

# KNOWLEDGE, ATTITUDE AND PRACTICE ABOUT RECREATIONAL SPORTS AND NUTRITION

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## ABSTRACT:

### BACKGROUND:

The definition of a Recreational sport can be debatable They can be easily defined as a sport that is freeform, noncompetitive, and voluntary in nature. The main aim of Recreational sports is to regulate the mental state of people and have a positive health benefit on an individual.

**OBJECTIVE:** The study aims at the understanding of the general population about Recreational sports and the nutrition associated with it.

**METHODOLOGY:** The study was done using a well-planned questionnaire, through the filling of google forms due to Covid constraints. The 258 individuals participated in the study. Also, google Forms has provided a better reach of the participants, especially in the pandemic.

**RESULTS AND DISCUSSION:** Among 258 participants, 124 were men and 134 were the female majority of them being between the age group of 16 - 25 years. About 82.2% (212 participants were aware of Recreational sports. 58.5% were aware of virtual Recreational sports like virtual marathons etc. 65.5% of participants preferred physical sport compared to 31.4% who preferred both virtual and physical Recreational sports considering the pandemic situation. 91.5% agreed Recreational sports had health benefits. 61.6% played Recreational sports and 76.7% of participants stated it was a form of relaxation to play Recreational sports. 61.6% of participants followed special advisers of warm-up and cool-down exercise during playing Recreational sports.

59.3 % of participants wore special gears for Recreational sports sometimes. About 28.3% consulted gym trainers/fitness instructors to practice Recreational sport and about 23 % consulted a coach to practice Recreational sports. A mere 7.8% of them consulted nutritionists for their Recreational sports nutrition.

**CONCLUSION:** The study revealed that the participants were well informed about Recreational sports and the health benefits they have. The participants were able to manage their eating patterns during the practice of Recreational sports. It was indeed happy to know most of them were aware of "FIT INDIA MOVEMENT" and encouraged both themselves and children to take part in Recreational sports.

**Index terms:** Recreational Sports, nutrition, sport

## Introduction:

Recreation sport refers to any physical activity that people do to refresh their body and mind to make leisure time more interesting and enjoyable at the same time having health benefits, like walking, swimming, meditation, dancing and playing games<sup>1</sup>. In many low-middle income countries where people work every day to survive, the concept of leisure time sport or recreational sport is not well known nor a priority. Activities that are considered recreational in high-income countries are considered means of livelihood in low-income countries like fishing. In most communities the type of recreational sport depends on age, gender, local context (rural vs urban) and socio-economic status.

Involvement in recreational sport has many benefits for both individual and community.

1. Health promotion and disease prevention: exercise has both benefits promoting health and reduces mortality rate. Regular and moderate recreational sports not only reduce the risk of diabetes, cardiovascular disease and cancer<sup>2,3</sup>, but are also reflected in variety of mortality rates associated with health indicators like BMI<sup>4</sup>
2. Skills development: Physical, social, perceptual and collective behavior skills are some of the many skills that can be developed through participation in recreation sport<sup>5</sup>.

3. Awareness raising, reduction of stigma: recreational sports are powerful, low-cost means to encourage all ages of people and brings everyone together for enjoyment, provides person with disabilities the opportunity to demonstrate their strength<sup>1</sup>
4. Empowerment: recreational sport generates feeling of safety and confidence and satisfaction in the activity<sup>6</sup>

**OBJECTIVE:**

To assess the Knowledge, Attitude and Practises about recreational sports and nutrition.

**METHODS:**

The study was done using a well-planned questionnaire, through the filling of google forms due to Covid constraints. The 258 individuals participated in the study. Also, google Forms has provided a better reach of the participants, especially in the pandemic. A standardized well framed and validated questionnaire was developed which comprises of question relating the nutritional knowledge, attitude and practises. A similar study on nutritional knowledge of athletes by Mitchell Face was referred to develop the questionnaire.

**PROCEDURES:**

Questionnaires were circulated to the participants with a covering letter mentioning the need of the study, the purpose of the study. A line about maintaining confidentiality was also mentioned in the google sheet.

**RESULTS:**

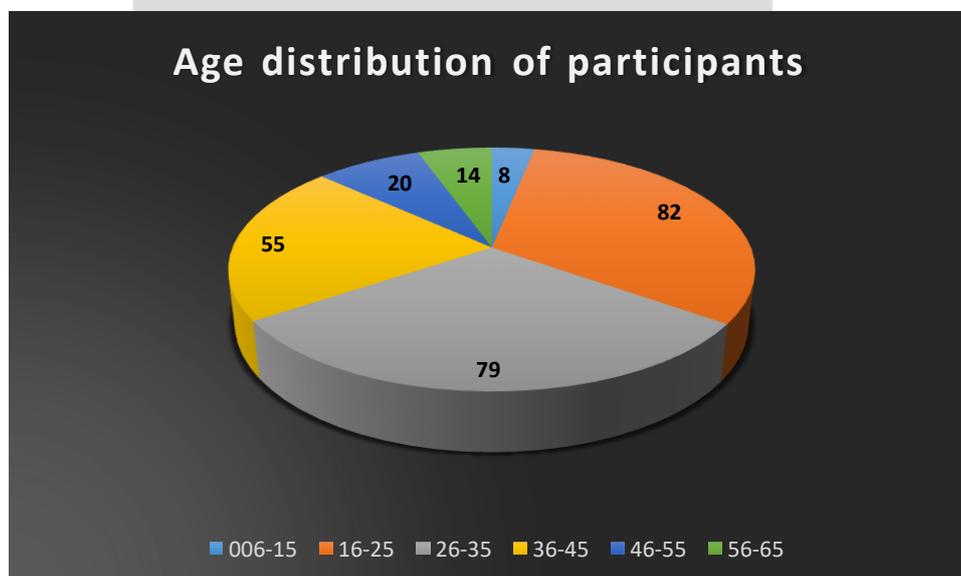
**DEMOGRAPHIC INFORMATION:**

A total of 248 participants participated in the study. Out of which 48% (n=124) were male and 52% (n=134) were female. (Table 1). A study as a part of Taiwan Social Change survey in 2007 revealed men participated more in recreational sports to improve their appearance, whereas women got motivated for recreational sports only after seeing Taiwan athletes performing well in international sporting events<sup>(8)</sup> The participants were between the age group of 6 years to 65 years. Among the participants, 31.8% (n=82) were in the age group of 16 -25 years. The age distribution is further represented below. (Figure 1).

