



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2018; 4(5): 484-486
www.allresearchjournal.com
Received: 26-03-2018
Accepted: 30-04-2018

Dr. Anil K Vanaik
Associate Professor, IGIPES, S,
University of Delhi, India

Dr. Sarita Tyagi
Associate Professor, IGIPES, S,
University of Delhi, India

Mohit Kumar
Research Scholar, Dept. of
Physical Education and Sport
Science, University of Delhi,
India

Dietary profile of gym going female in Delhi

Dr. Anil K Vanaik, Dr. Sarita Tyagi and Mohit Kumar

Abstract

Objective: The goal of the present study was to analyze the dietary profile and to understand the nutritional absorption of women going to the gym in Delhi. The study was interested in understanding the diet and nutrition uptake of women going to the gym in Delhi.

Design of the study: Survey Research Design

Procedure: A total of 120 females from the state of Delhi were randomly chosen for the current research as a subject. The ages were limited to 18 and above for the selected sample and the mean and standard deviation was 32.37 ± 8.07 years. A self-structured questionnaire comprises 12 statements relating to the diet pattern and nutritional absorption of women in order to achieve the desired goal of the research. The percentage method has been used to measure the frequency and percentage of responses as a statistical tool.

Keywords: Dietary profile, nutritional absorption

Introduction

To lead a healthy and active life, every person requires a wide range of nutrients. Only from a well-balanced diet can the necessary nutrients for different physiological groups be obtained. In order to include all the nutrients to fulfill the human requirements in sufficient proportions for the various physiological activities, components of the diet must be selected judiciously. The amount of nutrients required by a person depends on the degree of sex, age, and physical activity.

A greater quantity of whole grains, vegetables, fruits and legumes is needed for women. They must be inclined to consume lean meat and eat more protein-rich food; they must gradually decrease liquor intake and avoid smoking for those who smoke. In this universe of a feverish way of life, dietary supplements are completely important. Since home cooking contributes just a little to their daily nutrition and soil products today are degraded and require valid healthy qualities.

So, there is a big hole in what women need and what they get in terms of nutrition. This denies the main sustenance of their internal organs that they need to routinely perform their daily tasks. Regular annual health check-up for the amount of sugar, cholesterol and blood pressure; changes in dietary patterns; greater importance for home cooking consumption of vegetables and leafy foods. Only making the simple changes in daily life would hold away the problems of the new lifestyle trend.

Methodology and procedure

A total of 120 women from the state of Delhi were chosen as subjects randomly for the current research. The ages were limited to 18 and above for the selected sample and the mean and standard deviation was 32.37 ± 8.07 years. A self-structured questionnaire includes 12 statements related to dietary patterns and nutritional absorption of women in order to achieve the desired goal of the research. The percentage approach was used to measure the frequency and percentage of answers as a statistical tool.

Corresponding Author
Dr. Sarita Tyagi
Associate Professor, IGIPES, S,
University of Delhi, India

S. No.	Statement
1	Are you a: Vegetarian/Non-vegetarian/Ova-vegetarian (consume only eggs)
2	How many meals in a day do you usually eat (including snacks): three meals/four meals/Five meals/Six meals/Any other
3	Tick on the meals you take during the day: Early morning/Breakfast mid-morning/lunch/evening tea/dinner/ late night
4	Do you skip meals: Yes/No
5	Do you take any special meal after doing exercises in gym: Yes/ No
6	How many glasses of water you consume daily?
7	Do you know how many calories you eat per day? Yes/No
8	Besides hunger, what other reason(s) do you eat: Boredom/Social/Stressed/Tired/Depressed/Happy/Nervous
9	Do you eat cheat foods? Yes/NO
10	How often do you drink tea/coffee/day?
11	Which oils do you currently consume: (Butter, Desi Ghee)/Soybean or other refined Oils/Canola Oil/Olive Oil/Any Other
12	Have you ever been on dieting?

Results of the study

Table 1: Food Habit

Sr. No	Statement	Frequency	Percentage
1	Vegetarian	43	35.8
2	Non vegetarian	71	59.2
3	Ova-vegetarian	6	5.0
	Total	120	100

Table 2: How many meals in a day do you usually eat? (Including snacks)?

Sr. No	Statement	Frequency	Percentage
1	Three Meals	10	8.3%
2	four meals	27	22.5%
3	Five Meals	52	43.3%
4	Six Meals	31	25.8
	Total	120	100

Table 3: Tick on the meals you take during the day

Sr. No	Statement	Frequency	Percentage
1	(Early morning, breakfast, mid-morning, lunch, evening tea, dinner, late night)	38	31.7
2	Breakfast, lunch, evening snacks, dinner	70	58.3
3	Mid-morning, lunch evening snacks, dinner	12	10
	Total	120	100

Table 4: Do you skip any of your meals?

Sr. No	Statement	Frequency	Percentage
1	Break Fast	21	17.5
2	Lunch	2	1.7
3	Dinner	44	36.7
4	No	53	44.2
	Total	120	100

Table 5: Do you take any special meal after doing the exercises in the gym?

