

A STUDY ON THE AWARENESS OF PHYSICAL ACTIVITY AMONG JUNIOR COLLEGE GIRLS

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ABSTRACT

Regular physical activity is essential for human health. It helps to maintain a healthy body weight and prevents or delays heart disease, type 2 diabetes, and some cancers. It also makes people feel better and increases life expectancy. The World Health Organization (WHO) currently recommends that adults do at least 150 minutes of moderate- to vigorous-intensity physical activity every week. In the modern age of competition girls face many physical, physiological and psychological problems. Due to the physiological changes in their body they live under a stressful condition. Most of the girls like to stay at home, so their number of absentee's increases, so researcher felt the need of observing the effect of various Physical Activities awareness of College going Girls,

If girls regularly practice moderate and vigorous physical activities then they can perform their duties and responsibilities efficiently throughout the life. Environmental barriers- In this barriers to physical activity includes the lack of required physical education in the schools, the failure of physical education or community recreation program to offer programs in which girls are interested and to promote lifetime physical activity. Sociological barriers- In this barriers include competing demands for attention.(e.g. chores, homework, social opportunities) a lack of support for physical activity from friends, siblings, or parents and sometimes unpopular image of being girl who enjoys physical activity and or excels at sports. Psychological barriers – It may include a lack of confidence in physical abilities, lack of comfort in a co-educational environment, and embarrassment about pubertal changes which can lead to shyness while changing into workout clothing or participating in activities in shorts. Conclusion: The global development community has focused in recent decades on closing the gender gap in education, but has given insufficient attention to the specific needs of awareness of physical activity in girls as it is an important issue.

Key Words: Environmental, Sociological, Psychological, Physical Activity

INTRODUCTION

Regular physical activity is essential for human health. It helps to maintain a healthy body weight and prevents or delays heart disease, type 2 diabetes, and some cancers. It also makes people feel better and increases life expectancy. The World Health Organization (WHO) currently recommends that adults do at least 150 minutes of moderate- to vigorous-intensity physical activity every week. Moderate-intensity physical activities (for example, brisk walking and gardening) require a moderate amount of effort and noticeably increase the heart rate; vigorous-intensity physical activities (for example, running or fast swimming) require a large amount of effort and cause rapid breathing and a substantial heart rate increase. Worryingly, people in both developed and developing countries are becoming increasingly physically inactive. People are sitting at desks all day instead of doing manual labor; they are driving to work in cars instead of walking or cycling; and they are participating in fewer leisure time physical activities.

Physical activity and exercise, when undertaken regularly, are highly beneficial for health and for physical and psychological well-being. Yet, only a minority of adults in modern societies reports engaging in physical exercise at a level compatible with most public health guidelines. For instance, 2009 data indicate that, on a typical week 60% of adults in Europe engaged in no physical exercise or sports. In the US, less than 50% of adults are considered regularly physically active while in Canada new accelerometer data shows that only 15% of adults meet national physical activity recommendations. Such findings suggest that many people lack sufficient motivation to participate in the 150 minutes of moderately intense exercise or physical activity per week recommended. Indeed, approximately 40% of Europeans agree with the statement: “Being physically active does not really interest me- I would rather do other things with my spare time” Lack of motivation can broadly be explained by two orders of factors. First, as highlighted in the previous statistic, people may not be sufficiently interested to exercise, or value its outcomes enough to make it a priority in their lives.

Significance of Physical Activity:

WHO defines physical activity as any bodily movement produced by skeletal muscles that require energy expenditure – including activities undertaken while working, playing, carrying out household chores, travelling, and engaging in recreational pursuits.

The term "physical activity" should not be confused with "exercise", which is a subcategory of physical activity that is planned, structured, repetitive, and aims to improve or maintain one or more components of physical fitness. Both, moderate and vigorous intensity physical activity brings health benefits.

Objectives and Regular and adequate levels of physical activity:

- Improve muscular and cardio respiratory fitness;
- Improve bone and functional health;
- Reduce the risk of hypertension, coronary heart disease, stroke, diabetes, breast and colon cancer and depression;
- Reduce the risk of falls as well as hip or vertebral fractures; and
- It is fundamental to energy balance and weight control.
- To get more energy and work without fatigue.
- Develop the ability to overcome from the stress.

