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Occupational status of gym going female in Delhi

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Abstract

Objective: The aim of the present research was to examine the occupational status of women going to the Delhi gym. The research was interested in understanding how much role does the working status plays when it comes to the health and fitness related awareness of female going to gym in Delhi.

Design of the study: Survey Research Design

Procedure: A total of 120 women from Delhi State were randomly chosen for the analysis as a subject. For the sample chosen, the ages were limited to 18 and above and the mean and standard deviation are 32.37 ± 8.07 years. To accomplish the intended purpose of the study, a sub-set of self-structured questionnaires investigating about the working status of the subject was used. The percentage approach has been used as a statistical instrument to calculate the frequency and percentage of responses.

Keywords: Home maker, student, working

Introduction

People are acclimatized to a lazy and relaxed climate, rendering their lifestyle more sedentary with very little physical activity, contributing to multiple types of lifestyle problems such as unhealthy eating habits, stress, hypertension, diabetes, heart disease, etc. Obesity and physical inactivity are profoundly interwoven; it can cause other forms in turn. Both at home and in society, women play a significant role. During middle age, a woman who is the core of a family around which the members live their family life linked to powers of love, affection, emotion, needs proper care. Working women ideally need more attention because of their dual responsibility for the job. It is very difficult for them to perform all their operations with the same quality as before. In these working women, this can trigger feelings of shame, frustration, stress etc. and it also affects their lifestyle, which impacts their health status.

Physical activity is characterized as any movement of the body created by skeletal muscles requiring energy consumption. Not equal to "exercise" is the word "physical activity." Exercise is a subcategory of formal, repeated, and purposeful physical activity. "A sound body has a sound mind" means that he is unable to do his job effectively and quickly if a person is tired, dull, and sick. Before any work, like office work, research or any creative work, it is very important to have a fresh mind. People who do exercise are happier and more successful than others as an integral part of their routine. In today's life, there are so many opportunities that we can do exercise anywhere anywhere but the fitness center, gym centers are the best option to do workouts since there is a lot of room and machines available, so we can follow the workout routine accordingly. In preventing or treating coronary heart disease, osteoporosis, fatigue, diabetes, obesity, and depression, exercise is useful. In order to improve stamina and resilience, strengthening exercises offer adequate resistance to the muscles. To strengthen the cardiovascular system for the prevention and recovery of cardiac disorders and diseases, cardiac rehabilitation exercises are created and individualized.

Methodology and Procedure

For the current study a total of 120 women from the state of Delhi were chosen randomly as participants. For the chosen sample, the ages were limited to 18 and above and the mean and standard deviation was 32.37 ± 8.07 years. In order to achieve the desired purpose of the study, a self-structured questionnaire investigating about the working status of the subject was used. The percentage method was used as a statistical approach to calculate the frequency and percentage of responses.

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Chronic Diseases
Allergies
Asthma
Thyroid (hypo/hyper)
Diabetes (IDDM/NIDDM)

Results of the study

Table 1: Occupational Status

Occupation	Frequency	Percentage
Student	28	23.30%
Working	72	60.00%
Home Maker	20	16.70%
Total	120	100.00%

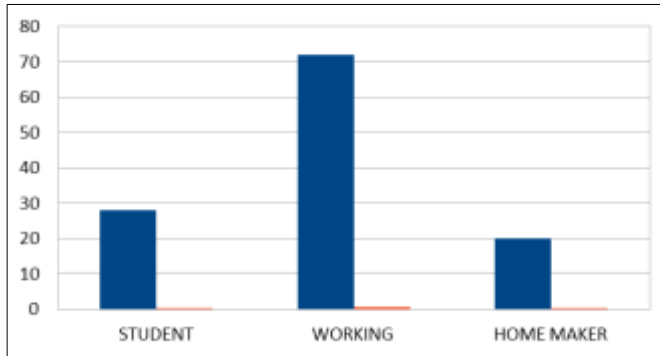


Fig 1: Graphical representation of table

Discussion of the results

- When occupational status of female was measured it was found that 60% of the total sample were currently working.
- When occupational status of female was measured it was found that 16.7% of the total sample were were home-makers.
- When occupational status of female was measured it was found that 23.3% of the total sample were students.

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