

Knowledge Attitude and Practices Study on the Dietary Pattern among People going to the GYM for a Workout in Indore

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Abstract

The importance of good nutrition and hydration during exercise has grown in popularity in recent years. The significance of a healthy balanced diet and its links to good health and improved workout performance. For this the person should have the correct knowledge about nutrition. Various studies have shown that involving sports performance in the planning of diet can result in improved health benefits, as well as promoting adequate refueling and hydration, leading to improved sporting performance. This study was carried out from Rajendra Nagar Square & Gopur Square in Indore city, Madhya Pradesh with a sample size of 60 gym members divided in 18-24 age group & 25-30 age group respectively. Information regarding their demographic profile, anthropometric measurements, dietary pattern, exercise pattern and lifestyle patterns were assessed using a pretested questionnaire. The study Data revealed that out of the total participants (N=60), there are (35%) vegetarian respondents, (47%) non-vegetarian respondents and (18%) eggitarian respondents. Most of the respondents (55%) know their nutritional status. The major findings (91%) for non-sports person should not exercise more than 1-2 hours daily. 57% of the population says that there is harm physically if we exercise more than the requirement of the body. 90% of the population going to gym have heard about nutrition and (75%) population got nutritional knowledge after joining the gym. 67% of population has good hunger span and (33%) of population has very good hunger span due to increased BMR by performing exercise in gym. 95% of the population going to the gym do not have any health-related issue. Study reveals that (71%) of population believed that Protein helps in gaining muscle mass and it is also drawn from results that (33%) population says that carbohydrate helps in reducing weight, (33%) population says proteins help in reducing weight. The results obtained show that (32%) of the population says that protein shake is high in quality protein, (29%) population says egg are rich in high quality protein. This study revealed that (100%) percent of the population are following gym regime by consuming pre-workout and post-workout meals before and after their workout to fuel their workout and to enhance muscle recovery. 80% of major population have heard about the death happening in

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gym nowadays near their places or on social media. From this study we found that (80%) population believed that this death are not related to their gym pattern this death are related to incorrect knowledge and abusing supplements and drugs.

Keywords: Terms Knowledge; Attitude & Practices; Sports nutrition; Eating pattern; Weight loss.



INTRODUCTION

KAP surveys originated in the 1950s in the fields of family planning and population research. A KAP survey is meant to be a representative survey of a target population; it aims to elicit what is known (knowledge), believed (attitude), and done (practiced) in the context of the topic of interest. Information is collected using semi structured or (more usually) structured questionnaires that are self-administered or administered by interviewers; both qualitative and quantitative data may be collected. A dietary pattern refers to the overall composition and combination of foods and beverages consumed by an individual or a population. It encompasses the types and quantities of various food groups consumed over time. Dietary patterns are important because they can influence overall health, well-being, and the risk of developing chronic diseases. Gym going people are individuals who regularly engage in fitness activities at a gym or fitness center. These individuals prioritize their physical health and well-being by incorporating exercise and strength training into their routine. Gym-goers may have various goals, such as improving cardiovascular fitness, building muscle strength, losing weight, or simply maintaining an active and healthy lifestyle.

Nutrition Knowledge

Proper nutrition is crucial when it comes to weight loss, athletic performance, and any physical activity. A combination of physical

activity and nutrition treatment give a better health outcome than just physical activity alone. Previous research has shown that to maintain steady body weight, while increasing physical activity levels, energy requirement is necessary for maintaining good health. Furthermore, a major concern for professionals lacking sports nutrition knowledge is that they might disseminate incorrect information formulated on theory or unsupported by research. There is a very limited number of studies done on nutrition education for fitness professionals. However, there is research done by NATA (National Athletic Trainers' Association), which explains that athletic trainers, who have obtained a bachelor's degree in exercise science, are lacking knowledge about nutrition. Therefore, the athletes that they are training have inadequate knowledge as well. NATA is suggesting that nutrition education programs are needed for athletic trainers and qualified nutrition educators should instruct these educational programs.

