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Physical activity status of higher educated students: A study of Maharshi Dayanand University, Rohtak

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Abstract

The purpose of this study was assess the physical activity status of Maharshi Dayanand University, Rohtak students. For the evaluation of physical activity status of student, a descriptive study has been designed. In this study, sample was taken from M.D. University, Rohtak, 100 higher educated students as respondents. To collect data, (Chenoweth, 1998) Questionnaire was used to assess the physical activity aspects of students. In this study, chi-square test is used because; data were collected by using purposive sampling.

Keywords: Physical Activity, Physical Fitness, Higher Educated Students

Introduction

Physical activity and healthy sports are essential for our health and well being. Appropriate physical activity and sports for all constitute one of the major components of a healthy diet, tobacco-free life and avoidance of other substances harmful to health. Available experience and scientific evidence show that regular practice of appropriate physical activity and sports provides people male and female of all ages and conditions including persons with disability wide range of physical social and mental health benefits. It interacts positively with strategies to improve diet, discourage the use of tobacco, alcohol and drugs, helps reduce violence, enhances functional capacity and promotes social interaction and integration.

Physical activity is for an individual, a strong means for prevention of diseases and for nations a cost effective method to improve public health across the population. World wide more than 60% of adults don't engage in sufficient level of physical activity. Physical inactivity is more prevalent among women, older adults, individuals from low-socio economic groups and the disabled. Physical activity also decreases with age during adolescence, and this decline continues throughout the adult year. In many countries both developed and developing, less than one third of young people are sufficiently active to benefit their present and future health. Female adolescents are less active than male adolescents. The physical programme exposes children to a wide range of activities (i.e. physical activity or natural play, exercise and physical fitness workouts) that allows them the opportunity to explore and grow physically stimulate their mental processes and encourage close and constant social interaction among peer groups. Regular physical activity, active play and sports can be a practical means to achieving numerous health gains, either directly or indirectly through its positive impact on other major risks, in particular high blood pressure, high cholesterol, obesity, tobacco use and stress. Physical activity also tends to decline significantly in different organization due to ultra modern technologies. Even the educational institutions such as schools colleges and universities are also affected by it. Youth of the educational institutions are less interested in taking part in physical activities / sports / games and involving themselves in passing type of amusements. Thus keeping in view the trend of sedentary life styles amongst the university out and less involvement in physical activity the present study was designed to investigate the physical activity status of Maharshi Dayanand University Rohtak Students.

Significance of the Study

The study will search the major barriers in sports activities performs by the students in general and higher educated in particular and further, the study will be helpful in boosting the

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health activities among students. This study is helpful for making future schedule of physical activities and sports for the students of the university which would help to attain good health.

Objectives of the Study

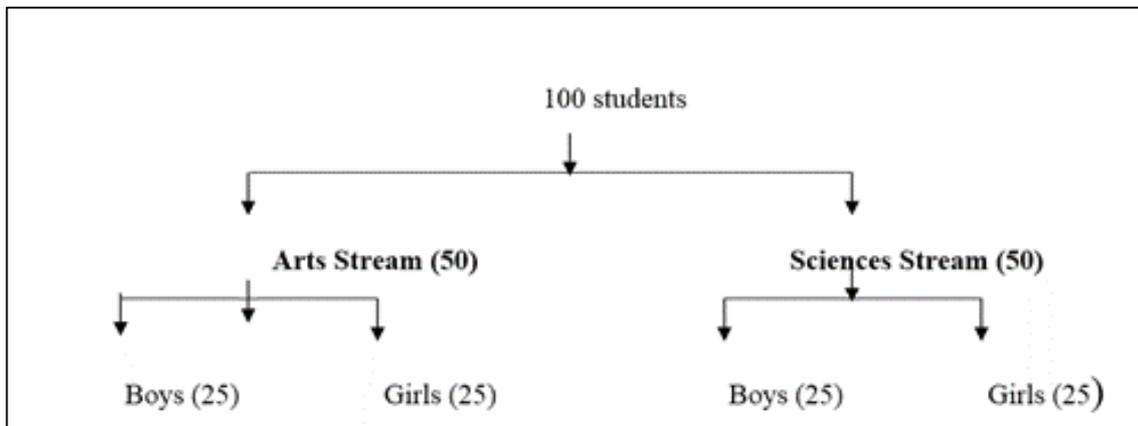
To find out the physical activities performs by the higher educated students to maintain their health status.

