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JUNI KHYAT जूनी ख्यात

इतिहास, कला एवं संस्कृति की शोध पत्रिका



संपादक

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(संयुक्तांक)

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पूर्व विभागाध्यक्ष

इतिहास विभाग,

अलिगढ़ मुस्लिम विश्वविद्यालय, अलीगढ़

प्रबन्धक सपादक

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STATUS STUDY OF PHYSICAL ACTIVITY AND STRESS MANAGEMENT AMONG
COLLEGE-GOING GIRLS

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Abstract. The purpose of this study was to analyse the current status of Physical Activity and Stress management of college going girls from Pune. Total 30 girls were selected purposively for the study. The researcher used teacher made Questionnaire for the present study. The questionnaire consisted of questions asked to understand day to day physical activity and stress management of college going girls. Frequency analysis and cross tabulation technique was used to analyse the research data. The result of the study reveals that the college going girls neither put any special efforts to control their weight nor organised time for exercise in their daily schedule, and not aware about stress management. This study concludes that it is very necessary to develop physical activity awareness and knowledge about physical activity and stress management in college going girls.

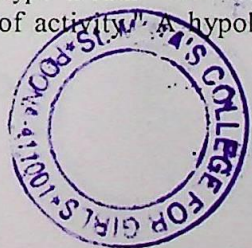
Key words: - Physical Activity, Exercise, Stress,

Introduction

It is the evidence that from the middle of the twentieth century, the man was busy as long as in his day-to-day routine work. In the absence of modern means of life, he did not have the problems being faced by the today's man regarding his physical fitness. The development in the field of technology has provided numerous comforts to the modern man as compared to the ancient one. There is an increased efficiency in the work and also increase in leisure hours, drastic changes in communication system, transport system, advancement in the field of medicine and surgery have made possible to fight with dangerous diseases and reducing the death rate. On the other hand, all these advancements have made the man most inactive, sedentary and lethargic, which are creating problems of obesity, overweight, underweight, decrease in immunity, life relying on drugs, Stress, tension and so on (Thomas D. V. and Kotecki J. E, 2007).

In today's competitive scenario the inactivity or sedentary lifestyle is a common problem in all age group, especially the young generation which comprises of maximum population of India. The lifestyle of today's youth is confined only to gizmo gadgets, discos and pubs. They don't have any interest in what is happening around the world. Sitting long hours in front of computers or chatting on mobile, Night outs, lounging in the pubs, tapping your feet to the rocking music in discs, showing offi-pods, N-Series mobiles, Levi's jeans and Woodland shoes and eating fastfood are the common lifestyle of the urban youth today. They feel if they do not have all these 'cool stuffs', then it will affect their image in college campus or their common hang-outs.

As we look towards the college students, they do have very busy schedules and often place exercise at the bottom of their list of priorities. They are spending their entire day sitting in the classes, practicals, studying in the library and completing assignments using the computer. Some of them are doing jobs and family commitments on the top of our educational responsibilities (Thomas D. V. and Kotecki J. E, 2007). And of course, remaining time they are spending with their friends and family, so very less time they are giving for exercise. There is an evidence that as girls enter adolescence, they tend to stop engaging in physical activity or exercise as they had been in late childhood. In this stage boys are comparatively more active than girls (Miller K, Staten R, Rayens M and Noland M). The lack of physical activity or sedentary lifestyle can cause hypokinetic diseases. Hypokinetic Diseases or Conditions (*Hypo* means "lack off" and *kinetic* means movement or activity). Thus, hypokinetic means "lack of activity". A hypokinetic disease or conditions associated with lack of



physical activity or too little regular exercise. Examples of such conditions include heart disease, low back pain, adult-onset diabetes, and obesity. Hence, it is necessary to motivate and generate awareness among the college girls to participate in some physical activity.

