



## A STUDY ON KNOWLEDGE OF BALANCED DIET AMONG PHYSICAL EDUCATION STUDENTS

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### Abstract:

*Health is man's greatest wealth; he who has health must cherish it with care, lest he should lose it. To this end he must have adequate knowledge of how to live healthy. Health is a state of physical mental, emotional, and social well-being. Good health enables people to enjoy life and to have the opportunity to achieve the goals. They have set for themselves. The real purpose of health is to develop and maintain vigour and vitality to acquire interests and habits in ways of living that are wholesome, and to meet the demands put upon the individual efficiently, with energy and satisfaction.*

### KEYWORDS-

Knowledge, Education Students, Physical Mental, Health.

### INTRODUCTION

Health is that quality of life that enables an individual to live most and serve best. Health can be achieved, maintained and improved by supplying the basic physical, mental, emotional and social needs in proper proportion. In fact health is the key to education, success, good citizenship and happy life. Nowadays health and its maintenance is being considered as a major social investment and it is being felt that health involves individual, state and international responsibility.

The human body may be likened to a combustion engine. It carries out work for which it requires energy. The body has solved the problem of energy group of substance: proteins, fats and carbohydrates. These all substances are supplied to the body in the form of food. A certain amount of these substances is also stored in the body and is thus always available for combustion.

What is food? Food is quite simply fuel, just as an automobile uses combustion for energy, human utilizes food to keep their engines going and just as impure fuel and oil adversely affect the running of an engine, bad eating habits will make human (particularly growing human) unhealthy.

There is no specific diet of food that must be eaten to support an athlete's performance. Indeed many different diets can be excellent for athletes. The most important step to eating a balance diet is to educate yourself with your body needs and read the nutritional level and ingredient of all the food that you eat. A well balance diet is one of the basic necessities of our life.

The balance diet is appropriate types and adequate amounts of foods and drinks to supply nutrition and energy for the maintenance of body cells, tissues and organs and to support normal growth and development. A balance diet is that contains the proper amount of each nutrient.

### COMPONENTS OF BALANCE DIET

#### I. Carbohydrates

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Carbohydrates are the main source of energy in all activities. They provide quick energy to the body and are not stored in the body for long.

#### **TYPES OF CARBOHYDRATES:**

Carbohydrates are one of the main energy booster nutrients that human body requires in order to keep going. Carbohydrates can be broadly classified into three broad categories.

- 1] Sugar or simple carbohydrates
- 2] Starch or complex carbohydrates
- 3] Fiber

#### **II. Proteins**

Proteins are the basic structure of living cells. These are complex organic compounds. The basic structure of proteins is a chain of amino acids that contain carbon, oxygen, hydrogen and nitrogen. The presence of nitrogen differentiates protein from carbohydrate and fat.

Proteins are essential in everybody's diet. They are known as building blocks of life. Proteins are complex substances found in many foods and are made up of thousands of small units called amino acids.

#### **Kinds of Proteins**

- 1] Complete Protein
- 2] Incomplete Protein

#### **III. Fats**

Like carbohydrates fats also contain carbon hydrogen and oxygen. They are the most concentrated source of energy in foods.

#### **Types of Fats**

- 1] Saturated Fats
- 2] Unsaturated Fats
- 3] Cholesterol
- 4] Trans Fat

#### **IV. Vitamins**

Vitamins are compounds of carbon that are absolutely essential for the normal working of the body. They are required in very small quantities. However, if our diet is lacking in any vitamin, we suffer from certain disease called deficiency diseases. There are 13 vitamins needed by the body. The important ones are vitamins A, C, D, E, K and B.

#### **TYPES OF VITAMINS**

- 1] Water-soluble vitamins
- 2] Fat-soluble vitamins

#### **V. Minerals**

Minerals contain elements needed by our body in small quantities. But these are essential for proper growth and functioning of the body. Their deficiency in our diet causes deficiency by different foods. Some of the important minerals are iron, calcium, phosphorus, potassium, sodium, iodine, fluoride, copper, zinc and chloride.

