

# Effects Of Eating Attitudes, Mood States And Competitive Behaviour Among Sports Women (Economic Level)

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*Abstract: The purpose of this study was to find out the effects of Eating Attitudes, Mood states and Competitive Behaviour among sports women. This study deals with the analysis of data, findings and discussion of findings. To achieve the objectives of the study, the scholar will adopt the entire process of the research work, the sample and its selection, proper tools and adequate statistical techniques for organizing, analyzing of the data. A Standardized questionnaire arranged for taking information regarding the Effects of Eating Attitudes, Mood states and Competitive Behaviour among sports women. The data that was collected through various 300 subjects (150 + 150 females) were selected randomly belonging to the age of 18 to 22 years from different colleges of Haryana State University.*

## I. INTRODUCTION

Millions of men and women are not happy with the way they look. The National Eating Disorder Information Center estimates that 40% of nine year-old girls have dieted due to lose weight even when they were at a normal weight. We are generally asked that thinner is better and that we should look a certain way. So many people work extremely hard to lose weight because they feel like that they are not thin. And unfortunately, this can lead them to an eating disorder. During adolescence, attitude toward physical appearance plays an important role in self-esteem. Many teenagers become preoccupied with their body weight and attempt to achieve the ideal physique because of social and cultural norms, reinforced by media messages emphasizing a thin and physically fit body. This preoccupation influences their dieting and eating habits Rus-Makaovec & Tomori, (2000). The purpose of this study was to find out the effects of Eating Attitudes, Mood states and Competitive Behaviour among sports women. This study deals with the analysis of data, findings and discussion of findings. The data that was collected through various 300 subjects (150 + 150 females) were selected randomly belonging to the age of 18 to 22 years from different colleges of Haryana State University. Score of

different tests were collected, tabulated and statistical analysis was done to find out the results.

## II. METHOD AND PROCEDURE

To achieve the objectives of the study, the scholar adopted the entire process of the research work, the sample and its selection, proper tools and adequate statistical techniques for organizing, analyzing of the data. A Standardized questionnaire has been arranged for taking information regarding the Eating Attitudes, Mood states and Competitive Behaviour, pilot study has been done. Standardized questionnaire was fit for the Indian condition.

**SELECTION OF THE SAMPLE:** A sample is a miniature of population. To collect the data from population a random sampling device was used. The data was collected in such a manner so that true representation was drawn.

**SELECTION OF SUBJECTS:** 300 subjects (150 + 150 females) were selected randomly belonging to the age of 18 to 22 years from different colleges of Haryana State university was selected for survey.

**TOOLS TO BE USED:** The following tests were used for data collection:

- ✓ Eating Attitudes Test (26) Questionnaire—By Garner et al., 1982
- ✓ The Mood Disorder Questionnaire –BY ROBERT M.A. HIRSCHFELD ET AL., 2000
- ✓ Competitive Behaviour Scale –By Dr. R. K. Yadav., 1995

**ADMINISTRATION OF TESTS:** For the present study Standardized questionnaire was used.

**STATISTICAL TECHNIQUES:** Keeping in view the objectives as well as design of the study ‘t’ test was used to analysis the data.

### III. INTERPRETATION AND DISCUSSION OF RESULTS

After the statistical analysis, the results were presented in the table. The means difference were calculated to find out the significant difference of individual game and team game players with the help of ‘t’ test.

| Group                   | Eating Attitudes | Mood States | Competitive Behaviour | BMI   | Age   |
|-------------------------|------------------|-------------|-----------------------|-------|-------|
| Individual Game Players | 21.44            | 5.36        | 77.88                 | 20.66 | 20.11 |
| Team Game Players       | 15.90            | 4.79        | 79.68                 | 19.90 | 19.69 |
| T- Value                | 9.73*            | 2.53*       | 1.788                 | 4.29  | 2.12* |

\* .05(1.96)

Table 1

It is revealed from table that the mean scores on Eating Attitudes 21.44 and 15.90 respectively. The t-ratio came out to be 9.73, which is significant at .05 level of significance. That means there exists significant difference between Eating Attitudes of individual game and team game players. The mean scores of individual game players are more than mean scores of team game players. It indicates that individual game players were more risk EAT as compared to the team game players. Thus, the hypothesis that ‘there is no significant difference between Eating Attitudes of individual game and team game players is rejected. It is revealed from table that the mean scores on Mood of individual game and team game players are 5.36 and 4.79 respectively. The t-ratio came out to be 2.53, which is significant at .05 level of significance. That means there exists significant difference between Mood of individual game and team game players. Again the mean scores of team game players are less than the mean scores of individual game players in mood state. It indicates that mood disorder of individual game players is more then team game players. Thus, the hypothesis that ‘there is no significance difference between mood state of individual game and team game players is rejected. It is revealed from table that the mean scores on competitive behaviour of individual game and team game players are 77.88 and 79.68 respectively. The t-ratio came out to be 1.78, which is not significant at .05 level of significance. That means there exists no significant difference between competitive behaviour of individual game and team game players. Again the mean scores of team game players are more than the mean scores of individual game players in competitive behaviour. It indicates that competitive behaviour of individual game players is less then team game players. Thus, the hypothesis that ‘there is no significance difference between competitive behaviour of individual game

and team game players is accepted. It is revealed from table that the mean scores on BMI of individual game and team game players are 20.66 and 19.90 respectively. The t-ratio came out to be 4.29, which is significant at .05 level of significance. That means there exists significant difference between bmi of individual game and team game players. Again the mean scores of individual game players are more than the mean scores of team game players in bmi. It indicates that bmi of individual game players are more then team game players. Thus, the hypothesis that ‘there is no significance difference between bmi of individual game and team game players is rejected. It is revealed from table that the mean scores on Age of individual game and team game players. 20.11 and 19.69. The t-ratio came out to be 2.12, which is significant at .05 level of significance. That means there exists significant difference between Age of individual game and team game players. The mean scores of individual game players are more than mean scores of team game players. It indicates that individual game players were more aged as compared to the team game players. Thus, the hypothesis that ‘there is no significant difference between Age of individual game and team game players is rejected.

### IV. CONCLUSIONS

The purpose of this study was to find out the effects of Eating Attitudes, Mood states and Competitive Behaviour among sports women. This study deals with the analysis of data, findings and discussion of findings. The data revealed that there exists significant difference between Eating Attitudes of individual game and team game players. The hypothesis related to the above variables was rejected. The mean scores of individual game players are more than mean scores of team game players. It indicates that individual game players were more risk EAT as compared to the team game players. The data also revealed that there exists significant difference between Mood of individual game and team game players. Again the hypothesis related to the above variables was rejected. The mean scores of team game players are less than the mean scores of individual game players in mood state. It indicates that mood disorder of individual game players is more then team game players. The data revealed that there exists no significant difference between competitive behaviour of individual game and team game players. Again the mean scores of team game players are more than the mean scores of individual game players in competitive behavior. It indicates that competitive behaviour of individual game players is less then team game players. The hypothesis related to the above variables was accepted. The data also revealed that there exists significant difference between bmi of individual game and team game players. Again the mean scores of individual game players are more than the mean scores of team game players in bmi. It indicates that bmi of individual game players are more then team game players. The hypothesis related to the above variables was accepted. The data also revealed that there exists significant difference between Age of individual game and team game players. The mean scores of individual game players are more than mean scores of team game players. It indicates that individual game players were more aged as

compared to the team game players. The hypothesis related to the above variables was rejected.

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