



ROLE OF HEALTH CLUBS IN PROMOTION OF HEALTH WITH REFERENCE TO URBAN WOMEN'S POPULATION

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Abstract:

Regular physical activity is important for urban women's population, our health can be shaped by where we grow up, live and work, this study sought to examine the role of health clubs for promoting urban women's health status, data was collected through interview using structured questionnaire for 60 women aged 25 to 45 years from Belgaum city. The responses of the questionnaires were analysed in percentages and were also subjected to chi-square (X) test with 0.05 level of significance. Using SPSS software analysis was made. Results shows that Health club participants believed that they were more efficient at work. After joining the fitness club, most of them experienced a positive change in their physical condition.

Introduction

Sitting at the centre of modern life, cities are engines of progress and innovation. But not all city residents experience or access these benefits equally, women in urban city are tied up with their busy working schedule due to this it observes that urban women are less healthy than rural women, urban infrastructure creates land into concrete. Infrastructure such as housing water and sanitation, green space, crime and security, transport and work culture, food style social welfare scheme and health education services have direct and indirect impact on health globalization and rapid growth over the years has dramatically changed the life style of urban population, including eating pattern ,physical activity ,marketing social structure and environment factors with expansion of cities and rural urban migration, urban cities are in trend of adopting urbanized life style which has a high saturated fatty diet and low levels of physical activity. A significant proportion of women with gradual decline in their metabolic rate after the age of 35 years become a Victim to the sedentary lifestyle, physical inactive is not only a risk factor but its also invites some chronic diseases and obesity in women, women compared to men

generally engage in lower level of physical activity. Women are getting less time to look after their health, recreation and leisure time. women play a central role in their families and communities; studies show that healthier women and their children contributes to more productive and better - educated communities. The health becomes prime concern for those who live In the city. The increasing number of disease lead the citizen towards fitness and this is the reason for growth of more fitness clubs in the past.

Methodology

To know the role of health clubs in promotion of health with reference to urban women's population, researcher formed a questionnaire with the help of expert, the questionnaire contained 25 questions with yes or no response. The questionnaires were covering all the possible aspects to derive the best possible information which were as follows- Contribution towards health promotion, Improvement in efficiency of subjects, Regular medical check-ups of subjects, Appreciation of the concept of health clubs by the subjects, Role of instructors in the health clubs, activities conducted in health clubs, Clinics organized on latest trends for the subjects.

To collect data researcher had taken interview of the subjects, Before the actual beginning of the interview, the research scholar handed over a questionnaire to the subjects signed by the research scholar ascertaining that the responses of the subjects will be kept confidential and only be used for research purpose. No personal comments were quoted in the study. After the above briefing and formalities, the interview actually began. The interview was conducted as per planned and formulated statements and questions prepared by the research scholar. The responses of the interviews were recorded in the recording sheets prepared by the research scholar. The 60-interview ended by expression of thank from the research scholar in recognition of the subject's generosity in sparing time and action.

The responses of the questionnaires were analysed in percentages and were also subjected to chi-square (X) test with 0.05 level of significance. Using SPSS software analysis was made.

Result

1. Health club participants believed that they were more efficient at work. After joining the fitness club, most of them experienced a positive change in their physical condition.
2. Many subjects not underwent a medical screening before entering the gym,
3. Health club instructors maintain appropriate and personalized schedules for subjects.
4. The health club did not organize any health promotion clinics that may have existed.
5. Only few health clubs were conduct different activities like yoga, aquatic activities and massage
6. A high percentage of health club participants report feeling happy After joining the fitness club, it has become a necessity for health promotion.

Recommendations

1. Prioritize health check-up over admission
2. Therefore, it is necessary to undergo regular medical examinations on a regular basis.

Subjects may benefit and medical emergencies may be treated an expert in the field.

3. Every health club should have various other activities such as aquatic activity and yoga.
4. Another study could be conducted by taking a larger sample

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