

FITNESS LEVEL OF STUDENTS OF UNIVERSITY OF EDUCATION LAHORE

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ABSTRACT:

The main objective of the study was to examine the influence of external and internal factors on health and fitness and to find out the most dominating factors affecting the physical fitness of the students of the university of education Lower Mall Campus Lahore. The researcher created 05 hypotheses to examine the objectives of the study. Male and female students of the University of Education Lahore were selected as part of the study. A 20% representative sample was taken according to the Gay formula (1985). A representative sample of 50 was selected using a convenient sampling method. A self-development questionnaire was used to collect data. The validation process, test cases, and reliability were performed accordingly. The questionnaire was personally distributed to all respondents. The returned responses were analyzed using SPSS version 20 and Excel Micro software. In the first step, the researcher used descriptive statistics that showed the frequency, percentages, and averages of the responses. Second, the researcher used unpredictable statistics to examine formulation hypotheses.

The results of the study were drawn based on the analysis of the data. The data showed that all internal and external factors are in the university and have had a significant impact on the physical fitness of students of the university of education Lahore in Pakistan ($P > 0.05$). However, the impact of all internal and external factors was found to be greater in students. Regarding dominant factors among internal and external factors, it was concluded that inappropriate training and participation in athlete training dominated internal factors and family influence among external factors affecting sport at university. It is recommended that the relevant authorities should provide all facilities for students to increase student participation in sporting activities at the university level.

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Introduction:

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan.

Before the Industrial Revolution, fitness was defined as the capacity to carry out the day's activities without undue fatigue or lethargy. However, with automation and changes in lifestyles, physical fitness is now considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypokinetic diseases, improve immune system and to meet emergency situations. Physical activity contributes to normal growth and development, reduces the risk of several chronic diseases, and helps people function better throughout the day and sleep better at night. Even short bouts of physical activity can improve health and wellness.

Statement of the problem:

Physical fitness and health are compulsory for any university that is offering physical education.

Presence of sports facilities in the university can enhance physical education and intramural sports.

In Pakistan, student participation in university level sports does not give the impression in the connecting space of providing these kinds of competitors to talk about their country on a national level and international sport competitions as different countries. The close investigation was an effort in light of the aforementioned reason. The researcher intended to know the influencing factors in university of education Lahore.

Objective of the Study:

The study was based on the following objectives:

1. To investigate that the internal, external factors in the study influence students' fitness level
2. To examine the effect of external and internal factors influencing physical fitness at university of education Lahore.
3. To determine the relationship among different factors influencing physical fitness at university of education Lahore.
4. To determine the difference in the factors influencing Health and physical fitness at university of education Lahore.

Purpose of the study:

The main aim of this study is to promote physical fitness in student engagement in any kind of sports activities are great importance for our university.

Literature review:

This chapter deals with the review of related literature under various sub-headings such as concept of health, exercise, training, nutrition and physical fitness.

In this chapter, the researcher tried to highlight all the aspects with the help of the literature selected for this research study. Initially, the researcher sought to gather the perspectives of various researchers on the positive contribution of sports activities to an individual's life. Upon completion of this section, the researcher divided the rest of the literature into two main sections, namely, internal factors and external factors influencing physical fitness of students of university of education Lahore.

Methodology:

The research method used is the theoretical investigation of the strategies applied in the technologies and criteria linked to a field of study. It includes a hypothetical examination and theoretical analysis of all the piece of information. Usually ideas

include, for example, worldview, theoretical model, quantitative or subjective phases and methods (Ishak, 2005). This section contains a diagram of the exploration technique used to explain specific discoveries were made and their accuracy. The main focal point of this specific exploratory study was to consider the inescapable elements affecting sport in public and private district colleges in Bahawalpur, Pakistan. This part of the survey briefly explains the screening plan, the audience, the strategy used to select the test and test size, the tools, their legality and reliability used to classify the information, the method of classifying the information and the information investigations.

Research Design:

The present research has been designed to examine quantitative research based questions.