METHODOLOGY

The present study desires to assess Knowledge Attitude and Practices (KAP) study on the dietary pattern among people going to gym for workout in Indore.

The study was executed from several gyms located in Rajendra Nagar, Indore (Madhya Pradesh) as to attain an adequate sample size for the study. The sample size for this study comprises 60 subjects. In this study gym going people with the age group of 18-25, 25-30 years, were the targeted group of population. A predesigned questionnaire was formulated containing 22 questions including name, age, gender, height, weight, BMI. Anthropometric measurement and dietary assessment

Statistical Analysis

The data was calculated using an appropriate statistical tool using different processes of data analysis which includes percentage, frequency.

RESULT

This study was carried out from Rajendra Nagar Square & Gopur Square in Indore city, Madhya Pradesh with a sample size of 60 gym members divided in 18-24 age group & 25-30 age group respectively. Information regarding their demographic profile, anthropometric measurements, dietary pattern, exercise pattern and lifestyle patterns were assessed using a pretested questionnaire. Data revealed that out of the total participants (N=60), there are (35%) vegetarian respondents, (47%) non-vegetarian respondents and (18%) eggitarian respondents. Most of the respondents (55%) know their nutritional status. The major findings (91%) for non-sports person should not exercise more than 1-2 hours daily. It has been extracted from results that (57%) population says that there is harm physically if we exercise more than the requirement of the body. It has been evaluated that (90%) of the population going to gym have heard about nutrition and (75%) population got nutritional knowledge after joining the gym. It has been evaluated from the whole population that (80%) of population consumes breakfast daily, (95%) of population consumes lunch daily, (98%) of population consumes dinner daily. From the results, it is obtained that (60%) of the population consumes outside food weekly. As per results, (67%) of population has good hunger

span and (33%) of population has very good hunger span due to increased BMR by performing exercise in gym. This study also reveals that (95%) of the population going to the gym do not have any health related issue. Study reveals that (71%) of population believed that Protein helps in gaining muscle mass and it is also drawn from results that (33%) population says that carbohydrate helps in reducing weight, (33%) population says proteins help in reducing weight. The results obtained show that (32%) of the population says that protein shake is high in quality protein, (29%) population says egg are rich in high quality protein. This study revealed that (100%) percent of the major population are following gym regime by consuming pre-workout and post-workout meals before and after their workout to fuel their workout and to enhance muscle recovery. The study evaluated that (80%) of major population have heard about the death happening in gym nowadays near their places or on social media. From this study we found that (80%) population believed that this death is not related to their gym pattern this death are related to incorrect knowledge and abusing supplements and drugs.

CONCLUSION

KAP is also known as knowledge, attitude and practice surveys. A KAP survey is meant to be a representative survey of a target population; it aims to elicit what is known (knowledge), believed (attitude) and done (practiced) in the context of the topic of interest. Involving the sports performance in the planning of their diet can result in improved health benefits, as well as promoting adequate refueling and hydration, leading to improved sporting performance. Hence, the findings of the study are significant and provide information about food habits of the population reflected that population (n=60), 35 percent of population are following vegetarian diet due to their beliefs, 47 percent of population is following non-vegetarian diets and 18 percent of population are following vegetarian diet in which they include eggs as well for completing their protein from high quality protein sources and therefore as major population is following non-vegetarian diets we can say that due to consumption of high quality protein sources. The BMI is controlled of 67 percent population which fall under normal category and only 33 percent of

population is overweight. In the results we found that major population 55 percent knows their nutritional status going to the gym and 45 percent of population does not know their nutritional status. We found that major 57 percent of population says that there is harm physically if we exercise more than the requirement and 43 percent of population assumes that there is physically harm if we exercise more than the requirement. In the results we find that most of the population, 75 percent got nutrition related information after joining gym. From the results, we have obtained that most of the population 95 percent has no health issue or health history going to the gym.

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