Chapter-V

SUMMARY, CONCLUSION AND RECOMMENDATIONS

5.1 SUMMARY OF THE STUDY:

The participation in physical activities and exercises can offer a great deal to individuals, communities and nations. Evidence suggests that from an early age, differences in gender-based attitudes towards and opportunities for sports and physical activities and exercises can have a significant influence on children’s participation. This may in turn, affect later involvement in physically active lifestyles, and the social and health benefits that may result for them. Regular participation in physical exercises are associated with a longer and better quality of life, reduced risks of a variety of diseases and many psychological and emotional benefits.

Physical activity may influence the physical and mental health of females in two ways. Firstly it affects the causes of disease during childhood and youth. Secondly, it could reduce the risk of chronic diseases in later life also.

The benefits of participation in physical activities are great, and the potential costs of inactivity can be severe. Many women are not currently able to take advantage of the benefits of regular sports and physical activities due to inequitable access and opportunities. Hence the researcher intended to study the participation level in physical exercises among college students and female staff members in Bijapur District.

The purpose of the study was to find out the level of participation in physical exercises among college female students and staff members of Karnataka State Women’s University. The present study was chosen as descriptive survey method.

To achieve the purpose of the study, the investigator had extensive discussions and visited a number of colleges and university of Karnataka State Women University,
Karnataka. The researcher used the stratified random sampling method for drawing the sample. The 1800 female students studying in graduate and postgraduate courses from the affiliated colleges of Karnataka State Women’s University and 300 female staff members working in degree colleges and Karnataka State Women’s University were selected as sample. In the study Participation in Physical Exercises studied as dependent variable and Barriers to Physical Exercises, Exercise Benefits and Exercise Motivations variables studied as independent variables and Participation type, Type of Institution, courses of study and age included as biographical variables.

To identify the factors for non-participation of physical exercises among students and female staff members of Karnataka State Women’s University, a quantitative research approach was followed. Descriptive and inferential statistical analyses were conducted to address the research objectives and hypotheses of the study. The descriptive statistics describe the demographic composition of the sample and the response profile of the statements that tested the respondent’s perception towards physical exercises between participants and non-participants in physical exercises.

5.2 CONCLUSION

The following are the extract results of the present study which identifies the factors for decline in physical exercises among female students and female staff members.

1. There is a significant difference in the Internal Barriers to Physical Exercises between female students’ participation and non-participation in physical exercises. The non-participated students had perceived more internal barriers related to lack of energy, lack of motivation, lack of self confidence.

2. There is a significant difference in the External Barriers to Physical Exercises between female students’ participation and non-participation in physical exercises. The non-participated female students had perceived more external...
barriers related to lack of resource, lack of social support, lack of time to exercising.

3. There is a significant difference in the Exercise Benefits between female students’ participation and non-participation in physical exercises. The participated students had perceived more knowledge of exercise benefits.

4. There is a significant difference in the Exercise Motivations between female students’ participation and non-participation in physical exercises. The participated students had perceived better exercise motivations.

5. There is a significant difference in the Internal Barriers to Physical Exercises of female students studying in under graduation and post graduation degrees. The under graduation students had more internal barriers related to lack of energy, lack of motivation, lack of self confidence.

6. There is a significant difference in the External Barriers to Physical Exercises of female students studying in under graduation and post graduation degrees. The under graduation students had more external barriers related to lack of resource, lack of social support, lack of time to exercising.

7. There is a significant difference in the Exercise Benefits to Physical Exercises of female students studying in under graduation and post graduation degrees. The post graduated female students had more knowledge of exercise benefits.

8. There is a significant difference in the Exercise Motivations to Physical Exercises of female students studying in under graduation and post graduation degrees. The post graduated female students had more exercise motivations.

9. There is a significant difference in the Internal Barriers to Physical Exercises of female staff members who have participated and non-participated in physical exercises. The non-participated staff had perceived more internal barriers related to lack of energy, lack of motivation, lack of self confidence.
10. There is a significant difference in the External Barriers to Physical Exercises of female staff members who have participated and non-participated in physical exercises. The non-participated students had perceived more external barriers related to lack of resource, lack of social support, lack of time to exercising.

