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Subuhi Nishad

Ph.D Scholar, School of
Studies in Physical Education
Pt. Ravishankar Shukla
University, Raipur,
Chhattisgarh, India

Dr. Reeta Venugopal

Professor- Physical Education
Director - Centre for Women
Studies Pt. Ravishankar Shukla
University, Raipur,
Chhattisgarh, India

Dr. Priyamvada Srivastava

Professor, School of Studies in
Psychology Pt. Ravishankar
Shukla University, Raipur,
Chhattisgarh, India

Correspondence

Subuhi Nishad

Ph.D Scholar, School of
Studies in Physical Education
Pt. Ravishankar Shukla
University, Raipur,
Chhattisgarh, India

A survey study on prevalence of hypo kinetic diseases and barriers in physical activity among college teachers

Subuhi Nishad, Dr. Reeta Venugopal and Dr. Priyamvada Srivastava

Abstract

The main objective of the study was to find out percentage of the teachers suffering from hypo kinetic diseases viz high blood pressure, diabetes, high cholesterol and obesity. The other objective was to find out barriers of physical activity and the relatedness between the different responses and gender. Sample of the study counts 520 teachers (254 male & 266 female) from different colleges of Chhattisgarh. It is found that high percentage (37.11%), of teachers suffer from high blood pressure. The result of the study further indicated that personal barriers in physical activity accounts for 14-23% whereas environmental facility seems to be greater barriers, as the percentage of responses for various aspects of this category ranged from 19 – 60%. Hence it is concluded that external factors are the main barriers of physical activity.

Keywords: Physical activity, hypo kinetic disease, gender, barriers of physical activity

1. Introduction

With advancement of physical amenities and technological changes, sedentary life style has been promoted which means a person is not involved in any kind of physical activity. Importance of participation in physical activity has been documented in the health literature. Earlier it was infectious disease which caused health concerns but in present scenario hypo kinetic problems are of great concern. Hypo means “low or lack of” and kinetic means movement. There are certain conditions and problems which arise out of too little movement. These conditions are converted in to chronic problems, which include coronary artery diseases, diabetes, hypertension, stroke, obesity, arthritis etc.

It is important to change life style of any population in terms of physical activity hence scholar took this project to find out the prevalence of hypo kinetic problems and barriers of physical activity.

1.1 Objectives of the study

1. To find out prevalence of hypo kinetic problems viz high blood pressure, diabetes, high cholesterol and obesity among college teachers of Chhattisgarh.
2. To identify different barriers of physical activity among college teachers of Chhattisgarh.
3. To find out the relatedness between the different responses of barriers of physical activity and gender among college teachers of Chhattisgarh.

2. Methodology

2.1 Sample: Total 520 college teacher, 254 males and 266 female from Chhattisgarh constituted the purposive sample of the study.

A questionnaire was prepared to find out prevalence of hypo kinetic problems viz. high blood pressure, diabetes, high cholesterol and obesity. Body mass index was used for assessing obesity. Barrier in physical activity was assessed by a check list McDonnell, *et al.* (2014) ^[1]

2.2 Statistical analysis

To find out prevalence of hypo kinetic diseases, to identify different barriers of physical activity and to find out the relatedness between the different responses and gender in selected barriers of physical activity, percentage method was used.

Table 1: Prevalence of Hypo kinetic Problems among Teachers of Chhattisgarh.

Sex	Blood pressure	Cholesterol	Diabetes	Total
Male (254)	48.03% (122)	9.44% (24)	10.23% (26)	33.07% (172)
Female (266)	26.69% (71)	1.12% (3)	7.51% (20)	18.07% (94)
Total (520)	37.11% (193)	5.19% (27)	8.84% (46)	51.15% (266)

Table 1 fig. 1, 2, 3, reveals that out of 520 college teachers 266 ie 51.15%, (male 33.07% & Female 18.07%) suffer from hypo kinetic problems (Blood pressure, Cholesterol and Diabetes). Out of 266 teachers 37.11%, suffer from Blood pressure (48.03% male and 26.69% female), 5.19% suffer from Cholesterol (44% Male 1.12% female) and 8.84% from Diabetes (10.23% Male 7.51% Female).

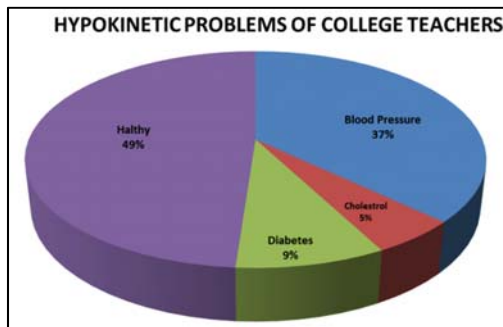


Fig 1: Shows Prevalence of Hypo kinetic Problems among Teachers of Chhattisgarh.

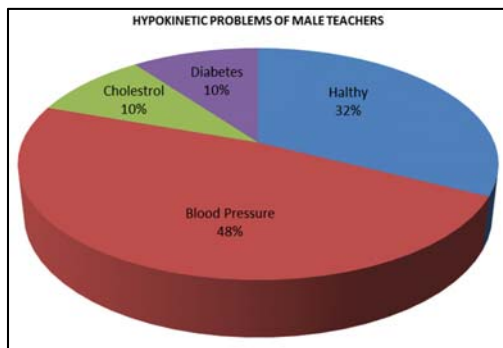


Fig 2: Shows Prevalence of Hypo kinetic Problems among males Teachers of Chhattisgarh

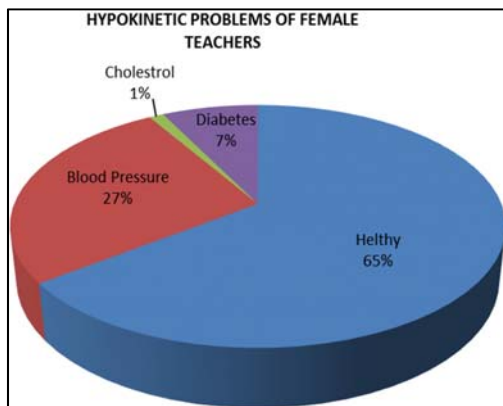


Fig 3: Shows Prevalence of Hypo kinetic Problems among female Teachers of Chhattisgarh

Table 2: Distribution of Teachers in Different categories of BMI.

