Chapter V

SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Summary

The purpose of the study was to gather information's about the role of health clubs in promotion of health for the sedentary 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 sedentary population.

In today's scientific and mechanised society it is nearly impossible to eliminate the health and stress related ailments. The metropolitan cities 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 customers initially. These questionnaire were given to 15 experts in the field of physical education for their comments. The questionnaire 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 customers 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 informations about the topic from selected instructors and customers of the health clubs.

A total number of 400 customers 50 each from each metropolitan city namely Delhi, Mumbai, Kolkata and Chennai served as the subjects of the study. Further, 20 health club instructors one each from a health club were selected as the subject or the study. Five health clubs were surveyed by the researcher from each metropolitan city for the purpose of the study. The questionnaire for the customers were prepared in two parts, part A and Part B. The first part of the questionnaire contained general informations about the customer 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 interview were conducted by the research scholar himself and all the interviews were personal. After the collection of relevant information through interview 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 divergance 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 sedentary population it can be concluded that these health clubs are playing a major role in the metropolitan cities of India. The popularity of these units is extremely high in the higher economic class of people and is becoming popular in the other strata's of the society also. The customers and the instructors of these health clubs believe that the popularity of these health club 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 some very modern equipments. These health clubs also conduct various other
programs like aerobics, 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 supervised their exercising programs. They were also found having knowledge of aerobic, yoga and massages, which they believe are becoming a part and parcel of the health clubs apart from exercising with weights or machines.

**Conclusions**

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

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

2. The customers 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 customers opined that the health clubs gave equal returns in terms on money spent.
4. A very high percentage of customers 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 customers 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 health clubs are not the best place for maintaining fitness but is one of the most important and easily approachable place for maintaining health and fitness according to the customers.

8. The customers were satisfied by their work out in the health clubs.

9. The instructors of the health club maintain a proper and individualised schedule programs for the customers.

10. The instructors of the health clubs give guidance to the customers and supervise during the workout of the customers.

11. Though many customers were medically checked before joining the health club and most of the health clubs did not have the provision of regular medical check ups.
12. Most of the health clubs were found to be not having a expert physician to meet the medical problems of the customers as well as for any unforeseen emergency.

13. Health clubs did not organise any clinic on the health promotion which may have benefited the customers in particular and the instructors/employers in general.

14. Some of the health clubs were found to be having yogic exercise program for health promotion.

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

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

17. Most of the health club customers were in general satisfied with the facilities available to them.

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

19. The instructors of the health club's surveyed were in appreciation of the modern trend of health club.
20. They also say that the health clubs will be more popular in near future.

21. A very high percentage of instructors said that the customers joining the health clubs are mostly from affluent families.

22. The instructors also opined that the health clubs are having machines for overall fitness of the body.

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

24. Though, some of the customers of the health clubs do not follow the instructors’ instructions but there are many who follow the instructions and work accordingly.

25. The instructors also give their customers tips on dietary habits.

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

27. Some of the instructors are given some kind of training before joining the health club.
28. The instructors also say that no clinics are organised 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.

29. The instructors keep a thorough record of the schedules and the health status of their customers.

30. Most of the instructors were found to be having knowledge of aerobics and massages other than the knowledge of exercises with weights and machines.

**Recommendations**

In 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 customer in the health clubs.
3. There must be some kind of regular medical check ups from time to time so that the customers 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 organised from time to time on the latest trends of health and fitness. This will help the instructors and customers to gather latest information and knowledge of new techniques.

7. A similar study may be conducted on the other big cities of the country, who are becoming a metropolis.

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

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

10. A similar study may 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 club.
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 similar study may be conducted on the popularity of these health clubs in different age group of people.

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