



STUDY OF PHYSICAL ACTIVITY LEVEL BETWEEN GOVERNMENT & PRIVET SCHOOL STUDENTS

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Abstract:

Adolescent is the era where lifestyle is developed and which are relatively stable throughout the life, unhealthy lifestyle face to the risk of becoming obesity among stages of life. Lifestyle differs among country to country, state to state and within a state area to area so researcher wants to compare the physical activity level among government and privet school girl's students aged between 12 to 16 years from Govt. high school & Junior college and Jagat public school Tal. Dindori District Nashik. For the present study 15 girls' students from government school and 15 girls students from privet school were selected using through simple random sampling method. Teens lifestyle Questionnaire (physical activity and dietary habits) developed by M.Al-Hazaa, et.al (1997) containing 34 items was administered on these children. The above groups were compared using independent sample t-test. The analysis of comparison between government and privet school girl's students there is no significant difference in moderate physical activity however there is significant difference in moderate to vigorous activity. Hence it was concluded that difference was found in PA level between government and privet school girl's students.

Keywords: Physical Activity, Moderate-Vigorous Physical Activity.

Introduction:

The World Health Organization has identified India as one of the nations that is going to have most of the lifestyle disorders in the near future already considered the diabetic capital of the world. Childhood obesity and malnutrition are major concerns in today's world. Deaths from lifestyle diseases like cancer and heart diseases are now the primary cause of deaths in India and it is seen that relatively young people are dying. According to WHO which has identified India is one of the nations that are going to have most of the lifestyle diseases in near future already considered the diabetes capital of the world. India is now heading towards becoming capital of lifestyle disorder. Reason for this is sedentary behavior, physical inactivity and increase consumption of fatty foods. There are

many factors which may contribute towards lifestyle diseases but the most important among them is physical activity and dietary habits. Since lifestyle habits are formed in the childhood and Lifestyle differs among country to country, state to state and within state areas to areas so researcher wants to study physical activity level and Patterns of dietary habits between government and privet school students aged between 12 to 16 years from Nashik district.

Benefits of Physical Activity

The benefits of physical activity extend to all age group, all ethnic group studied so far and both man and women. Let us look preventive benefits of physical activity individually.

- Humans have a natural life span clearly varies from person to person. Regular physical activity is not believed to extend natural life.
- This improves your heart's ability to pump blood to your lungs and throughout your body.
- The diabetes prevention project study of people with abnormal glucose tolerance, regular physical activity reduced risk of advancing to diabetes by percent.
- Studies report that regular physical activity and greater aerobic fitness do not entirely prevent this weight gain but do reduce it and thereby reduce a person's risk of reaching a BMI of 30.
- Regular physical activity reduces risk and symptoms of depression in humans & other mental health benefit of physical activity are improved quality of sleep.

Material and Method

Sample

Present study 15 girls students from government school and similarly 15 girls students from privet school students aged between 12 to 16 years from Government high school & Junior college and Jagat public school Tal. Dindori Nashik was selected using simple random sampling technique. All the subjects, after having been informed about the objective and protocol of the study was give their consent and volunteered to participate in this study.

Selection of Tools

The teen's lifestyle research questionnaire (physical activity) developed by M.Al-Hazzaa, et.al (1997) was administered on these children. The TLS research instrument used for the collection of lifestyle information consist of 34 items. Items 1 to 24 dealt with physical activity. TLS self-reported questionnaire were used to assess the level of physical activity of young children. The questionnaire was so designed that it measured frequency, duration, intensity of light, moderate, & vigorous intensity of physical activity during the week. Moderate intensity physical activity includes normal pace walking, brisk walking

recreational swimming, household activities and moderate intensity recreational sports, each of this value given METs value differently according to their intensity. A moderate intensity recreational sport (METs value 4) includes volleyball, badminton, table tennis, cricket, Kabaddi etc. Household activities were given (METs value 3) because it include some which require less than 3 met such as washing dishes, cleaning the bathroom, cooking ironing were given 2.5, 2.5, 2.5, & 2.3 respectively as well as other more than 3 METs such as car washing, gardening were given 3.5 METs. Slow walking, Normal Pace walking, brisk walking was given 2.8, 3.5 & 4.5 METs respectively. Moderate-Vigorous intensity physical activity includes stair climbing, jogging, running, cycling, self-defense, weight training, & vigorous sports such as football, basketball, handball, kho-kho, athletics etc. They assigned met value 8. To assess the physical activity we calculated total METs min per weak & total met min per week of moderate intensity and vigorous intensity of physical activity.

Procedure of the study

A study followed a descriptive survey method where TLS questionnaire was used to collect data. The researcher approached the physical education teacher and principal of Government high school & Junior college and Jagat public school Tal. Dindori Nashik for seeking permissions for collection of data on 9th standard girl's age between 12 to 16 years. After getting the permission from both schools, Questionnaire was administered on students & before responding to questionnaire each and every question was explained meaningfully to students & they did not find any difficulty while answering the questions. The students took between 30 to 35 minutes to complete the questionnaire.

Results of the study:

The results pertaining to significant difference between girls government and privet schools students were assessed using the Independent sample't' test & the results are presented in table no 1.

Analysis of physical activity level

Table no 1, Descriptive Statistics

Group	Area	N	Mean	STD
Moderate physical activity	Govt. School Girls	15	2751.21	1389.431
	Privet School Girls	15	2676.70	1981.65
Moderate-vigorous Physical activity	Govt. School Girls	15	1612.80	1505.46
	Privet School Girls	15	3841.86	3427.38

Table no 2, Inferential Statistics Schools Students

Levene's Test for Equality of Variances			t-test for Equality of Means				
Intensity	Variance	F	Sig.	t-value	Df	Sig. (2-tailed)	Mean Difference
Moderate physical activity	Equal variances assumed	4.739	0.03	-0.16	28	0.86	-74.51
	Equal variances not assumed			-0.16	25.77	0.86	-74.51
Moderate Vigorous Physical activity	Equal variances assumed	12.312	0.00	3.26	28	0.00	2229.06
	Equal variances not assumed			3.26	26.82	0.00	2229.06

Table no. 2 shows Levene's Test for Equality of Variances of moderate physical activity level and moderate to vigorous physical activity. In above table comparisons were done between government and private school students. In case of moderate physical activity level the calculated F-value was 4.739 which shows equal variance is not assumed. On comparing mean performance of moderate physical activity level for private and government school students the computed mean difference was 74.51. The calculated t-value 0.16 which shows there was no significant difference at 0.05 levels. Similarly in case of moderate-vigorous physical activity the calculated F-value 12.31 which are not assumed. On comparing mean performance of moderate-vigorous physical activity for government and private school students the computed mean difference was 2229.06. The calculated t-value 3.26 which shows there was significant difference at 0.05 level of significance. Hence we had rejected null hypothesis and accepted research hypothesis.

Conclusion

On the basis of the result obtained in the study the researcher concluded. In moderate physical activity level if comparison was done taking boys together between government and private school students than it can be seen that government school students activity level is higher compared than private school students physical activity level. In case of moderate to vigorous physical activity comparison was done took between government school students than it can be seen that private school students physical activity level was higher compared between government and private school students than also private school students physical activity level was higher.

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