SUMMARY, CONCLUSIONS AND RECOMMENDATIONS
CHAPTER – V

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Summary

The purpose of the study was to gather information about the role of health clubs in promotion of health for the Urban population. It was also one of the purposes of the study to find out the facilities and the programs of the health clubs for improving the health status of the Urban population.

In today’s scientific and mechanized society, it is nearly impossible to eliminate the health and stress related ailments. The cities of Haryana are becoming a concrete jungle and lesser and lesser places are left where people can breathe in an open environment. The modern trend of health clubs is the latest concept that has crept in the society for the upliftment of health and fitness of individual. As the concept of health clubs is becoming popular the researcher was encouraged to take up the study on these health clubs.

A survey study was taken up with the help of questionnaire and interview survey technique to obtain data. A questionnaire was formulated containing 60 items and 45 items separately for instructors and subjects. initially. These questionnaires were given to 15 experts in the field of physical education for their comments. The questionnaires were received back from the experts after modification and deletion. A final draft was made with the consultation of guide and other experts. This final draft was given personally to the subjects and the instructors containing 25 and 18 items respectively for obtaining their opinion about the role of health clubs in promotion of health. The interview method was used to obtain information about the topic from selected instructors and subjects of the health clubs.

A total number of 500 subjects were taken up for this study. 50 subjects from each city having 25-25 from two clubs from each city of Haryana (Panchkula, Ambala, Kurukshetra, Karnal, Hisar, Rohtak, Bhiwani, Narnaul, Gurgaon, Faridabad) served as the subjects of the study. Further 20 health club instructors, one each from a health club,
were selected as the object of the study. Two health clubs were surveyed by the researcher from each city for the purpose of the study. The questionnaires for the subjects were prepared in two parts, Part A and Part B. The first part of the questionnaire contained general information about the subjects and his/her health club. The second part of the questionnaire contained questions on the role and programs of the health club. The questionnaire of the instructors also had some general questions prior to the main questionnaire. The questionnaire demanded two fold responses in ‘Yes’ or ‘No’.

The interviews were conducted by the research scholar himself and all the interviews were personal. After the collection of relevant information through interviews and questionnaire methods, the responses were categorized under different heads according to the purpose of the study. The results were drawn in terms of percentages and the divergences of responses were checked with the help of chi-square analysis.

After the analysis of the role of health clubs in promotion of health of Urban population, it can be concluded that these health clubs are playing a major role in the cities of Haryana. The popularity of these units is extremely high in the people of higher economic class and is becoming popular in the other strata of the society also. The customers and the instructors of these health clubs believe that the popularity of these health clubs will be much more in years to come.

In terms of the facilities provided by these health clubs it was found that all the health clubs had the basic equipments as well as modern equipments. These health clubs also conduct various other programs like aerobic, yoga and aquatic activities which help the customers to gain physical fitness and better health.

As far as instructors of the health clubs are concerned, they were found to have some kind of qualification and training in the field prior to joining the health clubs. These trainers prepared individuals schedules for the customers and supervise their exercising programs. They were also found having knowledge of aerobic, yoga and massages, which are becoming a part and parcel of the health clubs apart from exercising with weights or machines.
Conclusion

Within the limitations of the present study, the following conclusions may be drawn:

1. Most of the subjects were in general satisfied with the facilities provided by the health clubs.

2. The subjects of health clubs believed that they were more efficient at work after joining the health club and most of them had a positive change in their physical appearance.

3. Most of the subjects opined that the health clubs gave equal returns in terms on money spent.

4. A very high percentage of subjects of the health clubs said that they feel happy after joining the health clubs and it has become a necessity for health promotion.

5. The health club subjects believed to be mentally relieved and getting a better sleep after joining the health clubs.

6. The modern concept of health club is appreciated by the people of the society.

7. The subjects were satisfied by their work out in the health clubs.

8. The instructors of the health club maintain a proper and individualized schedule programs for the subjects.

9. The instructors of the health clubs give guidance to the subjects and supervise during the workout of the subjects.

10. Though many subjects were medically checked before joining the health club but most of the health clubs did not have the provision of regular medical check ups.

11. Most of the health clubs were found not having an expert physician to meet the medical problems of the subjects as well as for any unforeseen emergency.

12. Health clubs did not organize any clinic on the health promotion which may have benefited the subjects in particular and the instructors/employers in general.
13. Some of the health clubs were found to be having yogic exercise program for health clubs.

14. A very less number of health clubs had aquatic activity program in their health clubs.

15. Some of the health clubs have the provision of massages for the relaxation of body.

16. Most of the health club subjects were in general satisfied with the facilities available to them.

17. The instructors of the health club believe that the modern concept of health club is very popular in present day scenario.

18. They also say that the health clubs will be more popular in near future.

19. A very high percentage of instructors said that the subjects joining the health clubs are mostly from affluent family.

20. The instructors also opined that the health clubs are have machines for over all fitness of the body.

21. All the machines used in the health clubs are of standard companies.

22. Though, some of the subjects of the health clubs do not follow the instructor’s instructions but there are many who follow the instructions and work accordingly.