Table 1

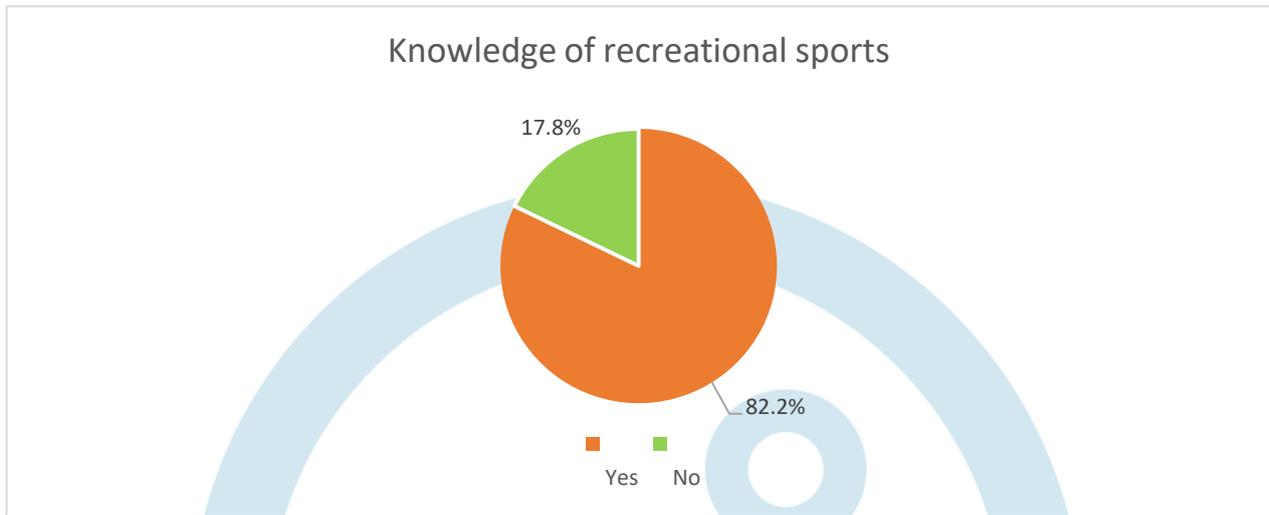
Gender	Number of participants(n)	Total percentage(%)
Male	124	48%
Female	134	52%

Figure 1:

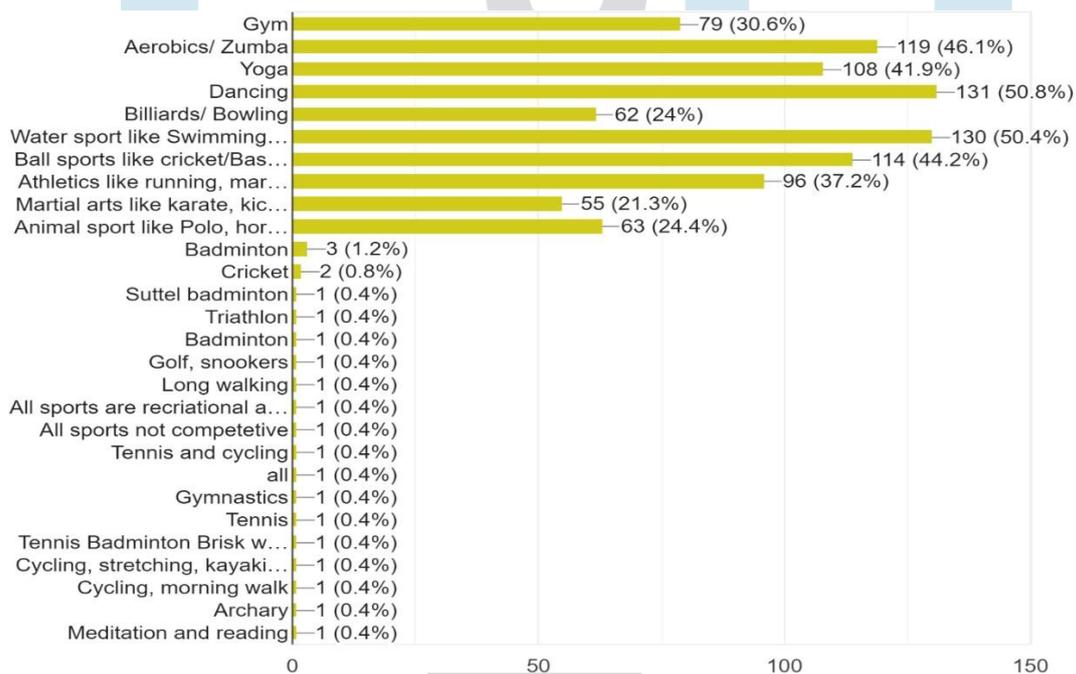


**KNOWLEDGE:**

Participants were generally knowledgeable with regard to recreational sports. About 82.2% participants were aware of recreational sports. A study states global participation of recreational sports are as follows - at least 40% of adolescents and children and 20% of adults. <sup>(7)</sup>



