

INTERNATIONAL RESEARCH FELLOWS ASSOCIATION'S
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Chief Editor -

Dr. Dhanraj T. Dhangar,
Assist. Prof. (Marathi)
MGV's Arts & Commerce College,
Yeola, Dist - Nashik [M.S.] INDIA

Executive Editors :

Dr. Kamalakar Gaikwad (Guest Editor, English)
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A Comparative Study of Physical Activity Level & Dietary Habits between Rural & Urban School Children from Ahmednagar district

Mr. Raju D. Mhetre (Research Scholar)

Department of Physical Education
Savitribai Phule Pune University, Pune (MH)

Dr. Deepak Shendkar (Director of Phy. Edu.)

Modern College of Arts, Science
& Commerce, Ganeshkhind Pune (MH)

Abstract:

Adolescent is the stage where lifestyle are formed and established & which are relatively stable throughout the life, unhealthy lifestyle increase the risk of becoming obese during later stages of life which in turn increase the risk of causing lifestyle disease. Lifestyle differs among country to country, state to state and within a state area to area so researcher wants to compare the physical activity and dietary habits between urban and rural school children aged between 14 to 16 years from Ahmednagar. For the present study 10 boys students from rural area and similarly 10 boys students from urban area were selected using purposive sampling method. Teens lifestyle Questionnaire (PA and dietary habits) developed by M.Al-Hazzaa, et.al (1997) containing 34 items was administered on these children. The above groups were compared using independent sample t-test. The analysis of comparison between rural male and urban male there is no significant difference in moderate physical activity however there is significant difference in moderate to vigorous activity. While comparing between rural and urban school children there is no significant difference in moderate physical activity and there is significant difference in moderate to vigorous physical activity. In case of dietary habits comparison between rural boys and urban boys, urban boys were found better in consumption of healthy items and also in restricting unhealthy items in the meals compared to rural boys and while comparing only rural and urban school children, urban school children were better in consumption of healthy food items and rural school children were better in restricting unhealthy items in the meal. Hence it was concluded that difference was found in PA level between rural and urban school children and in case of dietary habits urban children consumption of healthy items were better compared to that of rural children. However rural children were better in restricting unhealthy items in the meal compared to that of urban school children.

Keywords: Physical Activity, Dietary Habits, & Moderate-Vigorous Physical Activity.

Introduction:

In our history we were more concern about communicable disease till we understand that much of our health diseases can be caused by choices peoples makes in their day to day life. Non communicable disease is defined as disease of long duration generally slow progression and major cause of adult mortality and morbidity worldwide (WHO, 2005). The major Non communicable disease is cardiovascular diseases (including heart diseases & stroke), Diabetes, Cancer & chronic respiratory diseases (including chronic obstructive pulmonary disease & asthma).obesity is the main cause of lifestyle disease.

This rapidly growing epidemic of non-communicable diseases is responsible for 60% of the world's deaths. In India also, the situation of lifestyle diseases is quite alarming. The disease profile is changing rapidly. The World Health Organization has identified India as one of the nations that is going to have most of the lifestyle disorders in the near future already considered the diabetic capital of the world.

Benefits of Physical Activity:

The benefits of physical activity extend to all age group, all ethnic group studied so far and both man and women. Let us look preventive benefits of physical activity individually.

- ✓ Humans have a natural life span clearly varies from person to person. Regular physical activity is not believed to extend natural life.
- ✓ This improves your heart's ability to pump blood to your lungs and throughout your body.
- ✓ The diabetes prevention project study of people with abnormal glucose tolerance, regular physical activity reduced risk of advancing to diabetes by percent.
- ✓ Studies report that regular physical activity and greater aerobic fitness do not entirely prevent this weight gain but do reduce it and thereby reduce a person's risk of reaching a BMI of 30.
- ✓ Regular physical activity reduces risk and symptoms of depression in humans & other mental health benefit of physical activity are improved quality of sleep.

Benefits of Healthy dietary habits:

The risk factors for adult chronic diseases, like hypertension and diabetes, are increasingly seen in younger ages, often a result of unhealthy eating habits and increased weight gain. Dietary habits established in childhood often carry into adulthood, so teaching children how to eat healthy at a young age will help them stay healthy throughout their life.

Material and Method:

Sample :

Present study 10 boys students from rural area and similarly 10 boys students from urban areas aged between 14 to 16 years from Nutan High School Karjat, Ahmednagar (Rural), and Khemanand School Ahmednagar (Urban) were selected using purposive sampling technique. All the subjects, after having been informed about the objective and protocol of the study was give their consent and volunteered to participate in this study.

