IJCRT.ORG ISSN : 2320-2882

INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Estimation Of The Nutritional Values Of Agriculture University Male Sportsmen Of Jabalpur

1. Dr. Dharmendra Singh Narwaria, Sports Officer, DSW, JNKVV Jabalpur MP

2. Dr. Ashish Kumar Nigam, Sports Officer, DSW, JNKVV, Jabalpur MP

3. Dr. Vivek Badhe, Assistant Professor, JNKVV, Jabalpur MP

ABSTRACT

The purpose of the present study was to analyze the nutrition practice of university male sportsmen of various sports events. This study was conducted on 100 male sportsmen studying in various JNKVV constitute Agricultural colleges in Madhya Pradesh. Age Range between 19- 24 years. To assess the nutrition practices among the students following questionnaire of ten questions about dietary practice prepared by Nazni and Vimala (2010) was used to collect the data from the selected male sportsmen. The results of the present investigation indicated that there is a scarcity of nutrition education intrusion among selected male sportsmen. The result of the study indicates special attention towards the nutrition practices and knowledge requirement to the students along with the coaches and traditional methods of dietary practices.

Keywords: dietary, nutrition practices, Agricultural students

INTRODUCTION

Nutrition is the study of how food and drink influence our bodies, with particular absorption to the essentials. all-important nutrients for the maintenance of human health. It examines the physiological and biochemical processes involved in diet and how substances in food provide energy or are converted into body tissues (1)

The attainment of good nutrition depends on and encompasses the entire food supply. Plant and animal foods and their various components are the primary vehicles that provide nourishment to human beings. Nutrition is vital, not only in the growth and development of humans and animals but also in the prevention and treatment of disease. Nutrition is also fundamental to the maintenance of good health and functionality. Basic and applied research on the interrelations between nutrition and noncommunicable diseases, nutrient composition, and nutrition monitoring represents the underpinnings for healthy populations and robust economies. Thus, innovative nutrition research and education provide the basis for solutions to larger health- related issues, allowing individuals to live healthier, more productive lives.

Nutrition is also fundamental to maintaining good health and function. The importance of nutrition, as an integral part of solutions to many social, environmental and economic challenges facing the world, Nutrition research is needed to establish nutritional requirements. needed to best support the survival, growth and development of subpopulations, such as patients with chronic diseases, in children and the elderly. (2)

Nutrition is an important aspect of any fitness program. The primary dietary goal of active supplement information provided by nutritionists and individuals is to obtain adequate nutrition for optimal health and fitness or athletic performance. (3)

Several factors contribute to sports success, and diet is key. An athlete's nutritional needs depend on many aspects, including the sport, the athlete's goals, the environment, and practicable issues. The consequence of individualized dietary advice is increasingly recognized, including daily dietary advice and specific advice before, during and after training and/or competition. . Nutrition is increasingly recognized as a key component of optimal athletic performance, with the science and practice of sports nutrition evolving rapidly. (4)

Becoming an elite athlete requires good genes, good training and conditioning, and a sensible diet. Optimal nutrition is essential for peak performance. Good food choices will not make a mediocre athlete into a champion, but poor food choices may prevent the potential champion from realizing his/her potential. Athletes must establish their nutritional goals, and must also be able to translate them into dietary strategies that will meet these goals. The main role of nutrition may be to support consistent intensive training which will lead to improved performance. Adequate energy should derive from a variety of foods that provide carbohydrates, proteins, fat, and micro nutrients. (5)

Nutritional play vital role in sports performance, however the necessities are not similar to all sports, and phase of training. Nutritional necessities differ with age, sex, body size, training, environment and state of individual. Therefore dissimilarity causes to difference in physical movements. Sportsmen are performed the strenuous activity needed more nutritive meals to meet their requirement.

Nutrition plays a very important role in accomplishing high level sports achievements. Nutritional status has a direct influence on physical activity levels. Thereby, Fitness and training depend a lot on nutritional status of sports personnel (?)

The present study conducted to assess the nutrition practice performs by university male sportsmen at different games.

