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Life style assessment of basketball players of Banaras Hindu University

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Abstract

Purpose: The objective of the study was to characterize and compare traits related Lifestyle (physical assessment, alcohol and drug assessment, nutritional assessment, social wellness assessment, spiritual wellness assessment, emotional wellness assessment, stress control assessment, and intellectual wellness assessment) of male and female Basketball Players between Hostellers and Day Scholars of Banaras Hindu University.

Method: The data were collected by approaching the basketball players of different hostels and delegacy students of Banaras Hindu University for the purpose of the study 40 basketball players (20 from each) were selected. The age level of subjects ranged from 19 to 25 years. The questionnaire used for the present study was Life-Style Assessment Inventory' developed by Anspaugh Devid S.Michal, H. Hamrich, and Fran D. Rosto. The data were analyzed using percentage and a comparison was made by 't-test.

Result: The above table reveals that insignificant Difference was found in all the case of Lifestyle Assessment they are as follows Physical Assessment (t) = 1.632, Alcohol and Drug Assessment (t) =.151, Nutritional Assessment (t) =.80, Social Wellness Assessment (t) = 1.172, Emotional Wellness Assessment (t) =.583, Spiritual Wellness Assessment (t) =.967, Stress Control Assessment (t) =.543, Intellectual Wellness Assessment (t) =.34, in basketball player of BANARAS HINDU UNIVERSITY. As the calculated value is less than the tabulated value = (2.024). Hence in Life Style Assessment of basketball player there was found insignificant between hosteller and day scholar.

Keywords: Life style assessment, basketball players

1. Introduction

Sports are very important for one's life and participation in sports should always be encouraged. Participation in sports makes us active, healthy, fit, and also the development of our social and communication skills. The most common saying "Healthy mind lives in Healthy body" is so true because for a man to be successful his physical, as well as mental state, should be well. Sports are the greater source of recreation. Sports remove stress and provide relaxation to our mind and body. Participating in sports helps us to tackle the problems such as hardships, hurdles, and sudden miseries etc. sports stage. Improve blood circulation of our body too.

The world is being modifying at very fast pace and the scientific development is affecting all the human being from birth till the whole span of life. When a child is born, the environmental surroundings, start showing its effect in same way or other to him. The life of a child is being molded according to his parent's culture and status.

When a child start to understand his surrounding he adopt a method to cope up with his surrounding and the manner in which he start living termed as his style of living. Style is a manner of doing or presenting things. We can say that our lifestyle consist of a manner or habit of doing or presenting things.

1.1 Lifestyle: A quality of life that embodies the values, images and associations of an actual or aspired lifestyle of a segment of peoples. Lifestyle learned through social interaction with parents, peer groups, friends and siblings and through school and mass media. [Warner, 1986] Warner also has indicated that practicing seven simple lifestyle habits can significantly increase longevity ^[1].

1. Sleeping seven to eight hours each night
2. Eating breakfast everyday
3. Not eating between meals
4. Eating less sweets and fat
5. Drinking only moderate amount of alcohol or none at all
6. Not smoking cigarette, maintaining ideal body weight
7. Exercising regularly

Lifestyle factors such as personality traits, living habit, nutrition, physical exercise, use of alcohol, drugs and smoking, behavioral pattern etc., play major role in determining the outcome of an individual's exposure to inaction, health requires the promotion of healthy lifestyle. In the last 20 years a considerable cumulated data indicates that there is an association between health and lifestyle of individual. Many current day health problems especially in the developed countries are associated with lifestyle changes. In developing countries such as India, where traditional lifestyle still persist risks of illness and death, with lack of sanitation, poor nutrition, personal hygiene, elementary human habits, customs and cultural patterns. [Anspaugh, 1994]

What is that precious thing which makes life worth living? It is health

“Sarira Madhyam Khalu Dharma Sadhanam”

Body is indeed the foremost essential thing for the attainment of the good of human existence.

