

## Study of University and National Level Male Players About Their Nutrition in Amravati District

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### Abstract

*Nutrition is the science that interprets the nutrients and other substances in food in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism and excretion. The study is about the university and national level boys about their nutrition. For the study the data collection is done in Amravati district and results were concluded by the statistical methods.*

### Introduction

Nutrition is the study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease. Nutritionists use ideas from molecular biology, biochemistry, and genetics to understand how nutrients affect the human body. Nutrition also focuses on how people can use dietary choices to reduce the risk of disease, what happens if a person has too much or too little of a nutrient, and how allergies work. Nutrients provide nourishment. Proteins, carbohydrates, fat, vitamins, minerals, fiber, and water are all nutrients. If people do not have the right balance of nutrients in their diet, their risk of developing certain health conditions increases. Good nutrition is an important part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Eating a poor diet reduces physical and mental health because eating healthy allows people to be more active. Two-thirds of people who eat fresh fruit and vegetables daily report no mental health issues, as reported by the Mental Health Foundation. Compare this to those who do have some level of mental health problems and have generally reported eating less healthy foods and more unhealthy foods. Feelings of well-being can be protected by ensuring that our diet is full of essential fats, complex carbohydrates, vitamins and minerals.

### Review of literature

A summary of the writings of recognized authorities and of previous research provides evidence that the researcher is familiar with what is already known and what is still unknown and untested.

Paul D. and Kaur T. (1989), Conducted a study to assess the status of the nutrition component of the ICDS in different status. The study found that the food supplement was adequate for the malnourished children and women in ten projects out of 26. Due to the irregular supply of ration's and calamities the food supplement did not reach other intended beneficiaries with regard to nutrition and health education; the services varies from every day to once a month. Maternal case was the least attended- community participation had a mixed response.

### Methodology

The researcher has described the design of the study in detail. The size and selection of the sample, the variable and the control employed the sources of data, the tools and the method of gathering data, the description of data gathering instruments and the statistical procedure used in the analysis are carefully described.

#### 1. Sources of data

Study for this process data collection through national and university level male players.

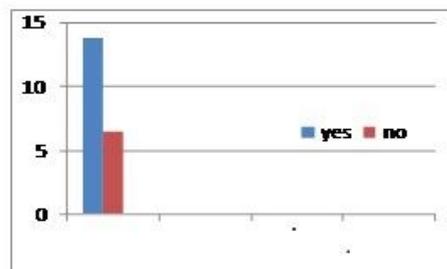
#### 2. Selection of subject

During this study the researchers selected the male players of National and university level by purposive sampling method for collection of data

and fill up the nutrition based questionnaire from them.

**3. Collection of data**

Firstly researchers take permission from principal of their college for collection of data through national and university level players then give information about nutrition. By this collection data is possible by fill up questionnaire.



**Analysis of data**

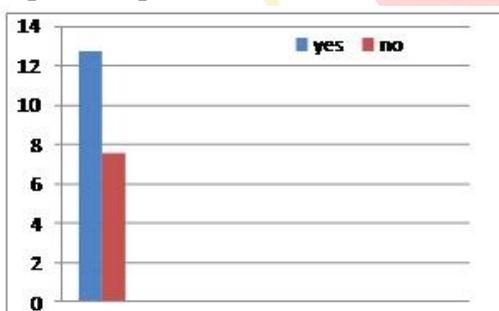
The collected data from national and university male players of Amravati city was tabulated in different tables for the statistical treatment. The hypothesis was tested and resulted were interpretation after the statistical findings.

**University boy's players**

Sr no	University girls	Mean	S.D.	Mean Difference	'T' Ratio
1	Yes	12.7	5.75	5.6	0.62
2	No	7.5	6.92		

We get the mean of University boy's (Yes) is 5.75 and S.D. of University boy's (No) is 6.92 after we get value of 'T' Ratio is 0.62.

**Graphical representation**



**University boys**

**National level boy's players**

Sr. no.	University girls	Mean	S.D.	Mean Difference	'T' Ratio
1	Yes	13.8	5.28	7.3	0.88
2	No	6.5	6.56		

We get statistical analysis of table no. 2. The mean of National boy's (yes) is 13.8 and mean of National boy's (no) is 6.5 as the S.D. of National boy's (yes) is 5.28 and S.D. of National boy's (No) is 6.56 after that we get value of 'T' Ratio is 0.88.

Graphical representation National level boys

**Conclusion**

In above paper, the nutrition is given similar importance by University level and National level male players. The difference between both the types of players, in their nutrition is found. They both have proper routines of their particular diet. It may differ in their individual source of nutrition.

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