



# LIFESTYLE CHANGES IN INTER-UNIVERSITY LEVEL SPORTS PERSONS BETWEEN COMPETITION AND TRANSITION PERIODS

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## ABSTRACT

The psycho-social and 'well-being' attributes can impact upon sports performance and conversely the sportsperson's pursuit of sporting excellence can affect their well-being in both positive and negative ways. The lifestyle of a sportsman can vary greatly depending on the sport they play and the level at which they compete. Although many studies have been done in lifestyle and sports, these studies have often been performed on non-athletes who have considered sports as one of their distinguishing indicators, while in the lifestyle of athletes. The purpose of the present study was to investigate the changes in lifestyle of sports persons during competition and transition periods. The subjects for the present study were 40 male inter-University participation students studying in Shivamogga, Chikkmagaluru, Davangere and Chitradurga Districts. The students were studying during the academic year 2022-23 in various colleges of four Districts. Their age ranged between 20 to 26 years. Modified version of questionnaire framed by Sirohi & Gupta (2021) was employed to the selected subjects. The data for the present was collected from inter-university sports persons at their respective places. After obtaining the response from all the selected subjects, the mean and standard deviation was calculated for establishing normalcy of data. Paired sample 't' test statistical technique was used with the help of SPSS to compare the lifestyle of sportspersons during competition and transition periods. On the basis of the results of the present study it is concluded that the lifestyle of the inter-University level sports persons significantly differed from competition to transition period. There is significant difference in Socially oriented lifestyle, Family oriented lifestyle, Career oriented lifestyle and Academic oriented lifestyle during competition and transition periods of training. However, there was no significant difference in health oriented lifestyle and trend seeking lifestyle of sportspersons under investigation.

**Key words:** Lifestyle, sportspersons, inter-University, social, health, family, academic, career.

## INTRODUCTION

Being an athlete could be considered a profession and a lifestyle because success at the highest level of professional sports is almost impossible without devoting many hours of life (Mohamadi, et. al., 2022). Horley, Carroll, and Little (1988) believed that lifestyle is a common term in everyday usage. Giddens (1991) said that lifestyle is a relatively harmonious set of all the behaviors and activities of a certain person in daily life, requiring a set of habits and orientations and, therefore, having a kind of unity. The concept of lifestyle was first introduced in 1929 by the social psychologist Alfred Adler. According to him, lifestyle is the central character with an individual interpretation, not a social one (Abel, Cockerham, Niemann S., 2002) .

It is believed that elite athletes have special living conditions that necessitate theorizing about their lifestyle. The psycho-social and ‘well-being’ attributes can impact upon sports performance and conversely the sportsperson’s pursuit of sporting excellence can affect their well-being in both positive and negative ways. Sportsperson’s wellbeing and performance may be influenced by family, friends, professional and personal development programs, spirituality and social-connections. It is therefore a responsibility of those overseeing athlete developments to maintain a duty-of-care that ensures the wellbeing of athletes throughout their sporting life and beyond.

The lifestyle of a sportsman can vary greatly depending on the sport they play and the level at which they compete. Professional athletes often have demanding schedules that include practicing and training for their sport, as well as competing in games and events. This can involve long hours and a lot of travel. As a sportsman, maintaining a healthy lifestyle and healthy habits is crucial for reaching peak performance and achieving long-term success. From proper nutrition to regular exercise, developing healthy habits can make all the difference on and off the field. To excel in their sport, athletes must not only train their bodies physically but also maintain a healthy lifestyle. A balanced diet, regular exercise, and good sleep hygiene are all essential for a sportsman to perform at their best (Melekoğlu, et. al, 2019).

From sleep to peer pressure, there are a huge number of factors that form part of the daily lives of most athletes. Education and guidance are essential to help athletes navigate their pathway to success and understand how they can improve key areas outside of specific skills training, that can help them reach their potential. Research has shown that sleep is a clear predictor of performance in sport. Insufficient sleep and/or poor sleep quality can cause issues which affect physical and academic performance, cognitive function, recovery from training and injury and your mental and cardiometabolic health.