11. There is a significant difference in the Exercise Benefits of female staff members who have participated and non-participated in physical exercises. The participated staff had perceived better knowledge of exercise benefits.

12. There is a significant difference in the Exercise Motivations of female staff members who have participated and non-participated in physical exercises. The participated staff had perceived more exercise motivations.

13. There is no significant difference in the Internal Barriers to Physical Exercises of married and unmarried female staff members. This indicates that both married and unmarried staff has similar internal barriers in physical exercises.

14. There is no significant difference in the External Barriers to Physical Exercises of married and unmarried female staff members.

15. There is no significant difference in the Exercise Benefits of married and unmarried female staff members.

16. There is no significant difference in the Exercise Motivations of married and unmarried female staff members.

17. There is no significant difference in the Internal Barriers to Physical Exercises of teaching and non-teaching female staff members. This indicates that both teaching and non-teaching staff has similar internal barriers in physical exercises.

18. There is no significant difference in the External Barriers to Physical Exercises of teaching and non-teaching female staff members. This indicates that both
teaching and non-teaching staff has similar external barriers in physical exercises.

19. There is no significant difference in the Exercise Benefits of teaching and non-teaching female staff members.

20. There is no significant difference in the Exercise Motivations of teaching and non-teaching female staff members. This indicates that both teaching and non-teaching staff have similar exercise motivations.

21. There is no significant difference in the Internal Barriers to Physical Exercises of female staff members working in degree colleges and university. The female staff working in Degree colleges had more internal barriers related to lack of energy, lack of motivation, lack of self confidence.

22. There is no significant difference in the External Barriers to Physical Exercises of female staff members working in degree colleges and university. The female staff working in degree colleges had more external barriers related to lack of resource, lack of social support, lack of time to exercising.

23. There is no significant difference in the Exercise Benefits of female staff members working in degree colleges and university. The female staff working in degree colleges had perceived more knowledge of exercise benefits.

24. There is no significant difference in the Exercise Motivations of female staff members working in degree colleges and university. The female staff working in degree colleges had perceived more exercise motivations.

25. There is a significant difference in the Physical Exercises among degree college female students studying in various undergraduate degrees. The female students studying in B.A. degree are more participating in physical exercises than students studying in B.Com and B.Sc. degrees.
26. There is no significant difference in the internal barriers to physical exercise among degree college female students studying in various undergraduate degrees.

27. There is no significant difference in the external barriers to physical exercise among degree college female students studying in various undergraduate degrees.

28. There is a significant difference in the perceived exercise benefits to physical exercises among degree college female students studying in various undergraduate degrees. The female students studying in B.Com. degree is more participating in physical exercises than students studying in B.A. and B.Sc. degrees.

29. There is no significant difference in the perceived exercise motivations to physical exercises among degree colleges female students studying in various undergraduate degrees.

30. There is no significant difference in the physical exercises among university female students studying in various post-graduate degrees.

31. There is no significant difference in the Internal Barriers to Physical Exercises among university female students studying in various post-graduate degrees.

32. There is no significant difference in the external barriers to physical exercises among university female students studying in various post-graduate degrees.

33. There is no significant difference in the perceived exercise benefits among university female students studying in various post-graduate degrees.

34. There is no significant difference in the perceived exercise motivations to physical exercises among university female students studying in various post-graduate degrees.
35. There is a negative significant relationship between Physical Exercises and lack of motivation and lack of self confidence components of Internal Barriers to Physical Exercises and there is no significant relationship between Physical Exercises and lack of energy and overall internal barriers (total) as components of Internal barriers to physical exercises.

36. There is a negative significant relationship between Physical Exercises and lack of support and lack of time components of external Barriers to Physical Exercises and there is no significant relationship between Physical Exercises and lack of resource and overall external barriers (total) as components of external barriers to physical exercises.

