Chapter-I

INTRODUCTION

1.1 BACKGROUND OF THE STUDY

Physical Education in the present day world has achieved its due recognition as a part of the system of education. It tries to achieve the objectives of education through meaningful programme of well planned activities. A programme of physical education offers opportunity in competitive situations for physical, social, emotional and moral development. In addition, it offers the man and woman an opportunity to inculcate the skills of carry over values that could be used at later stages of life, for the worthy use of leisure.

1.1.1 Participation in Physical Exercises:

Exercise is the physical activity and it is planned, structured, repetitive and purposeful. Physical activity includes any body movement that contracts muscles to burn more calories than body would normally do so just to exist at rest. Although learning to enjoy and plan structured exercise into routine would definitely improve fitness of the person. Everyday physical activities such as performing housework, walking, or taking a hike keep body moving.

Physical activity or exercise are improving health and reduce the risk of developing several diseases especially cardiovascular disease. Physical exercises can have immediate and long-term health benefits. Most importantly, regular activities are improving the quality of life. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

Physical activity is a ‘any bodily movement produced by the muscles that result in energy expenditure. Exercise is a subset of physical activity…[While] most measures
Physical activity is also defined by the World Health Organization as ‘any bodily movement produced by skeletal muscles that require energy expenditure’. Perhaps more relevant to the health sector is the fact that physical inactivity is ‘an independent risk factor for chronic diseases, and overall is estimated to cause 1.9 million deaths globally each year’. Physical activity is a gendered issue because the context of women’s lives and can impact on their ability to participate in regular physical activity. Women face numerous barriers to being physically active including caring responsibilities, body image and perceptions of safety. Change needs to occur in the societal level to address current gender roles and how they can limit women’s ability to be physically active and maintain health.

**Benefits of Physical Exercises**

The physical health benefits of physical activity are clear. They include lower blood pressure and cholesterol and maintenance of a healthy weight. Some other examples of benefits include improved mental health, wellbeing, social engagement, enhanced sleep and reduced risk of fractures. Regular physical activity plays a significant role in improving moods and subsequent mental health has been shown to relieve symptoms of depression. These benefits can be experienced by those with a diagnosed mental illness as well as the general population. The mental health benefits of physical activity frequently motivate those who are already physically active to maintain their routines. The benefits of physical activity on mental health can be achieved even in the absence of fitness gains. This may be due to factors including increased social engagement and increased exposure to sunlight. Social engagement is another key benefit of physical activity, and for women this often motivates continued participation in physical activity. Regular group exercise is found to be a means of
social support, especially for older women. Improved quality of sleep is related to women’s participation in physical activity and it is an important marker of quality of life. Peoples who are physically fit fall asleep faster, sleep better and are less tired during the day. Women who participate in regular physical activity sleep more and experience a better quality of sleep than women who are sedentary.

There are additional benefits for older women who remain physically active. Regular physical activity aids muscle strength, aerobic capacity, reduction of fracture risk and general wellbeing. Strength training can enable older women to maintain their independence and ability to do day-to-day tasks and leisure activities through reducing the risk of developing osteoporosis. Physical activity is associated with maintaining independent function over time, irrespective of increasing age.

Factors that contribute to physical Exercises

Many factors come together to contribute to a person’s health or ill health including factors at the societal level which cannot be changed by the individual, and this is especially the case for women.

Significant technological changes in the domestic, community and workplace environments have resulted in people spending more and more time in sedentary behaviours. The modern environment has been described ‘obesogenic’ which refers to factors that contribute to increased levels of obesity in the population through less physical activity due to labour saving devices, increased passive entertainment and access to low cost energy dense food. As work and domestic environments involve less manual labour, to achieve the same levels of physical activity as previous generations, it is necessary to be more active in leisure time. An obesogenic environment is not the only factor that has contributed to increased obesity, as links have also been made to socio-economic status. A World Health Organization study found that obesity was more common among poorer women compared with richer women in all participating countries. These differences across socioeconomic groups are related to varied access
to resources and educational opportunities, safe working conditions, effective services, living conditions in childhood, racism and discrimination.

A further explanation for the discrepancies in obesity rates is income inequality. This is supported through low rates of obesity among countries where the gap between richest and poorest is small and high rates of obesity where income inequality is far greater. Income inequality may contribute to the obesity epidemic exacerbated by inactive lifestyles.