Selection of Tools:

The teen's lifestyle research questionnaire (Physical activity & Dietary habits) developed by M.Al-Hazzaa, et.al (1997) was administered on these children. The TLS research instrument used for the collection of lifestyle information (physical activity and dietary habits) consist of 34 items. Items 1 to 24 dealt with physical activity. Items 25 to 34 were specific questions on dietary habits. TLS self-reported questionnaire were used to assess the level of physical activity of young children. The questionnaire was so designed that it measured frequency, duration, intensity of light, moderate, & vigorous intensity of physical activity during the week.

Moderate intensity physical activity includes normal pace walking, brisk walking recreational swimming, household activities & moderate intensity recreational sports, each of this value given METs value differently according to their intensity. A moderate intensity recreational sport (METs value 4) includes volleyball, badminton, table tennis, cricket, Kabaddi etc. Household activities were given (METs value 3) because it include some which require less than 3 met such as washing dishes, cleaning the bathroom, cooking ironing were given 2.5, 2.5, 2.5, & 2.3 respectively as well as other more than 3 METs such as car washing, gardening were given 3.5 METs. Slow walking, Normal Pace walking, brisk walking were given 2.8, 3.5 & 4.5 METs respectively.

Moderate-Vigorous intensity physical activity includes stair climbing, jogging, running, cycling, self-defense, weight training, & vigorous sports such as football, basketball, handball, kho-kho, athletics etc. They assigned met value 8. To assess the physical activity we calculated total METs min per weak & total met min per week of moderate intensity and vigorous intensity of physical activity.

TLS questionnaire include 10 separate specific questions for dietary habits that were designed to assess in a weak. It includes such questions as how many times per week do they

consume healthy food items such as having breakfast, eating vegetables, fruits & milk & restricting unhealthy food items in the meal such as eating cakes, chocolate, energy drink, sugary drink & French fries etc. Student had a choice of answer ranging between 0 to 7 days per week. Dietary habits were determined as healthy and unhealthy. Cutoff points for consumption healthy food items in the meal were 7 & cut off point for restricting unhealthy food items in the meal were upto 3 days per week, who exceeded 3 days per week, were considered unhealthy dietary habits.

Procedure of the study:

A study followed a descriptive survey method where TLS questionnaire was used to collect data. The researcher approached the physical education teacher and principal of Nutan High School Karjat, Ahmednagar (Rural), and Khemanand School Ahmednagar (Urban) for seeking permissions for collection of data on 9th standard boys aged between 14 to 16 years. After getting the permission from both schools, Questionnaire was administered on 10 male students from Nutan High School Karjat, Ahmednagar (Rural) & also on 10 male students from Khemanand School Ahmednagar (Urban). Before responding to questionnaire each and every question was explained meaningfully to students & they did not find any difficulty while answering the questions. The students took between 30 to 35 minutes to complete the questionnaire.

Results of the study:

The results pertaining to significant difference between boys rural & urban schools students were assessed using the Independent sample 't' test & the results are presented in table 1

Analysis of physical activity level

Table no 1
Descriptive Statistics of Rural & Urban Boys Schools Students in Ahmednagar

Group	Area	N	Mean	STD	SEM
Moderate physical activity	Rural Boys	10	2751.21	1389.431	253.67
	Urban Boys	10	2676.70	1981.65	361.79
Moderate-vigorous physical activity	Rural male	10	1612.80	1505.46	274.85
	Urban Boys	10	3841.86	3427.38	625.75

Table no. 1 gives descriptive statistics of moderate physical activity & moderate-vigorous physical activity for rural and urban area. When score of moderate physical activity level of rural area for 10 students was analyzed it shows that their mean performance was 2751.21 with S.D 1389.43 and SEM was 253.67. When score of moderate physical activity level of urban area for 10 students was analyzed, it shows that their mean performance was 2676.70 with S.D 1981.65 and SEM was 361.79. Similarly when score of moderate to vigorous physical activity level of rural area for 10 students was analyzed it shows that their mean performance was 1612.80 with S.D 1505.46 and SEM was 274.85. When score of moderate-vigorous physical activity of urban area for 10 students was analyzed it shows that their mean performance was 3841.86 with S.D 3427.38 and SEM was 625.75.

Table no 2
Inferential Statistics of Rural & Urban Boys Schools Students in Ahmednagar

Levene's Test for Equality of Variances			t-test for Equality of Means				
Intensity	Variance	F	Sig.	t-value	Df	Sig.(2-tailed)	Mean Difference
Moderate physical activity	Equal variances assumed	4.739	0.03	-0.16	18	0.86	-74.51
	Equal variances not assumed			-0.16	15.77	0.86	-74.51
Moderate Vigorous Physical activity	Equal variances assumed	12.312	0.00	3.26	18	0.00	2229.06
	Equal variances not assumed			3.26	16.82	0.00	2229.06

Table no. 2 shows Levene's Test for Equality of Variances of moderate physical activity level and moderate to vigorous physical activity. In the table 2 comparisons was done between rural and urban school children. In case of moderate physical activity level the calculated F value was 4.73 which shows equal variance is not assumed. On comparing mean performance of moderate physical activity level for urban and rural school children the computed mean difference was 74.51. The calculated T value was 0.16 for df 15.77 which shows no significant difference at 0.05 level of significance. Hence we reject we failed to reject null hypothesis and we reject research hypothesis. Similarly in case of moderate-vigorous physical activity the calculated F value was 12.31 which is not assumed. On comparing mean performance of moderate-vigorous physical activity for urban and rural school children the computed mean difference was 2229.06. The calculated T value was 3.26 for df 16.82 which shows there is a significant difference at 0.05 level of significance. Hence we reject null hypothesis and we accept research hypothesis.

