



## ROLE OF NUTRITION IN SPORTS PERFORMANCE: A STUDY

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### Introduction :

Nutrition plays an important role for sport performance in young athletes, in addition to optimal growth and development. Macronutrients, micronutrients and fluids in the proper amounts are very much essential to provide the required energy for growth, activity and performance. It therefore becomes important for young athlete to learn what, when and how to eat and drink before, replenish during and after activity for optimum performance.

The prime reasons can be attributed to lack of proper nutrition knowledge or nutrition practice or have a wrong perception or attitude towards nutrition. Students prefer readily available foods usually with low nutritive value instead of nutritive packed foods. Apart from this irregular meal pattern especially at schools, as they tend to not to have lunch during lunch breaks as they love to play during that time even though parents pack food.

### Methodology :

#### Sample :

The sample consists two types of sports persons training for (1) Athletics and (2) Martial arts.

**Table -1 Distribution of the sample in two groups**

Events	Male	Female	Total
Athletics	15	15	30
Martial Arts	15	15	30

**Objectives :**

1. To compare the two groups of sports persons on certain relevant psycho social factors.
2. To compare male sports persons with female sports persons on psycho social variables.

**Hypothesis :**

1. The two groups of sports persons will differ on the psychological variables on self concept and aggression.
2. Male and female sports persons will differ in all the psycho social variables.
3. The most important social factor judged as affecting performance will differ for the two sports and sex groups.

**Analysis of data :**

**Table – 2**

**Difference between the two groups on self concept**

	Mean	SD	t-value
Athlete	58.75	11.59	0.021
Martial arts	58.65	10.12	

The t-value indicates that, there is no significant difference between the two groups (athlete and martial arts) on perceived self.

**Table – 3**

**Difference between the two groups on aggression**

	Mean	SD	t-value
Athlete	4.15	1.57	1.8
Martial arts	4.82	1.84	

The t-value indicates that there is exist significant difference between two sports (athletic and martial arts). The results show that the aggression level of athletics and martial arts groups has low but compare to athletes and martial arts sports persons has high score. This shows the level of aggression is differ.

**Table – 4****Male and female differences on self concept**

	Mean	SD	t-value
Male	59.41	11.90	0.44
Female	57.75	8.53	

It has been found that the group has in general good self concept in males and of the female had scores on self concept higher than the group median.

**Table – 5****Male and female differences on aggression**

	Mean	SD	t-value
Male	4.2	1.59	1.108
Female	4.77	1.22	

The t-value indicate that there is a significant difference between the two groups.

**Conclusions :**

1. There is significant difference between athletics and martial arts sports persons on psychological variables.
2. There is significant difference between male and female sports persons on psychological variables, self concept and aggression.
3. The most important social factor judged as affects performance was different for two sports groups and for male and female.

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