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AWARENESS, KNOWLEDGE AND PERCEPTION ABOUT PHYSICAL ACTIVITY AMONG COLLEGE STUDENTS

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ABSTRACT

This cross-sectional study was conducted among 184 college students who have taken admission in colleges in different branches of the state of Maharashtra, India. The age of the participants were 18+ years. Total number of respondents were 184. Among them 45.7% male and 54.3% female. Out of 184 students 58.7% were from the medical branch, 18.5% from engineering, 10.9% commerce 2.7% arts and 9.2% were from other branches. 77.7% were residing at home and 22.3% at hostel. Regarding obesity 22% responded as yes, 50% of the father were obese, 45.1% of their mothers were obese and siblings 25.6 %. In the family of the student 35% had cardiovascular diseases, 16.5% had suffered a stroke, it 3.5% high blood pressure (BP). About osteoporosis 22.8% of the family members was suffering. 58.2% of their family members suffered from metabolic syndrome. Among the participants 26.1% was suffering from anxiety for a long time and 8.2% currently diagnosed. 1.6% of the respondents were vegan, 34.8% vegetarians, 15.2% vegetarian with egg and non vegetarian 48.4 %. 78.8% of the correspondence consume junk food. Regarding the sleeping hours among the respondents 18.5% had < 6 hours of sleep per day, 59.6% had 6 to 8 hours per day and > 8 hours per day what 12.1%. Regarding the physical activity of the student yoga/meditation 35.7% commerce gym 33%, cardio exercises 44.3% and 36.5% were involved in other indoor sports. The respondent screen time was < 1 hours 19.6%, 1 to 2 hours 49.5%, 3-5 hours 23.9% and >5 hours screen time 7.1%. Regarding the importance of physical activity more vigorous attempts to promote physical activity recommendations are needed.

KEYWORDS: Physical activities, College students, Awareness.

INTRODUCTION

Being aware of knowledge can help change related attitudes and lead to the corresponding behaviour modification. Public health education may be a useful approach.[1] Physical inactivity among people should not be overlooked in designing Public health interventions.[2] World health Organization (WHO)[3] defines physical activity and exercise are interrelated but not the same, exercise is part of physical activity. University students represent the future of families, communities and countries. Increased vigilance of administrators and leaders to monitoring the health and well-being of the students.[4] Physical exercise or physical activity is one of the health promoting activities among several factors.[5] It is an undisputed fact that physical activities help in promoting individuals health and healthy living for stop participating in physical activities is considered as fulfilling a domain of the healthy lifestyles.[6] Practicing of healthy diet and regular physical activity is prominent part of the healthy lifestyle which has significant mental and physical health benefits.[7]

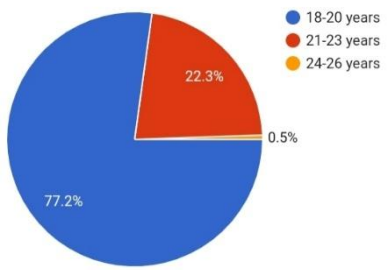
MATERIAL AND METHODS

This cross-sectional study was conducted among college students of either gender who had taken admission in different branches of colleges in the state of Maharashtra, India. Total number of respondents for 184. This study was conducted among the college students were 18+ years of age and who agreed to take part. The data were entered into the Microsoft Excel and it was analyzed.

RESULTS AND DISCUSSION

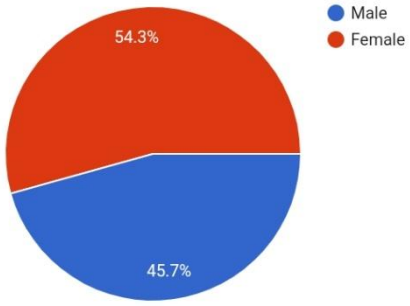
1. Age (in completed years)

Age	No. of participants.	Percentage (in%)
18-20 years	142	77.2
21-23 years	41	22.3
24-26 years	1	0.5



