

Comparative Study of Wellness of Vijay Merchant Trophy Cricket Players from Different States

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Abstract

The present research was framed to compare the "Lifestyle Assessment of Vijay Merchant Trophy Cricket Players from different States". For this purpose 45 subjects were selected from three selected States i.e. Uttar Pradesh, Jharkhand and West Bengal. The age of these subjects was under 17 years. The Purposive sampling was used to select 15 subjects from each state. The "Life Style Assessment Inventory" by Anspangh David S. Michal, H. Hamrich and Frank D. Rosato was adapted to collect the data. The variables of Lifestyle Assessment are - Physical assessment (PA), Alcohol and Drug assessment (ADA), Nutritional assessment (NA), Social Wellness Assessment (SWA), Spiritual Wellness Assessment (SPWA), Emotional Wellness Assessment (EWA), Stress Control assessment (SCA) and Intellectual Wellness Assessment (IWA). To compare the Lifestyle Assessment of Vijay Merchant Trophy Male Cricket Players, Analysis of variance (ANOVA) was used at 0.05 level of significance difference. Result revealed that wellness of all Vijay Merchant trophy cricket players of Uttar Pradesh lie in only two categories out of five categories i.e. good and average. Result indicates that there was significant difference of Vijay Merchant trophy cricket players among selected States in relation to total wellness assessment since obtained value of 4.561 ($F_{0.05}$) was greater than the tabulated value of 3.22 ($F_{0.05}$). It was concluded that significant difference was found of the total wellness assessment of Vijay Merchant trophy cricket players of selected States.

Key Words: Wellness, Social Wellness, Spiritual Wellness, Emotional Wellness, Stress, Intellectual Wellness.

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Introduction

The lifestyles curriculum aimed to provide children with an understanding of a range of healthy behaviours that they could try to implement throughout the programmed. Children were encouraged to problem solve, set goals that were Specific to them, and monitor these goals under the support and guidance of Club staff. Lifestyle behaviours such as when and where they eat, how much Television they watch, and how they can include more lifestyle activity into their Daily routine was also covered. Throughout the Carnegie Club programmed, children were encouraged to practice new behaviours that would take place throughout the normal week at home. Therefore,

it is deemed important for parents to obtain an understanding of the activities their children are performing so that they can aim to facilitate change, and support their child. In addition, parents were encouraged to use the opportunity to make changes to their own lifestyles and be a positive role model for their child and the rest of the family. Television coverage changed Cricket. It expanded the audience for the game by beaming Cricket into small towns and villages. It also broadened Cricket's social base. Children who had never previously had the chance to watch international Cricket because they lived outside the big cities, where top-level Cricket was played, could now watch and learn by imitating their heroes.

Objectives:

- ★ To characterize the Male Vijay Merchant Trophy Cricket players of selected States in relation to total Wellness Score.
- ★ To compare the Total Wellness Assessment of Male Vijay Merchant Trophy Cricket Players of selected states.

Methodology:

Sample: The Purposive sampling was use in selection of subjects in selected States and 45 subjects were selected from three selected States that were Uttar Pradesh, Jharkhand and West Bengal. 15 subjects were selected from each state. The age of subjects was under 17 years.

Measures: In this present study, to characterizing the Lifestyle of elite Players of three States, “Life Style Assessment Inventory” by Anspangh David S.Michal, H. Hamrich and Frank D. Rosato was adapted to collect the data.

