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A Study of Physical Assessment in relation to Lifestyle among Different Game Players

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Abstract
The purpose of the study was to identify the physical assessment among selected sports i,e, Volleyball, Basketball, Football, Hockey, Kabaddi, and Cricket for identifying the physical assessment of athletes of these games. In our study total number of subjects were 300 College level male athletes (Volleyball (50), Basketball (50), Football (50), Hockey (50), Kabaddi (50), Cricket (50) aged ranging from 19 to 28 years. Subjects were selected from various colleges of Ghaziabad. Physical assessment were assessed through questionnaire of Lifestyle Assessment Inventory by Anspangh David S. Michal, H. Hamrich and Frank D. Rosato for findings scholar used Analysis of variance (ANOVA) as statistical tool. The result revealed the football game players are better in relation to physical assessment than the players of cricket, hockey, volleyball, basketball or the Kabaddi players. Though, Kabaddi players are also scored better than cricket, hockey, basketball and volleyball game players but still lack behind the football players. The result of the study also revealed the lowest score for hockey game players in relation to their physical assessment. Whereas, Basketball, Volleyball and Cricket game players required good amount of physical strength than the hockey game players.

Keywords: cricket, hockey, volleyball, basketball, sports

Introduction
Regular physical activity have been said to be a subordinate for the prosperity of an individual's well-being. Physical activity is any physical movement aimed at improving or keeping up physical wellness and in general the well-being and health of an individual. Likewise, enhances psychological wellness, cures depression, serves to advance or keep up positive self-worth, and can even augment body-image, which helps in elevating amounts of self-esteem. Consistent physical activity aides counteract obesity, coronary illness, hypertension, diabetes, colon malignancy, and untimely mortality. A physically dynamic way of life is essential for many aspects of well-being.
Everybody needs to be physically active for better wellbeing. It is not generally conceivable to go to a gym and invest hours doing workouts however one can simply save 30 minutes for a brisk walk, if not consistently, at least thrice in a week. However, extra exercise gives an included advantage. Physical Activity is a critical for a weight management program. By increasing the lean body mass (LBM) in extent to fat, exercise encourages to adjust its balance as well as diminish the ascent in resting metabolic rate (RMR) that definitely goes with even a well-managed weight reduction program. By decreasing the glycogen stores, aerobic activity advances the utilization of fat for fuel. Various positive reactions incorporate reinforcing cardiovascular capacity and in addition expanding affectability to insulin. Possibly the most significant commitments of activity are the help from boredom, advancement of positive state of mind, expanded feeling of control, and henceforth enhanced feeling of well-being. A blend of vigorous aerobic and resistance trainings ideal.
Here as we take six games those are Volleyball, Basketball, Football, Hockey, Kabaddi and Cricket. our college male team who represented their university among these games will we campared as in which game palyers are more physically better than the other ones.as all games are required huge physical fitness and power but here will see which is top in the list and which one is followed by that.

Methodology
For the purpose of study, 300 male subjects were selected from six different games i.e. Volleyball (50), Basketball (50), Football (50), Hockey (50), Kabaddi (50), Cricket (50) from District Ghaziabad. The age of subjects was ranged from 18 to 27 years.

The Purposive Random Sampling was used in selection of subjects from selected games. Further, the subjects for this study were those who have represented to block level in their respective games.

Selection of Variables and Criterion Measure:
Physical Assessment (PA) were selected for the purpose of present study to assess the Lifestyle of the subjects undergone the study from selected six games. For characterizing players of different games of Ghaziabad College, "Lifestyle Assessment Inventory" by Anspangh David S. Michal, H. Hamrich and Frank D. Rosato were adopted to collect the data for Lifestyle assessment. To measure personal appraisal about the subjects belonging from different games i.e. Volleyball, Basketball, Football, Hockey, Kabaddi and Cricket 'Lifestyle Assessment Inventory' was used in which Physical Assessment (PA) is studied.