Charak Maharishi says in his samhita:-

“Dharmartha Kama Mokshanamaragyam
Moolamuttamam, Yogastasya Apahartara Sreyaso
Jivitayacha”

Health is the best cause of virtue, wealth, desire and emancipation and is the blessedness of life. Diseases are the destroyers of health. The laws of health are the laws of nature. These should not be violated with impunity. Those who neglect these laws become victims to incurable diseases and drag cheerless existence.

2. Material and Methods

2.1 Subjects

For the purpose of the study forty (N=40) male and female Basketball players from various hostels and delegacies of Banaras Hindu University between 19-23 of age were selected as subject for the present study and the subjects were briefed in details the study.

2.2 Selection of Variables

The following variables were selected for the present study to assess the lifestyle of the Hosteller, s and Day scholars of Banaras Hindu University.

1. Physical Assessment
2. Alcohol and Drug Assessment
3. Nutritional Assessment
4. Social Wellness Assessment
5. Spiritual Wellness Assessment
6. Emotional Wellness Assessment
7. Stress Control Assessment
8. Intellectual Wellness Assessment

2.3 Procedure

A total of 40 subjects for this study were selected. The subject for this study was selected on purposively basketball player from Banaras Hindu University. The data for the study was collected from 40 subjects. The data was collected as per direction of Lifestyle Assessment Inventory. Necessary instructions were given to the subjects before administration of the questionnaire of Lifestyle Assessment Inventory.

The various responses received in term of Lifestyle status was analyzed using descriptive statistics and comparison on various lifestyle was computed by 't' test.

2.4 Administration of Test

2.4.1 Lifestyle assessment questionnaire

The 'Lifestyle Assessment Inventory' by Anspaugh Devid S. Michal, H.Hamrich and Frank D.Rasato was adopted to collect the data for Lifestyle Assessment. The following variables were selected for the present study to assess the lifestyle of the Hosteller, s and Day scholars subjects of Banaras Hindu University.

3. Result

Table 1: The Descriptive Analysis of Lifestyle Assessment of basketball player between Hosteller and Day Scholar of Banaras Hindu University.

Type of resident	Lifestyle assessment	No. of subjects.	Mean	Std. Deviation
Hosteller	Physical assessment	20	75.95	10.11
	Alcohol and drug assessment	20	84.45	9.70
	Nutritional assessment	20	76.40	14.68
	Social wellness assessment	20	77.60	6.42
	Emotional wellness assessment	20	76.70	6.62
	Spiritual wellness assessment	20	85.95	7.88
	Stress control assessment	20	74.80	12.49
	Intellectual wellness assessment	20	81.95	5.82
Day scholar	Physical assessment	20	80.50	7.29
	Alcohol and drug assessment	20	84.85	6.75
	Nutritional assessment	20	79.70	11.07
	Social wellness assessment	20	74.20	11.28
	Emotional wellness assessment	20	75.20	9.42
	Spiritual wellness assessment	20	83.50	8.15
	Stress control assessment	20	76.90	11.97
	Intellectual wellness assessment	20	81.00	11.12

The mean shown in table -1 in case of physical assessment of hosteller the mean is 75.95 and the standard deviation is 10.11 whereas in case of day scholar the mean is 80.50 and standard

deviation is 7.29.

As the table shows the mean in case of alcohol and drug assessment of hosteller the mean is 84.45 and the standard

deviation is 9.70 where's in case of day scholar the mean is 84.85 and standard deviation is 6.75.

As the table shows the mean in case of nutritional assessment of hosteller the mean is 76.40 and the standard deviation is 14.68 where's in case of day scholar the mean is 79.70 and standard deviation is 11.07

As the table shows the mean in case of social wellness assessment of hosteller the mean is 77.60 and the standard deviation is 6.42 where's in case of day scholar the mean is 74.20 and standard deviation is 11.28.

As the table shows the mean in case of emotional wellness assessment of hosteller the mean is 76.70 and the standard deviation is 6.62 where's in case of day scholar the mean is

75.20 and standard deviation is in case of 9.42

As the table shows the mean in case of spiritual wellness assessment of hosteller the mean is 85.95 and the standard deviation is 7.88 where's in case of day scholar the mean is 83.50 and standard deviation is in case of 8.15.

