



10.22282/v5.i4.02

THE COMPARISON OF THE KNOWLEDGE OF NUTRITION, ATTITUDE AND BEHAVIOURS OF THE STUDENTS WHO ATTEND AND DO NOT ATTEND AT SCHOOL SPORTS ACTIVITIES

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ABSTRACT

In our study, it is aimed to examine the nutrition knowledge levels and nutrition habits of the students, attending at Province National Education Schools attending High School and equivalent classes, who are doing active sports and not doing. In our study %69.7 is female (n=184), %30.3 is male (n=80) of the students attending our study who are studying at Adana Girl Highschool Saricam Sports Highschool, Ismail Kulak Anatolian Highschool, Saricam Social Sciences Highschool, Seyhan Ismet Inonu Girl Technical and Vocational Highschool. The height average of the students is found as 164.87 ± 14.15 . The body weight average of the attendants is found as 57.75 ± 12.95 . BMI is found as 20.72 ± 3.11 . It is found that the age average of the mothers attending at study 41.79 ± 5.83 , the age average of father is 46.57 ± 6.16 . It is found that the average hours of watching TV of the attendants in

week days 2.7 ± 3.25 , watching TV at weekends is 3.89 ± 3.01 . The average hours of starting of the computer on of the attendants in weekdays 1.06 ± 1.83 , starting of the computer on at the weekends is 1.93 ± 3.04 . In the study the method of survey is applied. In the survey it is basically questioned that the questions according to determine physical knowledges, health conditions and nutrition levels. In the datas gathered from the survey frequency analyse and T test is applied in SPSS programme. As a result: the basis of living healthy is the movement and nutrition. We are in the thought of no matter how earlier it is started to teach the 15-18 age group children about the nutrition knowledge levels and habits together with movement education, the more it will have contribution to the public health.

Key Words: School Sports, Nutrition Knowledge, Nutrition Habits

INTRODUCTION

The movement of all life, it is essential nutrition to be able to continue to sustain their lives and generations (Konopka, Harputoglu, 2000). It is face to face with many threatening adolescent health. One of these factors is the poor eating habits. unhealthy diet, mental and cognitive development disorders are one of the most common risky behavior, behavioral and psychological problems, which can lead to problems such as obesity (Petrillo and Meyers, 2002).

Our children, the nutritional value of food, growth and nutrition education in schools as well, the relationship between development and the protection of health and how it should be the daily diet; catering made places (like fast food) learn the proper food selection.. positive nutritional choices to be gained at this age, such as eating habits and diet will prevent problems in the future will benefit the nutrition of families where the parent (Tekgul, Ozer and Al, 1986). A children's growth traits, but depends on external factors such as diet or environment, physical activity was found to have a positive impact on the development. Due to sports to children's excessive or inadequate dietary fat or they have a weak body structure, the development of muscle, a little shorter in height, perception-made as the ability to learn is slow work were identified as a result of (Karacabey, K. Yilmaz, S. 2004).

METHOD

Adana Seyhan, Scots pine and Cukurova district in M. Ismet Inonu Girls Vocational and Technical High School Sports High School, Bakhtiar Vahapza in 9,10,11,12 in Social Sciences Ismail Ear Anatolian High School and High School. students formed the sample. The classes are determined by random sampling method. Students from each school to participate with the students who participate in intramural sports activities were included in the study. Accordingly, a total of 184 female and 80 male students without any health problems, including 264 students were included in the study.

the questionnaire applied to determine the nutritional knowledge level of the students have received a total number of 35 questions and the answers given point for each correct answer to the questions are given. student nutrition information and percentage (%) values

were Obtained. Research data after Obtaining Permits Necessary 02/12/2015 - 13/03/2015 was Implemented between the dates.

ANALYSIS OF DATA

Analysis of the data, computer-interpreted and the resulting data are arithmetic averages (M) and standard deviation (SD) were, obtained data of T-test, frequency and percentage values are given in the tables in the calculated and the results section.

