Association Between Hydration Status And Mood Of Student Athletes

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Introduction

Water, as an important nutrient, is always ignored by the general public of its importance. Water plays an important role in physical performance. Many studies indicate that when in the state of dehydration, individuals experience decrement of endurance, an increment of fatigue, and other disruptive behavioral while engaging in physical activities (Popkin et al., 2010).

Since hydration status is so dynamic to human physical health, more and more researches also started to look at its importance to human mental health. researches revealed that the majority of general public was on hypohydration without own awareness.

Even though a lot of researches had been suggested on the importance of hydration in sports nutrition, data have shown that many athletes were on hypohydration before and after training. Those data also made a reasonable guess on athletes’ hydration status during training, which might be in more severe deficit on fluid status.

Hypothesis or Objectives

Objectives: To investigate the association between hydration status and mood of student athletes of NMSU volleyball team.

Hypothesis: There is an association between hydration status and mood of student athletes of NMSU volleyball team.

Materials and Methods

This descriptive study will examine the hydration status and mood statues of 20 student-athletes from the NMSU women volleyball team. Recruitment flyers will be given out to the team director to distribute out to the team and collect the number of student-athletes who are interested in participating in the study.

The data on weight measurement and urine color will be collected to determine the hydration status of participants before, during, and after practices. The mood status data will also be collected at the time of before, during (marked each time after consumption of water), and after practices. The trend of mood status on these three timeframes (before, during, after) would be compared to participants’ hydration status for determining if there is an association between these two variables.

The descriptive statistic will be used for analyzing the overall score of mood status. A statistical analysis of correlation factor r would be calculated to determine the strength and direction of the association.

The hydration worksheet for collecting weight measures, urine colors and water consumption was adopted from the academy of sports nutrition with modification to fit in the study. While the brief mood introspection scale (BMIS) was adopted from John D. Mayer with the author’s permission on general research.

Implications of Research

The health care professionals like sports nutritionists and physicians can use data from this study to gain insight between hydration status and mood of youth athletes. Coaches can use this data to get a better understanding of hydration with not just physical performance, but also the mental health of team members. Youth athletes can get more aware of their hydration status affect both physical and mental performance. Generally, this study gives an insight into the relationship between one’s hydration status and mood, which allows a better understanding of the importance of maintaining body fluid balance.

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References


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