

Life Style Assessment between Male and Female Former Sports Person of Tripura - A Comparison

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Abstract

In order to understand the lifestyle of a person or group one need to examine many dimensions of life. It includes a person's physical, mental, physiological and spiritual health of the individual. Not only that the social circle he belongs to plays a virtual role too. The economics condition the person has also affects the overall lifestyle of a person. The researcher was hence, interested in comparing the lifestyle Assessment score of the male and female former sports person so as to determine the real condition of these categories of people. A total number of 80 male and female former sports person (40 of each category) will be selected on the basis of random sampling from Tripura. The age of subjects will range from 45 to 55 years. For the purpose of characterizing Lifestyle assessment in relation to male and female former sports persons of Tripura "Life Style Assessment Inventory" by Anspangh David S.Michal, H.Hamrichand Frank D. Rosato will be adapted to collect the data. In this study the to find out the level of life Style Assessment, Descriptive Statistics and to compare the Life Style Assessment between male and female former sports person, T-test was employed. On the basis of the results of the study it can be concluded that the male former sports person possessed a better in total lifestyle assessment score as compare to the female former sports person. On the basis of normative response intervals of lifestyle assessment score defined by the Anspangh David S.Michal, H.Hamrichand Frank D. Rosato. Male former sports person comes under good score of lifestyle, whereas the female former sports person comes under average score of lifestyle.

KEYWORD- Life Style Assessment,

INTRODUCTION

Lifestyle was originally coined by Australian Psychologist Alfred Adler in 1929. Lifestyle is a manner of living that reflects the person's values and attitudes and behavioral patterns. The Lifestyle of a social group is a reservoir of socially selected patterns of behaviors and interpretations of social situations which is developed and used by the group to cope with life in a common way.

The term Life style is rather a defused concept often used to denote the way people live reflecting of a whole range of social values, attitudes and activities. If is composed of cultural and behavioural patterns and lifelong personal habit, (example, smoking, alcoholism) that have developed through processes of socialization. In other words Life style is a term to describe the way a person lives, which was originally coined by Austrian psychologist Alfred Adler in 1929. The current broader sense of the word dates from 1961. A set of behaviours, and the senses of self and belonging which these behaviours represent, are collectively used to define a given Life style.

Lifestyle has been changing over the past few decades in most parts of the world. The excesses of the consumer society are now showing their effects on health. In case we are to prevent the diseases that are the result of unfavorable Lifestyles, we have to

ensure that sound decisions on healthy Lifestyle are to be urgently activated. In our ancient culture, instances can be found where the continuations of healthy In order to understand the lifestyle of a person or group one need to examine many dimensions of life. It includes a person's physical, mental, physiological and spiritual health of the individual. Not only that the social circle he belongs to plays a virtual role too. The economics condition the person has also affects the overall lifestyle of a person. The researcher was hence, interested in comparing the lifestyle Assessment score of the male and female former sports person so as to determine the real condition of these categories of people.

PROCEDURE

80 male and female former sports person (40 of each category) will be selected on the basis of random sampling from Tripura. The age of subjects will range from 45 to 55 years. For the purpose of characterizing Lifestyle assessment in relation to male and female former sports persons of Tripura "Life Style Assessment Inventory" by Anspangh David S.Michal, H.Hamrichand Frank D. Rosato will be adapted to collect the data. The tools/ questionnaires will be used in this study for the collection of the data will be selected because they are found be most reliable and have been widely used in the profession of physical education and sports throughout the world. To measure personal appraisal about the life style assessment of the subjects belonging to sports person "Lifestyle Assessment Inventory" will be used. The Questionnaire will be divided into eight parts i.e., Physical Assessment (PA), Alcohol and Drug assessment (ADA), Nutritional assessment (NA), Social Wellness Assessment (SWA), Spiritual Wellness Assessment (SPWA), Emotional Wellness Assessment (EWA), Stress Control assessment (SCA) and Intellectual Wellness Assessment (IWA).

The subject responding using five points ordinal scale, hence the maximum response score from the total inventory will 100 and minimum 10 and in case of each contents the response score ranges from 10 to 100.

The normative response intervals for life style assessment score are given below:

86-100	Excellent
70-85	Good
50-69	Average
30-49	below Average
Less than 30	need improvement

To find out the status of the Life Style Assessment, in relation to male and female former sports persons of Tripura, Descriptive Statistics was used followed by To compare the Life Style Assessment in relation to male and female former sports persons of Tripura independent t-test was employed. The level of significance was set at 5%.

RESULTS

Assumption of variance and descriptive statistics were present in table I and II. Further the t-test was employed in table III.