Category	% of BMI level		
	Male	Female	Total
Underweight	3.14(8)	1.50(4)	2.30(12)
Normal weight	51.5(131)	30.07(80)	43.65(211)
Overweight	33.07(84)	53.75(143)	40.57(227)
Obese	12.20(31)	14.66(39)	13.46(70)

Table 2 reveals that 54% of total population under study is overweight, 15% is obese and 30% is in normal category.

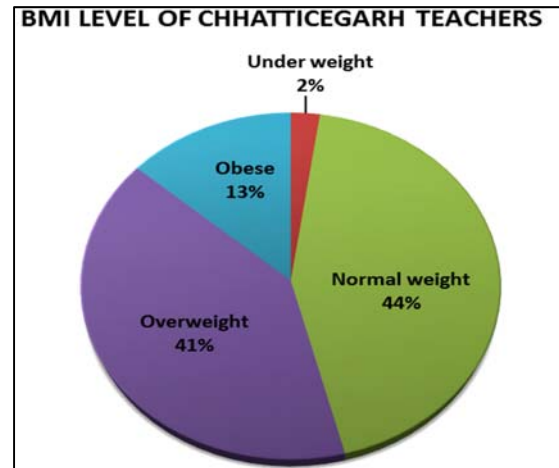


Fig 4: Showing BMI level it indicated the 41% of respondent come under category of overweight and 13% under category of obese.

2.3 Barriers of physical activity among teachers

Table 2: Percentage of respondents showing various physical barriers in physical activity.

	Male (Yes)	Female (Yes)	Total (%)
Personal			
Lack of motivation	51	52	19.8%
Lack of interest	46	50	18.4%
Lack of energy	50	57	20.5%
Exercise is boring or monotonous	41	54	18.2%
Lack of time	55	64	22.8%
Pain prevents me from Exercising	31	42	14.0%
Health concerns prevent me from exercising	32	33	12.5%
Environmental / Facility			
Cost of the program	51	52	19.8%
Lack of fitness centre in the area	60	59	22.8%
Not aware of fitness center in the area	135	128	50.5%
Don't feel trainer in facility is able to help	152	142	56.9%

Over all sample 20% respondents showed lack of motivations barrier in physical activity. 18% of respondent reported lack of interest towards physical activity. 20.5% respondent (male 20% & female 21%) reported Lack of energy doing physical activity. 16% male feels bored while participating in physical activity whereas 20% female population showed Exercise is boring or monotonous. 24%

female participants showed lack of time for participating in physical activity, whereas in male it was 22%, which means female lack time as compared to male for participated in physical activity. Sensation of pain while participating in physical activity in male and female population were 12% and 16% respectively. According to the present study 13% male and 12% female showed health as a barrier in participating in physical activity and exercise. 20% of male and female feels exercise and physical activity is expensive. Male showed greater lack of conveyance for reaching exercise arena as compared to female. 48% female & 52% male showed unawareness towards their nearby fitness centre. 20% of teachers reported (60% of male 53% female) trainer in the training centres is notable to help them.

3. Discussion

51% of the total sample under study have reported blood pressure, high cholesterol, diabetes and obesity problems which are also considered as hypo kinetic disease. It can be discussed in the light of their physical inactivity as teacher's work is more of reading and writing and the sedentary life style may be one of the reasons for prevalence of these problems. The study also indicates that larger number of male and female respondents give environmental reasons for less physical activity. Studies have reported that sedentary life style lead to the hypo kinetic problems, MC Donnell (2014) ^[1] conducted a study on 81 participants to explore physical activity habits and preferences in the month leading up to a first-ever stroke, and to determine whether participants were aware of the link between stroke and physical activity. The result of the study reveals that adults at risk of stroke have little awareness of the risks of physical inactivity and little motivation to undertake regular exercise. For the barriers to physical activity reported by participants most frequently were lack of motivation (52%), lack of interest (50%) and lack of energy (42%). Similar to the result of present study

Ebben & Brudzynski (2008) ^[2] reported that majority of American. Who are overweight do not exercise and 50%. Who are invited leave exercise after six month. Adherence to exercise is an in important facts and motives barrier to exercise needs to be involvement in exercise.

In another study (Lees, F. D. 2005) ^[3] reported barriers to exercise in older adults fear of injury/falling, inertia, time constraints, negative effect, and physical ailments were barriers for older adults which were significant than other. Barrier to exercise is also reported in people with stroke Rimmer, Wang, and Smith (2008) ^[4] Awadalla *et al.* (2014) ^[5] in a study on 1257 students (426 male and 831 female) reported 58.0% students were physically inactive, 13.4% performed vigorous activity, 14.8% performed moderate intensity physical activity and 29.9% were involved in walking only. Study also reported that 51.3% students were inactive because of the time limitations being medical students

4. Conclusion

College teachers by and large reported high blood pressure. Teachers report lack of time, lack of energy and motivation as physical barrier and also think that exercise is boring. Environmental factors contributed higher parentage of barriers in physical activity.

5. References

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