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A comparative study on health consciousness between sportsmen and non-sportsmen

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Abstract

This study investigates differences in health consciousness between sportsmen and non-sportsmen. Using a sample of 100 male students from SB School in Changanacherry, Kottayam, Kerala, divided equally between sportsmen with at least district-level sports participation and non-sportsmen, we applied the Health Consciousness Scale by N.V.V.S. Narayana. Our findings, derived from t-tests performed using the Mega State software, indicate significant differences in self-practice, nutrition and satisfaction, energy, and cautiousness factors of health consciousness, with sportsmen showing greater awareness and practices in these areas than non-sportsmen. However, no significant differences were noted in monitoring factors between the two groups. These results suggest that engagement in sports may enhance certain aspects of health consciousness.

Keywords: Health consciousness, sports participation, comparative study, health awareness, physical education, t-test analysis

Introduction

An understanding of health is the basis of all health care. Health is not perceived the same way by all members of a community including various professional groups giving rise to confusion about the concept of health. In a world of continuous change, new concepts are bound to emerge based on new pattern of thought. Health's has involved over the centuries as a concept form an individual concern to a worldwide social goal and encompasses the whole quality of life.

Health is prime and foremost need of life. One has to cope up in his life for healthy living. It is said prevention is better than cure and for that knowledge of health is essential. Thus it is the duty of educational institutors to impart health knowledge to their students. Knowledge only does not mean to that just to improve some part of health of people. A man should have all-round fitness. As said by W. H. O. Health is a state of complete physical, mental, and social well-being and not merely the absence of diseases. According to this definition one should try to attain the highest possible fitness level and this can come when our awareness towards health improved. If it is according to the needs and interests of the learner then he gets satisfaction of education now- a- day health consciousness is becoming more popular and so a new curriculum has been introduced in schools and colleges. Educationists do suggest that a curriculum plan should consider felt needs and felt-interests of pupils.

Objectives of the study

1. To test the health consciousness between sportsmen and non-sportsmen.
2. To find out the difference of health consciousness between sportsmen and non-sportsmen.

Hypothesis of the study

There will be no significance of health consciousness between sportsmen and non-sportsmen.

Procedures

In the present of study total 100 male students of SB School Changanacherry, Kottayam, Kerala were taken, out of these 100 (50 of sportsmen 50 of non-sportsmen) were selected as subjects for the purpose of the study. The minimum sports participation of sportsmen was at district or state position holder. The subjects were educated enough to understand and provide relevant responses to the questions asked in the questionnaire.

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Measurement of health consciousness scale

Health Consciousness Scales, prepared by N.V.V.S. Naryana (March 2009) which have included five factors namely Self and Practice, Monitoring, Nutrition & Satisfaction, Energy and Cautiousness based on liker's five point scale (Strongly Disagree, Disagree, Neither Disagree / Agree, Agree, Strongly Agree) were used for the study. Instructions of the questionnaire were briefed out to the subjects. The responses were collected in the same way, one hundred percent questionnaire were received within the specific time all the respondents participated whole-heartedly.

Statistical procedures

For the present study, the t-test were applied to analyze the data, different steps of t-test were used and the final conclusion was drawn and it was also test at .05 level of significant. The t-test was applied with the help of mega state software technique.

Table 1: Score of sportsmen and non-sportsmen of self-practice factor

Respondents	N	Mean	S.D.	't'-value	Level of Significance
Sportsmen	50	52.54	8.37	5.15	0.05
Non-sportsmen	50	48.43	7.57		

Table 2: Score of sportsmen and non-sportsmen of monitoring Factor

Respondents	N	Mean	S.D.	't'-value	Level of Significance
Sportsmen	50	30.64	5.22	.97	0.05
Non-sportsmen	50	30.34	4.97		

Table 3: Score of sportsmen and non-sportsmen of nutrition and satisfaction

Respondents	N	Mean	S.D.	't'-value	Level of Significance
Sportsmen	50	19.44	3.54	9.77	0.05
Non-sportsmen	50	16.23	3.01		

Table 4: Score of sportsmen and non-sportsmen of energy Factor

Respondents	N	Mean	S.D.	't'-value	Level of Significance
Sportsmen	50	20.21	5.20	4.70	0.05
Non-sportsmen	50	17.98	4.23		

Table 5: Score of sportsmen and non-sportsmen of cautiousness factor

Respondents	N	Mean	S.D.	't'-value	Level of Significance
Sportsmen	50	10.96	.83	2.80	0.05
Non-sportsmen	50	9.78	.57		

Conclusion

On the basis of analyses of data, the following main conclusions have been drawn by the researcher

1. The self-practice factor, nutrition and satisfaction factors, energy factors and cautiousness factors of health consciousness of sportsmen was significantly different from non-sportsmen. And we can say that sportsmen are more conscious towards health than non-sportsmen.
2. The monitoring factors of health consciousness of sportsmen were not significantly different from non-sportsmen. And we can say that in monitoring factors, sportsmen and non-sports are almost same.

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