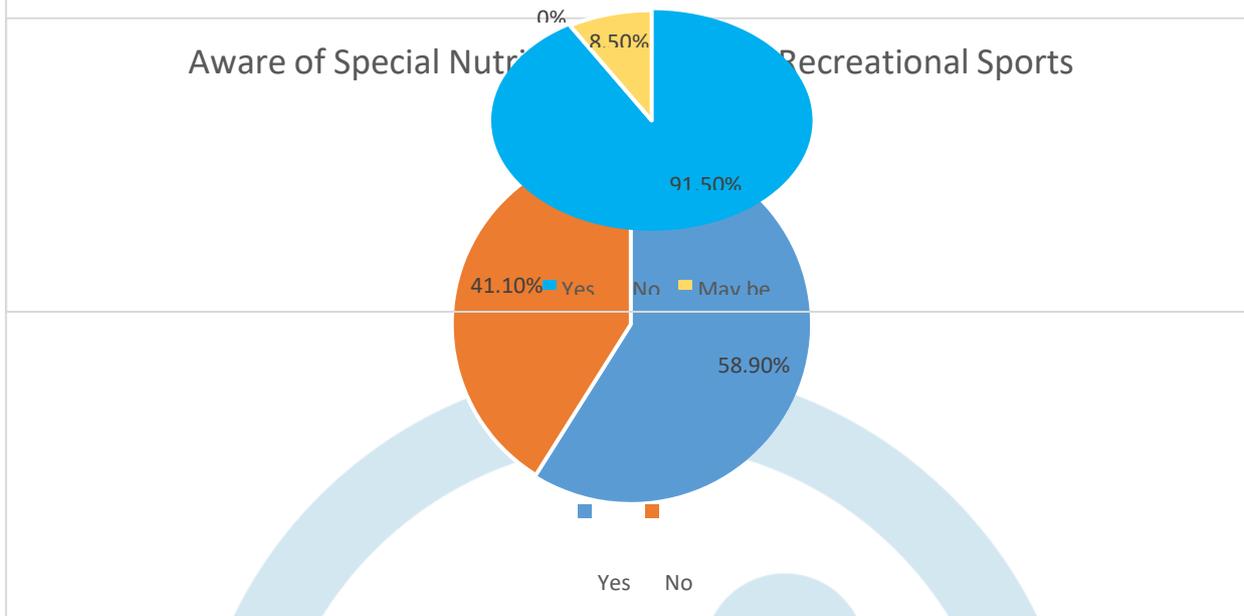
Recreational Sports according to participants are shown below:



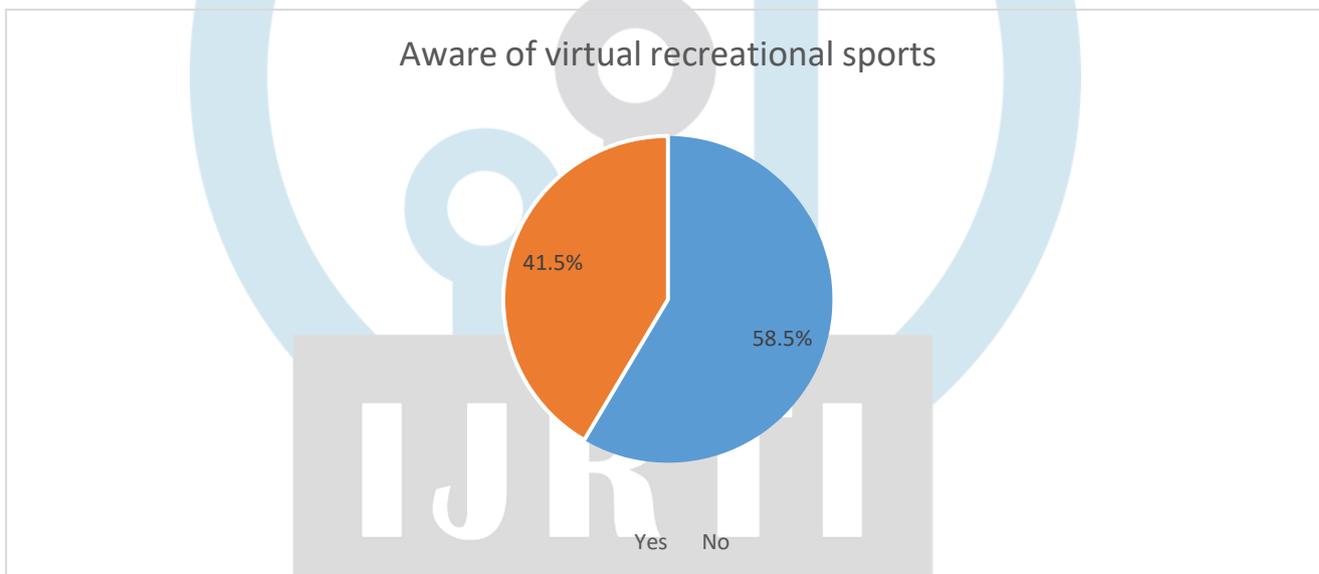
Participants' awareness of special nutrition needs was average. About 58.9% (N=152) participants were aware of special nutritional needs in recreational sports. Whereas 41.1% (N=106) participants were not aware of special nutritional needs in recreational sports.



