**Summary of the UGC minor project entitled**

**(Submitted to post in the college website)**

**BODY IMAGE PERCEPTION, SELF ESTEEM AND DIETARY**

**PRACTICES: COMPARISON BETWEEN WOMEN ATHLETES**

**AND NON ATHLETLES OF COLLEGE LEVEL**

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Every day brings with it a new scientific report on the benefits of exercise. Unfortunately, the reports don’t always coincide with each other. Some studies show hugely positive effects, others show hugely negative effects, and some don’t permit any conclusions at all. Although the path of least resistance may lead you to prefer those reports that show no, or harmful, effects of exercise, the truth is that the best way to keep your body and mind in top shape is to be physically active. Almost everyone, no matter what his or her physical condition, can engage in at least some form of bodily exercise (Susan Kraus, 2012).

Regular practice of physical exercise has positive effects on body composition and functional abilities, whether or not exercised is combined with dietary control. This has been proven by empirical and scientific literature, especially in female subjects (Colado et al., 2009; [De Glisezinski et al., 2003](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4332186/#b8-jhk-43-67); [Fagherazzi et al., 2013](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4332186/#b9-jhk-43-67); Hagger and Chatzisarantis, 2005; [Hojan et al., 2013](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4332186/#b12-jhk-43-67); [Monteiro et al., 2004](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4332186/#b17-jhk-43-67); [Ross et al., 2004](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4332186/#b25-jhk-43-67); [Van Aggel-Leijssen et al., 2002](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4332186/#b29-jhk-43-67)).

The study was aimed to a) to understand the Body mass index, Body image Perception, Self esteem and Dietary Practices of physically active college women and non active students. For the purpose of the study a total of 200 female college students (athletes and non-athletes) were randomly selected from various colleges of Ernakulam district, Kerala. Their age range shall be 18 to 23 years. The purpose and content of the study were clearly informed to the students. The test items selected for this research includes:

1. The Rosenberg Self-Esteem Scale (SE) 1965
2. Body-Image Questionnaire (BI), developed by [Marilou Bruchon Schweitzer](http://www.researchgate.net/researcher/20407993_Marilou_Bruchon-Schweitzer/), (1987)
3. Adolescents Food Habits checklist developed by Johnson F and Wardle J and Griffith J
4. Body Fat Percentage (BFP) was calculated by using skin fold callipers-Jackson/Pollock method (Wallace C. Donoghus 2012)
5. Assessment of height and weight (The data for height and weight was obtained using stadiometer and standard weighing machine).

For statistical analysis of the data, descriptive statistics such as Arithmetic Mean (AM), Standard Deviation (SD), “t” test and percentile analysis were calculated in order to get result.

**Conclusions**

Within the limits and limitations of the study and on the basis of the results obtained the following conclusions may be drawn:

1. The assessment on physical parameters such as body fat percentage reveals exercise group had low body fat compared to non exercising group. But both group falls in the category of below the required level is thought provoking. Even though the result of body fat percentage highlights the significant difference among the athletes and non athletes but both fall in the category of below the required level is thought provoking and to be studied further and analyzed further for the better health on one side and better performance on another side. This also reveals that the sample is being college girls they have the tendency of going for lean and shape body.
2. The assessment on psychological parameters such as self –esteem and body image reveals athletes have better self esteem than non athletes but in the parameter of body image they fall in the same category neither less nor on the upper side.
3. The percentile analysis of the sample ideal weight according to height category has been undergone and the statistics shows that in 67.7% of athletes are having ideal weight, 27.3% are having under weight and 5.1% fall under the category of overweight. And among the non athletes 38% falls in ideal weight category, another 38% under weight and remaining24.1% over weight category.
4. Analysis of adolescent’s food habit check list shows there is not much difference among the athletes and non-athletes and both falls in the lower bottom of the category of healthy food habits. Here also the organizers should take necessary steps to improve calorie intake of athletes and non athletes.

**Recommendations**

On the basis of the observations and conclusions drawn from the study, the following recommendations are made:

1. Similar study can be conducted on general population in large scale incorporating all levels of professionals and inactive group and should give an idea to the general population the role of exercise in maintaining overall health.
2. Further study should be conducted on athletes in larger scale and make them understand their level on physical and psychological parameter before selecting them to sports.
3. Further researches may be done on factors that may influence the effectiveness of awareness programs on obesity.