



Physical Activity Status of Indian Female Students of Delhi State

Dr.Naveen Kumar (rpvv civllines delhi)

ABSTRACT

The purpose of the study was to assess the physical activity status of Indian female students of Delhi State .To achieve the objective of the study ,two hundred(N=200) Indian female students between 17 to 25 years were selected conveniently and purposely from the regular students of different Universities and colleges of Delhi State as subjects. Physical activity index Questionnaire (B.mayfield, personal nutritional department, 2006) was used to assess physical activity index of students. To evaluate the physical activity index of Indian female students on physical activity index, percentage method was employed .Results of the study revealed that 70% had sedentary lifestyle with 21.5,6.5,2.0,0.0 score of low active, moderate active, active and high active.

Keywords: *physical activity index, Indian Female Students*

INTRODUCTION

Health status of Indian women has to be viewed seriously. Nearly 60,000 women die every year in Pregnancy ; 90% of working women have irregular periods; junk food causes girls to hit puberty at 7 years; menopause is starting to hit women at 20's ; 40% of women are exposed to second hand smoking ; 35% of women in every 30s are affected by thyroid problems; 1.21 crore Indian women are smokers ; 28% have the chances to get breast cancer ; 75% of working women have health problem; More than 90 crore people of India are having either this disease or that disease ; 50% of the disease can be self controlled ; 83% of all deaths before 65 years can be preventable; fitness status of Indians is also not appreciable. 85% of the people lead sedentary life ; 43% of the children have no fitness ; 35% of children have less lung efficiency ; 60% of the children don't have basic movement



skills ; 84% of the adolescent are not doing any physical activity ; only 19% of the Indians are doing physical exercises that too occasionally ; our lung efficiency is 30 % weaker than the Europeans ; children's fitness is very low than their parents when they were in childhood; if a person walks for six minutes or more in 400m track. If a person's pace is 24 minutes per miles or more, he or she has to improve his or her health, fitness & wellness (*Chhajer, 2014*).

According to world health statistics 2012, one in four adult in India has high blood pressure 23.1% men and 22.6% women have high blood pressure, which kill 7.5 million worldwide, which is more than road accidents. 12% of the world is obese and 11.8% men, 10.8% women are suffering from Diabetes. Data of 2012 shows top 10 causes of death- heart disease 6.15% chest infection 3.40% bulmany 3.28%, HIV-1.78%, T.B. 1.24%, Diabetes - 1.26%, Road Accident .21% and Diarrheal disease - 2.46%. From the data we can say that in the top nine cases, people died due to health problem (*The Times of India, 2012*).

Promotion of healthy lifestyles has been gaining popularity as a tool for developing public health studies indicated that healthy lifestyle enhance lifelong health, increase quality of life, and decrease morbidity and mortality. Health promoting lifestyles include activities that are processed on improving the level of well being. The focus of these activities is on the development of positive potential for physical, social, mental, intellectual or spiritual health. Previous studies in health promoting behavior indicated a high level of risky health behavior in University students. Specially, sedentary life style students. Especially, sedentary life styles and low physical activity level were the most critical finding of these students other studies examining the physical activity behavior as a health promoting factor which Found that physical activity level dramatically decrease from high school to University years (*Ebem, 2007*).

MATERIALS AND METHODS

To achieve the objective of the study, two hundred (N=200) Indian female students were selected

conveniently and purposely from the regular students of different Universities and Colleges of Delhi State as subjects .The age of the subjects ranged between 17 to 25 years. physical activity index Questionnaire (B.mayfield, personal nutrition department USA, 2006) was used to measure physical activity index of students .In order to examine the physical activity index of Indian female students percentage method was applied.

RESULTS AND DISCUSSION

PHYSICAL ACTIVITY INDEX OF INDIAN MALE STUDENTS OF DELHI STATE

Scores on Physical Activity Index of Indian female students of Delhi State is presented in Table 1.

TABLE-1

SCORES ON PHYSICAL ACIVITY INDEX OF INDIAN MALE STUDENTS OF DELHI STATE

Variable	Group	N	sedentary	Low active	Moderate active	active	High active
Physical activity index	Indian female	200	70%	21.5%	06.5%	2.00%	0.00%

It is observed from table-1 that 70% Indian male had sedentary lifestyle, low active were 21.5%, moderate active were 6.5% with active and high active 2.00 and 0.00 respectively. Percentage scores of Indian male students of Delhi State on Physical Activity Index are depicted graphically in fig.1.

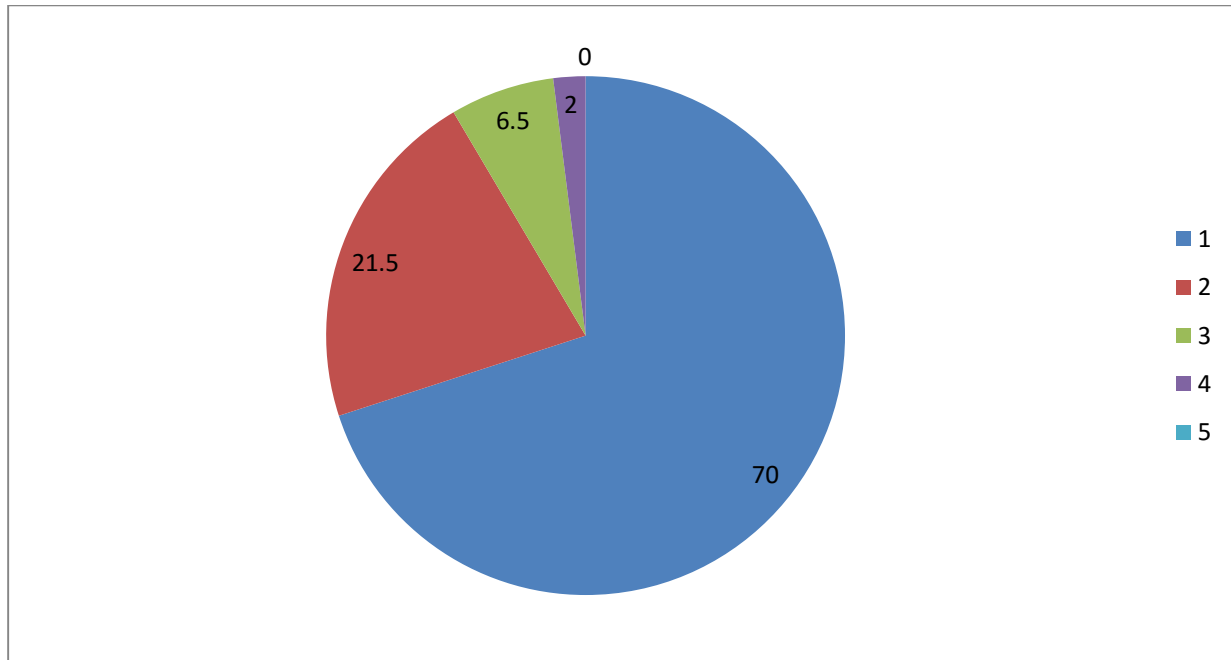


FIGURE-1

PERCENTAGE OF INDIAN AND FOREIGN FEMALE STUDENTS OF DELHI STATE ON PHYSICAL ACTIVITY INDEX

CONCLUSIONS

In the light of findings of present study the following conclusions were drawn.

1. Mostly students had sedentary lifestyle on week basis.
2. However, sedentary students also involved themselves in physical activity, but with not active intensity, frequency and duration per week.
3. These findings are supported with the research study conducted by Anjana et al.(2004),Singh and purohit(2012) and Gupta et al.(2012)

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