RESEARCH DESIGN:

The levels of physical inactivity increased across the globe. Globally, around 31% of adults aged 15 and over were not active enough in 2008 (men 28% and women 34%). In high-income countries, 41% of men and 48% of women were insufficiently physically active, as compared to 18% of men and 21% of women in low-income countries. Low or decreasing physical activity levels often correspond with a high or rising gross national product. The drop in physical activity is partly due to inaction during leisure time and sedentary behaviour on the job and at home. Likewise, an increase in the use of "passive" modes of transportation also contributes to physical inactivity.

Several environmental factors which are linked to urbanization can discourage people from becoming more active, such as:

- Fear of violence and crime in outdoor areas
- High-density traffic
- Low air quality, pollution
- Lack of parks, sidewalks and sports/recreation facilities.

The need and significance of the Physical Activity Awareness:-

- The fitness is important in every walk of life. In the modern age of competition girls face many physical, physiological and psychological problems. Due to the physiological changes in their body they live under a stressful condition. Most of the girls like to stay at home, so their number of absentee's increases, so researcher felt the need of observing the effect of various Physical Activities awareness of College going Girls,
- If girls regularly practice moderate and vigorous physical activities then they can perform their duties and responsibilities efficiently throughout the life.
- College going girl students are suffering from fitness problem due to lack of Physical fitness awareness.
- Due to lack of Physical activities, Girls students face many problems of weight gain, and obesity. They are have inferior complex in them, and this affect on their personality. Therefore college girls students not found up the standard level of fitness which is needed.
- So, for focusing to awareness of physical activity and to overcome from sedentary lifestyle and screen-based activities such as video gaming etc. present research is needed.

Obesity is a major risk factor for chronic diseases. These health consequences reduce the overall quality of life and also increase the risk of premature death. Over the last few

decades in urban India, increased consumption of fats and calories in the diet, reduced levels of physical activity and increased sedentary life style has lead population towheads obesity.

Obesity in childhood and adolescence is a major concern, as obese adolescents grow up to be obese adults with associated long term health complications. Physical fitness can be have the ability to carry out daily tasks with vigor and alertness and without fatigue with energy to enjoy leisure time. Physical fitness involves different components which may be either health related or performance related. To develop the Health related physical fitness researcher would like to conduct the awareness model of exercise for the fitness of the society.

Barriers of Physical Activity for Girls:

Barriers to Physical Activity Perceived by Adolescent Girls

Barriers to physical activity for adolescent girls are numerous and varied, but they can be divided into three categories- environment, Sociological, and psychological.

- Environmental barriers- In this barriers to physical activity includes the lack of required physical education in the schools, the failure of physical education or community recreation programme to offer programs in which girls are interested and to promote lifetime physical activity, the prevalence of modern technology, such as televisions and computers, lack of access to workout facilities, unsuitable weather, and prohibitive cost.
- Sociological barriers- In this barriers include competing demands for attention.(e.g. chores, homework, social opportunities) a lack of support for physical activity from friends, siblings, or parents and sometimes unpopular image of being girl who enjoys physical activity and or excels at sports.
- Psychological barriers – It may include a lack of confidence in physical abilities, lack of comfort in a co-educational environment, and embarrassment about pubertal changes which can lead to shyness while changing into workout clothing or participating in activities in shorts.(Luke and Sinclair 1991;Sherwood & Jeffery,2000)

Once girls reach adulthood, they face an even greater risk of leading an inactive lifestyle.

Research indicates that only 20 percent of women participated in regular vigorous activity and 13 present engage in regular moderate activity.(USDHHS,2000)

Many of the barriers faced by college girls due to lack of access to workout facilities, unsuitable weather, and prohibitive cost. Some girls hesitate to pursue physical activity due to lack of confidence in their physical abilities and embarrassment about exercising in public places. After reviewing various research quarterlies researcher scholar had decided to study on the awareness program for Junior college girls.

CONCLUSIONS

The global development community has focused in recent decades on closing the gender gap in education, but has given insufficient attention to the specific needs of awareness of physical activity in girls as it is an important issue.

Physical activity not only improves the quality of life but also extend your life. It is important for the physical, mental health and for the better living a healthier life. It is developmentally appropriate, enjoyable, and involves a variety of activities.

Girls are our future and our most precious resources the quality of tomorrow's world. A great need is felt to educate the college Girls and also society to bring awareness of physical activity.

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