Analysis of Patterns of dietary habits

Dietary habits consist of healthy items consumption and unhealthy items restricted in the meal. healthy items consumption include breakfast, vegetable, fruit and milk and unhealthy items restricted in the meal include sugary drink/soft drink, fast food, French fries, cakes, and biscuits, sweets and chocolate and sports drink.

Healthy items consumption cut off point = 7 days per week
 unhealthy items restricted in the meal cut off point <=3 days per week.

Figure no. 1

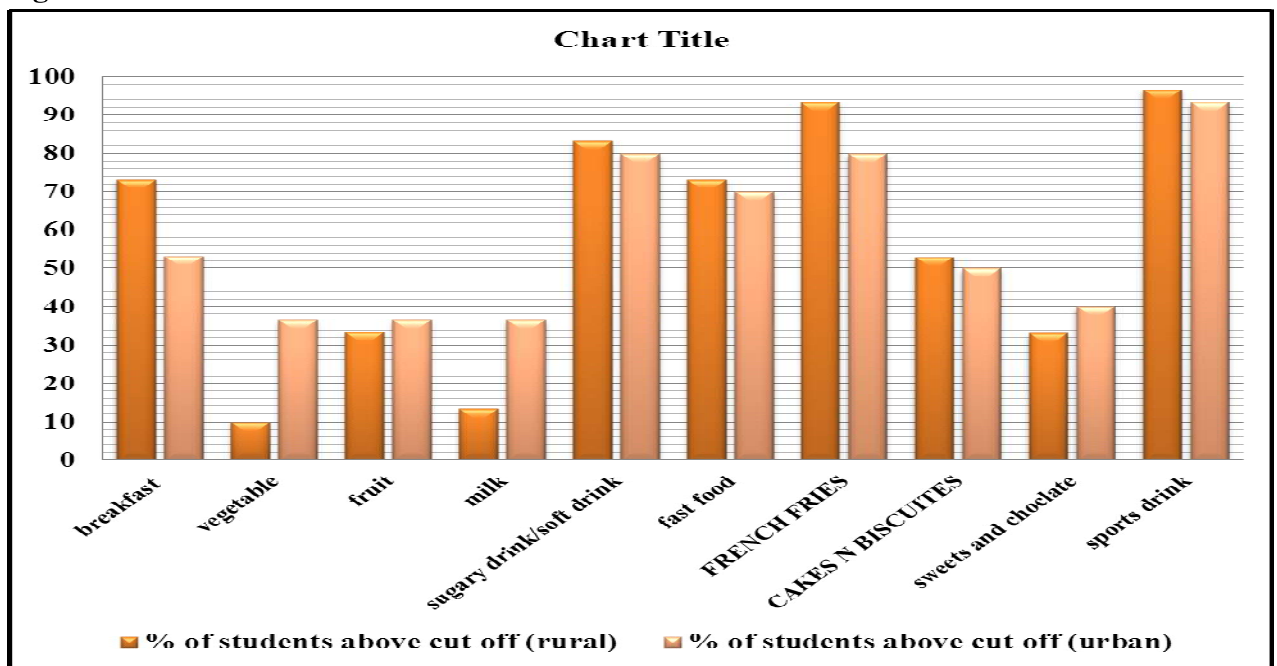


Fig 1: Compare dietary habits between rural and urban school children.

Conclusion :

On the basis of the result obtained in the study the researcher concluded. In moderate physical activity level if comparison was done taking boys and girls together between rural and urban school children than it can be seen that rural school children activity level is higher if only boys are compared than urban boy's activity level is higher and if only girls are compared than rural girl's activity level is higher In case of moderate to vigorous physical activity if comparison was done taking boys and girls together between rural and urban school children than it can be seen that urban school children activity level is higher if only boys and only girls are compared between rural and urban school children than also urban children activity level is higher.

In case of Dietary habits if comparison was done taking boys and girls together between rural and urban school children. Urban school children reported better in healthy food items consumption and rural school children was better in restricting unhealthy food items in the meal. If only boys are compared than urban boys were better in both healthy food items consumption and restricting unhealthy food items in the meal and if only girls are compared than urban girls were better in healthy food items consumption and rural girls were better in restricting unhealthy food items in the meal.

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