Variables: The following variables were selected for the present study to assess the lifestyle of the subjects as under:

- I. Physical assessment (PA)
- ii. Alcohol and Drug assessment (ADA)
- iii. Nutritional assessment (NA)
- iv. Social Wellness Assessment (SWA)
- v. Spiritual Wellness Assessment (SPWA)
- vi. Emotional Wellness Assessment (EWA)
- vii. Stress Control assessment (SCA)
- vii. Intellectual Wellness Assessment (IWA)

The inventory contained total 80 items, these questions/statements evenly divided in eight Life Style contents and the normative response intervals for life style assessment score are given below:

86-100	:	Excellent
70-85	:	Good
50-69	:	Average
30-49	:	Below average
Less than 30	:	Needs improvement

Procedure: Before administering the questionnaire, the scholar consulted different people who were expert in the area personally and their sincere cooperation was solicited. Coaches/Trainer of concerned states was requested to cooperate in the completion of the study and they were explained about the objective of the study. Necessary instructions were passed to the players of Sub junior cricket players (Vijay Merchant Trophy Players). Before the administration of questionnaire, necessary instructions were passed to the players. No time limit was set for answer but the subjects were made to respond as quickly as possible once the instructions were clearly.

Results:

To analyze the data Means and Standard Deviations were calculated and ANOVA was computed to check the level of significance. The obtained data is systematically presented in the following tables.

Table-1 : Wellness Scores of Vijay Merchant Trophy Cricket Players of Uttar Pradesh (In Percentage)

	No. of Subject	Percentage (%)
Excellent	0	0%
Good	6	40%
Average	9	60%
Below Average	0	0
Need Improvement	0	0
Total	15	100%

Table-1 revealed that Average wellness of all Vijay Merchant trophy cricket players of Uttar Pradesh lie in only two categories out of five categories i.e. good and average. 40% subject lie in “Good” category and 60% subject lie in “Average” category.

Table-2 : Wellness Scores of Vijay Merchant Trophy Cricket Players of Jharkhand (In Percentage)

	No. of Subject	Percentage (%)
Excellent	0	0%
Good	2	13.333%
Average	13	86.666%
Below Average	0	0
Need Improvement	0	0
Total	15	100%

Table-2 revealed that Average wellness of all Vijay Merchant trophy cricket players of Jharkhand lie in only two categories out of five categories i.e. good and average. 13.333% subject lie in “Good” category and 86.666% subject lie in “Average” category.

Table-3 : Wellness Scores of Vijay Merchant Trophy Cricket Players of West Bengal (In Percentage)

	No. of Subject	Percentage (%)
Excellent	0	0%
Good	3	20%
Average	12	80%
Below Average	0	0
Need Improvement	0	0
Total	15	100%

Table-3 revealed that Average wellness of all Vijay Merchant trophy cricket players of West Bengal lie in only two categories out of five categories i.e. good and average. 20% subject lie in “Good” category and 80% subject lie in “Average” category.

Table-4 : Comparison of Total Wellness Assessment of Vijay Merchant Trophy Cricket Players among Selected States

Sources of Variation	d.f.	SS	MSS	F-Ratio
Treatment	2	7764.3	3882.15	
				4.561*
Error	42	35748.3	851.15	