23. The instructors also give their subjects tips on dietary habits.

24. Half of the instructors interviewed say that the boss is not very cooperative with them. Whereas all the bosses take the opinion of the instructors before buying a new equipment.

25. Some of the instructors are given some kind of training before joining the health club.

26. The instructors also say that no clinics are organized on the latest trends of health and fitness. Though most of the health clubs were found to be having some literature related with health and fitness.
27. The instructors keep a thorough record of the schedules and the health status of their subjects.

28. Most of the instructors were found to have knowledge of aerobics and massages other than the knowledge of exercises with weights and machines.

Recommendations

In the light of the conclusions drawn, the following recommendations are made:

1. The health clubs should evolve a marketing policy which may enable the middle and lower middle class of people to join the affluent class of people.

2. The provision of medical check-up should be given priority before enrolling any subjects in the health clubs.

3. There must be some kind of regular medical check-ups from time to time so that the subjects are benefited and medical emergencies could be handled by an expert in the field.

4. Every health club should have various other activities such as aquatic activity and yoga.

5. The instructors of the health clubs should be given training and knowledge of the latest trends in health and fitness.

6. Clinics should be organized from time to time on the latest trends of health and fitness. This will help the instructors and subjects to gather latest information and knowledge of new techniques.

7. A similar study may be conducted on males and females separately.

8. Other big cities of the country, which are becoming a metropolis, may be included in further place.

9. Another study could be conducted by taking a larger sample.

10. A study may also be taken up on the training programs and schedules of the health clubs.
11. A study can also be conducted exclusively on the instructors of these health clubs.

12. A comparative study could be conducted with national and international health clubs.

13. A comparative survey study may be conducted on health clubs of different regions.

14. A study on the popularity of these health clubs in different age group of people could be done.

15. A study may be conducted on the popularity of the health clubs in the Indian society.

16. State Govt. should provide more grants to health clubs for the promotion health and physical fitness, because healthy persons play a major role in the development of nation
BASIC REQUIREMENTS FOR AN IDEAL HEALTH CLUB / GYM

A. AIM TOTAL FITNESS
B. MODES/TYPES OF EXERCISE
C. COUNSELING
D. PERSONNELS AND EQUIPMENT/APPARATUS

YOGA
1. ASANAS
2. MEDITATION
3. PRANAYAMA
   ETC.

1. SELECTION
2. TRAINING
3. COMPETITIVE TRAINING

FOR HEALTHY DISEASE FREE LIFE
1. SLOW AGING
2. WELL BEING
3. EASY PASSAGE THROUGH PREGNANCY AND PARTURITION

FOR MANAGEMENT OF DISEASES
1. DIABETES MELLITUS
2. OBESITY
3. HYPERTENSION
4. CORONARY HEART DISEASE
5. ASTHMA
6. ARTHRITIS
7. OSTEOPOROSIS
8. LOWER & UPPER BACK PAIN
9. REHABILITATION FROM INJURIES
10. AGING
    ETC.

GENERAL
1. SELECTION
2. TRAINING
3. COMPETITIVE TRAINING
**B. MODES/TYPES OF EXERCISE**

- AEROBICS
  - ACTIVITIES
    - TRAINING
    - EXERCISES
  - CONDITIONING
  - EXERCISES
  - DEVELOPMENT
  - AGILITY

- STRENGTH
  - ACTIVITIES
    - TRAINING
    - EXERCISES
  - CONDITIONING
  - EXERCISES
  - DEVELOPMENT

- GENERAL
  - ACTIVITIES
    - TRAINING
    - EXERCISES
  - CONDITIONING
  - EXERCISES
  - DEVELOPMENT

- SPECIFIC
  - ACTIVITIES
    - TRAINING
    - EXERCISES
  - CONDITIONING
  - EXERCISES
  - DEVELOPMENT

- SPEED
  - ACTIVITIES
    - TRAINING
    - EXERCISES
  - CONDITIONING
  - EXERCISES
  - DEVELOPMENT

- FLEXIBILITY
  - ACTIVITIES
    - TRAINING
    - EXERCISES
  - CONDITIONING
  - EXERCISES
  - DEVELOPMENT

**C. COUNSELLING**

- PSYCHOLOGICAL COUNSELLING
- PHYSIOTHERAPY
- SPORTS COUNSELLING
- NUTRITIONAL COUNSELLING
- & REHABILITATION COUNSELLING
- 1. TALENT IDENTIFICATION
- 2. SELECTION

**REQUIREMENTS**

**EQUIPMENT**

1. EXERCISE CYCLE
2. TREADMILL
3. JOGGERS STEPPERS
4. ROWING MACHINES
5. ABDOMINAL MACHINE
6. TWISTER
7. LEG AND BENCH PRESS
8. DUMBLES
9. LOOSE WEIGHTS
10. MULTISTATION GYM
11. MEDICINE BALLS
12. DIGITAL HEART RATE & BLOOD PRESSURE MONITORS
13. SKINFOLD CALLIPRESSES
14. WEIGHING MACHINES

**PERSONNELS REQUIRED**

1. EXERCISE PHYSIOLOGIST
2. NUTRITIONIST
3. PSYCHOLOGIST
4. PHYSIOTHERAPIST
5. COACH/TRAINER
6. DOCTOR