Although many studies have been done in lifestyle and sports, these studies have often been performed on non-athletes who have considered sports as one of their distinguishing indicators, while in the lifestyle of athletes; this type of research is minimal. Athletes who learn to manage their stress and anxiety and channel it into their performance are often the ones who succeed. No matter what level of competition you are at, the key is being able to deal with the pressure and ensure that it doesn’t adversely affect your performance.

Athletes need adequate fuel to maintain their level of performance. Nutrition is the fuel for athletes. This “fuel” can be broken down into 3 main components – Carbohydrates, Fats and Protein. The food we eat impacts our strength, endurance, training, performance, recovery and well-being.

Acute fatigue can happen when there is a decrease in muscle power and the power and intensity required by an athlete to perform an activity is not there. Acute fatigue is part and parcel of the high level of training and endurance required by an elite athlete and should be accompanied by rest and recovery. Optimal performance results when an athlete has a balanced approach to training and recovery.

### Objective of the study

The purpose of the present study was to investigate the changes in lifestyle of sports persons during competition and transition periods.

## METHODOLOGY

The subjects for the present study were 40 male inter-University participation students studying in Shivamogga, Chikkmagaluru, Davangere and Chitradurga Districts. The students were studying during the academic year 2022-23 in various colleges of four Districts. Their age ranged between 20 to 26 years. Modified version of questionnaire framed by Sirohi & Gupta (2021) was employed to the selected subjects. The general statements in the questionnaire were re-framed to suit the sportspersons under investigation. Standard procedure were employed to standardize the questionnaire by establishing validity and reliability of the questionnaire after a trial run on target sample.

The data for the present was collected from inter-university sports persons at their respective places. Prior permission was obtained from the Head of the respective institutions and it was confirmed that the confidentiality of data would be maintained in all respects. The subjects were informed to assemble in a specified classroom/sports room with pen for marking the questionnaire. The general instructions were read out by the investigator and brief orientation was done to provide overall objective of the questionnaire. Honest responses were sought from all the subjects selected for the present investigation.

After obtaining the response from all the selected subjects, the mean and standard deviation was calculated for establishing normalcy of data. Paired sample 't' test statistical technique was used with the help of SPSS to compare the lifestyle of sportspersons during competition and transition periods.

## FINDINGS OF THE STUDY

The raw data on assessment of lifestyle questionnaire socially oriented lifestyle, Family oriented lifestyle, Career oriented lifestyle, Academic oriented lifestyle, and Health oriented lifestyle and Trend seeking lifestyle were subjected to statistical treatment. The mean and standard deviation of tests are provided in table 1.

**Table 1: Descriptive result on different aspects of lifestyle of inter-University sportspersons during competition and transition period**

Lifestyle aspects	Periods	Mean	N	Std. Deviation	Std. Error Mean
Socially oriented lifestyle	Competition period	26.08	40	3.2	.51314
	Transition period	21.13	40	4.3	.68891
Family oriented lifestyle	Competition period	26.08	40	3.31	.52304
	Transition period	19.08	40	4.68	.73936
Career oriented lifestyle	Competition period	25.25	40	2.91	.45958
	Transition period	19.68	40	4.73	.74712
Academic oriented lifestyle	Competition period	20.63	40	3.05	.48263
	Transition period	18.00	40	3.64	.57513
Health oriented lifestyle	Competition period	12.73	40	2.39	.37722
	Transition period	11.98	40	3.64	.57567
Trend seeking lifestyle	Competition period	10.63	40	3.42	.54028
	Transition period	9.10	40	4.16	.65711