METHODOLOGY

Selection of Subjects:

This study was conducted on 100 male sportsmen studying in various JNKVV constitute Agricultural colleges in Madhya Pradesh with age ranging 19-24 years, and height (1.61 ± 0.06), purposive sampling techniques were employed to select the subject. The subjects were inter-collegiate level sportsmen. The subjects were from these disciplines viz volleyball (N=25), Athletics (N=25), kabaddi (N=25) and kho-kho (N=25). The subjects were in Undergraduate and Post graduate degree courses.

Instrumentation:

To assess the nutritional knowledge, attitude and practices a standardized questionnaire cum interview schedule was employed to draw the information related nutritional practices. The questionnaire was composite of ten questions about dietary practice prepared by **Nazni and Vimala (2010)** (Dietary practices) was used to collect the data from the selected male subjects (6).

RESULTS AND DISCUSSION

To assess the nutritional knowledge, attitude and practices of college level sportsmen of JNKVV, Frequency and Percentage were used to analyzed and data depicted in Table 1

TABLE 1

RESPONSES DIETARY PRACTICES OF SPORTSMEN

S. N0.	Statements	Yes Frequency (%)	NO Frequency (%)
1	Is you dietary pattern change at the time of competition	56 %	64%
2	Do you skipping meals prior to competition	35%	65%
3	Do you consuming sports drinks every day before practicing	39%	61%
4	Do you practice carbohydrate loading prior to competition	59%	41%
5	Do you consume glucose polymer drink (12g of glucose / 100ml) during exercise? (A) 250 ml (30g CHO) (B) 500 ml (60g CHO)	55% A=30 B=25	45%
6	Are you having the habit of taking energy bar during exercise? (A) ½ - 1 bar (30g CHO) (B) ½ - 1 bar (60g CHO)	68% A=40 B=28	32%
7	Do you consume energy gel during exercise (A) 1 sachet (30g CHO) (B) 2 Sachet (60g CHO)	35% A=22 B=13	65%
8	Will you consume raisins (or) sultanas at the time exercise? (A) 40g (30g CHO)	79% A=50	21%

	(B) 80g (60g CHO)	B=29	
9	Will you practice of eating bananas during exercise? (A) 1-2 banana (30g CHO) (B) 2-3 bananas (60 g CHO)	23% A=14 B=9	77%
10	Do you consume isotonic sports drink (6g/100ml) during exercise (A) 500 ml (30g CHO) (B) 1000 ml (60g CHO)	39% A=22 B=17	61%