37. There is positive significant relationship between Physical Exercises and Perceived Exercise Benefits of college female students.

38. There is positive significant relationship between Physical Exercises and Perceived Exercise Motivations of college female students.

39. There is a negative significant relationship between Physical Exercises and Internal Barriers to Physical Exercises of female staff members. It concludes that female staff who perceived more internal barriers to physical exercises had less participation in physical exercises due to lack energy, motivation and self confidence and vice versa.

40. There is a negative significant relationship between Physical Exercises and External Barriers to Physical Exercises of female staff members. It concludes that female staff who perceived more barriers to physical exercises had less participation in physical exercises due to lack of resource, support and time and vice versa.

41. There is positive significant relationship between Physical Exercises and Perceived Exercise Benefits of female staff members.
42. There is positive significant relationship between Physical Exercises and Perceived Exercise Motivations of female staff members.

43. 70.90% of the variation in the female students’ Physical Exercises with three predictor variables Exercise Benefits (51.20%), Exercise Motivations (19.30%) and External Barriers to Physical Exercise (0.40%)

44. 54.70% of the variation in the female staff members’ Physical Exercises with four predictor variables Internal Barriers (40.70%), Exercise Motivations (5.10%); Exercise Benefits (1.70%) and External Barriers to Physical Exercises (7.20%)

Physical exercises is a gendered issue because of the differences in preferences, barriers and enablers to participation and the effects of physical inactivity. Physical exercises are vital to the health of both women and men, and gender specific approaches are needed to optimize participation. Increasing women’s levels of participation in physical exercises will take time, as change needs to occur at the societal level to address current gender roles and how they can affect women’s ability to be physically active. Over the last five years a number of Federal and State government strategies have been developed to increase the levels of physical activity in the population. The aim has been to reduce rates of overweight and obesity that contribute to an increase in chronic disease and add to the burden on the health system. These initiatives have been broadly aimed at the population in general. New health initiatives and government policy need to acknowledge the reality of women’s lives to increase physical exercises levels and therefore women’s overall health status.

The health benefits of physical exercises are well recognized and include increased life expectancy, physical fitness, energy, mental health, cognitive functioning and social connectedness. This research provides an insight into the importance of including physical exercises in everyday lives. Ensuring that the environmental, social and individual determinants of physical inactivity are addressed will help to arrest the
increase in sedentary behaviour and reduce the decline in physical activity levels across the lifespan.

5.3 RECOMMENDATIONS

With the help of the results, the following recommendations can be made.

1. Women do enjoy engaging in physical activities. Strategies should be implemented which build upon this enjoyment, and allow them to participate as fully as possible, in forms that offer them satisfaction and opportunities for achievement.

2. Sports programme should be a sign of local cultural needs if they are to engage and continue girl’s participation.

3. Limited staffs, lack of facilities, time and inadequate coaching are some of the obstacles in the way of participation in particularly in women’s colleges, while granting recognition to new colleges, the university may insist upon a minimum area of playground and facilities. For the existing colleges which have inadequate facilities, suitable assistance may be given to improve their facilities.

4. Value of the sports and games should be stressed in the theory classes to establish its importance.

5. In women colleges, university may see that all colleges appoint separate lady physical education teacher.

6. Seminars must be organized at college level regarding importance of physical exercises.

7. Women must be empowered through physical exercises this will improve the health.
8. College managements should support Sport Development Programmes more often and should also take part in some of the activities. This will encourage more participation in physical exercises.

9. There is a need to encourage physical exercises in colleges and also to emphasize the importance of inculcating physical exercises in the lifestyle of students, so that as teachers of tomorrow, they are able to advice their students regarding healthy lifestyle practices.

10. Further research is required in the evaluation of programs aimed at improving work-related outcomes through physical exercises interventions so as to develop comprehensive and sustainable programs through integrated health management.

11. College management should organize different activities, coaching campus and involve various levels of competitions.

12. College management should support to students through more cash prizes, awards and certificates.