## Thinking about health benefit of recreational sports

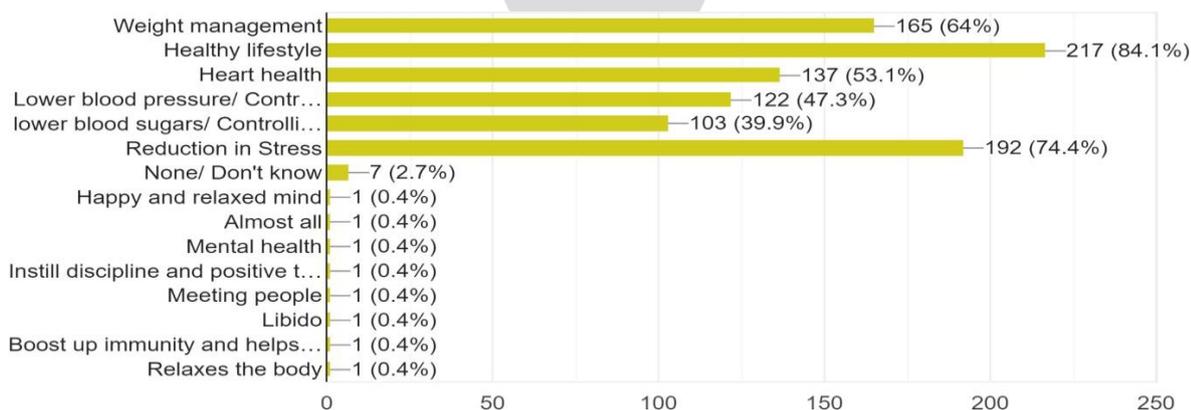


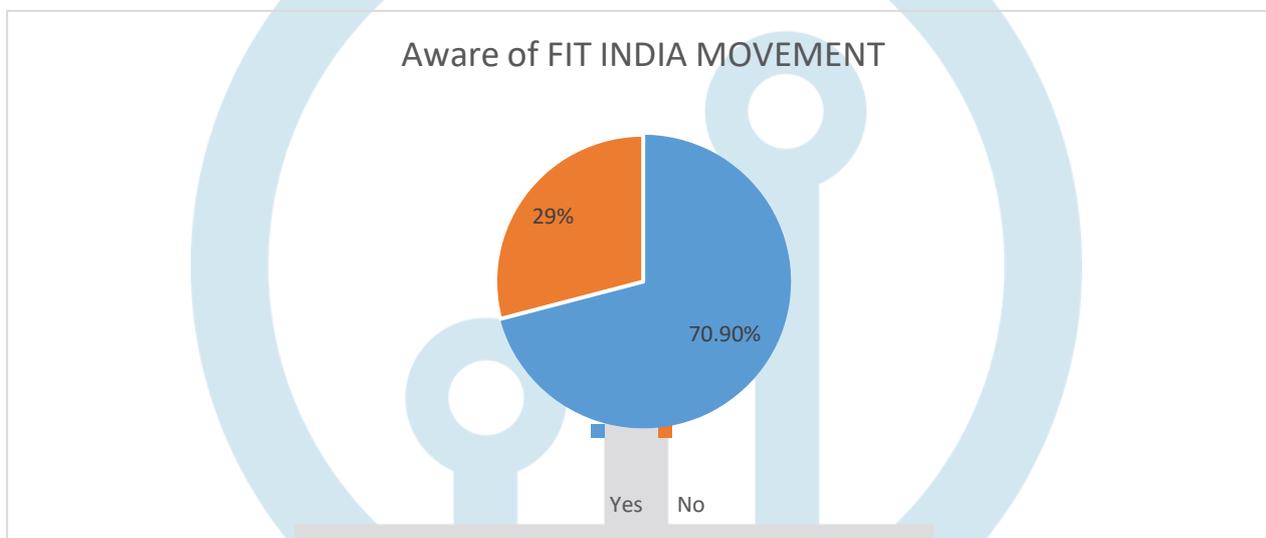
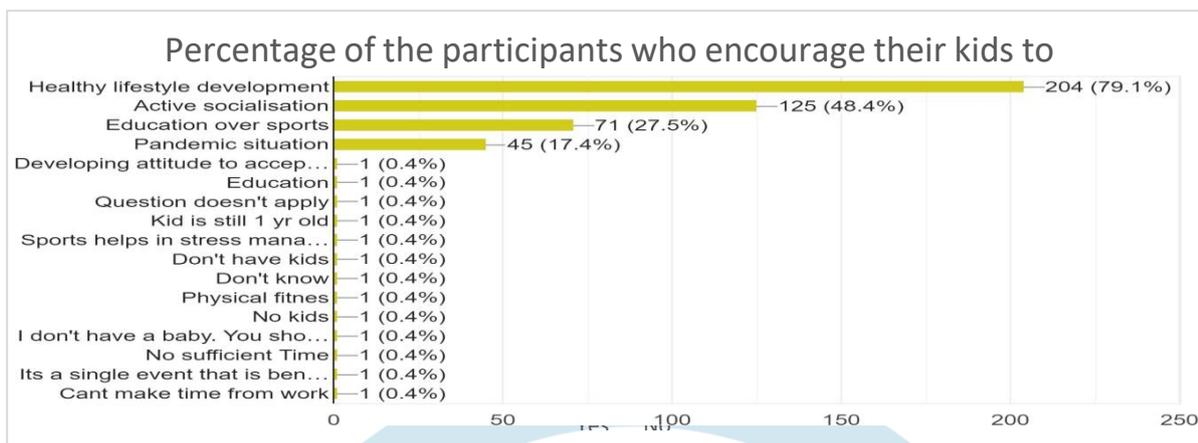
Most of the participants were not aware of virtual recreational sports like marathons etc. About 58.5% (N=151) participants were aware of virtual recreational sports and 41.5% (N=107) participants were not aware of virtual recreational sports.



Almost of the participants agreed that recreational sports have health benefits. About 91.5% (N= 236) of participants said yes to health benefits. Whereas only 8.5% (N= 22) think that recreational sports may have any kind of health benefits. And nobody said that recreational sports have no health benefits.

