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## Comparison of Lifestyle in Relation to Social Wellness Assessment of Different Games Players of Uttar Pradesh

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### Abstract

**Objective of the Study:** The objective of the study was to assess lifestyle aspect (Social wellness) of Players from different games of MMH College, Ghaziabad. The purpose of the present study was to assess social wellness assessment (SWA) of the players of different games of MMH College, Ghaziabad.

**Method:** For the purpose of present study, 300 male subjects was selected from six different games i.e. Volleyball (50), Basketball (50), Football (50), Hockey (50), Kabaddi (50), Cricket (50). The area of selecting population for the study was MMH College, Ghaziabad. The age of subjects was ranged from 18 to 25 years. The 'lifestyle assessment Inventory' by Anspangh David S. Michal, H. Hamrich and Frank D. Rosato was used. For the Purposive random sampling method was used in selection of subjects from the selected games. Further, the subjects for this study were those who have represented up to the block level in the respective game.

**Conclusion:** 1. Significant difference was found in Social Wellness Assessment Score, between the players of different games. 2. Cricket players scored the highest in Social Wellness Assessment with mean value of 76.220 which denotes that cricket players are socially fit among the six other team game players. 3. Football players were ranked second in terms of Social Wellness Assessment among the six game players. 4. Volleyball players were lowly ranked among all six team players with the mean value of 64.240. 5. Basketball players were found better in physical assessment than the cricket, volleyball and hockey players.

**Keywords:** Lifestyle, Social wellness Assessment (SWA)

### Introduction

A Life style is a characteristic bundle of behaviour that make sense to both others and oneself in a given time and place, including social relations, consumption, entertainment, and dress. The behaviour and practices within Life styles are a mixture of habits, conventional ways of doing things, and reasoned actions. A Life style typically also reflects an individual's attitudes, values or worldview. Therefore, a Life style is a means of forging a sense of self and to create cultural symbols that resonate with personal identity. Not all aspects of a Life style are entirely voluntaristic. Surrounding social and technical systems can constrain the Life style choices available to the individual and the symbols she/he is able to project to others and the self.

Most people believe that they control their Life style. According to; a survey, almost three fourths of people believe that if they eat right, do not smoke, and get regular checkups, they have a good chance of preventing cancer. An even larger number, more than 80 %, believed that they can significantly reduce their chances of having a heart attack. This has motivated many people, especially older people, to work toward improved health and wellbeing. Older individuals are also more likely to engage in preventive health behaviour, which are health practices that promote wellness and prevent or reduce morbidity and mortality. Although, the trend toward healthy living is encouraging, improvement is needed among college-age students.

### Social Wellness

The social dimension of wellness encourages contribution to one's human and physical

Environment to the common welfare of one’s community. Social wellness emphasizes the interdependence with others and nature. It includes the pursuit of harmony in one’s family. Social Wellness refers to one’s ability to interact with people around them. It involves using good communications skills, having meaningful relationships, respecting yourself and others, and creating a support system that includes family members and friend. The social dimension of wellness encourages contributing to one’s human and physical environment to the common welfare of one’s community. Social Wellness emphasizes the interdependence with others and nature. It includes the pursuit of harmony in one’s family.’ As you travel a wellness path, you’ll become more aware of your importance in society as well as the impact you have on nature and your community. You’ll take an active part in improving our world by encouraging a healthy living environment and initiating better communication with those around you. You’ll actively seek ways to preserve the beauty and balance of nature along the pathway. Social wellness is having positive interactions with and enjoying being with others. It is having comfort and ease during work and leisure situations and communicating feelings and needs to others. It involves developing and building close friendships and intimacy, practicing empathy and effective listening, caring for others and for the common good, and allowing others to care for you. It is recognizing the need for leisure and recreation and budgeting time for those activities.

**Methods:** For the purpose of present study, 300 male subjects was selected from six different games i.e. Volleyball (50), Basketball (50), Football (50), Hockey (50), Kabaddi (50), Cricket (50). The area of selecting population for the study was Uttar Pradesh. The age of subjects was ranged from 19 to 28 years. The Purposive Random Sampling method was used in selection of subjects from the selected games. Further, the subjects for this study were those who have represented up to the university level in the respective game.

**Tools and Statistical Measure**

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. The questionnaire is divided into eight aspects VIZ; Social Wellness Assessment (SWA). To analyse the results of the study Mean, Standard deviation and Analysis of Variance was used.

