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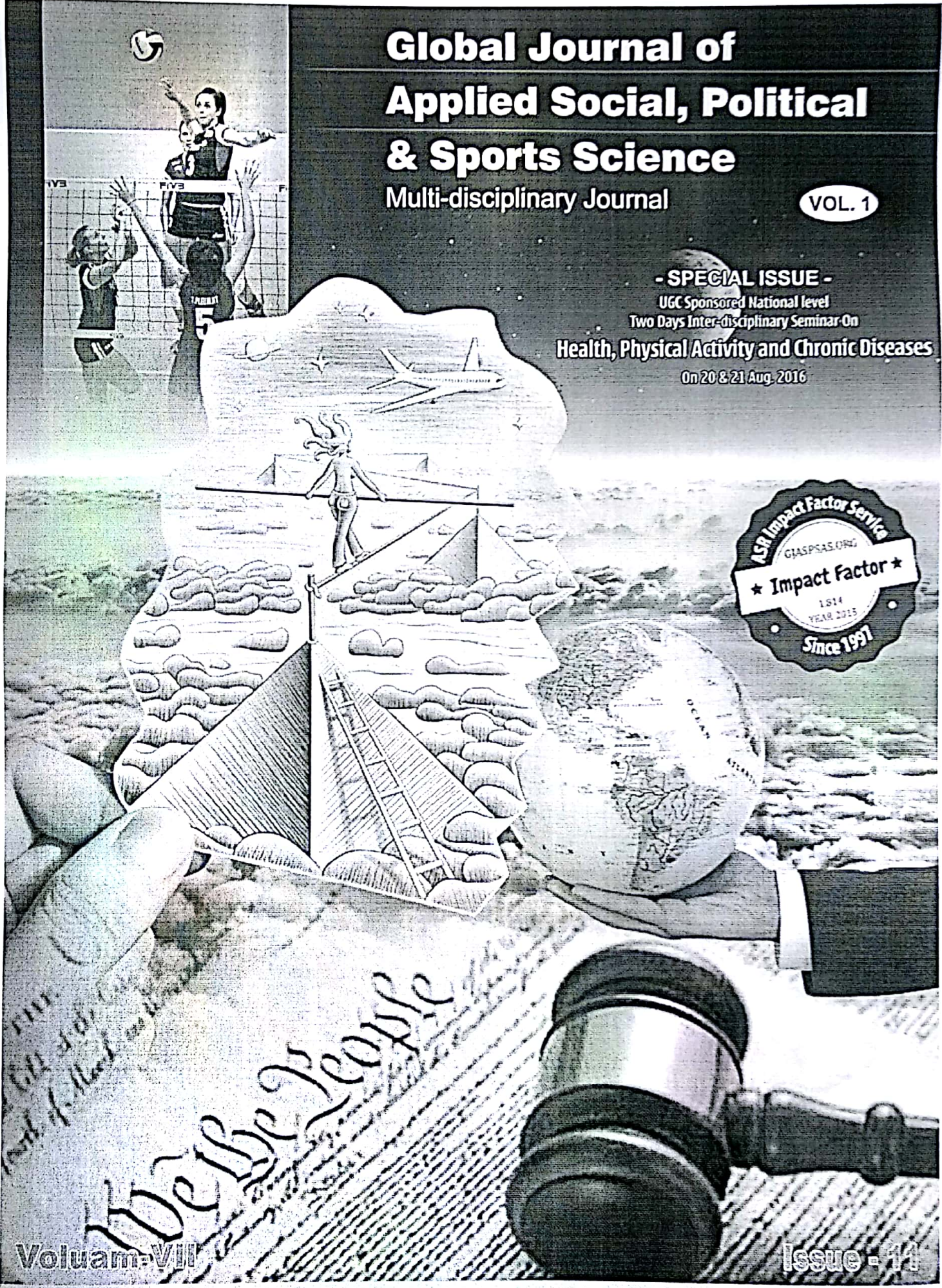
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**EFFECT OF HIGH FAT DIET ON DIFFERENT PHYSICAL FITNESS
COMPONENTS
OF WRESTLERS IN VIDHARBHA REGION**

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The purpose of this study is to find out effect of high fat diet on Wrestler's Physical Fitness components. Wrestling is oldest and traditional sport of the World. Wrestling is a combat sport. In Stone Age man use wrestling for surviving his life. Wrestling gives physical fitness to struggle with wild animals as well as groups of enemies.

