



Extracting the parameters of lifestyle of sportspersons and non-sportspersons array antenna

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Abstract

Today several of people in the world are suffering from the different type of disease related to different aspects of lifestyle such as diabetes, asthma, depression, and hypertension and so on. From view of this context present study has been designed to investigate the pattern of lifestyle of sportsperson and non-sportspersons. For accomplish the study a total 50 subjects were selected randomly. Out of the total sample 25 sportsperson were selected as subjects and 50 subjects were non-sportsperson. The age of the all sample were ranged from 18 to 28 years.

Keywords: life style, sportspersons, non-sportsperson

Introduction

Lifestyle is the interests, opinions, behaviours, and behavioural orientations of an individual, group, or culture. The term was introduced by Austrian psychologist Alfred Adler with the meaning of "a person's basic character as established early in childhood", for example in his 1929 book "The Case of Miss R.". The broader sense of lifestyle as a "way or style of living" has been documented since 1961. Lifestyle is a combination of determining intangible or tangible factors. Tangible factors relate specifically to demographic variables, i.e. an individual's demographic profile, whereas intangible factors concern the psychological aspects of an individual such as personal values, preferences, and outlooks. A rural environment has different lifestyles compared to an urban metropolis. Location is important even within an urban scope. The nature of the neighborhood in which a person resides affects the set of lifestyles available to that person due to differences between various neighborhoods' degrees of affluence and proximity to natural and cultural environments. For example, in areas within a close proximity to the sea, a surf culture or lifestyle can often be present.

Identity of an Individual

A lifestyle typically reflects an individual's attitudes, way of life, values, or world view. Therefore, a lifestyle is a means of forging a sense of self and to create cultural symbols that resonate with personal identity. Not all aspects of a lifestyle are voluntary. Surrounding social and technical systems can constrain the lifestyle choices available to the individual and the symbols she/he is able to project to others and the self. The lines between personal identity and the everyday doings that signal a particular lifestyle become blurred in modern society. For example, "green lifestyle" means holding beliefs and engaging in activities that consume fewer resources and produce less harmful waste (i.e. a smaller ecological footprint), and deriving a sense of self from holding these beliefs and engaging in these activities. Some commentators argue that, in modernity, the cornerstone of lifestyle

construction is consumption behavior, which offers the possibility to create and further individualize the self with different products or services that signal different ways of life. Life style may include views on politics, religion, health, intimacy, and more. All of these aspects play a role in shaping someone's lifestyle. In the magazine and television industries, "lifestyle" is used to describe a category of publications or programs.

Research Procedure and Methodology

Selection of the samples

A total 50 subjects were selected randomly. Out of 50 subjects, 25 were sportspersons and 25 were non-sportspersons. Both types of subjects are belonged to Kurukshetra University Kurukshetra (KUK). The age of the selected sample were ranged from 18 to 28 years.

Selection of the variable

Lifestyle of respondents was selected as variable of the study. For assess the lifestyle of respondents a questionnaire of life style (construct and Developed by S. K. Bawa) were used. The following scale of lifestyle was consisted of six factors named health conscious, academic oriented, carrier oriented, socially oriented trend seeking and family oriented

Formulation of Hypothesis

Following hypothesizes were made for the present study:

- H_0 There would be no significant difference between sportsperson and non-sportsperson in the mean score of their life style.
- H_0 There would be no significant difference between sportsperson and non-sportsperson in the mean score of selected factors of life style.

Statistical Techniques used

Mean and standard deviation were used as descriptive statistics. To compare the mean score of lifestyle independent sample 't' test was used as comparative statistics. All computations were performed on SPSS 20.0

Results of the study

Table 1: Descriptive Statistics

Factors of lifestyle	Profession	N	Mean	Std. Deviation
Health conscious	Non-sportsperson	25	25.44	4.831
	Sportsperson	25	30.68	4.337
Academic oriented	Non-sportsperson	25	22.72	4.774
	Sportsperson	25	23.24	3.257
Career oriented	Non-sportsperson	25	25.48	4.254
	Sportsperson	25	25.72	4.238
Socially oriented	Non-sportsperson	25	20.08	4.242
	Sportsperson	25	18.96	3.668
Trend seeking	Non-sportsperson	25	19.96	5.827
	Sportsperson	25	21.88	5.411
Family oriented	Non-sportsperson	25	32.12	4.275
	Sportsperson	25	29.76	3.677
Total	Non-sportsperson	25	145.68	11.379
	Sportsperson	25	150.24	13.042

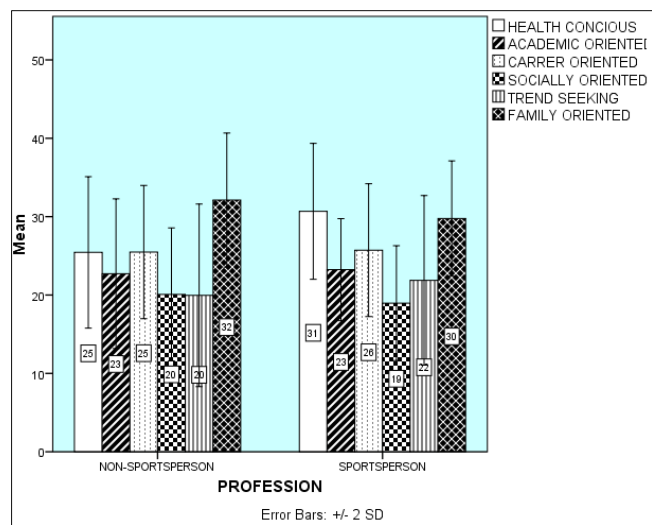


Fig 1: Graphical Representation of Mean Score of Selected Factor of Lifestyle of Sportsperson and Non-sportspersons

Table 2: Comparison of Mean Score between Sportspersons and Non-sports Persons in their Life Style

Factors	Degree of freedom	Value of 't'	Significant two tailed (P)
Health concious	48	4.06	.000
Academic oriented	48	.450	.655
Carrer oriented	48	.200	.842
Socially oriented	48	.999	.323
Trend seeking	48	1.207	.233
Family oriented	48	2.093	.042
Total	48	1.317	.194

Significant at 0.05 level of confidence with df 48 ($P \leq 0.05$).

Conclusions

Table 1 shows the mean and standard deviation of selected sample in the form of mean and standard deviation and table no. 2 shows the value of t and its significance level. It was observed that the mean score (30.68) of sportspersons is higher than the mean score (25.44) of non-sportspersons in their factor of health consciousness. The obtained 't' value is 4.06 which shows a significant difference. So the hypothesis which was formulated earlier " H_0 There would be no significant difference between sportsperson and non-sportsperson in the mean score of selected factors of life style" was not accepted. The 't' value of a another factor named 'family oriented' was also shows significant

differences. But there were no significant differences were observed in the total score of lifestyle and rest of factors. It means the sportspersons found highly conscious about their health and their tendency were also family oriented than non-sports persons.

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