1.1.2 Barriers to Physical Exercises and Physical Activity

Regular physical activity is vital for both women and men, however there are differences in the barriers to participating in physical activity. Social, cultural, economic and political factors impact on women’s health and their ability to be physically active. Women experience many and varied barriers to participating in physical activity. These include time, caring demands, lower socioeconomic status, body image, safety and urban planning and existing health conditions. Often the barriers are connected, as is the case with caring demands and lack of time. Some women experience more than one difficulty when aiming to be physically active. Women’s multiple roles both in and out of the paid workforce can be the cause of some of these barriers as women may put others’ needs before their own.

1. Lack of time

Women often cite a lack of time as a barrier to their participation in physical exercises and activity. Work and study commitments contribute to a lack of time for physical activity. The support of others within their household to facilitate women’s participation in physical activity is a significant enabler as women are often more time poor than men.
2. **Parenting/ caring demands**

The social construct of gender means that women do not reach adequate levels of physical activity due to their roles in paid and unpaid work. This extends to family commitments which are a barrier to physical activity for women more often than they are for men. With caring for others a key part of many women’s lives, time spent on self-care including physical activity can be limited.

3. **Socio-Economic Status**

People with lower socioeconomic status (SES) are less likely to be physically active than those with a higher SES. The circumstance surrounding women of varying SES influences their participation in physical activity. For women of low SES, physical activity can be a necessity rather than a choice. Physical activity is required in their transport and within their paid work. Women of low SES often do not experience the same benefits of physical activity such as social interaction and are more likely to have negative perceptions of physical activity. Women from high SES groups have more opportunity to choose the form of physical activity they are involved in and this is often structured and occurs during their leisure time. Women with a lower SES may encounter a number of barriers to participation in physical activity. Areas of lower SES are often at a greater distance from metropolitan regions with less access to public transport and other services. Specific approaches would be required within preventative activities to engage this group of women to enable them to increase their physical activity. These approaches could include increasing perceptions of safety within areas of low SES and increasing access to facilities that enable women to be active.

There are many different factors which influence women’s body image including expectations and pressure from family, peer groups, media and society. Both women and men experience social pressure to achieve an idealized physical form. While men in Western culture aim for a larger, more muscular build which increases their need to be physically active, this is not the case for women. The ideal form for
women in Western culture is a thin build. This focus on thinness reinforces the notion that women are ideally fragile and weak and does not encourage physical activity to be healthy and able.

4. **Body Image**

Although body image impacts on the health and wellbeing of women throughout their lifecycle, young women aged 15-22 years have more severe body dissatisfaction. While positive body image promotes physical and mental health, when body image is negative, it can become a barrier to participation in physical activity. Body image dissatisfaction has been associated with decreased healthy behaviour, including physical activity. Women may feel too self conscious of their bodies to participate in physical activity such as swimming or group sport. Some women report feeling ‘too fat’ to exercise as well as too shy and too embarrassed. Overweight women also experience prejudice and discrimination which are further barriers to participation in physical activity. This discrimination impacts on body image and can lead to total withdrawal from being physically active.

5. **Existing health conditions**

Existing health conditions can also be barriers to women to becoming involved in physical activity. In the Indian population, more people will develop a chronic condition and a substantial number will develop more than one. Women with existing health conditions are advised to consult a health professional prior to becoming involved in regular physical activity, potentially an additional barrier. Women’s existing health conditions may also limit the range of choices of physical activity that they are able to participate in.

Over the past 50 years, there has been a huge shift from a lifestyle that was, by definition, physically active to that is predominantly sedentary (WHO 2004, Edwards & Tsouros 2006). There is widespread acknowledgement that participation in physical
activity is a fundamental means of improving the physical and mental health of individuals’ (WHO 2004). Physical activity can promote health and prevent the onset of disease including cardiovascular disease, type 2 diabetes and osteoporosis, forms of cancer, obesity and injury (Bauman et al. 2002, Bull et al. 2004a, WHO 2010a&b). Participation in physical activity is also known to reduce depression, stress and anxiety, and improves self-confidence, self-esteem, energy levels, sleep quality and the ability to concentrate (AIHW 2010). The individual, social and economic costs of physical inactivity have led to a national focus on this issue.

6. **Safety and urban planning**

The ability to move in and out of a community as well as the design of movement within a community can impact on the health of residents. Appropriate urban design ensures residents have easy access to amenities and recreation facilities, and which help foster a sense of community and connectedness. Facilities such as seating along walking paths, well little paths and clean public toilets can increase women’s use of public spaces for physical activity. Environments do not often encourage active lifestyles, instead reinforcing sedentary behaviour and car dependence. Careful design and people-friendly environments can promote active lifestyles by encouraging walking, cycling, public transport and active recreation.