The below table shows what kind of health benefits could be possible according to participants:



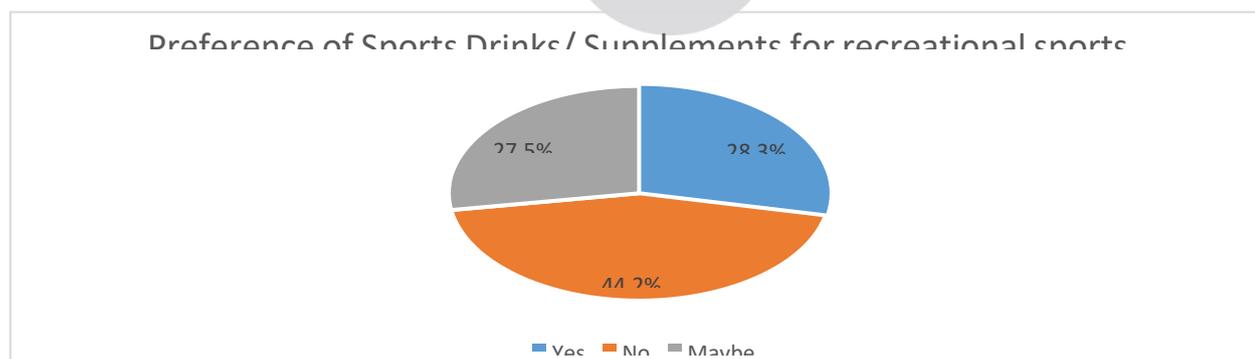


About 70.9% (N= 183) of participants heard about “FIT INDIA MOVEMENT”. Whereas 29.1% (N=75) of participants didn’t hear about “FIT INDIA MOVEMENT”. Most of the participants would like to encourage their kids to play recreational sports. About 94.2% (N=243) of the participant will encourage their kids to play recreational sports. Whereas only 5.8% (N=15) of the participant won’t encourage their kids to play recreational sports. A study in 2019, observed the engagement of kids in sports club physical activities, there was a marked difference in kids who attended full school against half school kids, The kids who attend half school engaged more in such activities<sup>(10)</sup>

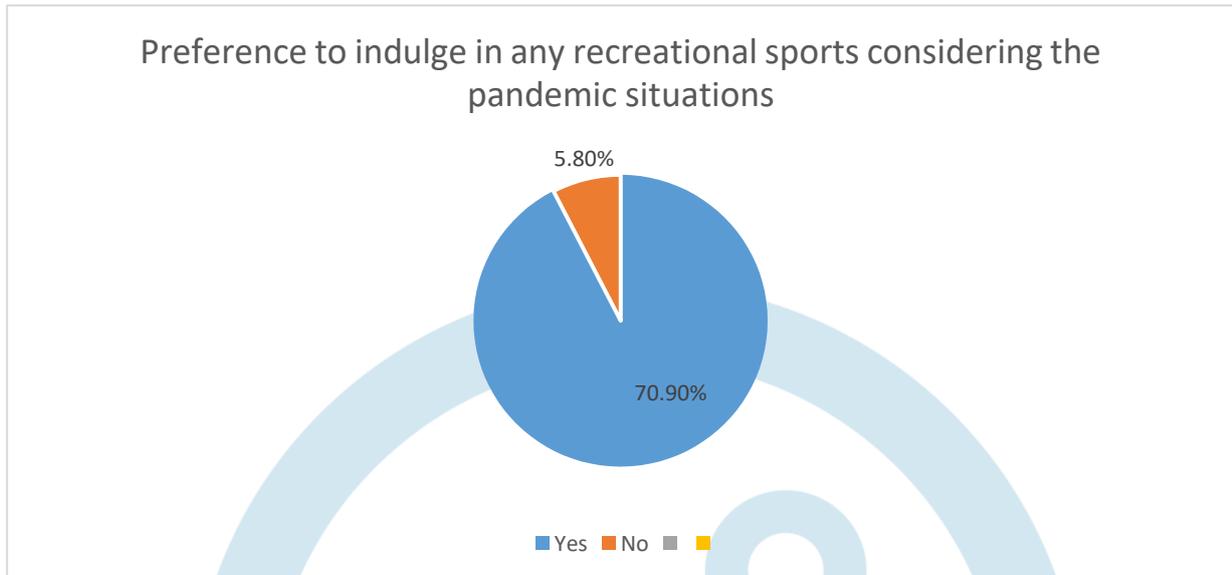
This table shows the reason given by the participants why they allow or deny to encourage their kids to play recreational sports:

#### ATTITUDE

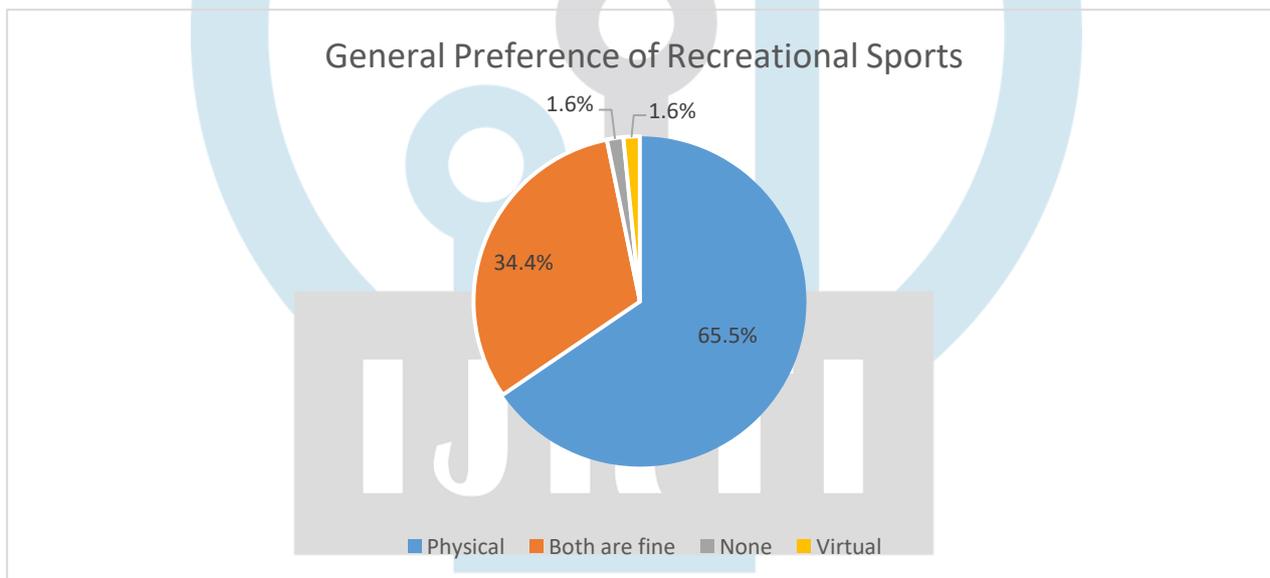
Considering the pandemic situation, 56.6% (N=146) of the participants would like to indulge in any kind of recreational sports. About 19.8% (N= 51) said they may be indulged in any recreational sports. 18.6% (N=48) of the participants would prefer to



