



“FIND OUT THE HEALTH STATUS ON SPORTS AND NON-SPORTS STUDENTS OF KARNATAK UNIVERSITY DHARWAD.

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Abstract: The present study was confined to the Find out the Health Status on sports and non-sport Students of Karnataka University Dharwad. The Students ranging between 21-25 years were selected for the study. The Data was collected from the Karnataka University Students studying in the post graduation university campus. The data of the present study was collected from 100 students selected at stratified random sampling basis from 50sports student and 50 non-sports students post graduation studying in kud. To measure the health status of the PG students Body Mass Index with the help of their Height and weight will be used. For measuring their height stadio meter and for measuring their weight standardized weighing machine will be used. The data were collected from the subjects were treated statistician find out the significance difference between the sports and non-sport Students with their health status body mass index with the help of their Height and Weight for that T-test was used to find out the difference.

Keywords: sports and non-sports student, height and weight.

Introduction:

“Health is the state of complete physical, mental and social well-being and not merely the absence and infirmity” “a resource for everyday life, not objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities” (WHO)

Concept of Health:

In ancient times it referred to the “freedom for hunger and survival” During the middle ages it meant “the desire for sound ness and safety” In modern period it meant “freedom for pestilence (disease) starvation and wars. The word health derived from Hal which mean hale (strong, healthy) sound (body, family and environment). Hann and Payne describes health in terms of six interacting and dynamic dimensions: physical, social, emotional, intellectual, spiritual and occupation Simply the word “Health” means safe and sound, well beings, balanced hormones etc.This means that health is a resource to support an individual “function in wider society, rather than an end in itself. A healthful lifestyle provides them earns to lead a full life with meaning and purpose. In 2009, researchers publishing in The Lancet Trusted Source defined health as the ability of a body to adapt to new threats and infirmities. They base this definition on the idea that the past few decades have seen modern science take significant strides in the awareness of diseases by understanding how they work, discovering new ways to slow or stop them, and acknowledging that an absence of pathology may not be possible.

Objective of the study:

- The study will help the University authorities of both the departments to re size the need for formulating an active physical education program.
- The Study may encourage the students to participate in the physical activities which hare promoting health status.
- It may help to the department concerned to develop suitable physical education program for non-sports students.

Selection of the sample:

The data of the present study was collected from 100 student at stratified random sampling basis from 50 sports and 50 non-sports student from each department, Karnataka University.

Descriptive Statistics:

In this section, the Mean SD values of height, weight and BMI scores sports and non-sport Students of Karnataka University Dharwad were calculated and the results are presented in the following tables.

Table:1 Mean and SD values of height scores of sports and non-sport Students.

Department Of the sample	Department	No	Mean	SD
Height of the sample	Sports	50	1.6858	0.06920
	Non-sports	50	1.6754	0.06594
	Total	100	1.6806	0.06757

The results of the table represent the Mean and SD values of height Scores of sports and non sport Students, The mean height In which, the sports students (1.6858) have slightly higher height scores as compared to Non-sports students (1.6754), The mean of height scores is also presented in the following figure. Of the total examples is (1.6806)

Table: 2 Mean and SD values of weight scores of sports and non-sport Students

Department Of the sample	Department	No	Mean	Sd
Weight of the sample	Sports	50	55.9600	9.34150
	Non-sports	50	57.8600	8.31033
	Total	100	56.91	8.82591

The result soft he table represent the Mean and SD values of weight Scores of sports and non-sport Students. The mean & SD weight of the total samples is (56.91) (8.82591). In which, the sports students (55.9600) (9.34150) have higher weight scores as compared to Non-sports students (57.8600) (8031033). The mean of weight scores is also presented in the following figure,

Table: 3 Mean and SD values of BMI (Body Mass Index) scores of sports and non-sport Students.