**Results**

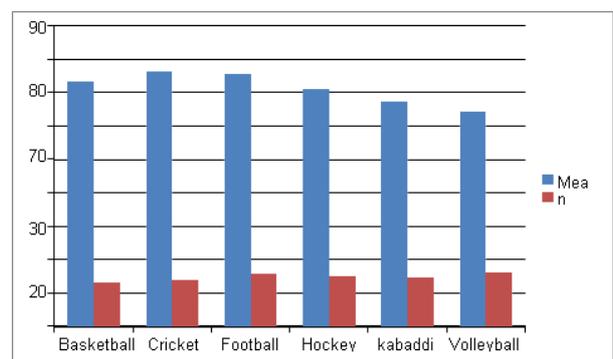
The results pertaining to the social wellness assessment in reference to the lifestyle assessment are presented in the table no. 1.

**Table 1:** Lifestyle assessment Score of different game in relation to Social Wellness Assessment

Lifestyle Aspect	Game	N	Mean	Std. Deviation	Minimum	Maximum
Social Wellness Assessment	Basketball Players	50	73.520	13.1913	30.0	90.0
	Cricket Players	50	76.220	13.8406	24.0	97.0
	Football Players	50	75.780	15.6104	9.0	100.0
	Hockey Players	50	71.000	14.8407	38.0	91.0
	Kabaddi Players	50	67.520	14.6709	35.0	94.0
	Volleyball Players	50	64.240	16.0237	33.0	90.0
	Total	300	71.380	15.2397	9.0	100.0

From the above table it is clear that the lifestyle aspect score in Social Wellness assessment, football game players shown better than the other game players. The mean for all six games score for Social Wellness assessment indicated that Cricket game (76.220) was followed by the Football game players who scored the mean score of 75.780, Basketball game players were 73.520, Hockey game players scored 71.000, Kabaddi players scored 67.520 and the Volleyball players scored 64.240. The total score of 71.380 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 Social Wellness assessment aspect.

**Table 2:** Graphical Representation of Mean and Standard Deviation of Lifestyle assessment of different game in relation to Social Wellness Assessment



**Table 3:** Comparison of Social wellness Assessment among the players of different Games (n=50)

Analysis of Variance					
	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	5669.440	5	1133.888	5.227	.000
Within Groups	63773.240	294	216.916		
Total	69442.680	299			

\*Significant at .05 Level of Significance

From the above table No. 3 it was revealed that there is significant difference Sig (.000) between the players of

different games when compared in relation to Social wellness assessment with the help of analysis of variance.

**Table 4:** LSD test for mean comparison of Social Wellness Assessment among the players of different Games

Dependent Variable		Mean Difference (I-J)	Sig.	
Social Wellness Assessment score	Basketball Players	Cricket Players	-2.7000	.360
		Football Players	-2.2600	.444
		Hockey Players	2.5200	.393
		Kabaddi Players	6.0000*	.043*
		Volleyball Players	9.2800*	.002*
	Cricket Players	Football Players	.4400	.881
		Hockey Players	5.2200	.077
		Kabaddi Players	8.7000*	.003*
		Volleyball Players	11.9800*	.000
	Football Players	Hockey Players	4.7800	.106
		Kabaddi Players	8.2600*	.005*
		Volleyball Players	11.5400*	.000*
	Hockey Players	Kabaddi Players	3.4800	.238
		Volleyball Players	6.7600*	.022*
	Kabaddi Players	Volleyball Players	3.2800	.266

### Discussion of Findings

Present study was completed with the objective of life style assessment components viz; social wellness assessment amongst the six different game players. The data collected were analysed with the help of statistical measure and found that cricket team players scored higher than all other six team game players. The revealing of life assessment score has proved that the nature of game of cricket is so social and players are mixing easily with the people. Since the team game itself paves the way for social life. The component of life assessment for social wellness is one of the most important elements for socialisation in the society. The result of the study shows that the cricket player followed by football players, Basketball players and Hockey players are most socialised whereas the Kabaddi and Volleyball are least amongst the six team game players.

### Conclusions

- Significant difference was found in Social Wellness Assessment Score, between the players of different games.
- Cricket players scored the highest in Social Wellness Assessment with mean value of 76.220 which denotes that cricket players are socially fit among the six other team game players.
- Football players were ranked second in terms of Social Wellness Assessment among the six game players.
- Volleyball players were lowly ranked among all six team players with the mean value of 64.240
- Basketball players were found better in physical assessment than the cricket, volleyball and hockey players.

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