Wrestling is a traditional and favorite sport of India. Indian wrestling has a huge and great history. Maharashtra has a great history of wrestling. In Vidharbha so many Akhada, Kushti Kendra and wrestling clubs are situated. Wrestlers taking regular wrestling practice in these centres. The tool of this pilot study is questionnaire & interviews. In this questionnaire multiple types of questions relating to wrestler's diet with various objectives are included. There is scope to express their views about diet in this questionnaire and interviews.

50 Wrestlers are randomly selected for this study from different districts of Vidharbha. The present results suggest that wrestlers are taking high fat diet without any consult by dietitian. Due to high fat diet wrestler's facing problems related over weight and reducing level of physical fitness components i.e. agility, flexibility & speed in wrestling skill.

Keywords: Wrestler, High fat diet, Physical Fitness Components

Introduction:

The purpose of this study is to find out effect of high fat diet on Wrestler's Physical Fitness Components in Vidharbha Region. Wrestling is oldest and traditional sport of the World. Wrestling is a combat sport. In Stone Age man use wrestling for surviving his life. Wrestling gives physical fitness to struggle with wild animals as well as groups of enemies. Wrestling is the basic need of human being and it can be called father of all sports. Wrestling has a great history and evidences are available for our references. The first real traces of the development of wrestling date back to the times of the Sumerians, 5000 years ago. Wrestling was the decisive discipline of the Pentathlon in ancient Olympic game from 708B.C.

Wrestling is a traditional and favorite sport of India. Indian wrestling has a huge and great history. Maharashtra has a great history of wrestling. In Vidharbha so many Akhada, Kushti Kendra and wrestling clubs are situated. Wrestlers taking regular wrestling practice in these centers. In India wrestling is called 'Malla-Yudhha'. The information about wrestling is found in the great epic of Indian history. Indian wrestling can be divided into four categories i.e. Hanumanti, Beemaseni, Jamuvanti and Jarasandhi Wrestling. Now Indian Wrestlers are achieved so many medals in International and Olympic wrestling tournaments.

High Fat Diet with special reference to wrestlers

In the field of wrestling wrestler's usually takes diet i.e. Milk, Clarified butter, Nuts, Chana, Meat, Chicken, Fish, Eggs, Almonds, Fruits, Fruits Juices, Sports Drinks, Buttermilk, Green Vegetables, different types sweet etc, which are a great sources of carbohydrates and fats. But huge numbers of wrestler's prefers high fat diet related to large quantity of Milk, Clarified butter, Egg (Whole), Meat, Chicken, Fatty Fish and Sweet.

Physical Fitness Components

Physical Fitness is the body's ability to function efficiently and effectively. It consists of health-related physical fitness and skill related physical fitness. Health-related physical fitness terms are Body Composition, Cardiovascular Fitness, Muscular Endurance, Flexibility and Strength. Skill-related physical fitness terms are Agility, Balance, Coordination of body-mind, Power/Strength and Speed.

Purpose:

The purpose of this study is to find out effect of high fat diet on Wrestler's Physical Fitness components in Vidharbha Region.

Method(s):

50 Wrestlers are randomly selected for this study from different districts of Vidharbha. The tool of this pilot study is questionnaire & interviews. In this questionnaire multiple types of questions relating to wrestling with various objectives are included. There is scope to express their views about wrestling management in this questionnaire and interviews.

Data Collection and Analysis:

The Following data is collected by questionnaires and interviews from 50 wrestlers in Vidharbha. The Analysis of data is as per their section and sequence.

