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An Assessment of Health and Physical Activity Status of School Teachers From Different Regions of Rajasthan.

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L.N.U.P.E. Gwalior

Abstract:

The present study was conducted on school teachers from different regions of Rajasthan. The purpose of the study was to know the physical activity status of these teachers. There were 5000 teachers were examined under the supervision of the researcher. Through this study the researcher find the teachers daily routine activity at the time of work, and physical activity at the time of leisure.

KEYWORDS:

: Health, Physical Activity, Teachers, Regions.

INTRODUCTION

The strength of a nation rests upon the health of its people and future of the health of the people depends, to a large extent, on what is done to promote, improve and preserve good health, as health is a fundamental human right. To be a good person is the first requisite to success in life and to be a nation of healthy citizens is the first condition to national prosperity. According to Anderson (1953), after all, health is not something dispensed like pills at the drug store, nor it is eating an orange everyday or getting eight hours sleep every night rather, it is way of living that is based upon sound knowledge of how to take care of our mind and body in such a way that we may live happily and fully contented One famous man emphasized this by pointing out that " a nation's health is a nation's wealth".

Physical activity is any body movement that works your muscles and requires more energy than resting. Walking, running, dancing, swimming, yoga, and gardening are a few examples of physical activity. Physical activity generally refers to movement that enhances health. Exercise is a type of physical activity that's planned and structured. Lifting weights, taking an aerobics class and playing on a sports team are examples of exercise. Physical activity is good for many parts of your body. This article focuses on the benefits of physical activity for your heart and lungs. The article also provides tips for getting started and staying active and it discusses physical activity as part of a healthy lifestyle. Being physically active is one of the best ways to keep your heart and lungs healthy. Following a healthy diet and not smoking are other important ways to keep your heart and lungs healthy.

DESIGN OF THE STUDY

To investigate the health and physical activity status of the Rajasthan School Teachers working in various schools of Rajasthan, a descriptive study has been designed in which survey method was adopted.

THE SAMPLE

By using random sampling about 5000 teachers of high and senior secondary schools of Rajasthan were

involved for obtaining responses on their health and physical activity status through questionnaire.

ANALYSIS TECHNIQUE

The data were collected through questionnaire and analyzed by using descriptive statistics where percentages and chi-square were worked out for interpretation.

FINDINGS

Table-1 Physical Activity Profile of School Teachers Belongs to Different Regions of Rajasthan at the Time of Work

| Region | Low | Low moderate | Moderate | High moderate | High | Chi-square value | P value |
|---------------|-------------|--------------|--------------|---------------|------------|------------------|---------|
| MARWAR (1982) | 205 (11.0%) | 254 (13.6%) | 1037 (55.7%) | 270 (14.5%) | 96 (5.2%) | 144.943a | .000 |
| MEWAR (923) | 86 (4.3%) | 332 (16.8%) | 1020(51.5%) | 362 (18.3%) | 182 (9.2%) | | |
| HADOTI (223) | 61 (6.6%) | 205 (22.2%) | 469 (50.8%) | 161 (17.4%) | 27 (2.9%) | | |

Significant value is .05

Table-2 Physical Activity Performed By School Teachers of Different Regions of Rajasthan At Leisure Time

| Region | Low | Low moderate | Moderate | High moderate | High | Chi-square value | P value |
|--------|-----------|--------------|-------------|---------------|-------------|------------------|---------|
| MARWAR | 60 (3.2%) | 154 (8.3%) | 1049(56.3%) | 403 (21.6%) | 196 (10.5%) | 109.537a | .000 |
| MEWAR | 56 (2.8%) | 239 (12.1%) | 983(49.6%) | 593 (29.9%) | 111 (5.6%) | | |
| HADOTI | 14 (1.5%) | 132(14.3%) | 411(44.5%) | 285 (30.9%) | 81 (8.8%) | | |

Table-3 Currently Regular Exercise Performed By Teachers From Different Regions of Rajasthan

| Region | No | Yes | Chi-square value | P value |
|--------|-------------|--------------|------------------|---------|
| MARWAR | 380 (20.4%) | 1482 (79.6%) | 69.171a | .000 |
| MEWAR | 215(10.8%) | 1767(89.2%) | | |
| HADOTI | 130(14.1%) | 793(85.9%) | | |