Delimitations of the Study

In this study, sample was taken from M.D. University, Rohtak and 100 higher educated students as respondents.

Selection of the Sample

By using purposive sampling, 100 students of art and science streams were taken from M.D. University, Rohtak. 100 students.



Tools Used (Questionnaire)

To collect data, health and physical activity status (Chenoweth, 1998) Questionnaire was used to assess the physical activity aspects of students.

Statistical Techniques Used

The statistical techniques are the only source to analyse and interpret the data collected precisely. The statistical techniques used in the analysis of the data are given in the brief summary. In this study, chi-square test is used because, data were collected by using purposive sampling.

Data Analysis and Interpretation

H₀: There is no significant difference between art and science students in physical activity at work.

Table 1: Activity Profile: Level of Physical Activity

Level of Physical Activity at Work	Faculties			
	Art	Percentage	Science	Percentage
Low	7	14	9	18
Moderate	33	66	31	62
High	10	20	10	20
Total	50	100	50	100

Table Value: $\chi^2_{0.05} (v = 2) = 5.9915$, Calculated Value $\chi^2 = .312$

As per calculation, it is found that the calculated value of χ^2 (0.312) is less than the critical value ($\chi^2_{0.05} (v = 2) = 5.9915$). Hence, our null hypothesis is accepted i.e. there is no significant difference between art students and science students in physical activity.

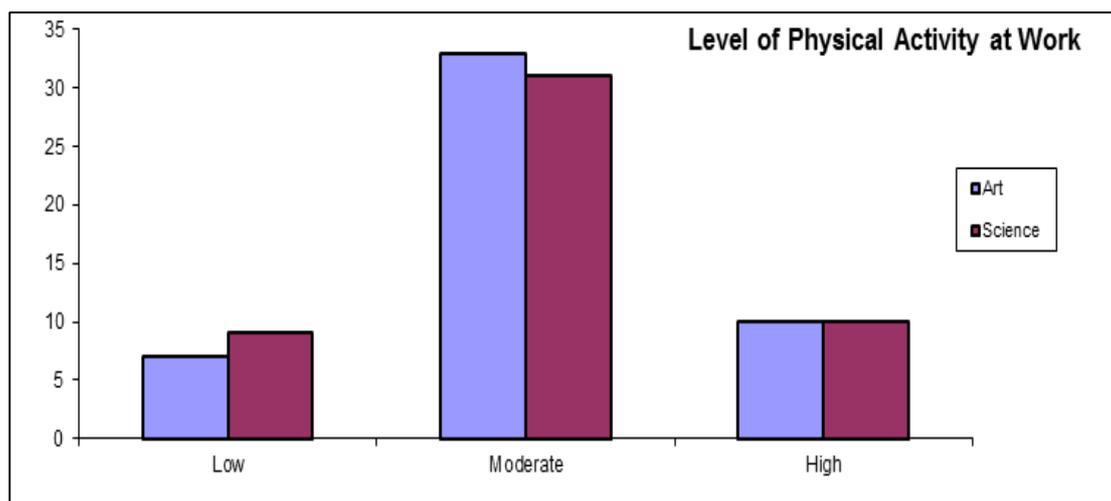


Fig 1

Table 2: Activity Profile: Current Exercise Regularly

Current Exercise Regularity	Faculties			
	Art	Percentage	Science	Percentage
Yes	15	30	22	44
No	35	70	28	56
Total	50	100	50	100

Table 2 depicts the responses of arts students and science students about the regularity of their current exercise routine. It shows that 30 percent students arts stream do exercise regularly and among the science stream, 44 percent students do the same. In aggregate, 37 percent students do the same.