Collection of Data
The data for the study was collected from 300 subjects of different games from District Ghaziabad i.e. Volleyball (50), Basketball (50), Football (50), Hockey (50), Kabaddi (50), Cricket (50). The data was collected as per the direction of Lifestyle assessment inventory. Necessary instructions were given to the subjects before administration of the Questionnaire of Lifestyle assessment inventory. The subjects were requested to go through the questionnaire and respond all the questions for all eight aspects of the Lifestyle. However, no time limit was set to answer the questions of the questionnaire but, all the subjects were requested to answer as quickly as possible. While filling up of the questionnaire no interval was provided to the subjects between different aspects of the lifestyle assessment inventory.

Administration of Questionnaire
Before administering the questionnaire, sincere cooperation was solicited from the concerned stadiums and institutions. The coaches and trainer of concerned games were requested to corporate in the completion of the study and they were explained about the objectives of the study. Necessary instructions were passed to the players of different games of Uttar Pradesh. The inventory contained total 80 items in the form of questions and statements evenly divided in eight lifestyle aspects namely physical assessment, alcohol and drug assessment, nutritional assessment, social wellness assessment, spiritual wellness assessment, emotional wellness assessment, stress control assessment and intellectual wellness assessment. The subjects were to respond using five-point ordinal scales, hence the maximum response score from the total inventory were 100 and minimum 10 and in case of each contents the response score ranges from 10 to 100.

The normative response intervals for lifestyle assessment score are given below:

Score	Life Status
86- 100	Excellent
70- 85	Good
50- 69	Average
30- 49	Below Average
Less than 30	Needs improvement

Statistical Techniques
To characterize the players of different games on their selected lifestyle responses, mean, standard deviation and range was calculated. To compare players of different games by their selected lifestyle responses, Analysis of variance (ANOVA) was used at 0.05 level of significance.

Analysis of Data
The data related to the lifestyle assessment for all six games were analysed in relation to the Physical assessment aspect and the results are presented in the Table no. 1.

Table 1: Lifestyle assessment Score of different game in relation to Physical Assessment

Lifestyle Assessment Aspect	Game	N	Mean	Std. Deviation	Minimum	Maximum
Physical Assessment	Basketball Players	50	70.320	13.6239	32.0	100.0
	Cricket Players	50	67.820	14.9894	35.0	97.0
	Football Players	50	75.720	14.4152	44.0	100.0
	Hockey Players	50	66.180	12.1146	36.0	89.0
	Kabaddi Players	50	71.340	17.4305	31.0	100.0
	Volleyball Players	50	69.240	13.7240	42.0	94.0
	Total	300	70.103	14.666	31.0	100

From the above table it is clear that the lifestyle aspect score in physical assessment, football game players shown better than the other game players. The mean for all six games score for physical assessment indicated that football game (75.720) was followed by the Kabaddi game players who scored the mean score of 71.340, Basketball game players were 70.320, Volleyball game players scored 69.240, Cricket players scored 67.820 and the Hockey players scored 66.180. The total score of 70.103 for all six game players indicates that the players of the entire game players have 'Good lifestyle' as per the lifestyle inventory score in relation to Physical assessment aspect.
Further, the data were analysed to compare means of different game players in relation to Physical Assessment aspect with the help of analysis of variance. The result of Analysis of Variance of the means to compare Physical Assessment among the players of different games are presented in the Table -2

Table 2: Analysis of Variance of the means to compare Physical Assessment Among the players of different Games

	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	2723.737	5	544.797	2.600	.025*
Within Groups	61594.060	294	209.54		
Total	64317.797	299			

***Significant at 0.05 Level of Significance

From the above table No.2 it was revealed that there is significant difference (F value being 2.600) which is significant at 0.05 between the players of different games when compared in relation to physical assessment with the

help of analysis of variance.

The result related to the Physical Assessment of life style component is also presented here with the help of figure and the same is depicted by the figure no. 1

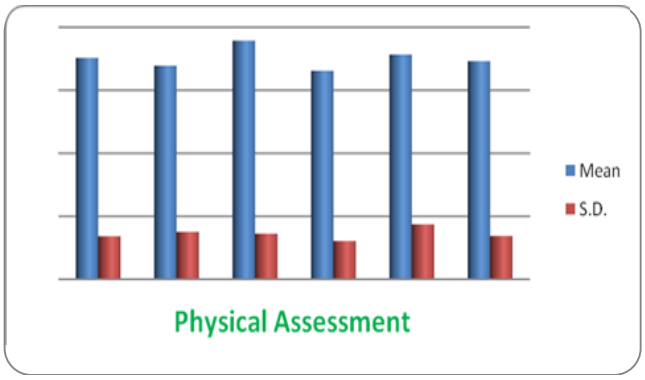

Fig 1: Physical Assessment

The LSD test for comparing the mean value between the groups in relation to Physical Assessment among the players of different Games were calculated with the help of statistical measures and the results related are presented in the Table-3.