*Significant at 0.05 level
Tabulated F .05 (2, 42) = 3.22

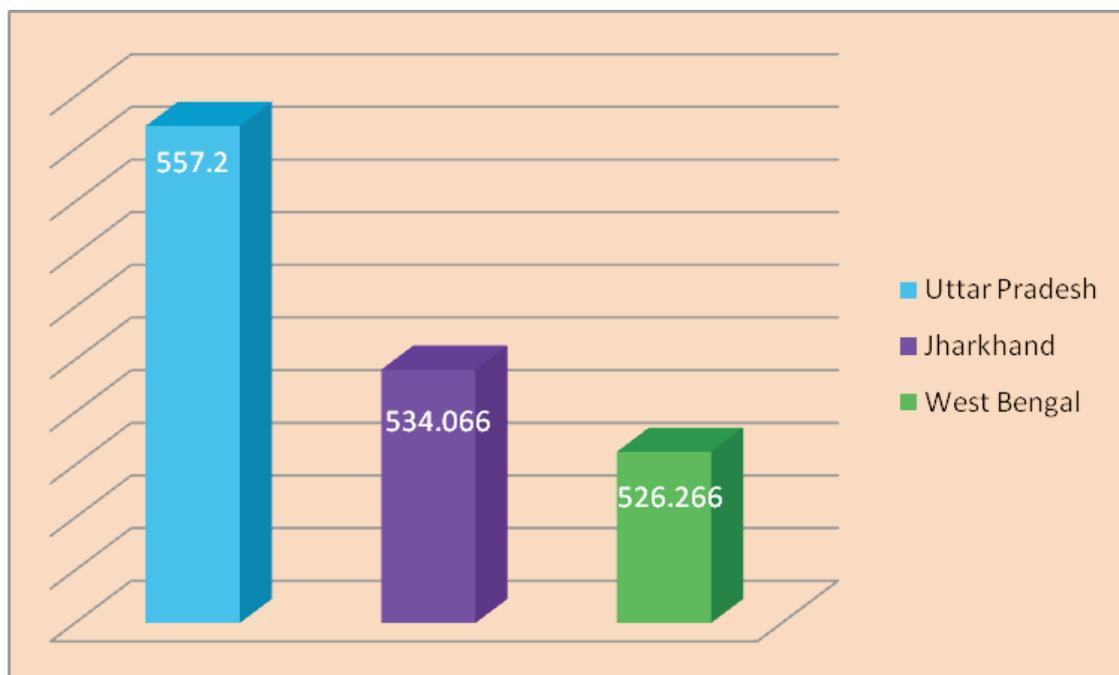
Table 4 indicates that there was significant difference of Vijay Merchant trophy cricket players among selected States in relation to total wellness assessment since obtained value of 4.561 (F .05 with 2 &42 df) was greater than the tabulated value of 3.22 (F .05 with 2 &42 df). In order to compare the means of the three groups L.S.D. post hoc test was applied.

Table-4 (A) : LSD Post Hock Test Paired means and difference between the means for Total Wellness of Vijay Merchant Trophy (U-17) Cricket Players among Selected States

Utter Pradesh	Jharkhand	West Bangal	MD	CD
55.2	534.066		23.134*	
557.2		526.266	30.934*	21.543*
	534.066	526.266	7.8	

Table 4 (A) revealed that significant difference was found between Uttar Pradesh and Jharkhand players. Similarly, it may be noted from above table that there is a significance difference between Uttar Pradesh and West Bengal players. But there is no significant difference was found between Jharkhand and West Bengal players.

Graph -1 : Graphical representation of Comparison of Total Wellness of Vijay Merchant Trophy Cricket Players among Selected States



Discussion:

The data was analyzed by using mean, percentage, analysis of variance and post hoc test. The result of the present study indicates change in the lifestyle of the players playing at Vijay Merchant Trophy. This may be attributed to the fact that the players from all different states at junior level tournament are at adolescent ages may be at this young and tender age these players vary in their lifestyle. The different in the lifestyle may also be due to the fact that these players usually undergo different types of training their interest is affected by the facilities and environment of the states and most of the players play due to their personal motivation and talent.

The results of the present study revealed that as for as Vijay Merchant Trophy there was a significance difference found between the cricket players of Uttar Pradesh and Jharkhand. Similar result found between the players of Uttar Pradesh and West Bengal.

Findings:

Within the limitation of the study and the procedure followed seem to permit the following conclusions:

1. As per norms of Lifestyle Assessment inventory, Vijay Merchant trophy cricket players of Uttar Pradesh were in good and average category as compare to other states.
2. As per norms of Lifestyle Assessment inventory, Vijay Merchant trophy cricket players of Jharkhand were in good and average category as compare to other states.
3. As per norms of Lifestyle Assessment inventory, Vijay Merchant trophy cricket players of West Bengal were in good and average category as compare to other states.
4. A significant difference was found of the total wellness assessment of Vijay Merchant trophy cricket players among selected States except Jharkhand and West Bengal players.

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