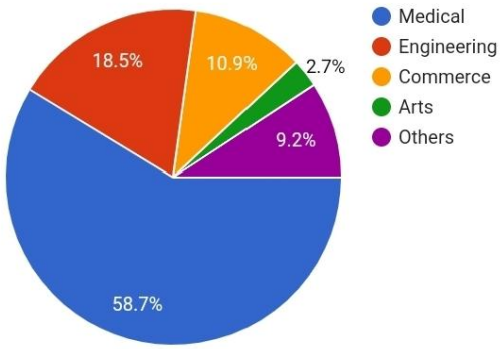
2. Gender

Gender	No. of participants	Percentage (in %)
Male	84	45.7
Female	100	54.3



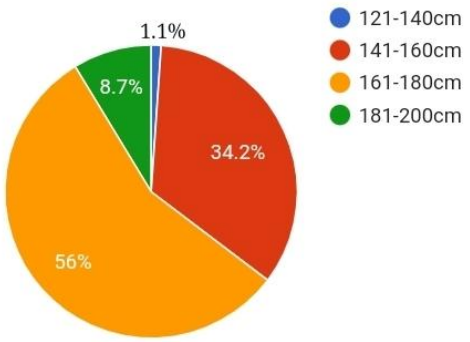
3. Field of participating student

Field	No. of participants	Percentage (in %)
Medical	108	58.7
Engineering	34	18.5
Commerce	20	10.9
Arts	5	2.7
Others	17	9.2



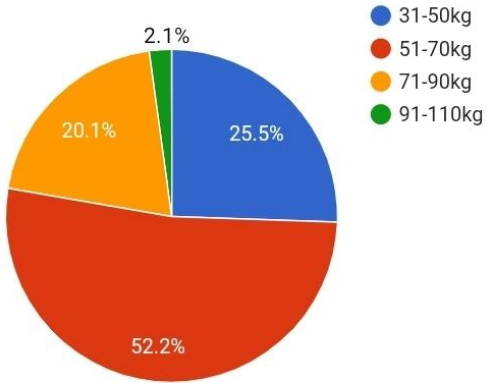
4. Height (in cms)

Height	No. of participants	Percentage (in %)
121-140	2	1.1
141-160	63	34.2
161-180	103	55.9
181-200	16	8.8



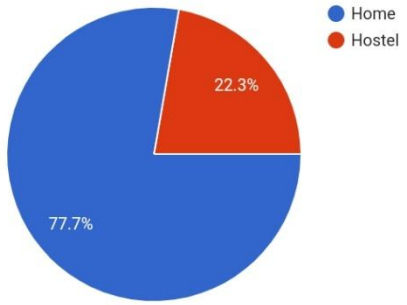
5. Weight (in kgs)

Weight	No. of participants	Percentage (in %)
31-50	47	25.6
51-70	96	52.1
71-90	37	20.2
91-110	4	2.1



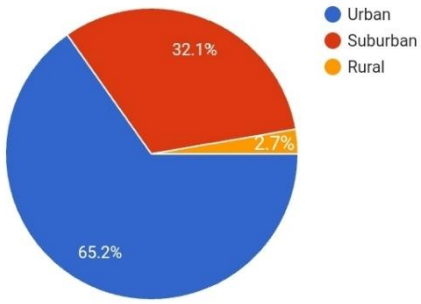
6. Place of current residency.

Residency	No. of participants	Percentage (in %)
Home	143	77.7
Hostel	41	22.3



7. Current place of residency.

Place of residency	No. of participants	Participants (in %)
Urban	120	65.2
Suburban	59	32.1
Rural	5	2.7



8. Any history of obesity in your family?

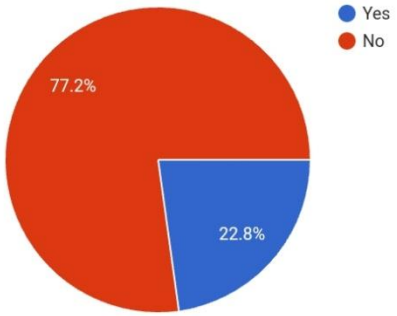
Responses	No. of participants	Percentage (in %)
Self	18	22
Father	41	50
Mother	37	45.1
Sibling	21	25.6

