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A study of awareness about health and physical fitness among J & K female youth

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Abstract

The purpose of the study was to identify the awareness about health and physical fitness among J & K Youth. For this study, total 200 (N = 200) female subjects were selected from J & K universities. For this purpose questionnaire was developed by the research scholar with the help of guide and experts of this field. The data was collected from the students with the help of questionnaire. After analysing the collected data, it is found that there is much awareness about health and physical fitness Among J & K Youth. The level of significance 0.05 was set.

Keywords: Health awareness, physical fitness, J & K youth

1.1 Introduction

Healthy body weight as well as an ability to perform physical activities without tiring easily. Specific fitness is the opposite of this form of fitness. It refers to how well a person is able to master specific levels in a sport. Physical fitness is a basic state of wellness and well-being and, extra especially, the capacity to perform aspects of sports, occupations and day-to-day movements. Physical fitness is customarily completed by means of proper nutrition, average-vigorous physical recreation, physical awareness, and sufficient rest. It is examined that the improvement of common health by means of physical awareness to expand physically recreation and recreation adherence. Awareness about Physical activity can also reduce the risk of injuries, as well as improve physical fitness, weight management, cognitive function, and quality of life. Despite having knowledge about physical health, Pakistani people still not meeting the recommended level of physical activity. Many people who move to ground are active enough to take part in vibration, but unconscious about the real motive behind physical activity. Unawareness leads them to the chronic disorder and imbalance. Miss perception of physical activity putting them at risk. We call them active by default not by their part in Exercising. People with understanding of low level activity are healthier than unaware physical active masses. It is complex and multi-dimensional behaviour which is not easy to access. Knowing your physique, problem, benefit and the atmosphere, etc., are prerequisites for specified sports. Awareness is the first step for advice.

1.2 Statement of the problem

The statement of the problem was, "A study of Awareness about Health and Physical Fitness among J&K Youth."

1.3 Delimitation of study

- The study was delimited to the students of J & K universities students only.
- The study was delimited to 18 and 25 years students only.
- The study was delimited to Female students only.
- The study was delimited to self-mode inventory.
- The study was delimited to 200 students only.

1.4 Hypothesis

It is hypothesized that the J & K Youth may be much aware about their health and physical

fitness.

1.5 Objective of the study

The main purpose of the study was to find out the awareness about health and physical fitness Among J&K Youth.

1.6 Scope of study

- The study was come to know that about health and physical fitness Among JK Youth.
- The research was helping the JK authorities to know their health and physical fitness standard among JK Youth.
- The present research presumes important contribution in the games and sports
- ‘Through the study will come to know knowledge about health and physical fitness Among J & K Youth.

1.7 Significance of the study

1. The study will help the students to know their health and physical fitness.
2. The research will help the college authorities to know their students health and physical fitness standard.
3. The present research presumes important contribution in the games and sports.

2.0 Methodology

The purpose of the study was to identify the Awareness about health and physical fitness Among J & K universities students only. Following procedure was adopted for this study.

2.1 Selection of sample

The sample was randomly selected from the J&K Universities students. The 200 students were selected for this study. This study was carried out on both male and female students.

2.2 Tools of the study

The data was collected by the means of questionnaire prepared by the research scholar with the help of mentioned items in order to collect relevant information from University students of Jammu and Kashmir regarding their awareness

about health and physical fitness.

2.3 Administration of questionnaire

After the formulation of questionnaire the research scholar took the permission of the guide and make arrangement to meet the students. Any queries by them concerning the questionnaire were solved immediately at the time on the sport. The students were advised that there was no time limit to fill-up the questionnaire, but try to finish as early as possible.

2.4 Analysis and interpretation of data

Q.no. 1 - Do you eat food high in fibre on daily basis e.g. pilkses, bread, rice etc.?

Table 1: Showing the yes and no response for question no. 1

Yes%	No%
63.33%	36.66%

Q.no. 2 - Do you limit your intake saturated fats e.g. butter, cream and fatty meat?

Table 2: Showing the yes and no response for question no. 2

Yes%	No%
60%	40%

Q.no. 3 - Do you take regular breakfast?

Table 3: Showing the yes and no response for question no 3

Yes%	No%
75%	25%

Q.no. 4 - Do you drink adequate amount of water?