Table A: Information related to Diet

| Q. No. | Information | Wrestler's Respond in % | | |
|--------|--------------------------|-------------------------|-----|----|
| | | Qty. | YES | NO |
| 1 | Clarified butter (Daily) | 100 gram. Above | 69 | 31 |
| 2 | Milk (Daily) | 1 Lt. above | 85 | 15 |
| 3 | Thandai (Daily) | 500ml. above | 52 | 48 |
| 4 | Eggs (Daily) | Whole Egg 06 above | 83 | 17 |
| 5 | Meat(Daily) | 400 gram. Above | 51 | 49 |
| 6 | Chicken (Daily) | 500 gram above | 48 | 52 |
| 7 | Fish (Daily) | 500 gram. Above | 09 | 81 |
| 8 | Sweet (Daily) | 250 gram above | 92 | 08 |
| 9 | Consult by Dietitian | | 05 | 95 |

Graph A: Information related to Diet

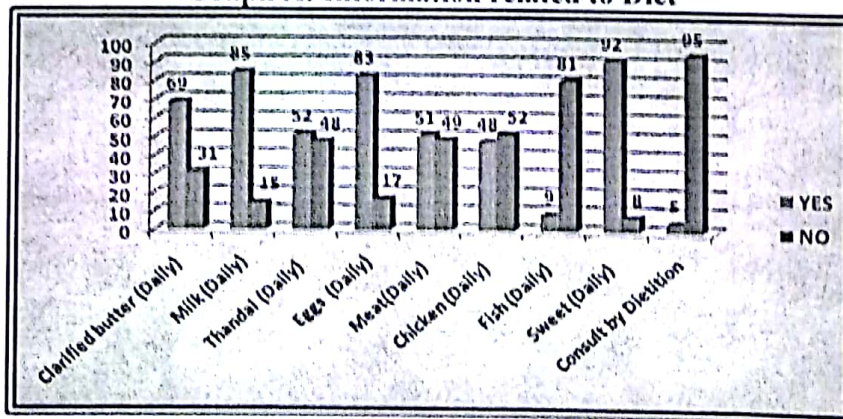
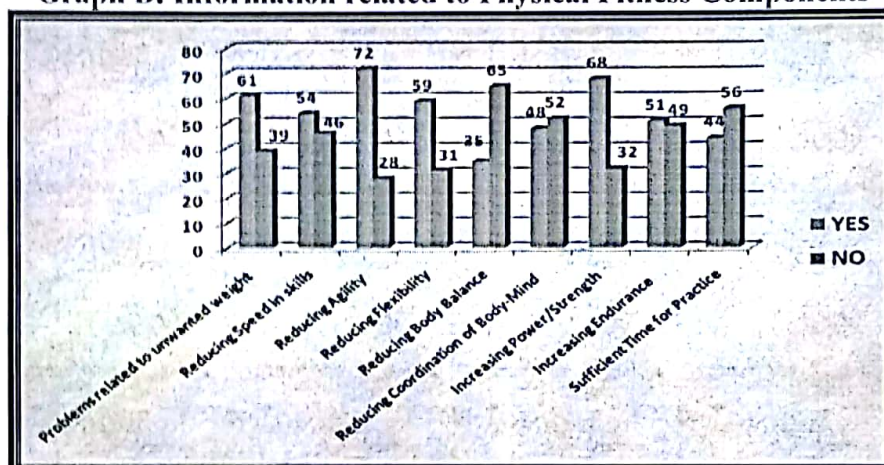


Table B: Information related to Physical Fitness Components

| Q. No. | Information | Wrestler's Respond in % | |
|--------|-------------------------------------|-------------------------|----|
| | | YES | NO |
| 1 | Problems related to unwanted weight | 61 | 39 |
| 2 | Reducing Speed in skills | 54 | 46 |

| | | | |
|---|------------------------------------|----|----|
| 3 | Reducing Agility | 72 | 28 |
| 4 | Reducing Flexibility | 59 | 31 |
| 5 | Reducing Body Balance | 35 | 65 |
| 6 | Reducing Coordination of Body-Mind | 48 | 52 |
| 7 | Increasing Power/Strength | 68 | 32 |
| 8 | Increasing Endurance | 51 | 49 |
| 9 | Sufficient Time for Practice | 44 | 56 |

Graph B: Information related to Physical Fitness Components



Conclusion:

The present results suggest that wrestlers are taking high fat diet without any consult by dietitian. Due to high fat diet wrestler's facing problems related to unwanted weight and reducing level of physical fitness components i.e. agility, flexibility & speed in wrestling skill.

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