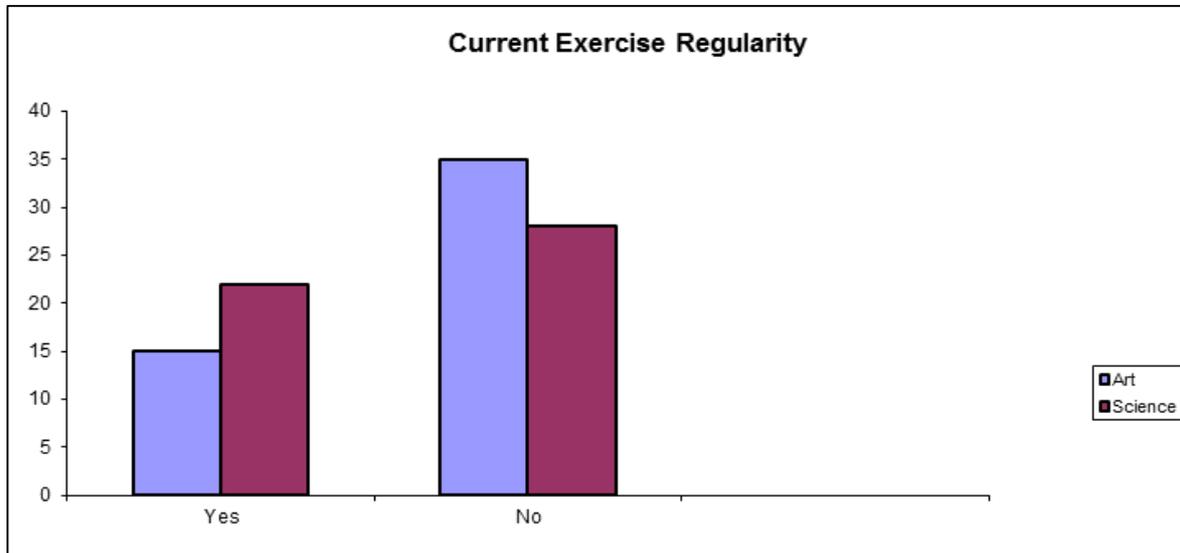


Fig 2

Table 3: Activity Profile: Intensity of Exercise per Week

Days per week	Faculties			
	Art	Percentage	Science	Percentage
upto 0	8	16	6	12
1-2	12	24	19	18
3-4	20	40	8	16
5-6	4	8	8	16
Over 6	6	12	9	18
Total	50	100	50	100

Calculated value $\chi^2_{(0.05)} (v = 4) = 9.4877$, Calculated value of $\chi^2 = 8.938$

It shows that the calculated value of χ^2 is less than the critical value. Hence, null hypothesis is accepted. It means that there is no significant difference between arts students and science students regarding intensity of exercise per week.