It is important to do some kinds of exercise in our day-to-day life. The benefits of regular, consistent exercises are well documented. Exercise plays an important role in the prevention of chronic diseases and conditions including cardiovascular disease, certain types of cancer, type II diabetes, and obesity. (Physical Activity and Health: A Report of the Surgeon General. U.S. Department of Health and Human Services, 2002). It has been recommended that every day the school age children and the teenagers should accumulate at least sixty minutes of moderate to vigorous intensity physical activity to ensure healthy development (Williams L.H, Hall T.J, and Rink J.E, 2010). So, one can say that regular participation in physical activities is associated with a longer and better quality of life, reduced risks of a variety of diseases and many psychological problems like stress, tension anxiety etc.

While performing physical activities or exercise we are facing lots of barriers such as lack of time and place, suitable facilities, lack of knowledge, enjoyment, self-motivation, self-management skills for e.g., Set personal goals, monitor progress or rewards progress towards such goals, lack of encouragement, supports as well as attitude towards physical activity etc. Many of them feel uncomfortable or shy to go in GYM, fitness classes or on the ground for physical fitness. (Williams L.H, Hall T.J, and Rink J.E, 2010). There is need to work on these kinds of barriers.

The various studies shows that lack of knowledge and awareness of physical activity or exercise, they are physically unhealthy and stressful. The generally accepted definition of stress is one of interaction between the situation and the individual. It is the psychological and physical state that results when the resources of the individual are not sufficient to cope with the demands and pressures of the situation. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response. Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. But if stress happens too often or lasts too long, it can have bad effects. It can be linked to headaches, an upset stomach, back pain, and trouble sleeping. It can weaken your immune system, making it harder to fight off disease. If you already have a health problem, stress may make it worse. It can make you moody, tense, or depressed. This stress should be managed properly. Especially, youth should take effort on the stress management techniques. But due to busy lifestyle, youth neglect physical activity and stress management. An attempt was made to verify the current status of Physical Activity and stress management among the college going girls of Pune.

Data and Methodology

A survey was conducted on 30 undergraduates College going girls from Pratibha College, Chinchwad, Pune having average age of ± 19.7 years old which were purposively selected. A Questionnaire was administered with reference to day-to-day physical activity and stress management of college going girls. Frequency and Cross tabulation technique used to analyse the research data.

Results

There were seven questions in this questionnaire. Following were the results.

Table 1. "Do you put special efforts to control weight?"

| | Yes | No | Total |
|-----------|-----|----|-------|
| Frequency | 10 | 20 | 30 |

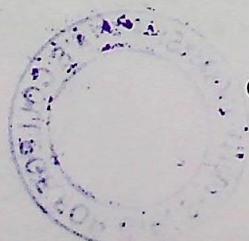


Table. 2 : If Yes, what kind of efforts do you put to control weight?

| Particular | Frequency |
|-----------------------------------|-----------|
| Dieting & Fasting | 2 |
| Exercising | 7 |
| Taking Medicine to control weight | 0 |
| None of Above | 1 |
| Total | 10 |

In table no.1 and 2 it shows that only ten girls out of thirty are putting special efforts to control their weight in that two girls do dieting and fasting, seven respondents stated that they do exercise and one responded said she takes medicine to control weight. Twenty respondents are happy they do are not taking any special efforts. It is concluded that most of the respondents require no special efforts to control their weight. While others who do, control their control weight through exercise.

Table 3: "When you feel stress, what kind of activity do you engage yourself in?"

| Particular | Frequency |
|-------------------------|-----------|
| Playing Mobile | 5 |
| Sitting alone in a room | 7 |
| Playing on Ground | 3 |
| Sleeping | 15 |
| Total | 30 |

In Table no. 3 it is observed that when the respondents do feel stressed, five respondents said they play on their mobile, seven respondents stated they sit alone in the room, three girls said they play on ground and while fifteen respondents choose to sleep. The responses shows that when girls do find them under stress, they prefer to sleep and sit alone in the room but do not choose to go out and take up any physical activity.