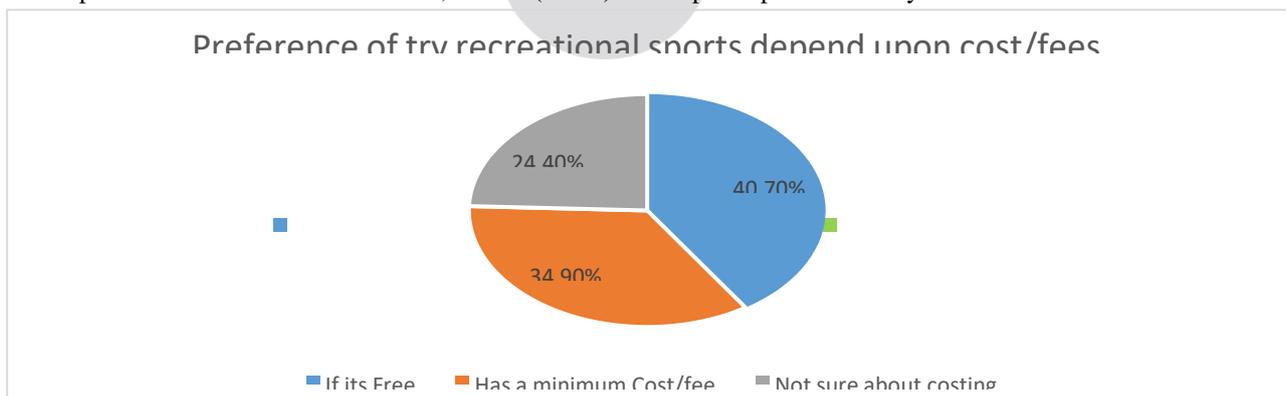
indulge in recreational sports after the situation becomes under control. Only 5% (N=13) of the participants didn't prefer any kind of recreational sports during the pandemic situation.



About 65.5% (N=169) of the participants would prefer physical recreational sports. 31.4% (N=81) of the participants would like both virtual and physical recreational sports. Whereas, only 1.6% (N=4) of the participants would like virtual recreational sports and rest of the 1.6% (N=4) won't like recreational sports.

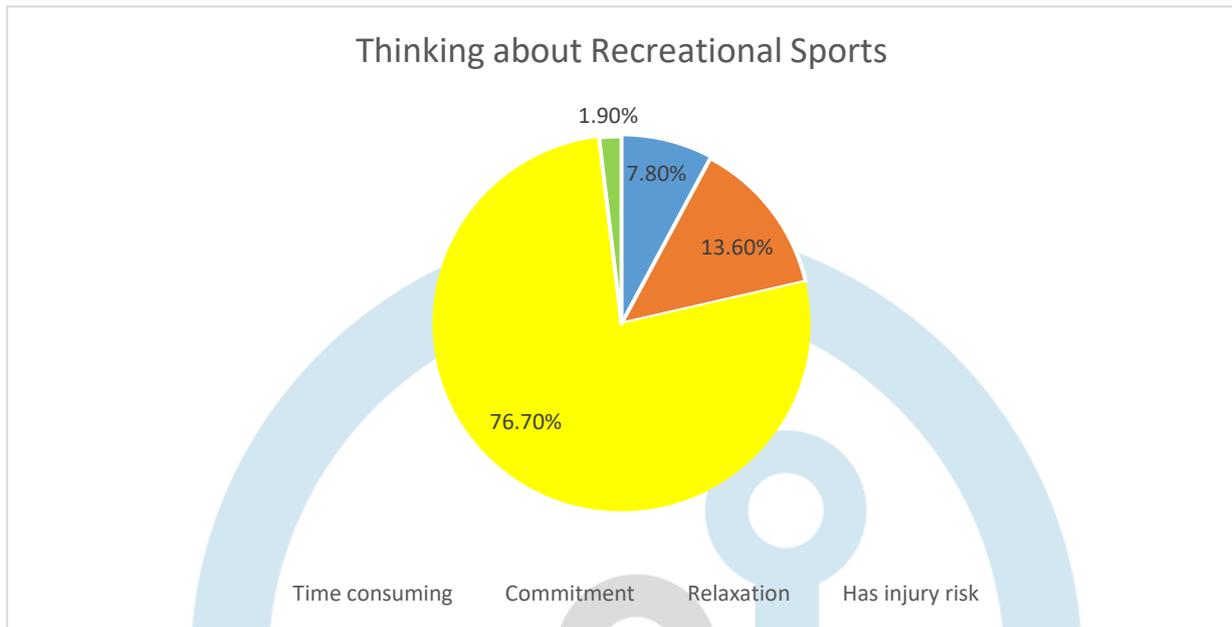


About 44.2% (N=114) of the participants won't like to try any kind of sports drink or supplement for recreational sports. Whereas, 28.3% (N=73) of the participants would prefer to take supplements for recreational sports. But 27.5% (N=71) of the participants may prefer sports drinks or supplements for recreational sports. About 40.7% (N=105) of the participants would like to try recreational sports if it is free of cost. Whereas, 34.9% (N=90) of the participants would try if it has a minimum cost or fees. And