As the table shows the mean in case of stress control assessment of hosteller the mean is 74.80 and the standard deviation is 12.49 where's in case of day scholar the mean is 76.90 and standard deviation is in case of 11.97.

As the table shows the mean in case of intellectual wellness assessment of hosteller the mean is 81.95 and the standard deviation is 5.82 where's in case of day scholar the mean is 81.00 and standard deviation is in case of 11.12.

Table 2: Mean Comparisons of Life Style Assessment of Basketball Player on the Hosteller and Day Scholar of Banaras Hindu University

Life Style Assessment	Type of Resident		Mean Difference	t- test
	Hosteller	Day Scholar		
Physical Assessment	75.95	80.50	4.55	1.63 (0.11)
Alcohol and Drug Assessment	84.4500	84.85	.40	0.151 (0.88)
Nutritional Assessment	76.40	79.70	3.30	0.80 (0.43)
Social Wellness Assessment	77.60	74.20	3.40	1.17 (0.25)
Emotional Wellness Assessment	76.70	75.20	1.50	0.58 (0.56)
Spiritual Wellness Assessment	85.95	83.50	2.45	0.97 (0.34)
Stress Control Assessment	74.80	76.90	2.10	0.54 (0.59)
Intellectual Wellness Assessment	81.95	81.00	.339	0.34 (0.74)

Sig. at 0.05 df = 38 Tabulated value = 2.03

The above table reveals that insignificant Difference was found in all the case of Life style Assessment they are as follows Physical Assessment (t) = 1.63, Alcohol and Drug Assessment (t) = .151, Nutritional Assessment (t) = .803, Social Wellness Assessment (t) = 1.172, Emotional Wellness Assessment (t) = .583, Spiritual Wellness Assessment (t)

=.967, Stress Control Assessment (t) =.543, Intellectual Wellness Assessment (t) =.339, in basketball player of BANARAS HINDU UNIVERSITY. As the calculated value is less than the tabulated value = (2.024). Hence in Life Style Assessment of basketball player there was found insignificant between hosteller and day scholar.

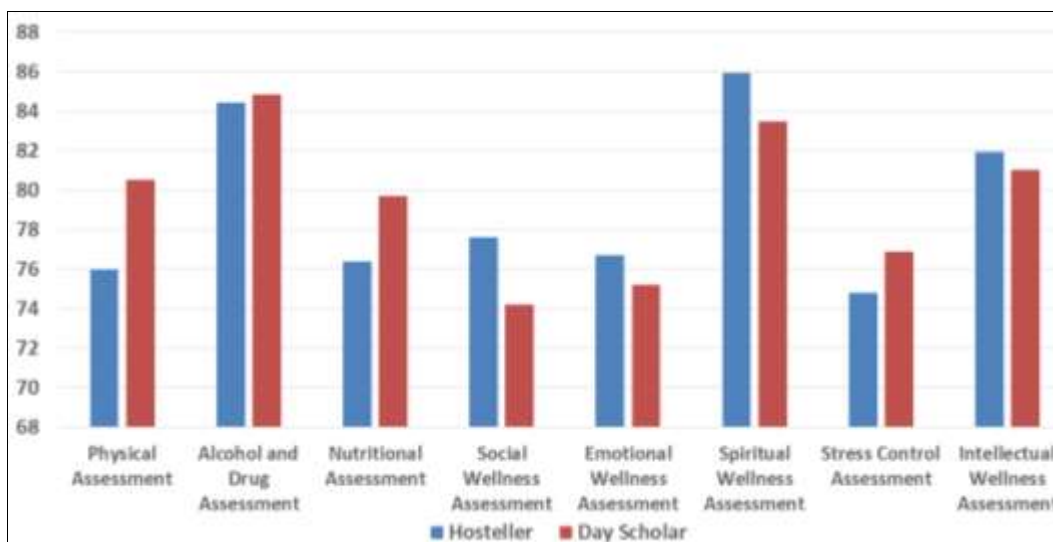


Fig 1: Comparison of lifestyle assessment of basketball players between hosteller and day scholar of Banaras Hindu University

4. Discussion

The objective of the present study was to assess the lifestyle of the basketball player between the hosteller and day scholar of Banaras Hindu University.

