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Evaluation of Eating Disorders among Male Individual and Team Game Players at University Level

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Abstract

Investigators evaluated eating disorders among female individual and team game players having sample of 100 female players out of which 60 were individual game and 40 were team game players, undergoing diploma in B.P.ED, and C.P.ED and M.P.ED courses from K.U.K University Kurukshetra, M.D.U University Rohtak and C.D.L.U University Sirsa. Eating Attitudes Test (EAT-26) (Garner *et al.* 1982) was used to measure disordered eating attitudes and behaviour of the subjects. Body mass index (BMI) of all the subjects was determined by dividing body weight in kilogram by the square of height in meters. To compare the female individual and team game players on eating behaviour and body mass index (BMI), t-test was employed. Results revealed that female individual and female team game players were having almost similar eating disorders on dieting, oral control, bulimia and eating attitudes. Female individual game players were having greater body mass index (BMI) as compared to their team game counterparts. Both female individual and team game players were having normal body mass index (BMI).

Keywords: Players, Individual Game, Eating Behaviour, Body Mass

Introduction

As the prevalence of overweight and obesity continues to rise worldwide, health related complications are expected to concurrently increasing as well level of physical activity is decreasing. Physical inactivity is one of the most common and persistent contributors to poor health in the world which invites various health problems. As there are numerous health benefits of physical activity, the need to increase physical activity has been stressed thoroughly. Research consistently links physical activity to numerous health improvements. The term physical activity has been used interchangeably with other words such as exercise, fitness, physical education.

The energy expenditure during physical activity can be indicated as metabolic equivalents (METs), which are very frequently used to measure physical activity in adults. One MET is about 3.5 ml/kg/min of oxygen, is resting energy expenditure, so if some activity requires 3 times more oxygen than resting oxygen consumption, then it would be 3 METs. Energy expenditure (MET score) of diverse activity including home activities, hobby, occupation, sport, and religious activities.

Method and Procedure: The study has been conducted on a sample of 100 female players out of which 60 were individual game and 40 were team game players, undergoing diploma B.P.ED, C.P.ED and M.P.ED course in (session 2010-12) from K.U.K University Kurukshetra, M.D.U University Rohtak and C.D.L.U University Sirsa having age range from 21 to 38 years. Eating Attitudes Test (EAT-26) (Garner *et al.* 1982) was used to measure disordered eating attitudes and behaviour of the subjects. Body mass index (BMI) of all the subjects was determined by dividing body weight in kilogram by the square of height in meters. To compare the female individual and team game players on eating behaviour and its sub-domains namely dieting, oral control and bulimia as well as body mass index (BMI), t-test was employed. The level of significance was set at .05. Descriptive statistics was also carried out to evaluate the eating behaviour among female individual and team game players.

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Results: Descriptive statistics of eating disorders variables namely Dieting, Oral Control, Bulimia & Food Preoccupation and Eating Attitudes and Body Mass Index (BMI) of individual and team game players has been given in table 1 and their respective means has also be depicted in figures 1

Table 1: Descriptive Statistics of Eating Disorders Variables and Body Mass Index (BMI) of female Individual and Team Game Players

Variables	Individual Games (N=60)		Team Games (N=40)	
	Mean	SD	Mean	SD
Dieting	7.20	4.50	4.50	4.18
Oral Control	6.25	4.02	5.97	3.61
Bulimia	1.26	1.78	1.25	1.87
Eating Behavior	14.23	7.17	7.76	4.13
Body Mass Index (BMI)	24.41	3.1	22.78	2.25

It may be observed from table 1 that in subscale of dieting which evaluates pathological avoidance of fattening foods and preoccupation with thinness the individual game players were having mean score of 7.20 with SD 5.47 as compared to their team game counterparts having mean score of 4.50 with SD 4.18. Similarly, on subscale of oral control that deals with the degree of self-control overeating, individual game players were having mean score of 6.25 with SD 4.02 as compared to team game players having mean of 5.97 with SD 3.61.

Both individual (M±SD=1.26±1.78) and team (M±SD=1.25±1.87) game players were having almost similar tendencies to binge and purge as measured by subscale bulimia of eating attitude.

On the measure of disordered eating attitudes behavior, the individual game players were having mean score of 14.23 and SD 7.17. Whereas team game players were having less

mean score of 7.76 with SD 4.13. Hence, individual game players indicated little maladaptive attitudes and behavior as compared to their team game counterparts. Although, both groups shown normal eating attitudes and behavior. So far, body mass index is concerned individual game players were having higher value of body mass index (M±SD=24.41±3.01) as compared to team game players (M±SD=22.78±2.25)

Table 2: Significance of Mean Difference in Scores of Dieting, Oral Control, Bulimia and Food Preoccupation and Eating Attitudes between Individual and Game Players

Variable	Group	Mean	S.D.	S.E.D	t
Dieting	Individual	8.07	6.04	0.95	4.00*
	Team	4.50	4.18	0.66	
Oral Control	Individual	6.00	3.38	0.53	0.33
	Team	5.97	3.61	0.51	
Bulimia	Individual	1.00	1.37	0.21	-.670
	Team	1.25	1.87	0.29	
Eating Attitude	Individual	24.89	3.18	0.50	3.67*
	Team	22.78	2.25	0.35	
BMI	Individual	17.11	9.79	2.37	3.85*
	Team	7.76	4.13	1.00	

$t_{0.05} (184) = 1.96$

The examination of tables 2 reveals that there were significance differences between individual and team game players on Dieting, Eating attitude and BMI, as the calculated ‘t’ value of 4.00, 3.67 and 3.58 respectively were found to be statistically significant. Similarly, individual and team game players did not differ significantly on eating attitude (total scores) as the ‘t’ value of 3.67 was also found to be significant at .05 level that was not less than the required table value of 1.96 and in which individual game players showed more inclinations toward eating disorders as compared to team game players.