From table 1, It is clear that the socially oriented lifestyle of Inter-University sports persons during competition period testing score ( $26.08 \pm 3.2$ ) was different from that during transition period ( $21.13 \pm 4.3$ ); the family oriented lifestyle of interuniversity sports persons during competition period testing score ( $26.08 \pm 3.31$ ) was different from

that during transition period ( $19.08 \pm 4.68$ ); the career oriented lifestyle of Inter-University sports persons during competition period testing score ( $25.25 \pm 4.73$ ) was different from that during transition period ( $19.68 \pm 4.73$ ); the academic oriented lifestyle of inter-university sports persons during competition period testing score ( $20.63 \pm 3.05$ ) was different from that during transition period ( $18.00 \pm 3.64$ ); the health oriented lifestyle of Inter-University sports person during competition period testing score ( $12.73 \pm 2.39$ ) was different from that during transition period ( $11.98 \pm 3.64$ ); the trend seeking lifestyle of interuniversity sports persons during competition period testing score ( $10.63 \pm 3.42$ ) was different from that during transition period ( $9.10 \pm 4.16$ ); the overall lifestyle of Inter-University sports persons during competition period testing score (121.38) was different from that during transition period (98.95).

Paired sample 't' test was employed to elicit differences in overall lifestyle of Inter-University sports persons during competition and transition period. The results are provided in table 2 as below.

**Table 2. Summary of 't' test for comparison of aspects of lifestyle between competition and transition periods of training**

	Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2-tailed)
<b>Socially oriented lifestyle</b> Competition period - Transition period	4.95000	4.80358	.75951	6.517	39	.000
<b>Family oriented lifestyle</b> Competition period - Transition period	7.00000	4.98716	.78854	8.877	39	.000
<b>Career oriented lifestyle</b> Competition period - Transition period	5.57500	4.86161	.76869	7.253	39	.000
<b>Academic oriented lifestyle</b> Competition period - Transition period	2.62500	4.44734	.70319	3.733	39	.001
<b>Health oriented lifestyle</b> Competition period - Transition period	.75000	3.43250	.54273	1.382	39	.175
<b>Trend seeking lifestyle</b> Competition period - Transition period	1.52500	5.38272	.85108	1.792	39	.081

From table 2, it becomes clear that the obtained 't' value in Socially oriented lifestyle is (6.517) is greater than table 't' value (2.021). Hence it can be inferred that there is a significant difference in socially oriented lifestyle of Inter University Sports Persons during competition period and transition period.

The obtained 't' value in Family oriented lifestyle is (8.877) is greater than table 't' value (2.021). Hence it can be inferred that there is a significant difference in family oriented lifestyle of Inter-University Sports Persons during competition period and transition period.

The obtained 't' value in Career oriented lifestyle is (7.253) is greater than table 't' value (2.021). Hence it can be inferred that there is a significant difference in career-oriented lifestyle of Inter University Sports Persons during competition period and transition period.

The obtained 't' value in Academic oriented lifestyle is (3.733) is greater than table 't' value (2.021). Hence it can be inferred that there is a significant difference in academic oriented lifestyle of Inter University Sports Persons during competition period and transition period.

The obtained 't' value in Health oriented lifestyle is (1.382) is greater than table 't' value (2.021). Hence it can be inferred that there is no significant difference in health oriented lifestyle of Inter University Sports Persons during competition period and transition period.

The obtained 't' value in Trend seeking lifestyle is (1.792) is greater than table 't' value (2.021). Hence it can be inferred that there is no significant difference in trend seeking lifestyle of Inter-University Sports Persons during competition period and transition period.

## DISCUSSION

There is significant difference in Socially oriented lifestyle, Family oriented lifestyle, Career oriented lifestyle and Academic oriented lifestyle during competition and transition periods of training in inter-University level players. The lifestyle was found to be better during competition period as compared to transition period. The sportspersons need awareness on the importance of maintaining good lifestyle even during transition period. The performance will deteriorate if the lifestyle changes from competition to transition period. Coaches and trainers need to orient the sportspersons regarding healthy lifestyle during transition period.

## CONCLUSION

On the basis of the results of the present study it is concluded that the lifestyle of the inter-University level sports persons significantly differed from competition to transition period. There is significant difference in Socially oriented lifestyle, Family oriented lifestyle, Career oriented lifestyle and Academic oriented lifestyle during competition and transition periods of training. However, there was no significant difference in health oriented lifestyle and trend seeking lifestyle of sportspersons under investigation.

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