Participation in physical activity can provide opportunities for social interaction and reduce isolation and exclusion though strengthening relationships, building cohesive communities and enhancing our access to safe and supportive environments (Sport England 2009, Coggins, Swanston and Crombie 1999).

There is evidence that physical activity can make a significant contribution in preventing depression, reducing stress, anxiety and improving moods (Bull et al. 2004, Sustrans 2010). Sport and organised physical activity in particular were identified as settings where young people develop their identity. They also learn important social
skills and values such as working as a team, learning to win and lose, fair play, leadership, decision-making, trust and honesty.

Engagement in play and sports gives young people opportunities for self-expression, relief of tension, achievement, social interaction and integration as well as encouraging adoption of other healthy behaviours for example, avoidance of tobacco, alcohol and other drugs (WHO 2010c, NHPH 2005).

Physical activity is believed to contribute to increased productivity in the workplace and lower worker absenteeism and turnover (Parks & Steelman 2008).

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- Participation in physical activity provides opportunity for social connection, cooperation, reciprocity, collective identity and trust in the community.
- In rural communities, sport and recreation clubs are the primary source of social interaction and support.
- Inclusive and accessible sport and recreation programs can play an important role in supporting newly arrived and refugee young people.

The study is focused on to find out the reasons for women are not participation in physical exercises in relation to lack of motivation and not having knowledge of exercises. The present study tries to change the motivation and improve the knowledge to increase level or participation in physical exercises of women at the college and university level.

According to Litt et al. (2011), motivating students to maintain levels of physical exercises is important because its impact on health and well being in adult life. In this study, knowledge means familiarity, awareness or understanding gained through
experience, study or specific information about physical activities. Knowledge of physical activity guidelines has been theoretically supported as a pre-requisite to individual’s positive motivation to engage in more physical activity. A better understanding of the factors associated with knowledge of guidelines will benefit attempts designed to promote and increase physical activity levels. The women participation in physical exercises has been a cultural concern with a negative association. The socio-cultural milieu of each society somehow but always has webbed out certain constraint systems which stop women from participation in sports requiring physical prowess.

1.1.3 Knowledge of Exercise Benefits

Researchers in the field of Physical Education indicated that identifying and understanding the factors that are associated with children’s physical activity participation are critical to the promotion of current and lifelong physical activity participation. Among many factors, the children’s knowledge about exercise benefits is considered to be key factors that influence physical activity and exercises participation.

1.1.4 Exercise Motivation

Some of the major factors affecting the physical activity participation include, to motivation to exercise, barriers to physical activity, attitude towards physical activity, the various community and environmental factors and knowledge of exercise benefits. Out of these factors the exercise motivation, knowledge variables are less researched. If individuals are aware of the benefits, they may not know the minimum amount of physical activity to attain these benefits. How much motivation and knowledge of exercise benefits plays a role in physical activity participation is unclear as various investigations especially at college levels.

Regular participation in physical activities are associated with a longer and better quality of life, reduced risks of a variety of diseases and many psychological and emotional benefits. There is also a large body of literature showing that inactivity is one
of the most significant causes of disability and reduced quality of life. Physical activity is a cornerstone of health and well-being. Having safe, accessible, and fun options for physical activity is essential to ensuring positive health outcomes among the nation’s children and youth. An individual’s diet and physical activity habits are influenced by their knowledge of and attitudes towards these behaviours. Investigation of these variables in a population provides an insight into the factors that may be mediators of motivation to change behaviour. Theories from health psychology, sociology and social psychology have been proposed to explain the link between knowledge, attitudes, skills, social and environmental influences, and behaviour.

Researchers in the field of Physical Education indicated that identifying and understanding the factors that are associated with children’s physical activity participation are critical to the promotion of current and lifelong physical activity participation. Among many factors, the children’s knowledge, exercise benefits, attitude and motivation are considered to be key factors that influence physical activity participation.

Regular physical activity improves myocardial function, maintains or increases myocardial oxygen supply, and increases the electrical activity of the myocardium (Fang et al., 2003). Sherwood and Jeffery (2000) found that most adult men and women, in spite of the well-documented health benefits of exercise, are found to be inactive. Hence, creating further awareness of exercise benefits is a public health priority and of utmost importance.