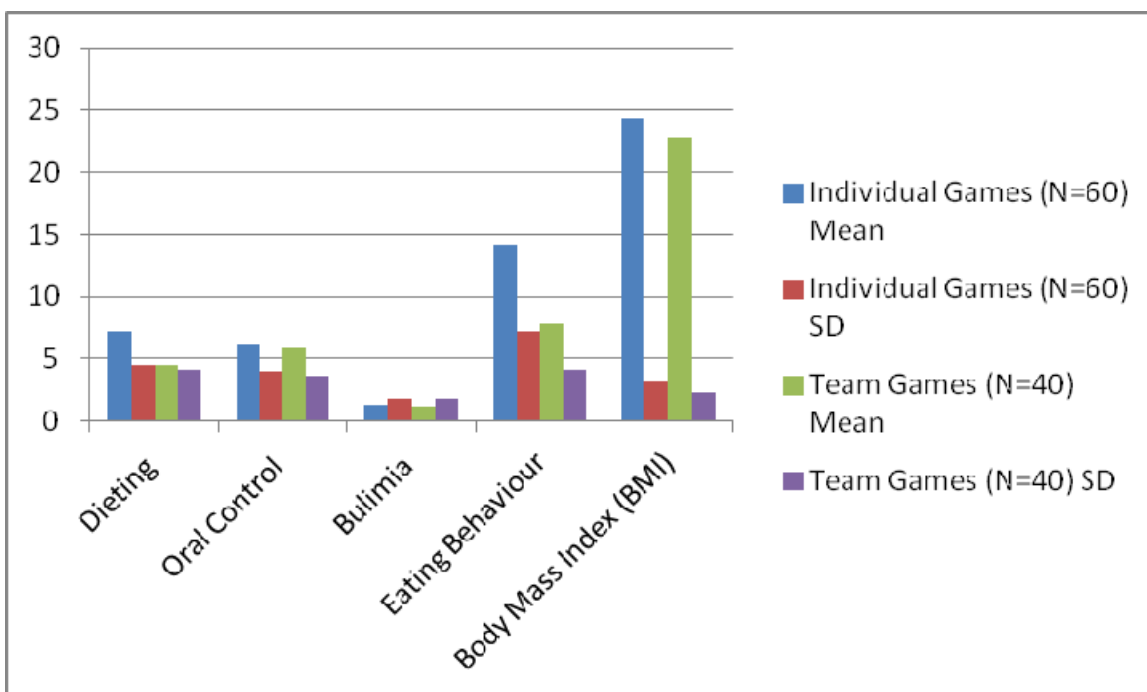
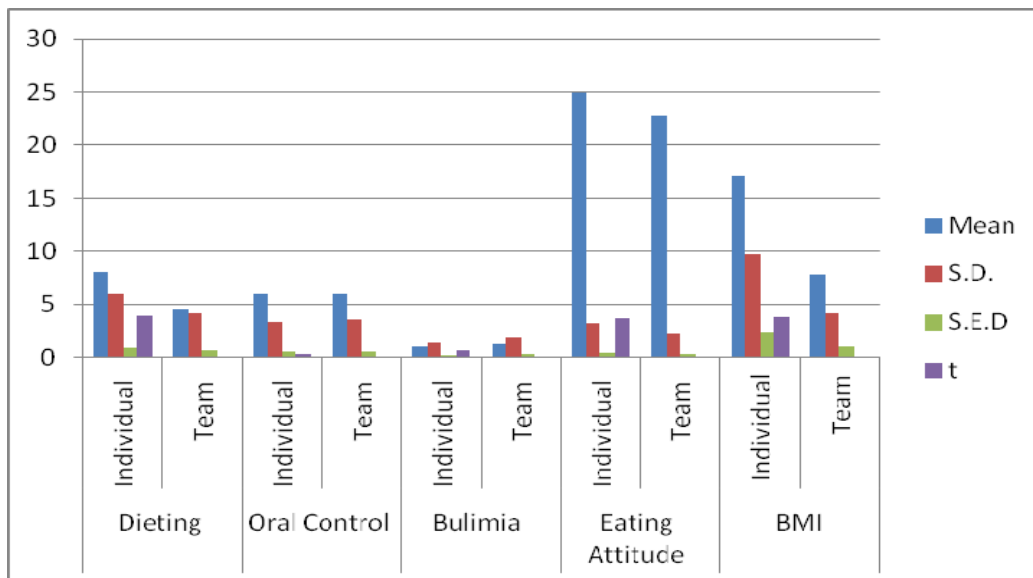


Fig 1: Descriptive analysis of Dieting Scores between Male Individual and Team Game Players



Graph- 2: Graphical representation of Mean Difference in Scores of Dieting, Oral Control, Bulimia, Eating Attitudes and BMI between Individual and Game Players

Discussion of finding

It has been observed from the findings that male individual and team game players did not show significant differences in dieting, oral control, bulimia as well as eating attitudes as whole despite of having tendencies of eating disorders this may be attributed to the sampling error as in same of the individual games. However, male individual and team game players differed significantly in their body mass index (BMI).

Conclusion

1. Male individual and team game players were having almost similar eating disorders on dieting, oral control, and bulimia and eating attitudes.
2. Male individual game players were having greater body mass index (BMI) as compared to their team game counterparts.
3. Both male individual and team game players were having normal body mass index (BMI).

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