

Effects of Eating Disorders and Eating Attitude among Under-19 Basketball Players in Kegalle District

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Eating disorders and eating attitudes among athletes are a global problem of sports performance and several sports outcomes and physical activity. The main purpose of this study was to identify the effects of eating disorders and eating attitudes related to male school basketball players in the Kegalle district. There were under 19 basketball four (04) teams in the Kegalle district. To achieve this purpose twenty (n=20) basketball players were selected using purposive sampling technique. According to descriptive research design the data were collected by using EAT - 26(Eating Attitude Test) (Garner and Garfinkle) (1979) questionnaire and EDE (eating disorders) (Anja carlsohn, 2013) questionnaire. The questions consisted of overall 64 questions and were divided into two main parts. Data were analyzed by using SPSS (V21) Pearson correlation test and Microsoft excel 2013. According to data analysis beta value of eating disorders significance value was (0.343). Considering eating attitudes during sports, the beta value of eating attitudes significance value was (0.383). According to data analysis there is a moderate effect of eating attitudes and eating disorders on under 19 basketball participation in Kegalle district. Finally, findings recommended optimizing the nutritional status of athletes can have a positive impact on sports by preventing eating disorders and their consequences.

Keywords: Eating Attitudes, Sports Participation, Physical Activity