Significant value is .05

| Region | 1-2 | 3-4 | 5-6 | >6 | Chi-square value | P value |
|--------|------------|-------------|-------------|-------------|------------------|---------|
| MARWAR | 96 (6.5%) | 433 (29.2%) | 649(43.8%) | 304 (20.5%) | 74.772a | .000 |
| MEWAR | 165 (9.3%) | 347(19.6%) | 743(42.0%) | 512 (29.0%) | | |
| HADOTI | 59 (7.4%) | 182(23.0%) | 304 (38.3%) | 248 (31.3%) | | |

Significant Value Is .05

Table-5 Duration of Exercise Performed By School Teachers of Different Regions Of Rajasthan

| Region | <15 | 15-30 | 30-45 | >45 | Chi-square value | P value |
|--------|-------------|---------------|------------|------------|------------------|---------|
| MARWAR | 126 (8.5%) | 561 (37.9. %) | 694(46.8%) | 101 (6.8%) | 101.739a | .000 |
| MEWAR | 207 (11.7%) | 892(50.5. %) | 579(32.8%) | 89(5.0%) | | |
| HADOTI | 68(8.6%) | 371(46.8%) | 336(42.4%) | 18(2.3%) | | |

Significant Value Is .05

See Table 1

Table 1 indicated that 55.7% teachers of MARWAR and 51.5% teachers of MEWAR region have reported moderate type of physical activity at work. The teachers of HADOTI region have also shown moderate and low moderate type of activity at the time of work. It is interesting to know that few teachers from all regions have shown their interest low and high moderate type of physical activity at the time of work. It is clear from the table that the chi-square value 144.943a and p-value is .000 these values are significant of all the teachers.

See Table 2

Table indicated that the teachers of MARWAR region were reported moderate type of physical activity at leisure. Further table has shown that the teachers of HADOTI region were less active than their counterpart of MEWAR region teachers. Their chi-square value and p-value is significant.

See Table 3

Regarding the current exercise regularity among the school teachers of different regions of Rajasthan, the results has been represented in this table which indicated that almost teachers of three regions were doing daily exercise regularly. Therefore, very few teachers had shown their less interest towards exercise regularity. The chi-square value 69.171a and p-value .000 is significant.

See Table 4

This table indicated that the teachers of MEWAR region were doing exercise 5-6 times per week. Whereas, 31.3% teachers belongs to HADOTI region were interested to do exercise for >6 days in a week. The chi-square value

74.772a and p-value .000 is significant values. This table indicated that teachers of MARWAR region have shown 46.8% exercise for 30-45 minutes. 11.7% teachers of MEWAR region were reported <15 minutes. The chi-square value 101.739a and p-value .000 is significant.

See Table 5

DISCUSSION

It has been observed from the result that the teachers from all the regions have shown their interest in

moderate kind of physical activity at the time of work. It has also been noted that only few teachers were interested in high level of activity at the time of work. Results indicated that the teachers of MARWAR region were doing moderate level of physical activity at the time of leisure. Further, explained that the teachers of MEWAR region were doing less activity as compare to other regions of Rajasthan, It's clear from the result that the teachers of MEWAR region were more interested in doing exercise as compare to their counterparts. It's further observed that more than 70% teachers from all regions were interested in doing exercise. It's notice from the results that the teachers of MARWAR region were doing exercise for 5-6 days in a week. Teachers from HADOTI region were doing exercise more than six days in a week.

CONCLUSION

Findings on health and physical activity status of teachers from all the regions have shown their interest almost 50% moderate type of physical activity at the time of work. It has also been noted that only 5% teachers were interested in high level of activity at the time of work. Teachers from MARWAR region were doing moderate level of physical activity at the time of leisure. Further, explained that the teachers of MEWAR region were doing less activity as compare to other regions of Rajasthan. Teachers of MEWAR region were more interested in doing exercise as compare to their counterparts. It's further observed that more than 70% teachers from all regions were interested in doing exercise. Teachers from HADOTI region were doing exercise more than six days in a week. It's to be observed that most of the teachers were doing exercise for 5-6 days in a week. 46.8% MARWAR region teachers were doing exercise for 30-45 minutes. But the 50% teachers of MEWAR region were reported exercise time for 30 minutes only.

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