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ANALYSIS OF NUTRITION KNOWLEDGE OF SPORTS PERSONNEL IN KERALA

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Abstract:

The purpose of the study was to analyse the nutrition knowledge of sports personnel in Kerala. Totally, 1000 samples were sorted out for this present study. Out of 1000 samples five hundred samples were scrutinized by getting proper consent and selected as participants. Among the 500 participants, randomly selected 100 coaches, 100 College Physical Education Teachers and100 School Physical Education Teachers from all over Kerala. After construction of questionnaire for nutrition knowledge, 30 questions were derived and collected the data. The developed questionnaire was established its validity, reliability and objectivity. The statistical techniques included descriptive statistics and independent 't' test. The coaches are having better nutrition knowledge than the college teachers and school teachers. The college physical education teachers having better nutrition knowledge than the school physical education teacher.

Key Words: Nutrition Knowledge, Sports Personnel, Coach, Physical Education Teachers, Kerala.

Introduction:

Over the course of many years, the importance of dietary guidelines has been consistently recognised. Unfortunate lack of knowledge of dietary necessities and nutritive estimation of specific supports is the primary cause of all cases of nutrition deficiency among students and other groups of people in developing countries. Nutrition planning should be prudent and well-understood in order to accommodate financial constraints, support preferences, and nearby nutrition resources. Teaching subjects about the importance of food, providing materials to help people stick to a healthy eating routine, removing dietary supplements, and providing information to help people change their behaviour in a positive way is all part of nutrition administration. Before beginning the guideline process, it is critical to assess what the student considers nutrition, as well as their level of readiness to learn new eating habits (Esmat, 2020). Nutrition is now recognised as another earth science that manages all aspects of association between living life forms and substances, as well as assisting living beings to develop and sustain themselves. Human nourishment, because of its health, social, and monetary ramifications, has drawn attention from various trains and has expanded significantly recently, with various consequences (Aishwarya, 2021).

Methodology:

The purpose of the study was to analyse the nutrition knowledge of sports personnel in Kerala. Totally, 1000 samples were sorted out for this present study. Out of 1000 samples five hundred samples were scrutinized by getting proper consent and selected as participants. Among the 500 participants, randomly selected 100 coaches, 100 College Physical Education Teachers and100 School Physical Education Teachers from all over Kerala. After construction of questionnaire for nutrition knowledge, 30 questions were derived and collected the data. The developed questionnaire was established its validity, reliability and objectivity. The statistical techniques included descriptive statistics and independent 't' test.

Results:

Table 1: Descriptive Analysis of Nutrition Knowledge among Sports Personnel in Kerala

S.No	Category	Mean	Std Deviation
1	Coaches	76.59	2.37
2	College Physical Education Teachers	70.19	2.03
3	School Physical Education Teachers	66.82	2.27

The above table clearly describes the mean, standard deviation and standard error of mean of nutrition knowledge among sport personnel.

Table 2: Computation of Independent 't' ratio of Nutrition Knowledge between Coaches and College Physical Education Teachers

	Levene's Test for Equality of Variances		T test for Equality of Means				
	F	Sig	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
Equal Variance Assumed	4.108*	0.044	20.451*	198	0	6.4	0.31295
Equal Variance Not Assumed			20.451	193.324	0	6.4	0.31295

In order to examine differences in nutrition knowledge between the coaches and college physical education teachers, an independent samples t-test was conducted. Given a violation of Levene's test for homogeneity of variances, F(1,198)=4.108, p = .044, a t-test not assuming homogeneous variances was calculated. The results of this test indicated that there was a significant difference in nutrition knowledge observed between the coaches and college physical education teachers and the obtained 't' ratio was 20.451. These results suggest that coaches (M = 76.59; SD = 2.37) and the college physical education teachers (M = 70.19; SD = 2.03) were shown significant difference.