Attitudes play an important role in order for people to be successful in their work. However, people are not born with those attitudes; they obtain them afterwards. In other words, attitudes are developed through learning and they change and develop in time. Considering the fact that students at the secondary stage of education are also at the stage of adolescence, it is recognized that during that period students’ attitudes to physical education lesson start to form. Accordingly, the positive-negative attitudes of
students to the physical education lesson in this period shall be an important determinant of their participation in physical activities outside of school, in the current process, and in the future.

The life-style perspective regards physical activity as part of a life-style encompassing behaviours, motivations and beliefs relevant to health. This perspective postulates that health-related beliefs, motivations and behaviours are interrelated as illness or wellness enhancing patterns. According to Bruhn (1988), a wellness life-style is characterised by numerous attitudinal and behavioural factors, including a preventive attitude, internal locus of control, sociability (openness), strong social ties and positive health behaviours such as physical exercise.

Physical activity counseling is a health promotion scheme aimed at increasing physical activity level of an individual through educational intervention. Past research on motives and barriers of physical activity among the elderly has identified maintaining health as the most important motive and poor health and lack of interest as the most influential barriers. However, there is a lack of studies concerning the change of older people’s attitudes toward physical activity over time (Mäkilä et al., 2010).

Motivation is a comprehensive concept and has been an important research topic primarily in the field of psychology. Generally, motivation can be divided into “intrinsic motivation” and “extrinsic motivation” (Deci, 1972). Intrinsic motivation derives from the sense of achievement and control one possesses when doing and often excelling in a certain task. Therefore, intrinsic motivation is often evident in situations where outcome correlates with factors the participants can control, and when the desired results are not determined by luck. Extrinsic motivation, on the other hand, comes from the outside environment. For example, money, fame, trophies, titles, social recognition and even the cheering crowd during sports games and competitions would fall in this category. Extrinsic motivation can also be negative when outcomes that are
not desired motivate an individual to act in another way. Some examples of this would be punishment (for breaking rules or the law), intimidation and coercion.

Identifying the factors that influence motivation in the elderly is important because the motivation level reflects an individual’s views, attitudes and beliefs on a specific topic, which is physical activity in the present research. If the children having knowledge of exercise benefits could affect motivation to exercise. If individuals are aware of the benefits, they may not know the minimum amount of physical activity to attain these benefits. How much knowledge of exercise benefits plays a role in physical activity participation is unclear as various investigations and studies published in this field are somewhat equivocal. Thus, the aim of this study was to find answers to these questions and to make a significant contribution to the present awareness of the importance of physical activity.

To date, very limited research exists which has analyzed the knowledge level of exercise benefits, attitude, motivation on physical activity participation. It is also unclear as to the relationship of physical activity participation with knowledge of exercise benefits, one’s attitude and motivation towards exercise participation. The results of this study could potentially give insights into the influence that one’s basic knowledge regarding the benefits of exercise, attitudes and motivation towards exercises have. Moreover, throw light on the amount of physical activity participation with the said the factors. It is hoped that these results will guide exercise instructors about the importance of teaching more about exercise benefits to individuals, with whom they interact, thus in turn increasing the frequency of their physical activity leading to a healthier lifestyle among children.

1.2 STATEMENT OF THE PROBLEM

The problem, which is to be undertaken for the present study was: “A Survey of Participation in Physical Exercises among students and Female Staff Members of Karnataka State Women’s University.”
1.3 **OBJECTIVES OF THE STUDY**

The objectives of this study were:

1. To assess the participation status among female students and female staff members of Karnataka State Women’s University.

2. To compare and analyze the participation and non-participation ratio among students of graduate and post-graduate courses and different stream of courses. Further, to compare and analyze the participation and non-participation ratio among staff members of female teaching and non-teaching faculty.

3. To explore the reasons for participation and non-participation in physical exercises.

4. To compare and analyze the participation status between students and female staff members of Karnataka state Women’s University.

1.4 **DELIMITATIONS**

The study shall be confined to the following:

1. The study was delimited to all the female students and female staff members of Degree colleges and PG Departments of Karnataka State Women’s University.

2. The study was delimited to the response to the questionnaire technique.

3. The study was delimited to the various academics streams of Karnataka State Women’s University only.

4. The study was delimited to 1800 female students and 300 teaching and non-teaching staff as subjects.

5. Being a qualitative and exploratory study, it would not involve rigorous statistics.
1.5 LIMITATION

The result is based on the opinions of respondents collected by the questionnaire during the data collection. Though every effort was taken by the researcher to obtain sincere responses, any disparity in the genuinely and sincerity of the response of the subjects was considered as a limitation.