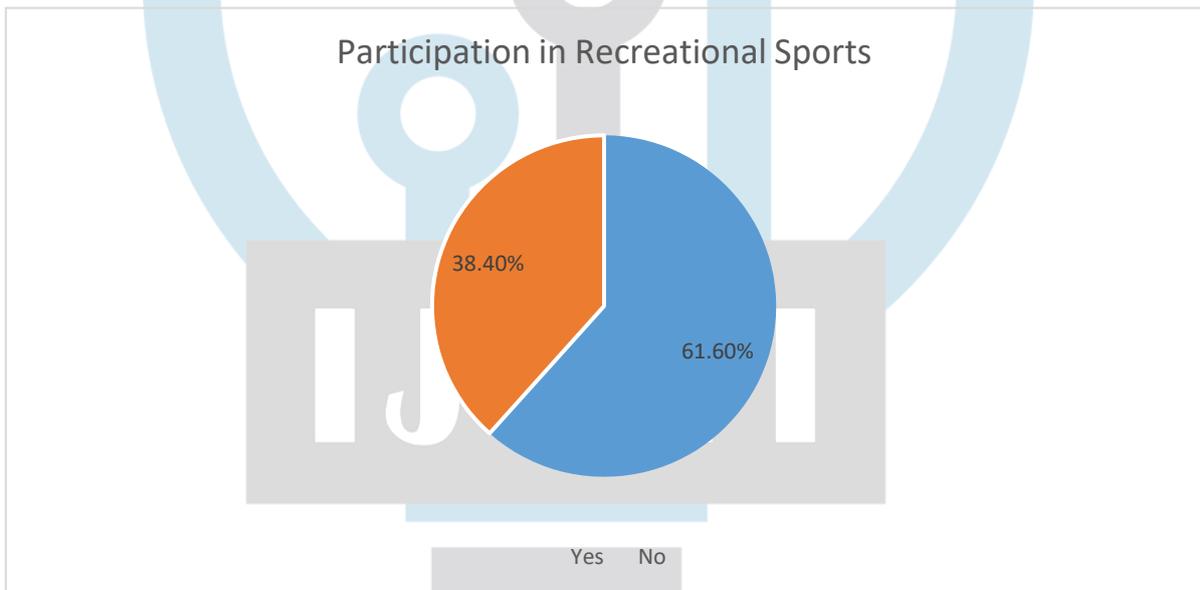


about 24.4% (N=63) of the participants would not be sure about costing.

Majority of the participants i.e. 76.7% (N=198) would feel that recreational sports are relaxation for health. About 13.6% (N=35) of the participants would prefer that it's a commitment. Whereas, 7.8% (N=20) of the participants think that it's time-consuming. And only 1.9% (N=5) selected that it has injury risk.

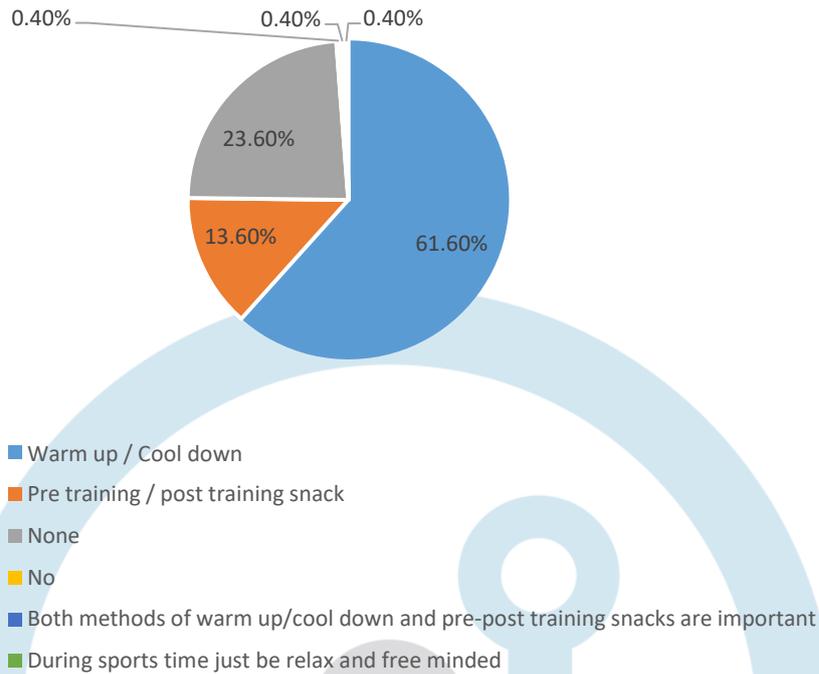


PRACTICE



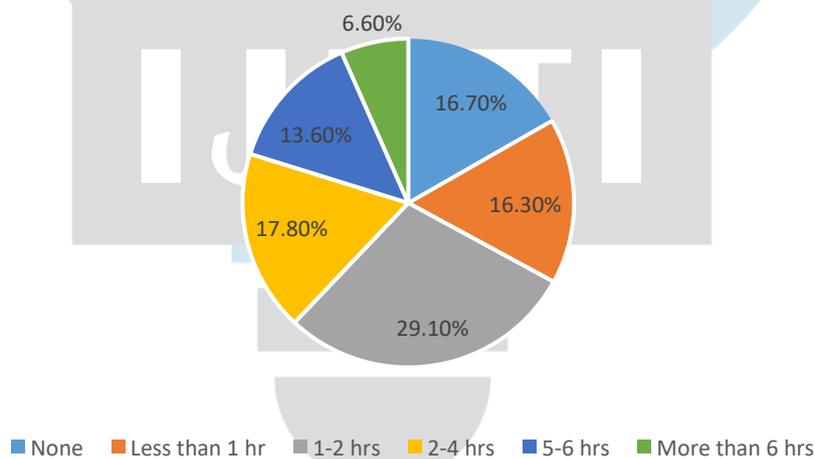
From all the participants 61.6% (N=159) of the participants agreed that they play any kind of recreational sports. Whereas, 38.4% (N=99) of the participants didn't play any kind of recreational sports. About 61.6% (N=159) of the participants preferred warm-up & cool-down as special advice for recreational sports. About 23.6% (N=61) of the participants choose none of any special advice for recreational sports. Whereas, 13.6% (N=35) recommended pre and post-training snacks as special advice. About 0.4% (N=1) of the participants preferred that both methods of warm-up/cool-down and pre and post-training snacks are important. Also, 0.4% (N=1) of the participants recommended nothing as special advice for recreational sports. And 0.4% (N=1) of the participants didn't recommend any kind of special advice for recreational sports.