Figure 1: Graph of Nutrition Knowledge between Coaches and College Physical Education Teachers

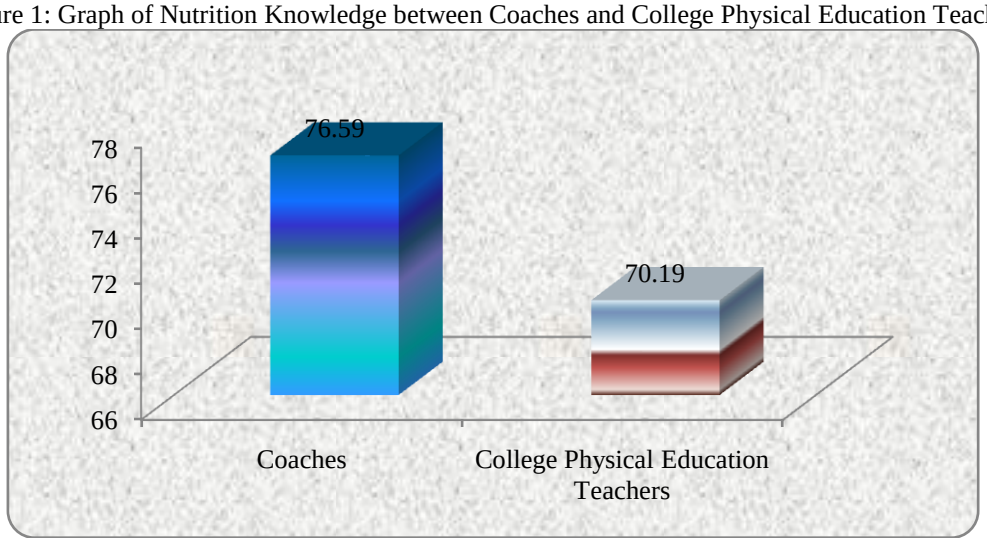


Table 3: Computation of Independent 't' ratio of Nutrition Knowledge between Coaches and School Physical Education Teachers

	Levene's Test for Equality of Variances		T test for Equality of Means				
	F	**Sig**	**t**	**df**	**Sig. (2-tailed)**	**Mean Difference**	**Std. Error Difference**
Equal Variance Assumed	0.95	0.331	29.705*	198	0	9.77	0.3289
Equal Variance Not Assumed			29.705	197.579	0	9.77	0.3289

In order to examine differences in nutrition knowledge between the coaches and school physical education teachers, an independent samples t-test was conducted. Given a violation of Levene's test for homogeneity of variances, F(1,198)=0.950, p = .331, a t-test not assuming homogeneous variances was calculated. The results of this test indicated that there was a significant difference in nutrition knowledge observed between the coaches and school physical education teachers and the obtained 't' ratio was 29.705. These results suggest that coaches (M = 76.59; SD = 2.37) and the school physical education teachers (M = 66.82; SD = 2.27) were shown significant difference.

Figure 2: Graph of Nutrition Knowledge between Coaches and School Physical Education Teachers