9. Anyone with history of heart problem/ cardiovascular disease or stroke in your family?

Responses	No. of participants	Percentage (in %)
Cardiovascular diseases	36	35
Stroke	17	16.5
High blood pressure	86	83.5

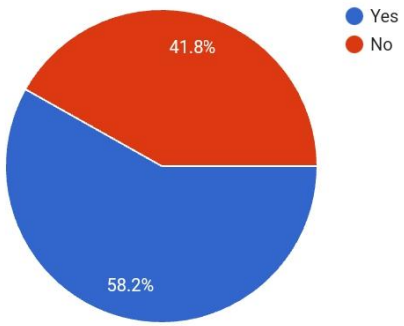
10. Anyone with osteoporosis (decreased bone density) in your family?

Response	No. of participants	Percentage (in %)
Yes	42	22.8
No	142	77.2



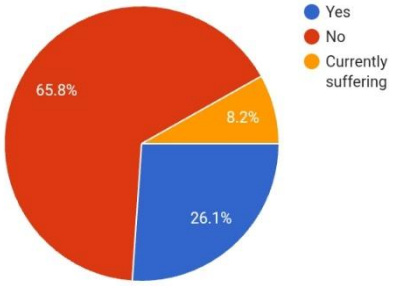
11. Any history of metabolic syndrome (high BP, high blood sugar, increase fat in body, abnormal cholesterol levels in the blood) in your family?

Response	No. of participants	Percentage (in %)
Yes	107	58.2
No	77	41.8



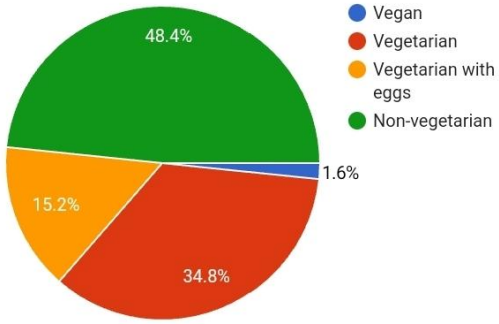
12. Do you have any history of depression or anxiety?

Response	No. of participants	Percentage (in %)
Yes	48	26.1
No	121	65.8
Currently suffering	15	8.2



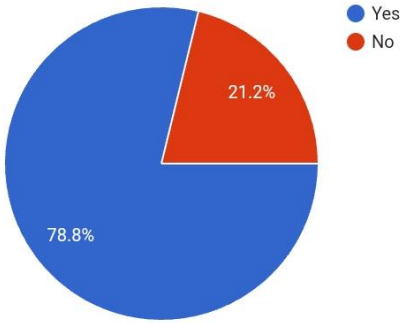
13. Which diet do you generally have?

Response	No. of participants	Percentage (in %)
Vegan	3	1.6
Vegetarian	64	34.8
Vegetarian with eggs	28	15.2
Non-vegetarian	89	48.4



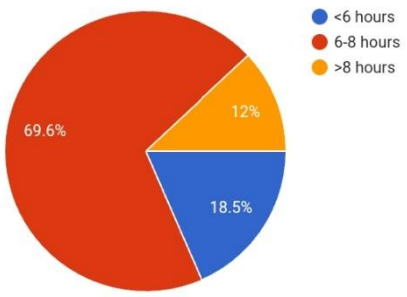
14. Do you generally (at least once a week) consume junk foods like carbonated drinks, fried products, fast foods, etc.?

