A Study of Dietary Habits of Female Athletes of Gujarat Technological University, Narsih Mehta University and Saurashtra University

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Abstract: The purpose of the research study was to study the dietary habits of female athletes of Gujarat Technology University, Narshi Mehta University and Saurasht University. A total of 60 subjects were randomly selected for this research study. 20 subjects were selected in one group. A total of three groups were selected AHR related habits questionnaire was selected as the standard of measurement and the statistics were pooled and ONE WAY ANOVA "F" test was applied on the scores of both the groups and it was not found to be significant at 0.05 level.

Key Words - dietary habits, female athletes, University.

Introduction:

It has already been said that essential nutrients are required for the growth of the body. It is achieved only through good food. All the nutrients are available in proper quantity called balanced diet. It is very important to have a balanced diet for the human body. Because a balanced diet fulfils all the needs of the human body. If there is a deficiency of any nutrient in a person's diet, it will cause a deficiency in that element in the body and the human body will not be able to develop fully.

Objective of the Study:

To study the diet related habits of female athletes of Gujarat Technological University, Narshi Mehta University and Saurasht University.

Standards of measurement

Dietary Habits Questionnaire was selected as the measurement for the study of dietary habits.

Study Plan:

A total of 60 subjects were randomly selected for this research study. 20 subjects were selected in one group. A total of three groups were formed. The data were then collected using the AHRA Habits Questionnaire as a measure.

Statistical Process:

A One Way Anova "F" ratio was applied to measure diet related habits between the three groups of athletes and the following results were obtained to test the significance at 0.05 level.
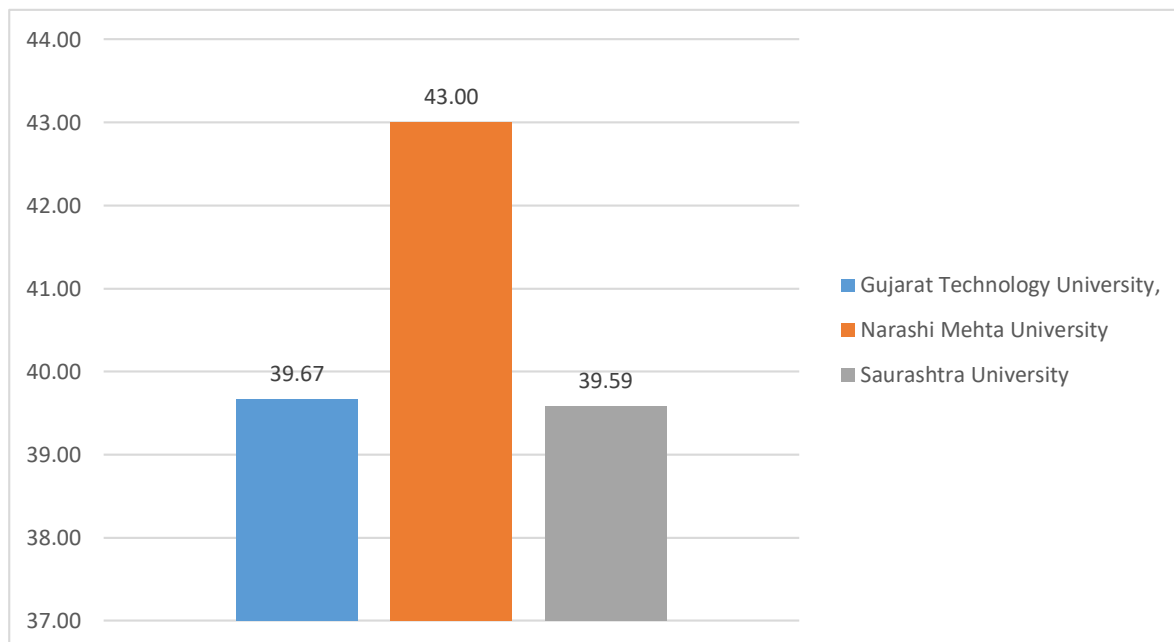
Table-1

Mean, Standard Deviation and Variance Analysis of Scores on Test of Dietary Habits of Female Athletes of Gujarat Technology University, Narasimha Mehta University and Saurashtra University

Group	Frequency	Mean	Standard Deviation
Gujarat Technology University,	12	39.67	2.46
Narasimha Mehta University	12	43.00	3.02
Saurashtra University	12	39.59	2.31

It can be seen from Table-1 that Gujarat Technology University team test median was 39.67, Narshi Mehta University team test median was 43.00 and Saurashtra University test median was 39.59. Apart from this, standard deviation of scores of Gujarat Technology University team was 2.46, standard deviation of scores of Narshi Mehta University team was 3.02 and standard deviation of scores of Saurashtra University team was 2.31.

Graph-1

Gujarat Technology University, Narshi Mehta University And Saurashtra University Female Athletes a Graph Showing Median Scores On The Eating Habits Test

Table-2

ANOVA

Sources Of Variance	Sum Of Squares	Independent Quantity	Median Class	F
Between Groups	91.16	2	45.58	0.69
Among All The	225.58	33	6.83	

The level of significance is F (2.22) = 3.28 at the 0.05 level

In the above table-2 the sum between the groups was found to be 91.16. The sum of squares between all scores was found to be 225.58 and the mean square between the groups was found to be 45.58. Among all the scores, the mean square was found to be 6.83. And 'F' ratio was found to be 0.69. Which was not found significant at 0.05 level.

Summary:

Hence it is clear that no significant difference was observed in the test of dietary habits between the Gujarat Technology University, Narshi Mehta University and Saurashtra University Female Athletes groups.

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