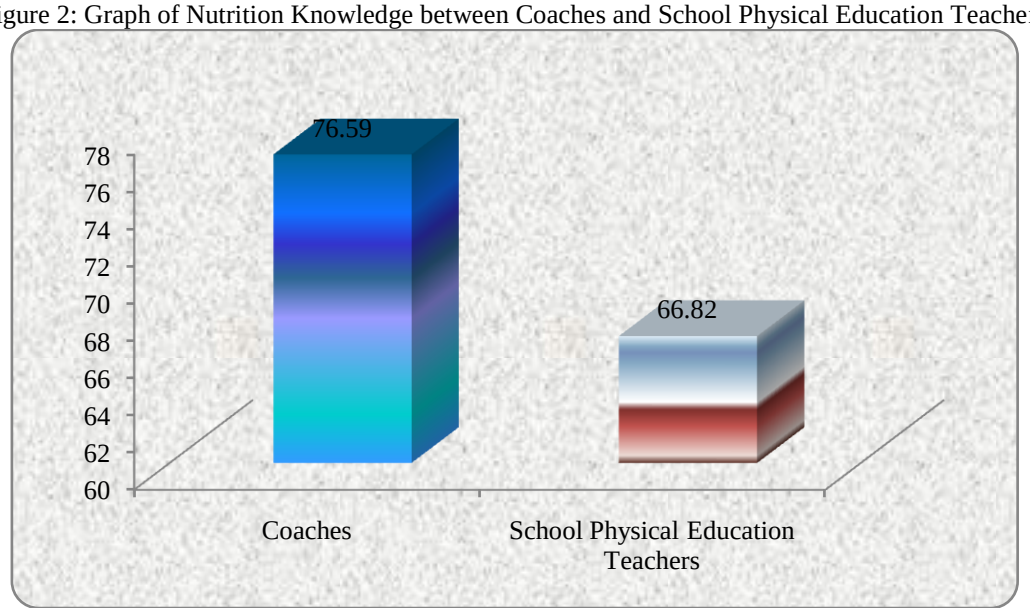
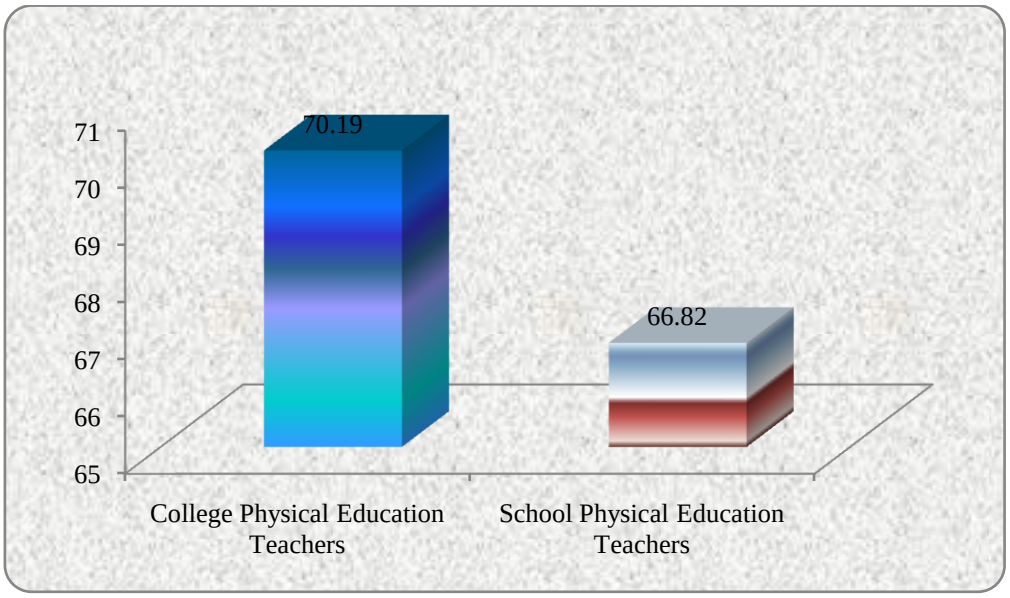


Table 4: Computation of Independent 't' ratio of Nutrition Knowledge between College Physical Education Teachers and School Physical Education Teachers

	Levene's Test for Equality of Variances		T test for Equality of Means				
	F	**Sig**	**t**	**df**	**Sig. (2-tailed)**	**Mean Difference**	**Std. Error Difference**
Equal Variance Assumed	0.938	0.334	11.054*	198	0	3.37	0.30487
Equal Variance Not Assumed			11.054	195.626	0	3.37	0.30487

In order to examine differences in nutrition knowledge between the college physical education teachers and school physical education teachers, an independent samples t-test was conducted. Given a violation of Levene's test for homogeneity of variances, F(1,198)=0.938, p = .334, a t-test not assuming homogeneous variances was calculated. The results of this test indicated that there was a significant difference in nutrition knowledge observed between the college physical education teachers and school physical education teachers and the obtained 't' ratio was 11.054. These results suggest that college physical education teachers (M = 70.19; SD = 2.03) and the school physical education teachers (M = 66.82; SD = 2.27) were shown significant difference.

Figure 3: Graph of Nutrition Knowledge between College Physical Education Teachers and School Physical Education Teachers



Discussion:

Nutrition and health in terms of student health, education plays a significant role. It assists students in understanding the importance of nutrition in the development of health and quality of life. Life cannot exist without food, which is why every living organism works tirelessly to meet its nutritional needs. Various researchers conducted numerous nutritional surveys and reported over a number of years that the majority of the population of every age group, including both sexes, suffers from malnutrition bordering on protein deficiency, and this is solely due to a lack of protective foods rich in vitamins and minerals. At the macro-level, factors such as general food inadequacy, population growth, and others are at work.

Conclusion:

The coaches are having better nutrition knowledge than the college teachers and school teachers. The college physical education teachers having better nutrition knowledge than the school physical education teacher. The college teachers and school teachers must keep their knowledge up to date in order to teach and bring healthy students society.

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