Sr. No	Statement	Frequency	Percentage
1	Yes	25	20.8
2	No	95	79.2
	Total	120	100

Table 6: How many glasses of water do you consume daily?

Sr. No	Statement	Frequency	Percentage
1	5-6	52	43.3
2	7-8	68	56.7
	Total	120	100

Table 7: Do you know how many calories you eat per day?

Sr. No	Statement	Frequency	Percentage
1	Yes	0	0
2	No	120	100
	Total	120	100

Table 8: Besides hunger, what other reason(s) do you eat?

Sr. No	Statement	Frequency	Percentage
1	Boredom	61	50.8%
2	Social	37	30.8%
3	Tired	3	2.5%
4	Depressed	12	10.0%
5	Nervous	7	5.8%
	Total	120	100

Table 9: Do you eat cheat foods?

Sr. No	Statement	Frequency	Percentage
1	Yes	120	100
2	No	0	0
	Total	120	100

Table 10: How often do you drink tea/coffee/day?

Sr. No	Statement	Frequency	Percentage
1	Once	36	30
2	Twice	84	70
	Total	120	100

Table 11: Which oils do you preferably consume?

Sr. No	Statement	Frequency	Percentage
1	Butter/desi ghee	36	30.3
2	Refined/soybean other oils	84	69.7
	Total	120	100

Table 12: Have you ever been on dieting?

Sr. No	Statement	Frequency	Percentage
1	Yes	30	25
2	No	90	75
	Total	120	100

Discussion of the results

1. It was observed that 59.2 % women (n=71/120) were non-vegetarian, 35.8% were vegetarian (n=43/120) and 5% (n=6/120) were ova – vegetarian.
2. It was observed that 43.3% (n=52/120) women took five meals a day, 25.8% (n=31/120) took six meals a day, 22.5% (n=27/120) took four meals a day and 8.3% (n=10/120) took 3 meals per day.
3. It was observed that 44.2% (n=53/120) did not skip any meal during day whereas, 36.7% (n=44/120) skipped

- dinner, 17.5 (n=21/120) skipped breakfast and only 1.7% (n=2/120) skipped the lunch.
4. It was observed that 79.2% (n=95/120) denied taking any special meal after workout, whereas 20.8 % (n=25/120) was taking special meal after gym.
 5. It was found that 56.7% (n=68/120) drank 7-8 glass of water per day and 43.3% (n=52/120) drink water 5-6 glass per day. 50.8% (n=61/120) reported no energy drops in day and 49.2% (n=59/120) reported energy drops in day.
 6. It was also found that not a single women knew that how many calories they were taking in their diet per day.
 7. It has been observed that beside hunger 50.8% (n=61/120) women ate something when they felt bored, 30.8% (n=37/120) ate when they went in some social gathering, 10.0% (n=12/120) ate when they felt low, 5.8% (n=7/120) ate when they felt nervous and 2.5% (n=3/120) ate when they feel tired.
 8. It was interesting to find the all of the respondents (100%) (n=120/120) ate cheat meals.
 9. It was observed that 76% (n=91/120) had never been on dieting, 24.0% (n=29/120) been on dieting.
 10. Almost 70% (n=84/120) drank tea/coffee twice in a day whereas 30.0% (n=36/120) drank tea/coffee once in a day.
 11. Women generally used soybean/refined oils and 30.3% (n=36/120) used desi ghee/butter in their diet.

References

1. ACC/SCN. Symposium Report, Nutrition Policy Discussion Paper No. 6: Women and Nutrition (Papers from ACC S W Session J 1990;5(23):75,146,150.
2. Barma RS, Sil P. A comparative Study of Health and Nutritional Status among Housewives and Working Women of North Bengal. *International journal of behavioral social and movement sciences* 2013;2(4):35-40.
3. Craike Symons, Zimmermann. Slater &Tiggemann, 2011). *International Journal of Behavioral Nutrition and Physical Activity* 2009;8(1):117. DOI: 10.1186/1479-5868-8-117
4. Kant AK, Schatzkin A, Graubard BI, Schairer C. A prospective study of diet quality and mortality in women. *Jama* 2000;283(16):2109-2115.
5. Kushner RF, Choi SW. Prevalence of unhealthy lifestyle patterns among overweight and obese adults. *Obesity* 2010;18(6):1160-1167.
6. Olagnero G, Barretto L, Wiedemann A, Terraza R, Poy MS, López L. Maternal Understanding Regarding Women Nutrition during Breastfeeding. *Health* 2018;10(12):1661.
7. Parimalavalli R, Sangeetha M. Anthropometric measurements and nutrient intake of adolescent girls. *The Anthropologist* 2011;13(2):111-115.
8. Popkin BM, Gordon-Larsen P. The nutrition transition: worldwide obesity dynamics and their determinants. *Int J Obes Relat Metab Disord* 28(Suppl), S2-S9, November *International Journal of Obesity* 28 Suppl 2004;3(3):S2-9. DOI: 10.1038/sj.ijo.0802804