Table 4. "In stress or tension, you discuss your problem with"

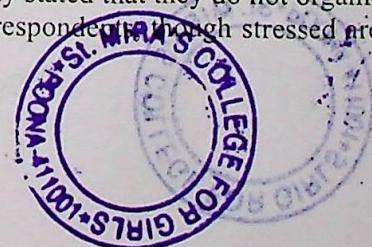
| Particular | Frequency |
|--------------------------|-----------|
| Family Member | 10 |
| Write it down on Paper | 1 |
| Close friends | 16 |
| Don't share with any one | 3 |
| Total | 30 |

Table No. 4 implies that in the situation of stress and tension, ten respondents do discuss their problem with family member, one of the respondents stated that she puts down her problems on paper, sixteen respondents discuss with their close friend and three respondents said they do not share with their problems/worries with anyone. The responses indicates that most of the girls do discuss or share their problems with either their close friends or family members.

Table 5. Planning for Exercise

| Q No. | Question | Always | Often | Sometimes | Never |
|-------|--|--------|-------|-----------|-------|
| 2 | Do you organise your time so as to include exercise? | 2 | 2 | 19 | 7 |
| 6 | When you feel stress or bored, do you feel like giving-up everything | 1 | 1 | 19 | 8 |

Table no. 5 show that only four respondents organise their time which include exercise in their daily schedule. While the majority stated that they do not organise time for exercise. Response to Q. No. 6 shows that majority of the respondents although stressed are able to manage their stress and get over



it. Only two respondents reported that they feel like giving up everything, which is cause for concern.

Table No.6: Q3 * Q7 Cross tabulation

| | Q. 7 Do you make a Schedule & Set Priority | | | | Total | |
|---|--|--------|-------|-----------|-------|-------|
| | | Always | Often | Sometimes | | Never |
| Q.3 Do you find some alternative way of staying active when weather is bad & you are not able to go outside to exercise | Always | 0 | 1 | 1 | 0 | 2 |
| | Often | 0 | 1 | 2 | 0 | 3 |
| | Sometimes | 2 | 0 | 3 | 4 | 9 |
| | Never | 5 | 1 | 6 | 4 | 16 |
| Total | | 7 | 3 | 12 | 8 | 30 |

A cross tabulation to analyse Q. No.3 and Q.No.7 to find out paradox in the responses. Table no. 6 shows that only two out of 30 respondents find some alternative way of staying active when the weather conditions are bad, out of these two respondents one often makes schedule and set priorities and one girl sometimes make schedule and set priorities

Three girls often find some alternative way of staying active when whether is bad, out of these respondents one often makes schedule and set priorities and while two of them evil to make schedule and set priorities sometimes.

Nine respondents sometimes find some alternative way of staying active when whether is bad, out of these respondents, two of them always makes schedule and set priorities, three of them make schedule and set priorities sometimes and while four girls never make schedule and set priorities.

Sixteen respondents never find some alternative way of staying active when whether is bad, out of these five respondents always make schedule and set priorities, one respondent often makes schedule and set priorities, six respondents sometimes make schedule and set priorities while four girls never make schedule and set priorities.

Total twenty-five respondents do not find alternative way of staying fit when the weather condition is bad. And twenty girls neither make schedule nor set priorities.

Discussion

The results of this study reveals that the college going girls have little awareness about physical activity, less habit of physical activity since childhood, lack of knowledge and little importance to time management, more inclination to games on tech-devices, laziness and lethargy, etc. All these can be the reasons of not putting special efforts as well as not organising time for exercising in their daily schedule. And hence, they do not find physical activity as a mode to release stress. Importance of making schedules and setting priorities also reduces the stress level need to be explained to younger generation. One study from Turkey indicated that, physical inactivity is common in both genders and it is increases day-by-day, especially in girls. (Onat, 2001). Teenagers may experience stress every day and can benefit from learning stress management skills. (Stress Management and Teens, 2013)

Although findings suggested that lack of information regarding attitudes toward exercise of female university students who do not achieve PA sufficient for health benefits. (McAuley. E, Rudolph. D, 1995). According to another study, the most frequently cited barriers among adolescent females were lack of time, tiredness and less interest in doing exercise. ” (Kimm et al., 2006). Another study also shows same result that lack of time due to busy lesson schedule and responsibilities related to the family and social environment, parents give academic success priority over exercise were cited items for physical activity barriers (Arzu. D, et al., 2006).



Conclusion

This study concludes that it is very necessary to develop physical activity awareness and knowledge in college going girls. Also imparting knowledge about physical activity helps in stress management.

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