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# Comparative study of alcohol and drug assessment among sports achievers, non achievers and sedentary people

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### Abstract
The aim of the study was comparison of Alcohol and Drug Assessment among Achievers, Non Achievers and Sedentary people. A total number of 300 male subjects (100 each groups) of Luckhnow District were selected with age ranging from 35 to 55years to act as a subject for the study. Keeping in mind about specific purpose of the study, the variables: Alcohol and Drug Assessment of Sports Achievers, Non Achievers and Sedentary people has been selected. By Life Style Assessment Inventory" by Anspangh David S. Michal, H. Hamrichand Frank D. Rosato was adapted to collect the data for life style assessment. In this study the To find out the level of the Alcohol and Drug Assessment, Descriptive Statistics and to compare the Alcohol and Drug Assessment between Sports Achievers, Non Achievers and Sedentary people ANOVA was used for achieving the objectives of the study, on the basis of the results of the study it is concluded that the Alcohol and Drug Assessment has the significant effect on Achievers, Non Achievers and Sedentary people and the calculated value was found greater than the required tabulated value 3.03 with 2,297 df at 0.05 level of significant. Since one way analysis of variance was found significant in relation to their Alcohol and Drug assessment, the LSD Test was applied to find the difference among sports Achievers, Non Achievers and Sedentary people.

**Keywords:** Alcohol and drug assessment

## Introduction
**Drug-** A substances used in the diagnosis, treatment, or prevention of a disease or as a component of a medicine. Today, the leading cause of illness and death are not due to infections, but due to "Life style diseases". There is no bacterium that causes heart disease. Heart disease results from today's modern life style which include over eating, cigarette smoking, alcohol, lack of exercise & high level of stress. Cancer is associated with both nutritional and human activity environmental factors. Improper nutrition, smoking cigarettes, and exposure to hazardous substances in the environment, initiate biological changes that can result in cancer. An unhealthy life style is also at the root of suicide and homicide, accidents and cirrhosis of the liver (Alcohol, abuse).

Therefore, it is deemed important for parents to obtain an understanding of the activities their children are performing so that they can aim to facilitate change, and support their child. In addition, parents were encouraged to use the opportunity to make changes to their own lifestyle and be a positive role model for their child and the rest for their family.

The term lifestyle is rather a defused concept often used to demote the way people live reflecting of a whole range of social values, attitudes and activities. It is composed of cultural and behavioural patterns and lifelong personal habit, (Example, smoking, alcoholism) that have developed enough processes of socialization.

## Procedure
In this chapter Selection of subjects, Selection of variable, selection of the tools/questionnaires, administration of questionnaires, criterion measures, collection of data, Lifestyle Assessment Score and statistical technique to be employed for analyzing the data have been described.

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## Selection of subjects

For purpose the study 300 subjects were selected from three selected groups that were sports achievers, non achievers and sedentary peoples of lucknow district. One hundred subjects were selected from each group. The age of subjects ranged from 35 to 55 years. The purposive sampling technique was used in selection of subjects in the aspects of the Drug and Nutritional Assessments of Life Style.

## Selection of variables

The following variable was selected for the purpose of the study to assess the Drug and Nutritional aspects from Life Style Assessment of the subjects.
1. Alcohol and Drug assessment (ADA)

## Selection of the tools/questionnaire

For the purpose of characterizing Drug and Nutritional Assesssment of Elite players, "Life Style Assessment Inventory" by Anspangh David S. Michal, H. Hamrichand Frank D. Rosato was adapted to collect the data for Alcohol and Drug Assessment. The tools/ questionnaires was used in this study for the collection of the data was selected because they are found be most reliable and have been widely used in the profession of physical education and sports throughout the world.

## Administration of questionnaires

The subjects were consulted personally and their sincere cooperation will be solicited. The research scholar will himself visit the different venues and will collect data on the Alcohol and Drug assessment of each sportsperson. The Inventory contained total 78 items, out of these only 10 items was selected; these question/statements evenly divided in two life style contents namely Alcohol and Drug assessment. The subject responding using five points ordinal scale, hence the maximum response score from the total inventory was 100 and minimum 10 and in case of each contents the response score ranges from 10 to 100.

The normative response intervals for Alcohol and Drug assessment score are given below:

| | |
|---|---|
| 86-100 | Excellent |
| 70-85 | Good |
| 50-69 | Average |
| 30-49 | Below Average |
| Less than 30 | Needs improvement |

## Collection of data

The data were collected from the 300 subjects 100 from each (Achievers, Non Achievers and Sedentary people) of Luckhnow District. The data were collected as per direction of life style assessment inventory.

## Statistical technique

To find out the level of the Alcohol and Drug Assessment, in Achievers, Non Achievers and Sedentary people, Descriptive Statistics was used & to compare them one way Analysis of variance (ANOVA) was used, where ever the significance difference was found Post Hoc Test was applied. The level of significance was set at 0.05.

**Table 1:** Comparison of alcohol and drug assessment score among sports achievers, non achievers and sedentary people

| Groups | Mean | Std. Deviation | Analysis of Variance | | | | |
|---|---|---|---|---|---|---|---|
| Sports Achievers (n=100) | 74.90 | 17.82 | | SS | Df | MS | F | Sig. |
| Non Achievers (n=100) | 66.86 | 17.93 | Between Groups | 7913.71 | 2.00 | 3956.85 | 13.69 | 0.00 |
| Sedentary People (n=100) | 62.50 | 15.10 | Within Groups | 85820.04 | 297.00 | 288.96 | | |
| Total(N=300) | 68.09 | 16.95 | Total | 93733.75 | 299.00 | | | |

**Table 2:** LSD test for mean comparison of alchohol and drug assessment score among sports achievers, non achievers and sedentary people

| Dependent Variable | | | Mean Difference (I-J) | Sig. |
|---|---|---|---|---|
| Alcohol and drug Assessment | Sports Achievers (74.90) | Non Achievers (66.86) | 8.04 | 0.00 |
| | Sports Achievers (74.90) | Sedentary people (62.50) | 12.40 | 0.00 |
| | Non Achievers (66.86) | Sedentary people (62.50) | 4.36 | 0.07 |

## Discussion of finding

However the result of the present study showed, the significant difference among selected groups as determined by one way ANOVA f (2,297), P=0.00. The L.S.D. Post hoc test revealed that alcohol and drug assessment score of sports achievers (74.90) was significantly better than the non-achievers score of (66.86) and sedentary people score of (62.50). Post hoc test also revealed that there was no significant difference between the scores of non-achievers (66.86) and sedentary people (62.50). Hence hypothesis is partially rejected.

The reason may be attributed to the fact that involving in game and sports ceases the leisure time, which is one of the major factor due to which people attract toward alcohol and drugs. Regular physical activities also provide preventing effect and even work as therapeutic measures to overcome the drug abuse.

## Conclusion

In the dimension of Alcohol and drug Assessment in accordance with the norms of the Inventory sports achievers are falling in Good category, non-achievers and sedentary people are falling in average category. However according to result of the study sports achievers are better than non-achievers and sedentary people & non achievers are better than sedentary people.

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