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Sarita Devi

Research Scholar, Department of
Physical Education, Panjab
University, Chandigarh, India

Dr. Thingnam Nandalal Singh

Professor, Department of
Physical Education, Panjab
University Chandigarh, India

A study of physical activity and barrier to being active between working and non-working women of Chandigarh

Sarita Devi and Dr. Thingnam Nandalal Singh

Abstract

The main purpose of the study was to compare the physical activity and barrier to being active between working and non-working women of Chandigarh. To achieve the objective of the study, three hundred (N=300) working women and three hundred (N=300) non-working women between 18 to 40 years were selected conveniently and purposely. Physical Activity was measured by using “Physical Activity Index” developed by Mayfield, Personal Nutrition Development, USA (2006). To measure Physical Activity Barrier, “Barriers to Being Active Quiz (BBAQ-21)” constructed by United States Development of Health and Human Service (USDHHS, 1999) was used. To determine the significant difference between the mean scores of working women and non-working women on physical activity and barrier to being active, ‘t’ test was employed with the help of SPSS software. The level of significance was set at 0.05. Results of the study revealed that there were no significant differences obtained between working and non-working women of Chandigarh on the variables of physical activity and barrier to being active.

Keywords: Physical activity, barrier, working women, non- working women

Introduction

Traditional society of India did not mark women as an individual with identity and rights; she was just considered as only a member of family without giving any rights. Women were liable to take care for the wellbeing of children. She was considered as a custodian of the family. She had to teach cultural values and heritage to the children at home. Woman was considered second rate citizen in the male dominated social order (Singh, 1990) [4]. Health and wellness continues to convey different meaning to different people – depending on their life style, ailments, and health priorities. Health includes seven multi-dimensions or component parts of human life all interacting in synergistic way, a loss to assume higher levels of functioning that can be too more productive and satisfying life. Physical health refers to the overall condition of the organ system of the body (cardiovascular, respiratory, skeletal, muscular, digestive, nervous, endocrine, immune, reproductive, urinary, and integumentary).

Physical activity is bodily movement of any type, any recreational, fitness and sport activities such as jumping rope, jogging, running, yoga, playing soccer and lifting weights or any daily activities such as walking to the store, taking the stairs instead of lifts etc. Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. If regular participation in low to moderate intensity physical activity for 30 min on most day of the week provides significant health benefit. Physical activity and health are interconnected. You cannot have good health without being physically active. If you are regular participation in physical activity program provides many health benefits, inoculating the prevention of hypokinetic diseases. Physical activity improves the function of the heart, lungs, muscles and bones leading to better health and lowered risk for injury. Being active has also been shown to improve immune function, decreasing the likelihood of catching colds and allowing you to recover faster. Recent evidence indicates that physical activity is an important factor in the health of women.

Corresponding Author:

Sarita Devi

Research Scholar, Department of
Physical Education, Panjab
University, Chandigarh, India

Activity increases bone mass and reduces the risk for osteoporosis. Lifetime physical activity appears to reduce the risk of colon cancer and breast cancer in women also (Thomas & Kotecki, 2007) [5]. Regular physical activity may also benefit communities and economies through increased productivity in the workplace, lower worker absenteeism and turnover, better performing schools. Regular physical activity can help keep you thinking learning and judgment skills sharp as you steep better. Research has shown that doing aerobics or a mix of aerobic and muscle strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial (Kamlesh, 1990) [1].

Methods and Procedure

The objective of the present study was to compare the physical activity and barrier to being active between working and non-working women of Chandigarh. To achieve the objectives of the study, three hundred (N=300) working women and three hundred (N=300) non-working women

between 18 to 40 years were selected conveniently and purposely. Physical Activity was measured by using “Physical Activity Index” developed by Mayfield, Personal Nutrition Development, USA (2006) [8]. To measure Physical Activity Barrier, “Barriers to Being Active Quiz (BBAQ-21)” constructed by United States Development of Health and Human Service (USDHHS, 2008) [7] was used. In order to examine the hypothesis of the present study Mean, SD and Independent sample ‘t’ test were applied to compare the mean scores of working women and non-working women of Chandigarh on the variables of physical activity and barrier to being active. The level of significance was set at 0.05.

