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Leisure time physical activity and its relationship to socio- economic status of college students

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Abstract
Background: Leisure time physical activity should be very important part of everyone's life. Benefits obtained from leisure time can help to reduce stress level and expand individual self-development from the aspect of knowledge, fitness and social interactions. There were very few studies have been conducted on leisure time physical activity among college students. The aim of the study is to find out the relationship of leisure time physical activity with Socio economic status of college male students.
Methods: The study is a survey study. The sample consists of 1000 male students. The convenient sampling method is used to select the participants. Moreover, the tool used is leisure time physical activity and socio economic status questionnaire.
Results: Results of the study indicated that Leisure time physical activity and socio-economic status has positive and significant correlation. Higher socio-economic status students spent more time in leisure time physical activities.
Conclusion: Hence, we concluded that the Leisure time physical activity increased with increase of socio-economic status. Every student should take interest in physical activity during their free time for good health.

Keywords: Leisure time physical activity, socio economic status

Introduction

Generally, every individual will allocate most of the daytime for work; study since early in the morning up to until the afternoon. The remaining time can be categorized into time for other activities which can be classified as leisure time. Effective time management includes leisure time. Leisure time is completely individual dependent. Individual who understands what leisure time is, will realize the effect of leisure time on the quality of life. Individual who is living life without leisure time is considered abnormal and unbalanced. Benefits obtained from leisure time can help to reduce stress level and expand individual self-development from the aspect of knowledge, fitness and social interactions. The association between physical activity and health is well known; active individuals present a lower likelihood of developing several chronic diseases, and exercise is also recommended in the treatment of some diseases (World Health Organization 2004; U.S Department of Health and Human Services 1996). Very few studies have paid attention to the role of leisure-time physical activity; most have concentrated on physical activity organized in colleges, although leisure-time physical activity may better reflect voluntary behaviour than compulsory, college -based physical activity. Leisure-time physical activity also shows greater variation than college-based activities since the latter does not necessarily reflect the wishes and/or inherent abilities of the student. However, alarming rates of sedentarism are observed both in developed (Varo *et al*. 2003) and developing countries (Monteiro *et al*. 2003) [8], in spite of several current initiatives aimed at increasing population activity level (U.S. Department of Health and Human Services 2000; Ministério da Saude 2002) [6]. Recently, Bucksch & Schlicht (2006) [1] reviewed the literature on how much physical activity is enough to prevent detrimental health effects. It was concluded that sedentary men and women can decrease the risk of a whole spectrum of diseases by following current guidelines of 30 minutes of moderate-intensity activities per day on most days of the week. Mohammad *et al*. (2013) [7] purpose of the present study was to investigate physical activity by socioeconomic status (SES) and sex in an Iranian adult population.

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In a cross-sectional study, 6622 adults, who participated in the Isfahan Healthy Heart program (IHHP) surveys in 2004 and 2005 and were living in urban areas, were studied. The study concluded that Leisure time physical activity of men and women were significantly higher in higher SES levels. Michael et al. (2002) [5] was concluded that Males reported greater average daily energy expenditure, time spent in moderate activity and time spent in vigorous activity than females and the physical activity levels of older children, females and children from low socio economic status groups may be a cause for concern. Pomerleau et al. (1997) [9] concluded that studied the data from 1990 Ontario health survey to investigate the association of socio economic status with the likelihood of meeting current recommendations for four health behaviors (smoking, fat intake, alcohol consumption, and physical activity level) in adults living in Ontario (Canada). Winkleby, et al. (1992) [10] also concluded higher education may be the best SES predictor of good health. The present study also supports those studies. The aim of this study was to explore the relationship of leisure time physical activity with Socio economic status of male non Physical Education students.

Rationale of the Study

College life is the most enjoyable time as well as time for psychosocial and physical development in every person. Because of tight schedules, the new atmosphere in colleges, exams, inter personal relation with teachers and fellow students, during this time students are facing problem for leisure time and lack of interest in studies. So, it is very important to check the relation of leisure time physical activity to socio economic status. Hence, in this study, the researcher is attempting to trace out this information.

Methodology

The study was a descriptive and survey method study. The sample consists of 1000 government and private college students (500) having physical education as their subject in their graduation and (500) not having physical education as their subject in their graduation aged between 17 to 25 years were examined. The convenient sampling method was used for selecting of the subjects. Moreover, the tool used for data collection was The Godin Leisure time exercise questionnaire for leisure time physical activity score and Socio economic status scale by Aggarwal et al. for socio-economic status. The Godin Leisure time exercise questionnaire developed by Godin and Shephard (1985. This test has 2 items which measure leisure time physical activity and socio economic status scale developed by Aggarwal et al. (2005). This test has 22 items which measure Socio economic status. Both of these tests are reliable and valid tests. Before proceeding to the data collection, the consent of subjects was taken, the rapport was established to make them comfortable. The researcher introduced himself and explained the purpose of his research to students. Then researcher circulated the copies of questionnaires to students. Subjects were instructed to go through the instructions written in the questionnaires before answering the questions. After data collection, scoring of the responses was done according to the scoring procedure given for each scale.

