

## **ANALYSIS OF KNOWLEDGE, ATTITUDES AND PRACTICES BETWEEN MALE AND FEMALE COLLEGE ATHLETES ON HYDRATION AND FLUID REPLACEMENT**

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### **ABSTRACT**

*Hydration is critical to the health and sports performance of college athletes. It is important to determine what athletes know about fluid balance and hydration, and identifying and removing barriers that prevent athletes from making healthy choices with regard to hydration is extremely important to attain athletic success. The objectives of this study were to analyze college athletes' knowledge, attitudes, and practices concerning hydration and fluid replacement and to compare hydration KAP between male and female college athletes. In this descriptive analysis, a total sample of 120 athletes, with equal number of male and female athletes participating in team sports were purposively selected. A survey containing questions pertaining to demographics and knowledge, attitude, and behavior on hydration and fluid replacement was developed and distributed to the athletes during summer sports camp. The results of the present study showed that majority of female athletes (63.3%) were aware of fluid guidelines for competition than male athletes (56.7). The mean score for hydration knowledge in males and females was  $9.67 \pm 1.753$  and  $11.72 \pm 1.767$  respectively indicating a significant difference ( $P < 0.01$ ). A significant difference was observed in total hydration KAP between both male and female athletes. The results of this study identify specific areas of education for athletes with regards to hydration to improve college athletes' hydration KAP in turn improved sports performance.*