

A Comparative Study of Vegetarian Chess Players and Non Vegetarians Chess Players
in Relation to their Performance of Chess Game in India

Maj. Kasinadhuni Allama Shiva Prasad^{1,*}

¹Head, Department of Physical Education, Spoorthy Degree and PG College, Osmania University,
Hyderabad, Telangana State, India

*Corresponding author: rajesh2sports@gmail.com

Abstract

Introduction: Chess is a mind game which requires lot of mental concentration. It promotes the brain growth and improves the memory. The Objective of this study is to determine the Vegetarian Chess Players and Non Vegetarian Chess Players differs in Performance. The Vegetarians focus food on fruits, Vegetables, Whole grains, nuts, seeds and beans. The No vegetarians focus on meat, fish, beef, egg etc. In India due to the various socioeconomic and religious beliefs, the dietary habits vary amongst different populations. An increasing number of athletes are adopting vegetarian diets for ecological, economic & religious reasons A well-planned and varied vegetarian diet is perfectly consistent with good health and can potentially reduce the risk of many chronic diseases. Physical activity, athletic performance, and recovery from exercise are enhanced by optimal nutrition. Multiple benefits of vegetarian dietary practices that extend to enhanced Mental toughness of the Chess Player.

Methods: The sample for the study consists of 50 Chess Players Boys between the age group of 16 to 18 Years out of which 25 Chess Players are Vegetarian and 25 Chess Players are non Vegetarian from Telangana State in India. The Subjects has given the Performance Sheet regarding their Achievements played in last 2 Years from District Level, State Level, National Level, International Level.

Results: The Results of the Study shows that Vegetarian Chess Players are played higher level of Events and Achieved Higher Performance compare to Non Vegetarian Chess Players.

Conclusions: It is concluded that Vegetarian Chess Players may be achieved higher Performance because there mental ability good compare to Non Vegetarian Chess Players. This Study is very important in countries like India where many people are vegetarians and non vegetarians.

Keywords: Vegetarian, Non Vegetarian, Chess Players etc.