Table 4: Showing the yes and no response for question no. 4

Yes%	No%
80%	20%

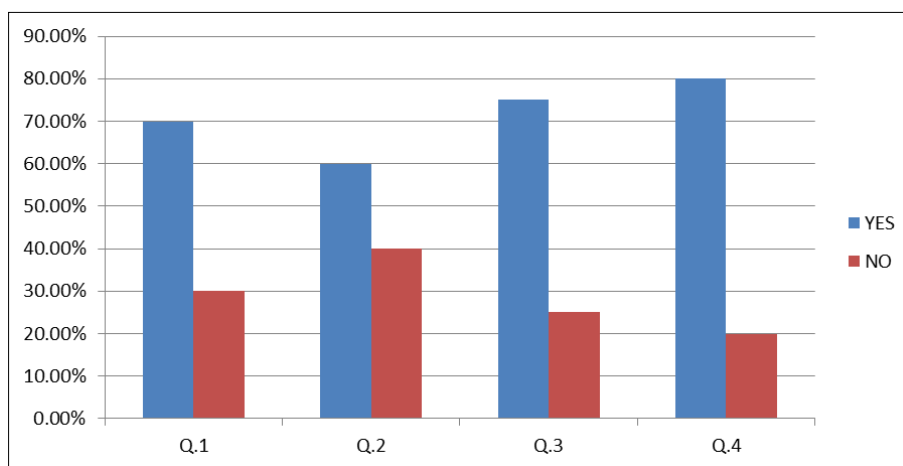


Fig 1: Graphical representation of all four questions in which blue colour shows yes and red colour shows no

Q.no. 5 - Do you know the benefits of exercise?

Table 5: Showing the yes and no response for question no. 5

Yes%	No%
100%	0%

Q.no. 6 - Do you think that daily exercise is good for health?

Table 6: Showing the yes and no response for question no. 6

Yes%	No%
100%	0%

Q.no. 7 - Do you take regular exercise?

Table 7: Showing the yes and no response for question no. 7

Yes%	No%
94.33%	5.67%

Q.no. 8 - Do you think exercise is a medium to reduce stress?

Table 8: Showing the yes and no response for question no. 8

Yes%	No%
90%	10%

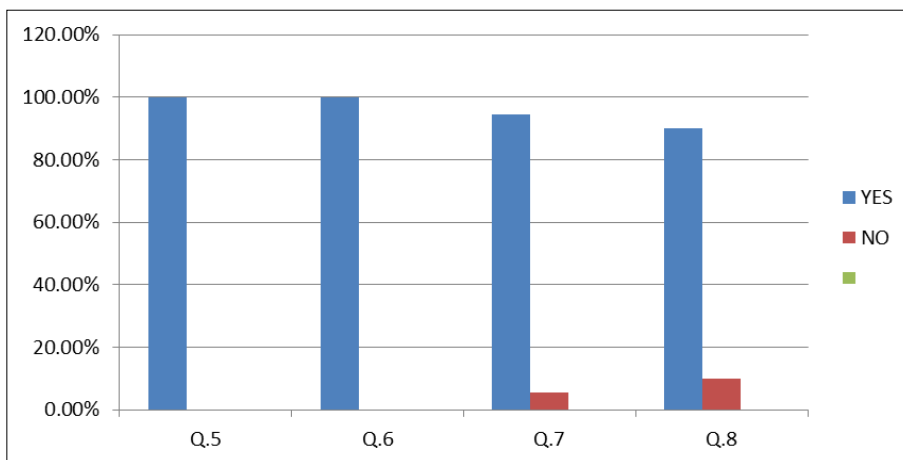


Fig 2: Graphical representation of all four questions in which blue colour shows yes and red colour shows no

Q.no. 9 - Does your parents allow you to participate in sports activities?

Table 9: Showing the yes and no response for question no. 9

Yes%	No%
100%	0%

Q.no. 10 - Do you play sports (games) regularly?

Table 10: Showing the yes and no response for question no. 10

Yes%	No%
98.33%	1.66%

Q.no. 11 - Do you think sports help to reduce stress (improve mental health)?

Table 11: Showing the yes and no response for question no. 11

Yes%	No%
100%	0%

Q.no. 12 - Do you think sports activities has a role to play in improving the health status?

Table 12: Showing the yes and no response for question no. 12

Yes%	No%
100%	0%

Q.no. 13 - One should exercise regularly for own good health and physical fitness?

