

The comparison of eating disorders and symptoms of overtraining in female athletes of different sports fields

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The aim of this study was to compare the nutritional disorders and symptoms of overtraining in female athletes of different sports. The study sample and female elite athletes in five sports, taekwondo, karate, wrestling, volleyball and basketball Gilan. The research sample consisted of 75 members of the elite female athletes in five sports, taekwondo (15), Karate (15), wrestling (15), volleyball (15), and basketball (15), Gilan matches the population has formed. The instruments were standard early signs of overtraining and nutritional disorders. To measure more exercise and eating disorders among athletes of one-way ANOVA was used. To analyze the data, SPSS software version 22 was used. The significance level was set at 0/05 for the study. According to the findings with eating disorders were most athletes, wrestlers, and the lowest was related to basketball. So wrestlers are more prone to eating disorders and worse in this condition and have better basketball. ($p=0/001$). According to the findings most athletes who have had more practice, wrestlers, and the lowest was related to karate-do. So wrestlers are more prone to overtraining and worse in this condition and karate are better things ($p=0/001$). Due to overtraining and eating disorders negatively on performance and individual and team performance female athletes of various disciplines recommended Coaches and athletes to modern methods of training and preparation trading athletes need against overtraining prevention is necessary.

Keywords : **Keywords: eating disorders, overtraining, female athletes**

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