge of nutrition, improper guidance and unable to have control over the eating by the students, further most of the students think if they eat more, they will be getting sufficient energy and never be felt fatigue, hence such result might have occurred in this study.

Conclusions

Recognizing the limitations of these study and on the basis of statistical findings the following conclusions may be drawn.

There was significant difference among the three eating behaviours of the selected students.

1. There was significant difference among the three eating behaviour of the selected Students.
2. Significant difference was found in between cognitive restraint and uncontrolled eating, cognitive restraint and emotional eating and uncontrolled eating and emotional eating.

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