Response	No. of participants	Percentage (in %)
Yes	145	78.8
No	39	21.2



15. How much sleep do you generally get per day?

Hours of sleep	No. of participants	Percentage (in %)
<6	34	18.5
6-8	128	69.6
>8	22	12.1



16. Are you involved in any of these indoor physical activities?

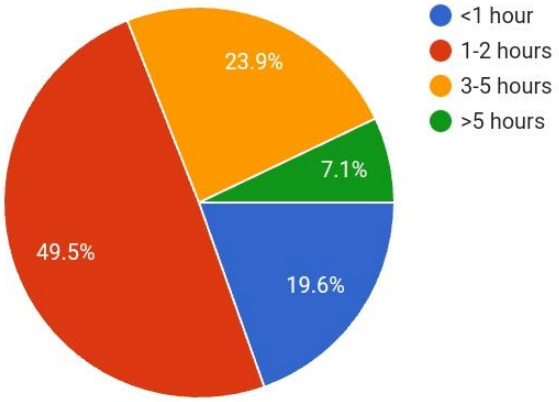
Indoor activities	No. of participants	Percentage (in %)
Yoga/ Meditation	41	35.7
Gym	38	33
Cardio exercise	51	44.3
Other indoor sports	42	36.5

17. Are you involved in any of these outdoor physical activities?

Outdoor activities	No. of participants	Percentage (in %)
Walking	132	90.4
Jogging	32	21.9
Running	54	37
Cycling	36	24.7
Football	25	17.1
Cricket	31	21.2
Swimming	7	4.8
Basketball	6	4.1
Other outdoor sports	23	15.8

18. On an average how much time do you spend watching TV/ movies/ YouTube?

Hours spent	No. of participants	Percentage (in %)
<1	36	19.6
1-2	91	49.5
3-5	44	23.9
>5	13	7.1



There were 184 respondents. Among them 45.7% were male and 54.3% female. 58.7% by medical students, 18.5% engineering students, 10.9% commerce branch, arts branch 2.7 % and remaining 9.2. The range of height of the respondents were 1.1% were 121-140 cm, 34.2% were 141-160 cm, 161-180 cm were 55.9% and 181 - 200 cm were 8.8%. Weights of the respondents were 31 - 50 kg as 25.6%, 51-70 kg were 52.1%, 71-90 kg 20.2% and 2.1% were 91-100kg. 77.7% of the respondents were residing at home and 22.3% in the hostel. History of obesity in the family, 22% they themselves, 50% about father, mother 45.1% and siblings 25.6%. In their family 35% had cardiovascular diseases. 16.5% have history of stroke and 33.5% had history of high blood pressure

(BP). As per Rema et al[8] moderate intensity and vigorous intensity of physical activities are inversely associated with the risk of cardiovascular diseases. Another study of Steven M et al[9] revealed that the epidemiological evidence demonstrates that importance of exercise and fitness for cardiovascular health is sound. The work of m Reiner[10] reported that there is a longitudinal relationship between physical activity and the incidence of non communicable diseases. The respondents revealed that in the families 22.8% suffering from osteoporosis. The work of Marina B and others[11] revealed that physical activity is likely to play a role in preventing of osteoporosis. V H Nguyen[12] reported that public health leader should implement community-based public health programs for osteoporosis prevention and incorporate osteoporosis exercises. The participants reported the 26.1% suffer from depression for a long time. 8.2% of them currently suffering from depression. The work of S Naragatti[13] reported that yoga practice can be adopted in daily life to maintain good health and also have some prevention of many psychosomatic disorders where psychological stress is believed to play a role. In the present study the respondents were involved in both indoor and outdoor physical activities. The work of David C N et al[14] revealed the clinical benefits of the exercise. The immune system is very responsive to exercise. The respondents of the present study reported regarding they spend time watching TV/movie/YouTube per day as < 1 hours 19.6%, 1-2 hours 49.5%, 3-5 hours 23.9%, >5 hours 7.1%. G Lissak[15] reported that due to exercise screen use resilience are compromised.

CONCLUSION

There is a need to raise awareness and knowledge of the physical activity among young adults. Targeted intervention must be given to the college students to improve and sustain the levels of physical activities taken up. Awareness about food consumption patterns are also important. Regular sporting activities should be held in the college facilities and equipment to be provided for the physical activities, time should be created for students in to participate in these exercises.

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