Table I Test of Normality of Lifestyle Assessment in relation to Male and Female Former Sports Person

Lifestyle Assessment	Shapiro-Wilk			
	Group	Statistics	df	Sig.
	Male Sports person	.984	40	.846
Female Sports person	.959	40	.152	

*P value >0.05 is significant.

In table I Shapiro-wilk test was applied to test the assumption of normality of lifestyle in relation to male and female sports person. The p-value of both male and female former sports person on lifestyle assessment was greater than 0.05 which indicated that the assumption of normality was not violated.

Table II Descriptive Statistics of Male and Female former Sports Person in relation to Lifestyle Assessment

Group	Mean	Std. deviation	Std. Error	N
Male sports person	73.521	10.788	1.705	40
Female sports person	66.768	12.588	1.990	40

Table II reveals that the mean and standard deviation on variable of Lifestyle Assessment' between male and female former sports person. The mean (\pm standard deviation) values of male former sports person was 73.521 (\pm 10.788) and the mean (\pm standard deviation) of female former sports person was 66.768 (\pm 12.588) respectively, the standard error of mean scores of both male and female former sports person came out to be 1.705 and 1.990 respectively.

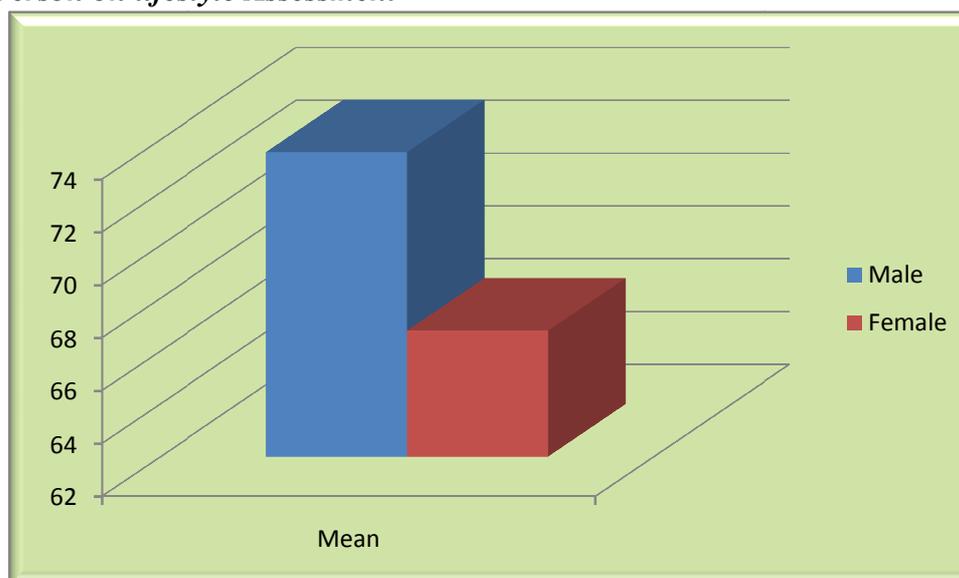
Table III Computation of t-Test of Male and Female Former Sports Person in relation to Lifestyle Assessment

Group	Mean	Standard Deviation	t-value	p-value
Male	73.521	10.788	2.576	.012
Female	66.768	12.588		

Significant at .05 $t_{0.05}(78)=1.66$

Table III showed that computation of t-test on the variable of Lifestyle Assessment' between male and female former sports person. The above 't'-value 2.576 was found to be significant at 0.05 level of significance with degree of freedom of 78 and while comparing the two mean values, it shows that male former sports person have better on the variable Lifestyle Assessment' than their counterpart female former sports person (Figure 1).

Figure 1 Graphical Representation of Mean and S.D of Male and Female Former Sports Person on lifestyle Assessment



DISCUSSION OF FINDING

The purpose of the study was to compare Lifestyle Assessment score between male and female former sports persons of Tripura. In the light of obtained data it can be seen that there was significant difference of total score Lifestyle Assessment was found of former sports persons of Tripura in relation to different category i.e. male and female. In which male category possessed greater Lifestyle Assessment score in comparison to female category. t- test clearly indicates that significant difference was found between the mean of lifestyle assessment score in male and female former sports person were t- value was 2.576 ($p < .05$) was found greater than the tabulated value 1.66 with 78 degree of freedom at 0.05 level of significance. The better life style assessment possessed by male can be due to the fact that the natural instinct, the male possessed there reflected in their life style.

CONCLUSION

On the basis of the results of the study it can be concluded that the male former sports person possessed a better score in total lifestyle assessment as compare to the female former sports person.

On the basis of normative response intervals of lifestyle assessment score defined by the Anspangh David S. Michal, H. Hamrichand Frank D. Rosato. Male former sports person comes under good score of lifestyle, whereas the female former sports person comes under average score of lifestyle.

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