RESULTS

Table 1: Demographic Characteristics of Students

	Gender	subjects	Mean	Std. Deviation	T test	Significance Value (P)
Age	Woman	184	16.50	1.30	.643	.521
	Male	80	15.76	.88		
Height	Woman	184	162.13	12.37	-4.972	.000
	Male	80	171.16	15.96		
Weight	Woman	184	55.10	10.22	-5.303	.000
	Male	80	63.86	16.20		
BKI	Woman	184	20.64	3.25	-.628	.531
	Male	80	20.90	2.78		

Table 1; The demographic characteristics of the students according to the survey results are analyzed, Body Mass Index and age of the students (BMI) significant difference between the observed, have been found significant differences between height and weight ($p > 0.05$).

Table 2: Comparison Of those who do the Athlete Nutrition Knowledge Level

	Have Sports Team?	Number of subjects	Mean	Std.Deviation	T test
	No	131	7.4139	9.48000	

Table 2 when viewed sport had made the comparison in terms of nutrition knowledge of those who do so and there is no significant differences ($p > 0.05$).

Table 3: Comparison Of Nutrition Knowledge Level of Sex

Gender nutritional information for level comparison	Gender	Number of subjects	Mean Std.	Std.Deviation	T test
	Woman	184	7.4752	8.31148	-0.910
	Male	80	6.6040	3.10400	

Table 3 were compared in terms of nutrition knowledge when examining gender and there is no significant differences ($p > 0.05$).

RESULTS AND DISCUSSION

students surveyed 52.7% of 15% 22 16 23.1% 17 2.3% are 18 years of age, 69.7% were female, 30.3% were male. Participants 164.87 \pm 14:15 average height, average weight of 57.75 \pm 12.95, mean BMI was found to be 20.72 \pm 3.11. determine the suitability of body weight for height Body Mass Index (BMI) is below 19 weak flour, normally between 20-24, 25 and above is considered obese. When we look at the students' answers on nutrition course 72% was observed that receiving nutrition lessons. Also get out of school information on nutrition 10.2%, it wants to receive nutrition education 49.2%, to find information on nutrition 28.8% is insufficient, the nutrition information 54,9% they said they wanted to take the nutritionist It was observed.

Those who do the work we have done with the athletes when compared in terms of nutrition knowledge; Those who do not do sports nutrition Knowledge is given in terms of comparison. Among those making the athletes According to this analysis, there was no statistically significant difference ($p > 0.05$). Sports activities that students participating in the energy compared to individuals who engage in sports and other nutrients that items need more and Search cola and tea consumption are insufficient in terms of selling the nutritional value of

their meals in the school canteen is a negative finding. students participating in sports activities to meals is believed that rising energy and especially should not consume beverages that meet the fluid needs. Saygin et all and his studies in 2009; skip meals that have been identified as most individuals stating they skip breakfast meal (Saygin, 2009).

Parlak 2009 study on meals jumped individuals have the habit of 30.8% is not enough time to 61,5%, because feeling hungry 7.7% skip meals they (Bright, 2009) belirtirlerk the 2011 Lightning and friends his study; 46.6% of the time due to skipping meals, skip meals and it was determined that the cause of anorexia 26.4% (Yildirim et all 2011). In a 2007 study of the mind; 52.4% of individuals can not find the opportunity, do not want the soul and 25.7% stated that they skip meals to lose weight at 10.5% (Akil, 2007).

Students of the breakfast they eat at home, 64.8%, 35%, 6 in the regular breakfast,% 46.2 'have breakfast tea, cheese, honey it consumes, while 36.4% had no regular breakfast, while for lunch,% 46.2 of which use the school canteen, it was found to be eating dinner at home of 81.4%. Watch Students, chicken, milk, yogurt, cheese, eggs, bread and cereals, dried beans, vegetables, fruit, juice, sugary foods, the rate of 77.7% dr who think that greek be eaten every day of fatty foods. In our study, when compared in terms of nutrition knowledge of gender; There was no significant difference between the sexes in terms of nutrition knowledge level ($p > 0.05$).

As a result; It does not have sufficient knowledge about the feeding of all the students who participated in the study, and the often unhealthy foods in the diet has been shown to be in place. If the 15-18 age group with children to move education levels of nutrition knowledge and habits started to gain an early age how we think would be important contributions to public health.

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