Statistical Analysis: The raw scores were statistically analyzed with help of statistical software SPSS.21 version. Frequency distribution & curves and the Pearson's product moment correlation statistical tools used to establish the objectives of the study.
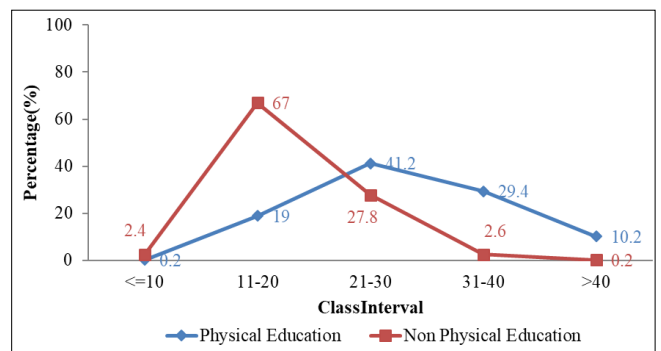
Results and Discussion

Table 1: Frequency distribution of Leisure time physical activity among Male physical education and Non-physical education students.

Class Interval	Physical Education		Non Physical Education	
	Frequency	Percent	Frequency	Percent
>10	1	0.2	12	2.4
11-20	95	19	335	67
21-30	206	41.2	139	27.8
31-40	147	29.4	13	2.6
<40	51	10.2	1	0.2
Total	500	100	500	100

Table 1: represents the Frequency distribution of Leisure time physical activity among Male physical education and non-physical education students.

Physical education students: - Maximum scores were found between class interval 21-30 and 31-40 and minimum score was found class interval less than 10 respectively.

Non physical education: - Maximum scores were found between class interval 11-20 and 21-30 and minimum score was found class interval more than 40 respectively.

Fig 1: Showing the frequency distribution of Leisure time physical activity among Male physical education and Non-physical education students
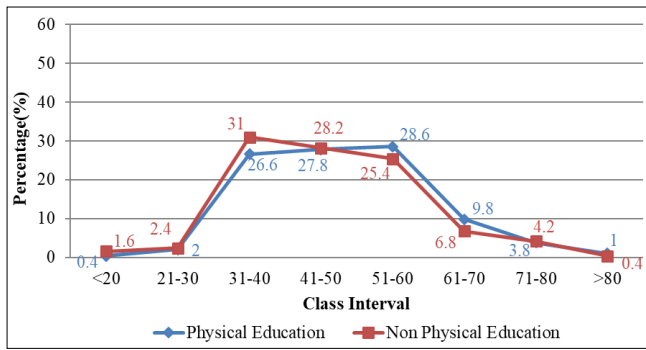
Table 2: Frequency distribution of Socio-economic status among Male physical education and Non-physical education students.

Class Interval	Physical Education		Non Physical Education	
	Frequency	Percent	Frequency	Percent
>20	2	0.4	8	1.6
21-30	10	2	12	2.4
31-40	133	26.6	155	31
41-50	139	27.8	141	28.2
51-60	143	28.6	127	25.4
61-70	49	9.8	34	6.8
71-80	19	3.8	21	4.2
<80	5	1	2	0.4
Total	500	100	500	100

Table 2: represents the Frequency distribution of Socio-economic status among Male physical education and non-physical education students.

Physical education students: - Maximum scores were found between class interval 41-50 and 51-60 and minimum score was found class interval less than 20 respectively.

Non physical education: - Maximum scores were found between class interval 31-40 and 41-50 and minimum score was found class interval more than 80 respectively.

Fig 2: Showing the frequency distribution of Socio-economic status among Male physical education and Non-physical education students.

Table 3: Correlation between Leisure time physical activity and socio-economic status of Male physical education and non- physical education students

	Leisure time Physical Activity	Socio-Economic Status
Pearson Correlation	1	0.07*
p value		0.03
N	1000	1000

When Leisure time physical activity correlated with socio-economic status, positive and significant correlation ($r = 0.07$, $p<0.05$) was observed at 0.05 level of significance. Hence, there is significant relationship of Leisure time physical activity and socio-economic status of Male physical education and non- physical education students. Hence, we concluded that the Leisure time physical activity increased with increase of socio-economic status.

Earlier Studies conducted on leisure time physical activity and socio-economic status i.e. Mohammad *et al*. (2013) [7] concluded that Leisure time physical activity of men and women were significantly higher in higher SES levels. Michael *et al*. (2002) [5] was concluded that Males reported greater average daily energy expenditure, time spent in moderate activity and time spent in vigorous activity than females and the physical activity levels of older children, females and children from low socio economic status groups may be a cause for concern. Pomerleau *et al*. (1997) [9] and Winkleby, *et al*. (1992) [10] also concluded higher education may be the best SES predictor of good health. These studies also support present study.

Conclusion

Student life especially college life is a very important time period for the students. They are undergoing through adolescent age, physically getting mature. They have to manage study, to complete their assignments, to participate in various programs in the college, and after college they have leisure time to spend. Physical activity promotes intelligence and brain development. From the result of this study, it was found that low socio-economic status students have low leisure time physical activity. So, it is very important that Government policies should more focus on planning leisure time physical activities for lower socio economic status students. At college level management can give more opportunity in terms of knowledge to the student so they can take advantage of their leisure time in constructive manner. The future research should focus on interventions that help to overcoming these problems.

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