Table 3: LSDtest for mean comparison of Physical Assessment among the players of different Games

Dependent Variable			Mean Difference	Sig.
Physical Assessment score	Basketball Players	Cricket Players	2.5000	.389
		Football Players	-5.4000	.063
		Hockey Players	4.1400	.154
		Kabaddi Players	-1.0200	.725
		Volleyball Players	1.0800	.709
	Cricket Players	Football Players	-7.9000*	.007*
		Hockey Players	1.6400	.571
		Kabaddi Players	-3.5200	.225
		Volleyball Players	-1.4200	.624
	Football Players	Hockey Players	9.5400*	.001*
		Kabaddi Players	4.3800	.131
		Volleyball Players	6.4800*	.026*
	Hockey Players	Kabaddi Players	-5.1600	.076
		Volleyball Players	-3.0600	.291
	Kabaddi Players	Volleyball Players	2.1000	.469

* The mean difference is significant at the .05 level.

The above table has revealed the mean difference amongst the six game players with its significant values given in the last column. The football players have the clear difference in the mean value with that to Cricket, Volleyball and Hockey game players. In all other game players' negligible difference were noticed in relation to the Physical Assessment aspect of the life style.

Discussion and conclusion

The purpose of life style assessment for different game players was to realize the difference between team players and to recognize the way they are leading their lifestyle. Through the present study it was noticed that more or less all the players of different game are somehow doing their best in one or other aspect of lifestyle. There are eight lifestyle aspects which the researcher has investigated for all six game players viz; Basketball, Cricket, Football, Hockey, Kabaddi and Volleyball game players. The data were collected with the help of lifestyle inventory developed by well known authors namely Anspangh David, S.Michal, H. Hamrich and Frank D. Rosato. This lifestyle inventory is commonly used by all the researchers in the modern era to find out the different lifestyle aspects. Now the results of this study are to be discussed, keeping in view the various reasons for the difference between game players.

Football game players are known for their vigorous work out and the nature of game is also needs lot of strength as well as endurance. During the course of game it is felt that the football players are required to posses all those physical qualities and expected physically dominants than the other game players. The result of the present study has also revealed that the football game players are better in relation to physical assessment than the players of cricket, hockey, volleyball, basketball or the Kabaddi players. Though, Kabaddi players are also scored better than cricket, hockey, basketball and volleyball game players but still lack behind the football players. It may be due to the different nature of game of football that requires not only physical strength alone rather endurance also. The types of injuries taking place in Kabaddi are common for lower parts of the body whereas, in football all kind of movements are possible for longer duration of the game. The built and balance both are trained for the game that needs every kind of physical movements which might be the reason for stronger physical scores of football game players. Kabaddi player scored higher than the basketball, volleyball, cricket and hockey players in relation to physical assessment score. It is attributed to the physical strength required for the game of Kabaddi and basically played by players of rural background people. It may be assumed that the people of

rural or villages are somewhat stronger due to the type of harder lifestyle. Kabaddi game has rustic and natural style of movement that needs physical strength in its first impression along with mental toughness. The result of the study also revealed the lowest score for hockey game players in relation to their physical assessment. The result of the study may be revealed that the game of hockey do not require body weight or strength in context to the nature of game. It needs smooth and fast movements along with the ball to be played with the help of hockey stick. Whereas, Basketball, Volleyball and Cricket game players required good amount of physical strength than the hockey game players. Thus, the results of the present study are justifiable in relation to the physical assessment as per the lifestyle inventory.

Conclusion: The result of the study also revealed the lowest score for hockey game players in relation to their physical assessment. Whereas, Basketball, Volleyball and Cricket game players required good amount of physical strength than the hockey game players.

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