

# COMPARATIVE OF LIFESTYLE AND SOME RISK FACTORS FOR CARDIOVASCULAR DISEASE AMONG ATHLETES AND NON-ATHLETES

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## ABSTRACT:

*The study aimed to identify differences in the lifestyle of the individual and some risk factors for cardiovascular disease among athletes and non-athletes, The researchers hypothesized that there were statistically significant differences between athletes and non-athletes in lifestyle as well as some risk factors for cardiovascular disease. Lifestyle has been identified through a lifestyle questionnaire, and the risk factors for cardiovascular disease were also identified by some tests which conducted on the study sample.*

*The researchers used the descriptive approach to its suitability and the nature of the research, The sample consisted of (40) people divided into two groups, namely athletes and non-athletes of the males sex and ages (40) to (45) years.*

*After completing the tests and completing the lifestyle questionnaire by the study sample, the results showed statistically significant differences between athletes and non-athletes in their lifestyle and risk factors for cardiovascular disease, Which achieves the objectives and research hypotheses.*

*One of the main findings of researchers is that a healthy lifestyle has a positive effect in reducing risk factors for cardiovascular disease, The researchers recommended that the individual should live a healthy lifestyle and the most important is to continue with the regular exercise of sports activity and movement that will prevent diseases and maintain the health and safety of the body.*

**Keywords:** *lifestyle - risk factors – athletes and non-athletes.*

## INTRODUCTION

Cardiovascular disease is one of the most prevalent diseases in society and is dangerous to death. "It is a large percentage of deaths worldwide." (Taylor Taylor, 2008,587)

And that the lifestyle and lifestyle of the individual has a large role in the injury, as there are risk factors suitable for infection and all depend on lifestyle such as high cholesterol and triglycerides in the blood and inactivity and lack of activity movement and smoking, and scientific studies indicate that a healthy lifestyle, Health, regular exercise, staying away from sleep, and taking adequate sleep at night has health and psychological

benefits in preventing cardiovascular disease. "(Clive Handler and Gerry Coghlan, 2007,3)

Awareness and culture are healthy in the society for the importance of maintaining health, the risk of heart disease, and the desire to change the lifestyle thus lead to a healthy society free of diseases and enjoy a healthy and healthy lifestyle.

It is clear that there are two types of lifestyle, namely a healthy and unhealthy lifestyle, and that there are risk factors that predispose to disease. Here, the importance of research is to identify differences in lifestyle and some risk factors for cardiovascular disease among athletes and non-athletes. Each group has a specific style and style of living that is quite different from the other group.

Hence, the problem of research is the neglect of many people or their indifference to the nature of their style and way of life, since attention may be given to a certain lifestyle and the neglect of other aspects of their lack of awareness of their importance in the prevention of diseases and live happily.

Through the experience of the researchers in the field of sports physiology and the health of society, we noted that there is an urgent need to address this vital issue of its importance and direct contact with the life of the community and the health and lack of diseases.

The research aims to identify differences in lifestyle and some risk factors for cardiovascular disease among athletes and non-athletes.

The researchers hypothesized that there were statistically significant differences in lifestyle and risk factors for cardiovascular disease among athletes and non-athletes.

The human field included a group of male athletes and football players and a group of non-athletes of the same age (40-45) years for both groups. The sample consisted of (40) individuals for each group (20) individuals. From 15/1/2019 to 12/2/2019, and included the spatial area Hospital Ibn Al-Nafees educational and youth forum Zafaraniya.

**MATERIALS AND METHODS:**

**Research Methodology:**

The researchers used the descriptive approach and the method of comparative study, which means "comparisons between different phenomena to detect the events that accompany an event" (Wajih Mahjoub, 1989, 135), one of the best and most appropriate methods to solve the current research problem and achieve its objectives.

**Search community and sample:**

The study included 40 male members aged between 40 and 45 divided into two groups and each group consisting of (20) persons. The first group includes the leading athletes who continue to play football in the Zafaraniya area, Athletes.

The sample of the research was chosen in a deliberate manner, according to the specifications and conditions of the study. The consistency of the sample was found by finding the arithmetic mean, the standard deviation and the torsion coefficient of the height and weight variables. For this reason there must be a moderation in the frequency distribution of the sample. ) And (3). As the torsion approached from zero, the distribution was moderate (Fouad Al-Bahi al-Sayed, 1978,458). As in Table (1), which shows the homogeneity of the sample in length and weight variables. The sample is homogeneous in this variable.