Results and Discussion

The comparison among working and non-working women of Chandigarh on the physical activity and barrier to being active were statistically analysed using ‘t’ test. The comparison between working women and non-working women of Chandigarh on the variable of physical activity is presented in table 1.

Table-1: Descriptive and Comparative Statistics of Working and Non-Working Women of Chandigarh on Physical Activity

Variable	Group	N	Mean	SD	t-value	df	Sig.
Physical activity	Working	300	20.88	25.627	1.186	598	.236
	Non-Working	300	18.32	27.275			

*Significant at 0.05 level
 ‘t’.05 (598) = 1.96

Table-1 shows that the mean ±SD of working women and non-working women of Chandigarh on Physical Activity (20.88±25.627 and 18.32±27.275). No significant difference was obtained between working and non-working women of Chandigarh on the variable of barrier to being active (t=1.186) as obtained p-value (.236) is greater than 0.05. The finding of

the study showed that there was no significant difference between working women and non-working women of Chandigarh on the variable of physical activity. Mean scores of working women and non-working women of Chandigarh on physical activity are graphically depicted in figure-1.

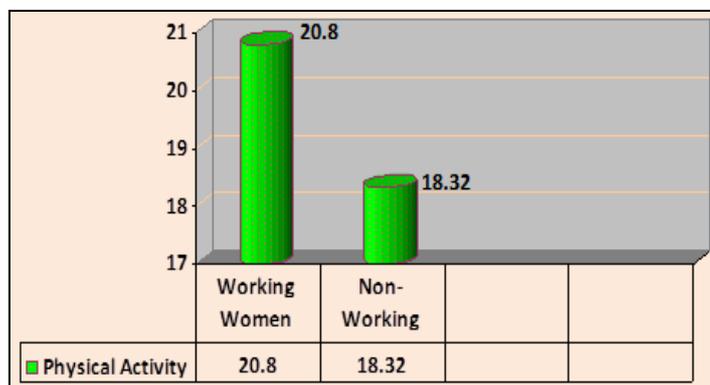


Fig 1: Graphical Representation of mean value of Working and Non-Working Women of Chandigarh on Physical Activity

The comparison between working and non-working women of Chandigarh on variable of Barrier to Being Active index is

presented in table 2.

Table 2: Descriptive and Comparative Statistics of Working and Non-Working of Chandigarh on Barrier to Being Active

Variable	Group	N	Mean	SD	t-value	df	Sig.
Barrier to Being Active	Working	300	26.62	11.772	1.579	598	.115
	Non-Working	300	28.15	11.966			

*Significant at 0.05 level
 ‘t’.05 (598) = 1.96

It can be ascertained from table-2 that working women had mean score 26.62 with S.D=11.772 and non-working women had mean score 28.15 with S.D=11.966. No significant difference was obtained between working women and non-

working women of Chandigarh on the variable of barrier to being active (t=1.579) as obtained p-value (.115) is greater than 0.05. The finding of the study showed that there was no significant difference between working women and non-

working women of Chandigarh on the variable of barrier to being active.

Mean scores of working women and non-working women of Chandigarh on Barrier to Being Active are graphically depicted in figure-2.

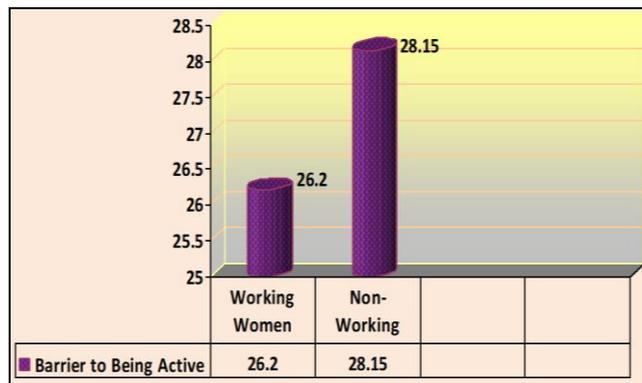


Fig 2: Graphical Representation of mean value of Working and Non-Working Women of Chandigarh on Barrier to Being Active

Conclusion

On the basis of the findings of the study, the following conclusions were framed:

- No significant difference was obtained between working women and non-working women of Chandigarh on the variable of physical activity.
- No significant difference was found between working women and non-working women of Chandigarh on the variable of barrier to being active.

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