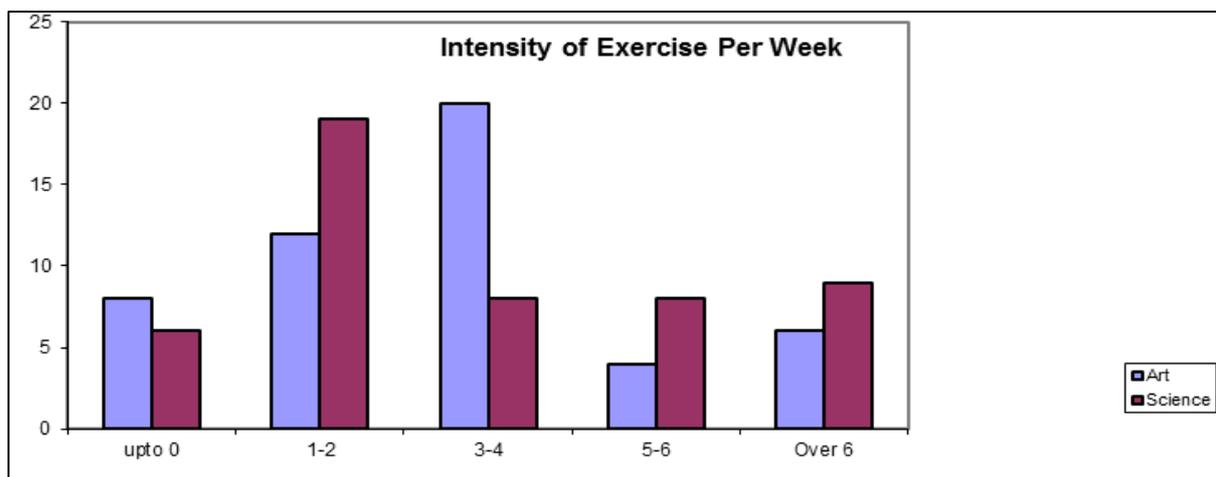


Fig 3

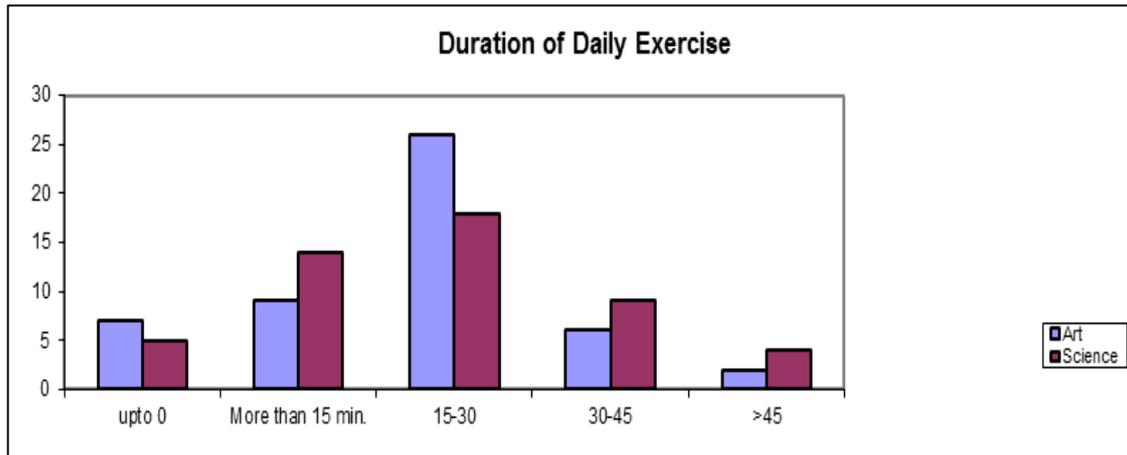
H_0 = There is no significant difference between students of arts steam and students of science stream regarding duration of their daily exercise.

Table 4: Activity Profile: Duration of Daily Exercise

Duration of Daily Exercise	Faculties			
	Art	Percentage	Science	Percentage
upto 0	7	15	5	10
More than 15 min.	9	18	14	28
15-30	26	52	18	36
30-45	6	12	9	18
>45	2	4	4	8
Total	50	100	50	100

Critical value $\chi^2_{(0.05)} (v = 4) = 9.4877$, Calculated value of $\chi^2 = 4.138$

Above table shows that the calculated value of χ^2 is less than the critical value. Hence, null hypothesis is accepted. It means that there is no significant difference between students of arts stream and students of science stream regarding duration of their daily exercise.

**Fig 4**

Main Findings and Conclusions

In the light of the interpretation of the results of the present research, the following main findings are given:

- It is concluded that art & science students are almost similar in physical activity
- The respondents were asked whether they do exercise regularly or not. It is found that seventy percent of arts students (70%) & fifty six percent (56%) of science students denied this. Hence, science students do exercise regularly i.e. 44% as compared to arts students that is 30%.
- In this study, it is found that art & science students are equal in spending time for daily exercise. It may be said that there is no stream effect in duration of daily exercise.

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