Chapter III

PROCEDURE

In this chapter the selection of subjects, selection of tools for survey, construction of questionnaire and statistical technique that was employed is described.

Selection of Subjects

Prospective subjects were identified in the offices of Delhi, Noida, Faridabad, Gaziabad and Gurgaon. The subjects were employees of Central Govt., State Govt., Local Governing bodies, BPO's, Real Estate offices, Financial Consultant etc as they had greater chances of leading the sedentary life style. To systematize the study, subjects were grouped in two age categories as under:

a) 25 to 35 years
b) 36 to 45 years

Identification of the prospective subject was one of the very challenging tasks to proceed the investigation. In an individual office some of the employees were supposed to lead the sedentary life but at the same time some employees were leading very active life. The
scholar had personally observed that managers of same organization were leading the sedentary life style but some of their counterparts were leading active life and that way some of the subjects were quite fit while other were not so fit.

**Selection of Tools of Survey**

Survey of the subjects was done in a phased manner through questionnaire, personal interview and telephonic interview depending upon the convenience of the subjects and availability of the time. First of all the subjects (1000) were handed over the questionnaire to get their feed back and with in a fortnight 790 subject returned their filled questionnaire. Remaining subjects were persuaded to give the feedback in a week. The scholar received 80 more filled questionnaire from the subjects. Remaining 60 subjects expressed their inability to fill the questionnaire due to their hectic schedule or other reason. Later 28 subjects were interviewed telephonically and 32 subjects were interviewed personally at their offices/homes depending upon the appointments given by them.
Construction of Questionnaire

Questionnaire is one of the fundamental tools of the study. It was designed in such a way so that the target of the study could be achieved. A number of brain storming sessions were held before finalizing the questionnaire. The supervisor, subject experts and few medical experts were consulted regarding the various aspects of the questionnaire.

a) Preliminary questionnaire to ascertain the sedentariness of the subjects:

First part was designed to determine the sedentariness of the subjects, it comprised 8 questions. The idea behind drafting the preliminary questionnaire was to verify the status of the subject whether or not he/she is leading sedentary life style.

The targeted subjects were most probable sedentary subjects however few of them finally grouped out from the sedentary list.

First part of the questionnaire was the parameter of determining the sedentary life style and in extent. Some questions were also designed to assess the reason behind the sedentary life style and attitude of the subjects.
Second Part of Questionnaire:

Second part of the questionnaire comprised of 22 questions. Second part has special focus on pathological history and health awareness of the subjects. In this part special focus was given on types of health problems due to the sedentariness of the subjects, dietary habits, types of medication/treatment taken by the subjects attitude of the subjects towards the exercise, family history of the subjects regarding health expenditure pattern of the subject on the health and habit of consuming, smoking, alcohol if any by the subject.

Second part of the questionnaire was very strategic for deriving result of the study.

*Initial Writing*

In the first attempt various questions, which required either “Yes” or “No” responses were formulated and afterwards same were changed according to the recommendations of the experts.

*Trial Run*

After formulation of the questionnaire to the satisfaction of the researcher, with the inclusion of all the essential items in an organized manner, the Questionnaire were sent for trial run. The purpose of trail
run was to discover if the meaning of all statements in the questionnaire was clear and well understood by the respondents. This was also done to assess if the questions are adequate to obtain the desired information.

Rewriting

On the basis of the evaluation of the responses and considering the suggestions, the necessary changes were made in the questionnaire and it was finally formulated after obtaining the approval of the experts.

Administration of the Questionnaire

The copies of the questionnaire were distributed to the officials of govt. sector, financial sector, BPO's and high income group people those who have no time for physical activity, with the request to give correct and accurate answer. These questionnaires were sent to all respondents and were received by the researcher. Researcher personally visited some places to collect the questionnaire.
Methods Used for Collection of Data

The researcher has made personal approach to the respondents of various sector of financial departments BPO's, govt. officials and high income group. People were requested to provide the desired information. Motivational measures were applied to ensure better response. An assurance was given to keep all the received information confidential.

Statistical Technique Used for Analyzing Data

The information obtained from the responses against the questionnaire was carefully and systematically compiled for data analysis. The percentage analysis of frequencies of each statement was calculated for sedentary people.