#### **TYPES OF MINERALS**

- 1] Macro Minerals
- 2] Micro/ Trace Minerals

#### **VI. Water**

Water is a nutrient that makes up almost 70% of our body weight. Most of this water is in our cells. Some is between the cells and some in blood. Life processes cannot occur without water.

### DELIMITATIONS

The study was delimited to 60 M.P.Ed. Students of Shri Nashikrao Tirpude College of Physical Education. The study was delimited to the balance diet.

### METHODOLOGY

The chapter deals with the description of the procedure for the selection of subjects, reliability and validity of tools, procedure for administering the test and the method employed for statistical treatment of data. Following procedure was adopted for the study.

### SELECTION OF SUBJECT

This study was carried out on 60 students of Shri Nashikrao Tirpude College of Physical Education which is affiliated to Reshtrasant Tukadoji Maharaj Nagpur University.

Following was the criterion measure for the study.

#### 1] knowledge of balance diet

For this purpose a questionnaire was formulated by the research scholar with the help of guide and experts in the field. Consisting of the above mentioned items in order to collect relevant information from students regarding their knowledge towards balance diet.

### STATISTICAL ANALYSIS OF DATA

The statistical analysis of the data collected on 60 subjects of M.P.Ed. from Shri. Nashikrao Tirpude College of physical education is presented in this chapter.

**Table No. 1**  
**Showing the Level of Knowledge towards Balance Diet Status of Students**

Total Students	Low Level	Moderate Level	High Level
60	28.33%	63.33%	8.33%

According to table no.1 out of 60 students 28.33% had low level, 63.33% had moderate level and 8.33% had high level knowledge towards balance diet.

Looking at the results above, it may be interpreted that the students of M.P. Ed. have an average level of knowledge towards balance diet status. This may be so because students of M.P. Ed. have to keep themselves physically fit and most of them are sports persons, therefore they are more conscious about balance diet status.

**Table No. 2**  
**Showing the Comparison of Knowledge level of Balance Diet Status Between**  
**M.P. Ed.1<sup>st</sup> and M.P.Ed.2<sup>nd</sup>**

	Mean(M)	Standard Deviation (S.D.)	t
M.P.Ed. 1 <sup>st</sup>	10.53	2.66	3.61
M.P.Ed.2 <sup>nd</sup>	13.8	4.19	

Level of significance.05

According to table no.2 the mean score of M.P.Ed.1st and M.P.Ed.2nd were 10.53 and 13.8 respectively. Standard deviations were found to be 2.66 for M.P.Ed.1st and 4.19 for M.P.Ed.2nd.

The 't' ratio was 3.61 which is statistically significant at .05 level of significance. Thus, this shows that M.P. Ed. 2nd year students has more knowledge towards balance diet status than M.P.Ed. 1st students.

The reasons for obtaining the above results may be because most of the M.P.Ed.2nd year student are more aged than 1st year students and there are more sports person at collegiate level in M.P.Ed.2nd. Therefore M.P. Ed.2nd year students are more experience and has more knowledge.

**Table No. 3**  
Showing the Comparison of Knowledge level of Balance Diet Status Between  
M.P. Ed. Male Students and M.P. Ed. Female Students

	Mean(M)	Standard Deviation (S.D.)	t
M.P.Ed. Male	11.98	3.59	0.67
M.P.Ed.Female	15.1	4.99	

No significance

According to table no.3 the mean score of M.P. Ed. Male and M.P. Ed. female were 11.98 and 13.1 respectively. Standard deviations were found to be 3.56 for M.P. Ed. male and 4.99 for M.P. Ed. Female.

The ratio was .67 which is statistically not significant at .05 level of significance. Thus, this shows that there is no significant difference between male and female M.P. Ed.. student's knowledge towards balance diet status.

The following may be the reasons for the above obtained results.

Male and female nowadays are equally conscious about their health and balance diet. Here both male and female students are following the same course and almost all are sports persons.

#### CONCLUSIONS

In view of the results obtained the following conclusions can be made :-

- 1] Most of the student had a moderate level of knowledge towards balance diet status.
- 2] Students of M.P. Ed. 2nd have more knowledge of balance diet and nutritional status than M.P. Ed. 1st.
- 3] Male and female students have almost same level of knowledge towards balance diet status.

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