The present study was proposed to be of descriptive type. It has quantitative aspect. Quantitative approach has been adopted for the questionnaire. A self-reported questionnaire was selected.

This study was exploratory and descriptive in nature. The Survey method was used to collect the necessary data from the respondents. (Friel, (2012)) Asserts that the overview is generally modest and comprehensive because it helps present the characteristics of a very large population and the overview can be organized in several ways. The researcher further states that the method allows respondents to respond with greater legitimacy and generosity.

Descriptive research is a type of study that is primarily concerned with presenting the nature or conditions and degree of the present situation in detail. The aim of Descriptive research is to examine speculations and hypothesis clarifying the current situation in order to explain it (Jackson, 2009). Descriptive research is also known as Statistical Research. The main purpose of this investigation is to provide information and features about what is being investigated. Bear in mind the frequency, repetition, averages and other facts behind such research. The test of Descriptive research is mainly undertaken when an expert has to develop a

higher understanding of a point. That is, analyzing the past rather than the futuristic things. Descriptive research is the exploration of the existing certain phenomena. The details of the facts will not be known. The existing phenomena's facts are not known to the person (Mahar, 2006).

Sample size and Sampling Technique:

Random sampling was used and a sample of 100 respondents was selected to collect the data. Total population of 100 students were selected from the University of Education Lower Mall Campus Lahore.

"A small part or a large number of any object, which is intended to express the whole quality, style or nature, is called a sample. In the data, the sample is described as a subset of the population.

Sampling is a process used in statistical analysis that involves pre-determined observations of a large population. The method used for sampling large populations depends on the type of analysis, but may include a simple random sampling or a systematic sampling (Bhatnagar, 2017)

Research Instrument:

The researcher open/ close questionnaire for the purpose of data collection. I have developed and composed a questionnaire keeping in view objective of my research. Responses of participants are taken in five options: (1) Yes, (2) No, (3) Unknown.

To judge the authenticity of questionnaire pilot study was conducted.

The questionnaire provides potentially useful framework for my study. The present tool covers all aspects of my research.

Data Collection:

The collection of data has been administered by the above-mentioned research method and tools. For this purpose researcher planned to visit various departments of University of education

lower mall campus Lahore where students have some interest and knowledge about health and physical fitness.

Validity of the Questionnaire:

The importance of measuring the accuracy of research instruments known as accuracy (especially questionnaires) has been validated in several studies, respectively (Bolarinwa, 2015). In the current research study, the initial version of the questionnaire was sent to eminent PhD holders and experts in the Department of Social Sciences, university of education Lahore, to verify the content. In light of the expert's suggestions and recommendations, the researcher removed, added, and modified some items from the scale.

Pilot testing:

Given the importance and significance of pilot testing of equipment in research, the self-prepared questionnaire included 30 students from two different department for pilot testing. The purpose of the pilot study was to pre-test a device developed on a small portion of a sample selected by the researcher. The questionnaire was improved in light of the small sample feedback. The complexities and ambiguities identified by the players and directors' games were removed in consultation with field supervisors and experts.

Reliability of the Questionnaire:

For the ultimate goal of internal consistency of the parts, Cronbach's Alpha with coefficients was applied. Alfa Cronbach is a ratio of internal consistency; it is as many things are closely related. It is considered a percentage of the scale based on reliability. As (De Bruin, 2006) points out, Alpha Cronbach is nothing more than a measurable test - it is a coefficient of reliability (or consistency). Alfa Cronbach could be part of the normal between being tested and the relationship between the items.

The Cronbach's alpha coefficient measured the internal consistency coefficient of the questionnaire, and 99 items were 0.944 above the Cronbach's alpha coefficient level of 0.9 and had an excellent internal consistency coefficient.

Data Analysis:

The data collected from a well-organized questionnaire was run on database (SPSS and Microsoft Excel) for analysis procedure.

- ❖ Average reported frequency of responses of questionnaire was analyzed.
- ❖ In order to find statistically significant connection was interpreted by tabulation =and charts

The above stated chapter presented the methodology, which includes the research design, the instrument, the collection procedure and the data analysis. The next chapter provides data analysis and interpretations.