1.6 HYPOTHESES

It was hypothesized that:

1. It was hypothesized that there would not be significant variations in Participation in the Internal and External Barriers to Physical Exercises, Perceived Exercise Benefits and Exercise Motivation between participation and non participation of female students.

2. It was hypothesized that there would not be significant variations in Participation in the Internal and External Barriers to Physical Exercises, Perceived Exercise Benefits and Exercise Motivation of female students studying in under graduation and post graduation degrees.

3. It was hypothesized that there would not be significant variations in Participation in the Internal and External Barriers to Physical Exercises, Perceived Exercise Benefits and Exercise Motivation of female staff members who have participated and non-participated in physical exercises.

4. It was hypothesized that there would not be significant variations in Participation in the Internal and External Barriers to Physical Exercises, Perceived Exercise Benefits and Exercise Motivation of married and unmarried female staff members.

5. It was hypothesized that there would not be significant variations in Participation in the Internal and External Barriers to Physical Exercises, Perceived Exercise Benefits and Exercise Motivation of married and unmarried female staff members.
Benefits and Exercise Motivation of teaching and non-teaching female staff members.

6. It was hypothesized that there would not be significant variations in Participation in the Internal and External Barriers to Physical Exercises, Perceived Exercise Benefits and Exercise Motivation of female staff members working in degree colleges and university.

7. It was hypothesized that there would not be significant variations in Participation in Physical Exercises, Barriers to Physical Exercises, Perceived Exercise Benefits and Exercise Motivation of female students studying in various undergraduate degrees.

8. It was hypothesized that there would not be significant variations in Participation in Physical Exercises, Barriers to Physical Exercises, Perceived Exercise Benefits and Exercise Motivation of female students studying in various post graduate degrees.

9. It was hypothesized that there would not significant relationship of Physical Exercises practices with Internal and External Barriers to Physical Exercises, Exercise benefits and Exercise Motivation of female students and staff members.

10. It was also hypothesized that selected Internal and External Barriers to Physical Exercises, Perceived Exercise Benefits and Exercise Motivation variables could not turn out to be significant predictor of Physical Exercises of the female students and staff members.

1.7 SIGNIFICANCE OF THE STUDY

By focusing on assess of participation in physical exercises among students and staff members of Karnataka State Women’s University, the study attached some significance as follows:
1. This study helps in identifying the existing facilities and how best to utilize the existing facilities in colleges and universities.

2. To suggest and recommend measures to improve the participation of physical exercises in colleges where female participation is low.

3. This study may reveal the effectiveness of the organization in physical education and sports, to motivate the participation and better performance by the university in the field of sports.

1.8 DEFINITION OF TERMS

Survey

A field of applied statistics, survey methodology studies the sampling of individual units from a population and the associated survey data collection techniques, such as questionnaire construction and methods for improving the number and accuracy of responses to surveys.

Physical Exercises

Physical exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness.

Female

The term female is a category biologically opposite to male.

Students

The students are studying in B.A., B.Sc. B.Com degree colleges and M.A., M.Sc. and M.Com/MBA post graduation in the university affiliated to Karnataka State Women’s University.
**Staff Members**

A group of persons, charged with carrying out the work of an establishment or executing some undertaking. In the present study, staff considered as the members or persons who are working in degree colleges and university as teaching and non-teaching work.

**Participation**

The act of taking part in physical activities.

**Physical Exercises**

Physical Exercises is any bodily activity that enhances or maintains physical fitness and overall health and wellness.

**Psychology**

Psychology is the science of the activities of an individual in relation to his environment.

**Barriers**

A circumstance or obstacle that keeps people or things apart or prevents communication or progress. In the present study internal and external barriers to physical exercises were selected.

**Internal Barriers to Physical Exercises**

In the present study internal barriers were lack of energy, lack of motivation and lack of self-efficacy were selected.

**External Barriers to Physical Exercises**

In the present study external barriers were lack of resource, lack of social support and lack of time were selected.
Exercise Motivation:

This variable is to assess exercise participation motives in order to examine how such motives influence the choice of activities undertaken.

Knowledge of Exercise Benefits

Knowledge of exercise benefits is the core research topic, with respect to this study. It talks about the influence of knowledge of exercise benefits on physical activity participation, whether it strongly affects one participation towards physical activity or not.