

# CHAPTER V

## SUMMARY, CONCLUSION AND RECOMMENDATION

### 5.1 Summary

Wrestling is as old as the man itself. It is an ideal sport to prepare men for combat duty. Wrestling is defined as “a sport or contest in which two unarmed individuals struggle hand to hand with each attempting to subdue or unbalance the other.”

Wrestling is practiced in various styles; it has an equal value for any young man in developing his physical powers and extensive psychological benefits, which can be derived from competition in this fine art of sport. Since 1921 wrestling is an important event in Olympic Games.

Therefore, wrestlers throughout the world prepare themselves to compete not only in national arena but also in international level. Since wrestling is a highly energy demanding sport, along with regular training in wrestling skills they need to give stress on nutritional status and calorie intake.

In India especially in Maharashtra wrestling is very popular and many of the institutes or clubs or organizations continue render training to improve wrestling performance. Successful wrestlers know that good nutrition and its practice is an essential component of their daily training. They realize that good eating habits help them to compete at a much higher level of competitions. It is a common understanding that many of the wrestlers do not have in depth knowledge on nutrition and therefore they consume more food. This, perhaps, increases excessive calorie intake which may reduce the overall performance especially

among the wrestlers in Maharashtra. Since there is no study in this direction, this study was conducted with following objectives:

- To develop a standard test to measure Knowledge of Nutritional practices of the wrestlers in Maharashtra State.
- To assess the knowledge and practices regarding nutrition among the wrestlers in Maharashtra State.
- To find out caloric value of present diet of wrestlers in the State.
- To critically analyze proper nutrition requirements during the training and competition period and off season for wrestlers in Maharashtra

According to the objectives, there is a need to develop and standardize a test to measure Wrestlers' knowledge on Nutrition and its practices. Therefore, the researcher has developed a knowledge test on nutrition especially for the Wrestlers in Maharashtra. The test has four major dimensions viz., 1) Knowledge of nutrition, 2) Intake of Food, 3) Diet, and 4) Vitamins and minerals. Standard method was adopted to develop this test. After development of the test, it was administered on 1120 wrestlers of different weight categories (96+kg, 96 kg, 84 kg, 74 kg, 66 kg, 60 kg, 55 kg) in Maharashtra.

### **Major Findings**

- The test on Wrestlers' knowledge on nutrition revealed a total 61 items representing four major dimensions. The test has content validity and reliability coefficient was 0.68 ( $p < 0.01$ ). The norms established were gradable accordingly to Likert's five points scale viz., excellent knowledge, good knowledge, average knowledge, fair knowledge and poor knowledge.

- The survey study indicates that 72.83% of the wrestlers had below-average level of knowledge on nutrition and only 7.88% of them had above-average level. Chi square test indicates that the wrestlers of different weight categories also exhibited poor knowledge on nutrition and its practices. It seems majority of the wrestlers in Maharashtra do not possess proper knowledge on nutrition and its practices.
- Since the wrestlers had poor knowledge on nutrition, it is evident that their calorie intake is far from the required calorie. The result of t-test further confirmed the same.
- Almost all wrestlers are not taking pre workout meal.
- All wrestlers are taking excessive fat in diet.
- Nobody is taking Vitamin supplement which is very important.
- Almost all wrestlers delay the post workout meal more than 30 to 45 minutes.
- Wrestlers eat fruits / fruits Juice after meal, which is actually to be taken immediate after workout.
- Irregularity is observed in taking meal with special reference to time gap between two meals. Time gap between two meals is more than four hours.

## 5.2 Conclusion

This is a systematic investigation which warrants the following conclusions:

- The test on “Wrestlers’ knowledge on Nutrition,” as standardized in this study is reliable and valid. The norms as developed are gradable and would help to accurately assess the actual status of Wrestlers’ knowledge on nutrition.

- Majority of the wrestlers in Maharashtra do not possess proper knowledge on nutrition and its practices.
- Due to improper knowledge on nutrition, the Wrestlers of Maharashtra consume diet with excessive Calorie.

### **5.3 Recommendation**

On the basis of the results and conclusion, this study made following recommendations:

- The knowledge-test on nutrition as developed in this study is recommended for assessing nutritional status and practices of the wrestlers in Maharashtra. This would without doubt help to enhance their performance.
- There is a need to have a strategy for developing awareness on nutrition and calorie intake among the wrestlers in Maharashtra.
- The wrestling coaches must update their own knowledge on nutrition and calorie intake so that the same should be imparted to the students of wrestling.
- Development of a standard knowledge-test on nutrition for the wrestlers of the country is recommended for further study.
- Since almost all Wrestlers are not taking pre workout meal, which is essentially required, it is recommended for the same to avoid muscle protein breakdown during training.
- The results revealed that wrestlers are taking excessive fat in diet that produces excessive calories, which in fact increase body fat leading to

decrease in performance. It is therefore recommended to control the diet which contents fat and suggested for intake of required fat in diet.

- Since Vitamins are required for early recovery and to accelerated the energy metabolism and other enzymatic activity. It is therefore recommended to consume Vit 'B' in pre workout meal and Vit 'C' & 'E' in after workout meal.
- It is recommended that all wrestlers may consume post workout meal within 10 minutes after workout for early recovery.
- It is recommended that all wrestlers may eat fruits/fruit juice immediately after workout.
- The wrestlers are suggested to maintain the regularity [time gap] in between two meals. They should note that this gap should not be more than three to four hours.

## **5.4 Contribution to the Knowledge**

Development of a Knowledge-Test on Nutrition especially for the wrestlers of Maharashtra is a new contribution. This study also evaluates the actual status of nutritional knowledge among the wrestlers in Maharashtra so that their poor status must be upgraded with proper knowledge on nutrition and calorie intake. Along with proper training, such knowledge on nutrition and calorie intake would obviously improve overall performance of the wrestlers. This, in fact, adds quantum of knowledge to the field of physical education and sports.