In table 1 there is mean between the hosteller and day scholar in comparison of lifestyle assessment but if we see the t value than we get that there is insignificance deference found in this table.

The result of study is revealed that in case of physical assessment when it was compared between hosteller and day scholar, there was insignificance deference. This might be

attributed to the fact at the both (hostellers and day scholar) have the approximately same schedule of the physical activity.

In case of alcohol and drug assessment when it was compared between hosteller and day scholar, the result shows that there was insignificance deference. The insignificance difference between both players can be due to same personal habit of player as well as living atmosphere.

In case of nutritional assessment when it was compared between hosteller and day scholar, the result shows that there was insignificance deference. This was because of diet they

need for their daily energy expenditure was same.

When we compare between the hosteller and day scholar in case of social wellness assessment than we found that there was also insignificance found. That was like so because of they both were living among a huge no. of people and interact them very well.

In case of emotional wellness assessment when it was compared between hosteller and day scholar, the result shows that there was insignificance deference. This was because of the, they all related from the game which help them to cope up with each and every situation in a healthy manner.

In case of spiritual wellness assessment when it was compared between hosteller and day scholar, the result shows that there was insignificance deference found. This is because of environmental condition be alike they are coming for study, as well as for their training.

When the comparison was made between hosteller and day scholar in case of stress control assessment, the result shows that there was insignificance deference found. The reason for this insignificance was, they all are connected with game and sports which help them to control or express their stress in a healthy manner.

When it was compared between hosteller and day scholar, the result shows that there was found insignificant due to the belongingness from the same sports with similarity of training schedule.

5. Conclusions

On the basis of findings of the study, the following conclusions were drawn:

5.1 Related to Physical Wellness

Significant difference was not found among the Hostellers and Day Scholars.

But if we see the mean difference between Hostellers and Day Scholars there was be a significant difference.

5.2 Related to Alcohol and Drug Assessment

Significant difference was not found among the Hostellers and Day Scholars in relation to alcohol and drug assessment.

But if we see the mean difference between Hostellers and Day Scholars there was be a significant difference.

5.3 Related to Nutritional Assessment

Significant difference was found among the mean of basketball players between hostellers and day scholars.

In other hand if we see the 't' value than we found that there was insignificant difference between hostellers and day scholars.

5.4 Related to Social Assessment

Significant difference was found among the mean score of basketball players between hostellers and day scholars.

In other hand if we see the 't' value than we found that there was insignificant difference between hostellers and day scholars in relation to the social wellness assessment.

5.5 Related to Emotional Assessment

If we see the 't' value then we found that there was an insignificant difference between hostellers and day scholars in relation to the emotional wellness assessment.

On other hand, a Significant difference was found among the mean score of basketball players between hostellers and day scholars.

5.6 Related to Spiritual Assessment

If we see the comparison of 't' ratio than we found that there was insignificant difference between hostellers and day scholars in relation to the spiritual wellness assessment.

In other hand Significant difference was found among the mean score of basketball players between hostellers and day scholars in relation to the spiritual wellness assessment.

5.7 Related to Stress control Assessment

If we see the comparison of 't' ratio than we found that there was insignificant difference between hostellers and day scholars in relation to the stress control assessment.

In other hand Significant difference was found among the mean score of basketball players between hostellers and day scholars in relation to the stress control assessment.

5.8 Related to Intellectual Assessment

If we see the comparison of 't' ratio than we found that there was insignificant difference between hostellers and day scholars in relation to the intellectual wellness assessment.

In other hand Significant difference was found among the mean score of basketball players between hostellers and day scholars in relation to the intellectual wellness assessment.

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ⁱ Lifestyle by Peter Warner - 1st Edition - 1986 - from UHR Books.