



Lack of Physical Activity and Health among Student Community

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Received: 15-02-2017; Revised: 06-07-2017; Accepted: 19-08-2017.

ABSTRACT

The aim is to study about the lack of physical activity and its effect on health among student community by means of a questionnaire study. Physical inactivity is defined as physical activity levels less than those required for optimal health and prevention of premature death. Lack of physical activity leads to several major diseases such as type 2 diabetes, coronary heart diseases and breast and colon cancer. After calculating overall, physical inactivity has caused nearly 5.3 million of deaths occurred worldwide in 2008. Physical inactivity can make your bones weak, cause your organs to malfunction and cause you to gain weight, which might lead to one or more obesity-related medical conditions, such as diabetes or hypertension. This study will create awareness of physical inactivity among the student community.

Keywords: Physical activity, students health, students community, physical inactivity.

INTRODUCTION

Physical activity means the movement of the body using energy. Lack of physical activity is the most cause for several non-communicable diseases including type 2 diabetes and cardiovascular diseases¹. Physical inactivity also leads to overweight and obesity. According to a study, in worldwide physical inactivity contributes to 6% of trouble from coronary heart disease, 7% of Type 2 diabetes mellitus, 10% of breast cancer and 10% of colon cancer etc². It is calculated that almost one fifth of the world's population is physically inactive³. A habit of regular exercise helps in preventing overweight and also a good diet has an impact on health. So promoting and creating awareness about physical activity among students and youth will likely help to reduce the diseases associated with physical inactivity. The health behaviour of an individual developed in the youth continues to adulthood⁴. In recent studies, there is fall in the level of physical activity in young adulthood⁵. This is because nowadays most young people do not exercise regularly but have addiction on videogames, television etc.

South Asia is the region that has more disease burden from the non-communicable diseases and type 2 diabetes mellitus⁶. And further, in a recent study they have found that most of the young people in South Asia are physically inactive⁷. A group of 100 students belonging to dental, medical, engineering, law, arts and science colleges of different universities were distributed with questionnaires about lack of physical activity and its effect on health among student community. Public health researchers are increasingly interested in how physical

environment and characteristics of neighbor influence the physical activity⁸.

MATERIALS AND METHODS

A questionnaire was prepared about lack of physical activity and its effect on health. The questionnaire was distributed to 100 students belonging to dental, engineering, medical, law and arts and science colleges. The questionnaire contained about 15 questions and it was distributed to the college students. An online link was created using survey planet and circulated to the participants. The results were statistically analysed. After completing the questionnaire, a basic lecture about physical inactivity was given to create awareness about the diseases associated to physical inactivity.

RESULTS

Figure 1

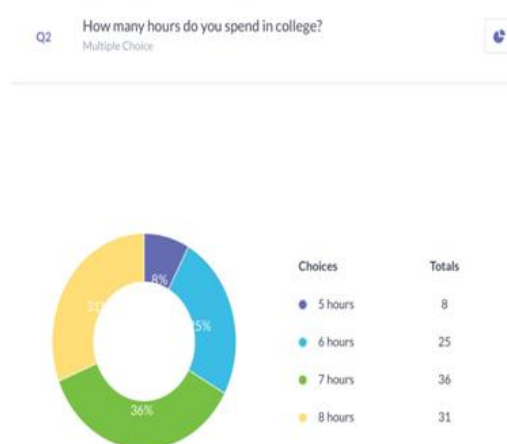


Figure 2

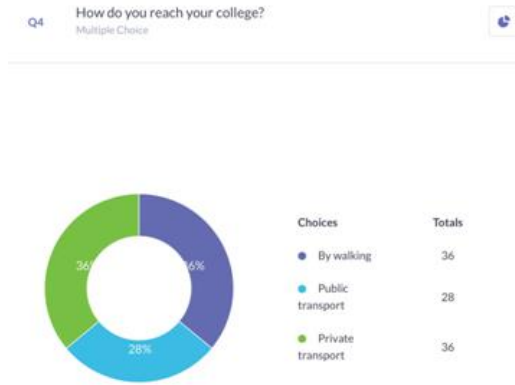


Figure 3



Figure 4



Figure 5



Figure 6



DISCUSSION

It is very essential to maintain the health of the body, since our body can be affected by several diseases. Physical activity has several beneficial effects on health. Physical inactivity is one of the most potent risk factor which causes several non communicable diseases and type 2 diabetes¹. A recent study highlighted that most of the population in South Asia are physically inactive⁶.

From the data collected in this study we come to know that only few students workout exercise regularly and walk daily. Most of the students are engaged for 7-8 hours in college, this is one of the reasons that disturbs the routine workout of the students. And more number of students either chooses public transport or private transport, but only few people reach their college by walking, again this reduces the chances for physical activity. Walking is a good physical exercise and it keeps the person physically active, and most of the students walk for 20 minutes and more than that. Majority of the students do not exercise regularly, while only few people have the habit of doing exercise regularly. Most of the students workout for less than 2 hours, few people workout for 2 hours and very few people workout for more than 2 hours. About 70% of the students had gain in weight for the past two years, only 30% of students did not have any gain in weight. And about 75% of the students had only weight gain below 5 kilograms and only very few students had weight gain for 5 Kgs and above. Only 50% of the students have checked for BMR & waistline, while the others are unaware about it. And also 65% of students are aware about sedentary life is related to cardiac risk. To overcome the diseases few of the students planned to walk regularly, few students planned for dieting and the others planned to go to gym and workout regularly.

There are many barriers that causes lack of physical activity among students. Lack of time is one of the effective barriers in engagements to physical activity due to educational and other commitments⁹. Another common identified barrier is lack of facilities¹⁰.

CONCLUSION

From the present study, we come to know that only few students are aware about physical inactivity and trying to overcome the problems related to physical inactivity. So, much awareness about physical inactivity and its effect on health should be given to young adults and students in the form of lectures and common awareness programs.

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Source of Support: Nil, **Conflict of Interest:** None.