### Special Advice During Recreational Sports



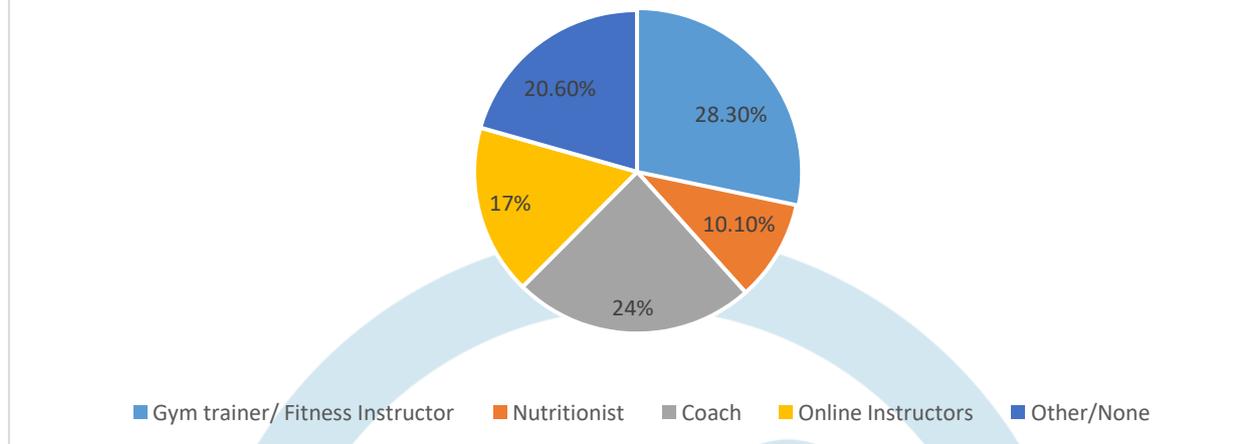
From all the participants 29.1% (N=75) of the participants play 1-2 hrs recreational sports in a week. About 17.8% (N=46) of the participants play 2-4 hrs recreational sports in a week. Whereas, 16.7% (N=43) of the participants didn't play any recreational sports. About 16.3% (N=42) of the participants told that they play recreational sports less than 1 hr in a week. About 13.6% (N=35) of the participants play 5-6 hrs recreational sport in a week. And 6.6% (N=17) of the participants used to play more than 6 hrs in a week.

### Time allotted for recreational sport in a week



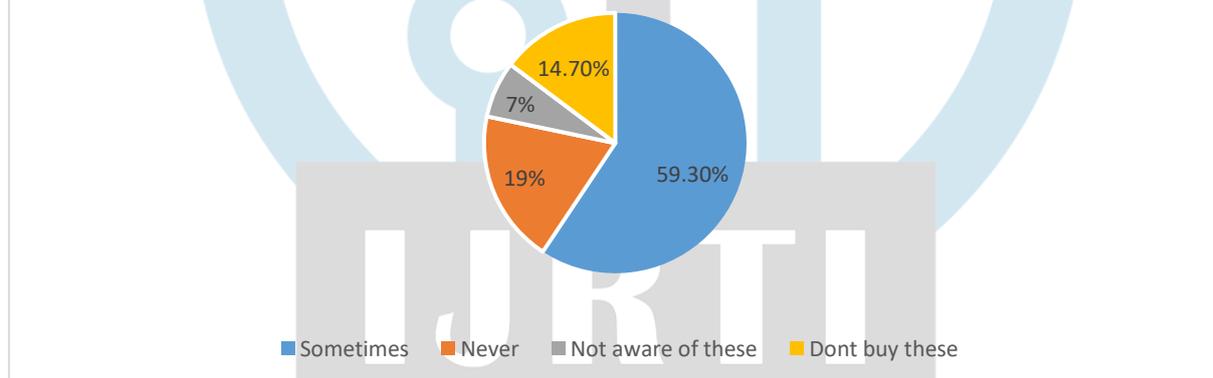
Among all the participants 28.3% (N=73) of the participants consult professionals like Gym trainer/Fitness Instructor. About 24% (N=62) of the participants follow the coach's consultation. 17% (N=44) of the participants follow online instructors' advice. Whereas, 10.1% (N=26) of the participants consult nutritionists for professional advice. Rest of the participants didn't consult any kind of professional like Gym trainers, Nutritionists, Coach and Online instructors.

### Consultation with professional for recreational sports



About 59.3% (N=153) of the participants sometimes wear any special gear like dry fit clothing, knee guard, special shoes etc for recreational sports. Whereas, 19% (N=49) of the participants never used to wear any kind of special gear for recreational sports. 14.7% (N=38) of the participants were not aware about special sports gear. And only 7% (N= 18) of the participants didn't buy any kind of special sports gear. A study using data of Eindhoven Running Survey 2014 (ERS14), attributed the promotion of sports participation to apps and sports watches worn by all gender and ages. However the study also recommended the need for personalization of the electronic devices to suit the specific ages and sports one follows<sup>(9)</sup>.

### Special Gear for Recreational Sports



### Conclusion

The study revealed that the participants were well informed about Recreational sports and the health benefits they have. The participants were able to manage their eating patterns during the practice of Recreational sports. It was indeed happy to know most of them were aware of "FIT INDIA MOVEMENT" and encouraged both themselves and children to take part in Recreational sports.

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