

COMPARISON OF PHYSICAL ACTIVITY LEVEL AMONG STUDENTS FROM DIFFERENT COURSES

Dr. Yogesh Bodke

Assistant Professor, CACPE, Pune.

Mr. Vilas Elke

Director of Physical Education, Radhabai Kale Mahila Mahavidyalaya, Ahmednagar.

Abstract

The purpose of this study was to study the physical activity level of the students from different courses run by the college in order to plan further fitness activity for them. This study was carried out by descriptive survey method. Total 180 students from Science, Commerce, Arts and BBA courses were selected by random sampling technique. Physical Activity Level was decided by asking the students to fill up Physical Activity Index Questionnaire. Data was collected through google form. Questionnaire was sent to 60 students from each course randomly and first 45 responses were considered for the study. Based on the total points of the questions, students were categorized as Sedentary, Low Active, Moderate Active and High Active. Students from all different course differ in the Physical Activity. Students of BA course seems more active than all other courses. BBA students were more sedentary compare to all other courses.

Keywords: Physical Activity, Fitness, Sedentary, Active.

Physical activity is defined by the World Health Organization as any physiological movement that needs energy expenditure and is performed by skeletal muscles. Physical exercise encompasses all forms of movement, whether it is done for fun, to go to and from locations, or as part of one's job. Physical activity, both moderate and intense, is beneficial to one's health. (*Physical Activity*, 2020)

According to WHO Recommended Activity Level for the age group of 18 years to 65 years is at least 150–300 minutes of moderate-intensity aerobic physical activity per week. 2 or More days must be given for muscle-strengthening activities at moderate or greater intensity. All adults and older individuals should try to perform more than the recommended amounts of moderate- to vigorous-intensity physical activity to help decrease the negative effects of excessive levels of sedentary behavior on health. (*Physical Activity*, 2020)

Exercise has been shown to assist with depression in a number of studies. Exercise can help filter out unpleasant thoughts and divert attention away from daily problems. Exercising with others allows to make more social connections. Increased exercise can help feel better and sleep better. (*Physical Activity - It's Important - Better Health Channel*, 2018)

During various Batchelor's courses, students have to undergo different course work and accordingly their study time differs. Many students find themselves in new routine that do not normally include physical activity. College's PE faculty always take initiative to keep the students fit and help them to maintain their fitness level. If faculty wants to decide the physical activity program for students, he must first understand the physical activity level of the students.

The purpose of this study was to study the physical activity level of the students from different courses run by the college in order to plan further fitness activity for them.

Method:

This study was carried out by descriptive survey method (Gay, 2000). Total 180 students from Ahmednagar city from Science, Commerce, Arts and BBA courses were selected by random sampling technique (Best, 2010) (45 from each course).

Physical Activity Level was decided by asking the students to fill up Physical Activity Index Questionnaire. Data was collected through google form. Questionnaire was sent to 60 students from each course randomly and first 45 responses were considered for the study. Based on the total points of the questions, students were categorized as Sedentary, Low Active, Moderate Active and High Active.

Statistical Analysis:

Table No 1 Courses wise Cross Tabulation of Physical Activity

		Science	Commerce	Arts	BBA	Total
PA	Sedentary	21	18	3	39	81
	Low Active	3	6	21	3	33
	Moderate Active	18	18	21	0	57
	High Active	3	3	0	3	9
Total		45	45	45	45	45

Table 1 shows that there were total 81 students were having sedentary activity. (Science 21, Commerce 18, Arts 3 and BBA 39), 33 students were low Active (Science 3, Commerce 6, Arts 21 and BBA 3), 57 students were Moderately active (Science 18, Commerce 18, Arts 21 and BBA 0) and only 9 students were highly active.

Table 2 Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	81.754 ^a	9	.000

Above table shows that Pearson chi square value is 81.75 which is significant at 0.05 level of significance.

Conclusions:

Students from all different course differ in the Physical Activity. Students of BA course seems more active than all other courses. BBA students were more sedentary compare to all other courses.

Overall students are following sedentary lifestyle more than active lifestyle.

Discussion:

Students need to follow well designed physical activity program in order to make them more active and help them to keep more fit, energetic, stress free and follow active lifestyle.

References

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