Table (1)

Shows the values of the computational environment, standard deviations and torsion coefficients of height and weight variables

Torsion coefficient	standard deviation	Arithmetic mean	measruing unit	variable
<b>1.431</b>	<b>7.1401</b>	<b>172.6750</b>	cm	Length
<b>0.318</b>	<b>6.1224</b>	<b>88.8000</b>	Kg	the weight

**Means of gathering information, tools and devices used in research:**

The researchers used some tools, tools and aids to complete the study (such as Arabic and foreign sources, the Internet, questionnaire form, laboratory of satisfactory analyzes with all its accessories, various medical materials such as diethol, syringes, medical cotton.

**Field research procedures:**

Tests used in the research included:  
: Lifestyle questionnaire-

It is a tool for collecting data in the form of a questionnaire form filled out by the members of the research sample to identify the lifestyle or lifestyle of the individual. These questions consist of (30) questions

covering all aspects of life experienced by the individual, Research, as there are standard degrees to assess the lifestyle and know its level, whether a healthy lifestyle or unhealthy. (Charles B. Corbin & Others, 2008,8) Measurements and laboratory tests (Hassan Shukri, 2000, 156)

- Total Cholesterol.
- High-density lipoprotein cholesterol (HDL)
- Cholesterol (low density) cholesterol (LDL)
- Blood triglycerides (TG)

Samples are drawn from the blood of the sample of the study, provided that they did not eat the food before 8-12 hours of the test. It is treated by a spectrophotometer which is a laboratory apparatus used for this type of

measurement. Given by the device, and compared with the standard scores for these tests.

**: Exploration Experience**

The exploratory experiment was carried out on Wednesday and Thursday, 16-17 / 1/2019.

**:Main experience**

The main experiment was carried out on Saturday and Sunday, 19-20 / 1/2019.

**Statistical means:**

After collecting the data, the researchers used the statistical package (SPSS) to obtain the results of the research by using the following statistical laws (arithmetic mean, standard deviation, torsion coefficient, T test for independent samples).

**RESULT AND DISCUSSION:**

Table (1)

The computation, standard deviations, calculated value (T), and variability of test results in lifestyle variables and some risk factors for cardiovascular disease among athletes and non-athletes

The result	Level of significance	Non-athletes		Athletes		measuring unit	Variables
		Calculated T	P	P	s		
moral	.0000	11.731	2.80	1.05	18.20	Degree from (30)	Lifestyle
moral	.0000	-22.259	7.518	5.164	212.00	Mg / dL	Total cholesterol
moral	.0000	-27.983	5.476	4.058	164.10	Mg / dL	LDL cholesterol
moral	.0000	23.077	2.211	3.147	37.45	Mg / dL	Useful HDL cholesterol
random	.0000	-34.431	9.757	6.773	191.55	Mg / dL	Triglyceride TG

Some risk factors for cardiovascular disease

Table (1) shows the value of the computational environment, the standard deviations, the calculated value of t, the level of significance, the significance of differences in lifestyle variables, and some risk factors for cardiovascular disease (total cholesterol, LDL, HDL and TG) between two sample groups The results of the study of the athletes' life-style questionnaire were found to be within the level of healthy lifestyle. In the study sample, the non-athletes group was among the level of unhealthy lifestyle (see (1)). The calculated value of t

shows the significance of the differences in favor of the research sample. The result is that athletes have a healthy lifestyle much better than non-athletes, and the mean value of some risk factors (Total cholesterol, LDL, HDL, and TG) in the study sample. The group of athletes is within the normal range. In the non-athletes group, the non-athletes were included in the non-normal level The calculated value (t) shows the significance of the differences in favor of the research sample (group of athletes) This result indicates that athletes enjoy a higher

level of risk of cardiovascular disease than non-athletes. The researchers attribute this to the fact that regular movement and sports activity is one of the most important forms of lifestyle that is reflected and influenced in other ways of life and positively. The athlete cares about his lifestyle and organization better in terms of adequate sleep and give time for rest and relaxation and overcome the psychological pressure, as well as healthy nutrition commensurate with the level of effort, and to smoking, as we find that the athletes deal with smoking a little compared to Non-athletes, and low LDL, triglyceride (TG) and high HDL (high density lipoprotein) cholesterol (HDL) among athletes are an indicator of the role of exercise and exercise in reducing the risk factors for severe disease Arteries and the general, all of which will lead to a healthy lifestyle free from disease.

" It is possible to prevent and treat many chronic diseases by following a healthy lifestyle by practicing some activities, exercising and eating healthy food," said Ridwa Mahmoud, 2017, 59.

Junjie Xiao, 2017,270, noted that "regular exercise has a positive effect on the prevention of cardiovascular disease"

#### ENDORSEMENT:

There are significant differences in lifestyle and some risk factors for cardiovascular disease among athletes and non-athletes and for athletes, that is, athletes have a healthier lifestyle than non-athletes and have low risk factors for cardiovascular disease.

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