Table 13: Showing the yes and no response for question no. 13

Yes%	No%
96.67%	3.33%

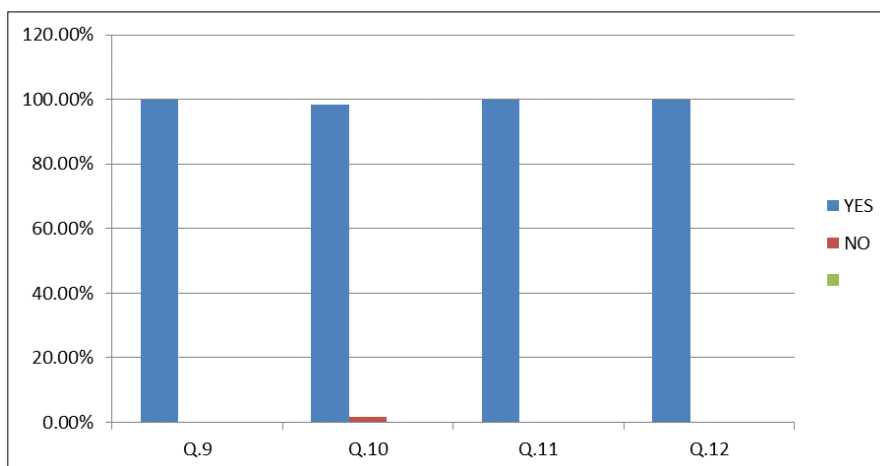


Fig 3: Graphical representation of all next four questions in which blue colour shows yes and red colour shows no.

Q.no. 14 - Do you smoke?

Table 14: Showing the yes and no response for question no. 14

Yes%	No%
100%	0%

Q.no. 15 - If yes, you are a regular smoker?

Table 15: Showing the yes and no response for question no. 15

Yes%	No%
13.33%	86.67%

Q.no. 16 - Do you know the effect of smoking?

Table 16: Showing the yes and no response for question no. 16

Yes%	No%
96.67%	3.33%

Q.no. 17 - Do you consume alcohol?

Table 17: Showing the yes and no response for question no. 17

Yes%	No%
6.67%	93.33%

Q.no. 18 - Do you consume alcohol regularly?

Table 18: Showing the yes and no response for question no. 18

Yes%	No%
5.67%	94.33%

Q.no. 19 - Do you take rest after doing exercise?

Table 19: Showing the yes and no response for question no. 19

Yes%	No%
96.67%	3.33%

Q.no. 20 - Do you think that rest after exercise will restore your energy?

Table 20: Showing the yes and no response for question no. 20

Yes%	No%
96.67%	3.33%

Q.no. 21 - Do you know the importance of fitness?

Table 21: Showing the yes and no response for question no. 21

Yes%	No%
100%	0%

Q.no. 22 - Do you know the exercise improve the physical fitness?

Table 22: Showing the yes and no response for question no. 22

Yes%	No%
100%	0%

Q.no. 23 - Do you think good habits can improve your performance?

Table 23: Showing the yes and no response for question no. 23

Yes%	No%
93.33%	6.67%

Q.no. 24 - Do you agree that excessive exercise effect your fitness?

Table 24: Showing the yes and no response for question no. 24

Yes%	No%
86.67%	13.33%

Q.no. 25- Can injuries affect your performance?

Table 25: Showing the yes and no response for question no. 25

Yes%	No%
100%	0%

Q.no. 26 - Aspires to get excellent results in all competitions?

Table 26: Showing the yes and no response for question no. 26

Yes%	No%
100%	0%

3. Discussion of findings

The purpose of the Investigation was to identify the awareness about health and physical fitness of J & K Youth. From the table 1 to 30 has been seen that there is much awareness about health and physical fitness among the J & K Youth.

3.1 Discussion of hypothesis

In the beginning it was hypothesized that there will be much aware about health and physical fitness among JK Youth. After the analysis of the data it is revealed that there is much awareness among JK Youth. Thus the hypothesis of the research scholar has been accepted in this case.

4. Conclusion

In the light of result of this study following conclusions were drawn:

- The overall awareness about health and physical fitness Among JK Youth is good..
- The students have better knowledge about diet.
- The students have better knowledge about exercise plans. The students were aware about
- sanitation
- The students have a positive attitude towards health and physical fitness.
- In nut shell that the awareness about health and physical fitness Among J&K Youth is better.

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