Department Of the sample	Department	No	Mean	Sd
Body mass index	Sports	50	19.6162	2.47515
	Non-sports	50	20.6596	3.11232
	Total	100	20.1379	2.79373

The results of the table represent the Mean and SD values of BMI scores of sports and non-sport Students. The mean & SD BMI of the total samples is(20.1379)(2.79373).In which, The sports students (19.6162)(2.47515) have lower BMI scores as compared to Non-sports students(20.6596)(3.11232)

Differential Statistics

In this section, the sports and non-sport Students were compared with respect to height, weight and BMI scores by applying the unpaired t-test and the results are presented in the following tables.

Hypothesis

There is no significant difference between sports and non-sport Students with respect to height scores. To achieve this hypothesis, the unpaired t-test was applied and the results are presented in the following table.

Table: 4 Results of t-test between sports and non-sport Students with respect to height scores.

Department Of the sample	t-value	Df	Sig(2tailed)	Mean Difference
sports	.769	98	0.444	0.01040
Non-sports				

From the results of the above table, it can be seen that, the sports and non-sport Students do not differ significantly with respect to height scores ($t=0.7694$, $p>0.05$) at 0.05 level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the sports and non-sport Students have similar heights cores.

Table:5 Results of t-test between sports and non-sport Students with respect to weight scores.

Department Of the sample	T	Df	Sig(2tailed)	Mean Difference
sports	1.071	98	0.285	-1.90000
Non-sports				

From the results of the above table, it can be seen that, the sports and non-sport Students do not differ significantly with respect to weight scores ($t=1.071$, $p>0.05$) at 0.05 level of significance. Hence, the null-hypothesis is accepted and alternative hypothesis is rejected. It means that, sports and non-sport Students have similar weight scores.

Hypothesis:

There is no significant difference between sports and non-sport Students with respect to BMI (Body Mass Index) scores. To achieve this hypothesis, the unpaired t-test was applied and the results are presented in the following table.

Table: 6 Results of t-test between sports and non-sport Students with respect to BMI (Body Mass Index) scores.

Department	T	df	Sig(2tailed)	Mean difference
Of the sample				
sports	-1.855	98	0.067	-1.04342
Non-sports				

From the results of the above table, it can be seen that, the sports and non-sport Students differ significantly with respect to BMI (Body Mass Index) scores ($t=1.855$, $p<0.05$) at 0.05 level of significance. Hence, the null hypothesis is rejected and alternative hypothesis is accepted. It means that, the sports students' have higher BMI (Body Mass Index) scores as compared to sports students.

The results of the table represent the Mean and SD values of height Scores of sports and non-sport Students, The mean height in which, the sports students (1.6858) have slightly higher height scores as compared to Non-sports students (1.6754), the mean of height scores is also presented in the following figure. Of the total examples is (1.6806).

DISCUSSION ON FINDINGS

From the table 1 it is evident that, on the basis of the student sports and non-sport Students KUD168.06. The homogeneity of the sample is indicated by s and standard deviation. This is 0.06757. From the table 2 it is evident that the students at mean of 56.91. The homogeneity of the sample are indicated by the standard deviation. Which is 8.82591. This situations show that there is no significant difference between the students' sports and non-sport Students of KU Dharwad on health status. This may be due to the fact that, the sports policy within both the campus is not a sound one. Physical Cultural In structured both the department should take innovative means to improve the health status of students.

The hypothesis stated that, there would be difference in health status is rejected as there exists no significant difference in health status among the male students of two campuses.

The sports and non-sport Students do not differ significantly with respect to weight scores ($t=1.071$, $p>0.05$) at 0.05 level of significance. Hence, the null hypothesis is accepted and alternative hypothesis is rejected. It means that, the sports and non-sport Students have similar weight scores.

CONCLUSION

Analysis of the data reveals that;

- i. There is a no significant differences in the health status of both campus students
- ii. Male students of both as well as the male students were also compared. It was found that, there are no marked difference it her male.
- iii. Students at both campuses were not rated nor mala supplied BMI by the national heart, lung and blood in statute of

the National in statute of health.

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