N=100

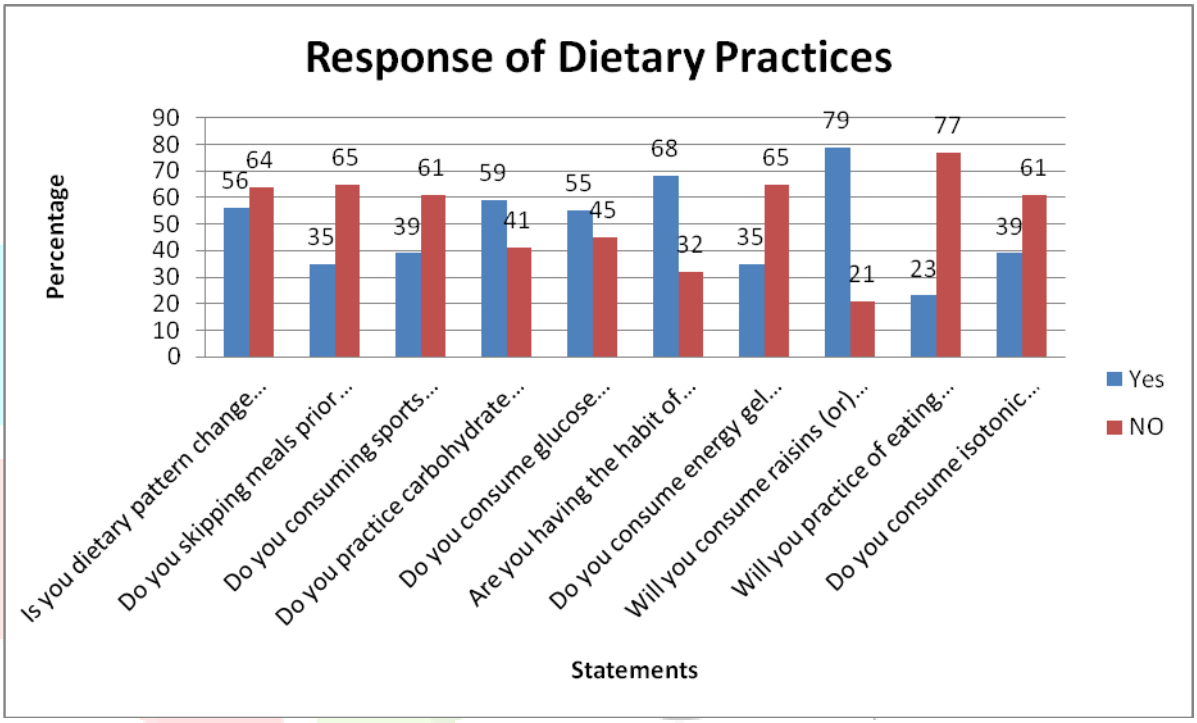

Table 1 reveals that the nutritional practices opted by the sportsmen were not similar among the sportsmen. The 56% of sportsmen change the dietary patterns during the time of the competition. A total 35% of sportsmen skipped their meals prior to competition. A total 39% of the sportsmen make use of the Sports drink every day before the practice of the events. Further, A 59% of sportsmen believe in carbohydrate loading before the competition and A 55% of sportsmen consumed glucose polymer drinks at the time of exercise. Habit of 68% sportsmen used energy bars during the exercise, the practice of energy gel during exercise was not observed in 65% percent among the sportsmen, similarly the consumption of raisins/sultana was very low 23% by the sportsmen at the time exercise, the practice of eating bananas during the exercise

was 78% by the sportsmen. For the loading of carbohydrate in the form of banana used 76 % of the sportsmen. Consumption of isotonic sports drinks was observed only 39% percent of the sportsmen.

DISCUSSION

The Dietary practices of the male sportsmen were diverse in nature. 56% percent of sportsmen believe to change in the dietary pattern at the time of competition; changes in dietary pattern by sportsmen during the competition may be due to the loading of carbohydrates in competition phase. 35% of sportsmen skipped pre-match meals and consumption uttered glucose polymers during exercise and before practices found in more than a quarter of all athletes adopts. awareness of carbohydrates load is observed in less than a quarter of athletes. Habits of using energy bars and consuming energy gel during exercise was practiced by sixty percent athletes. The consumption of raisin was practiced more than sixty percent of the total number of athletes at a time of exercise. Isotonic sports drink consumption pattern was observed in less only half of the athletes.

CONCLUSION

This study shows that there is a absence of nutrition education interventions among selected male athletes. There are sports specific practices required to fulfill the demand of the athletes, change is necessitate in present practices of dietary. It is essential to educate sportsperson, trainers and coaches. and become accustomed to the eating pattern of different regions of India and abroad. accordingly continuous quittance training through workshops and courses can assist enhance Coach Nutrition Practices. Hence, delivering continuous education through workshops and courses helps to improve trainers' nutritional practices

SUGGESION FOR FUTURE RESERCH

Similar studies can be repeated in larger populations and on females athletes. A comparable research may be conducted to find the Differences between male and female athletes nutrition practice.

References

1. The school of health https://www.schoolofhealth.com/nutrition-courses/what-is-nutrition/
2. Sarah D. Ohlhorst et.al Adv Nutr. 2014 September 1; 5(5): 587.
3. Congeni, J & Miller S. "Supplements and Drugs used to Enhance Athletic Performance". Pediatric Clinic of North America. 49 (2002):435-61.
4. Kathryn L Beck et.al open access journal sports med, 2015; 6: 259–267.
5. Mahmud, Md & Chowdhury, Mohammad & Rabbi, Farhan & Hasan, Md & Hussen, Shakhawat & Naher, Kamrun & Chowdhury, Md. Jayed. (2019). Nutrition for Athletes for Enhancement of their Performance. 39. 35-52.
6. Beals KA, Manore MM. Nutritional status of female athletes with subclinical eating disorders. J Am Diet Assoc. 1998;98:419–25.