Do you have or have you ever had asthma?

Do you have or have you ever had asthma?	Freq.	Percent
Yes	1	2
No	48	96
Unknown	1	2
Total	50	100

Do you now have or have you ever had:

Coronary heart disease, heart attack, coronary artery surgery

21. Do you now have or have you ever had: a. Coronary heart disease, heart attack, coronary artery surgery	Freq.	Percent
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Fitness Level of Students of University of Education Lahore

No	49	98
Unknown	1	2
Total	50	100

Angina:

Angina	Percent	Cum.
No	46	92
Unknown	4	8
Total	50	100

High Blood Pressure:

High Blood Pressure	Freq.	Percent
Yes	1	2
No	46	92
Unknown	3	6
Total	50	100

Peripheral Vascular Disease:

Peripheral vascular disease	Freq.	Percent
No	48	96
Unknown	2	4
Total	50	100

Stroke:

Stroke	Freq.	Percent
No	48	96
Unknown	2	4
Total	50	100

Diabetes:

Diabetes	Freq.	Percent
No	48	96
Unknown	2	4
Total	50	100

Thyroid Problems:

Thyroid problem	Percent	Cum.
No	45	90
Unknown	5	10
Total	50	100

Hepatitis:

Hepatitis	Freq.	Percent
No	49	98
Unknown	1	2
Total	50	100

Arthritis:

Arthritis	Freq.	Percent
No	47	94
Unknown	3	6
Total	50	100

Gout:

Gout	Freq.	Percent
No	48	96
Unknown	2	4
Total	50	100

Headaches that are chronic and severe:

Headaches	Freq.	Percent
Yes	4	8

Fitness Level of Students of University of Education Lahore

No	46	92
Total	50	100

Head injury or epilepsy:

Head injury or epilepsy	Freq.	Percent
No	50	100
Total	50	100

Kidney problems or discomfort when urinating:

Kidney problems or discomfort when urinating	Freq.	Percent
Yes	1	2
No	47	94
Unknown	2	4
Total	50	100

Anemia:

Anemia	Freq.	Percent
Yes	2	4
No	43	86
Unknown	5	10
Total	50	100

Lung Problems:

Lung problem	Freq.	Percent
Yes	1	2
No	49	98
Total	50	100

Liver Problems:

Liver problems	Freq.	Percent
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No	50	100
Total	50	100

Are you now or have you been pregnant in the last month?

Are you now or have you been pregnant in the last month?	Freq.	Percent
2	50	100
Total	50	100

Have you recently been ill or injured?

Have you recently been ill or injured?	Freq.	Percent
1	7	14
2	43	86
Total	50	100

Have you ever had surgery? If yes when?

Have you ever had surgery? If yes when?	Freq.	Percent
Yes	3	6
No	46	92
Unknown	1	2
Total	50	100

Do you dine out often?

Do you dine out often?	Freq.	Percent
1	27	54
2	23	46
Total	50	100

Does your husband work out?

Does your husband work out?	Freq.	Percent
3	50	100
Total	50	100

Summarize Age:

variable	Obs	mean	ST. Dev	min	max
age	50	21	1.653691	18	25

Findings, Conclusion & Recommendations:

- 86% of the respondents responded no with the statement do you have chest pain brought on by physical activity.
- 92% of the respondents responded no with the statement have you developed chest pain in the last month when not doing physical activity.
- 78% of the respondents responded no with the statement do you lose your balance because of dizziness or do you ever.
- 98% of the respondents responded no with the statement has a doctor ever recommended medication for your blood Pressure or a heart condition.
- 84% of the respondents responded no with the statement are you aware through your own experience, a doctor's advice, or any other physical reason that would prohibit you from engaging in physical activity.
- 96% of the respondents responded no with the statement do you smoke or have you quit within the last six months.
- 58% of the respondents responded no with the statement is your blood cholesterol level >249 mg/dl.
- 78% of the respondents responded no with the statement are you physically inactive (less than 30 minutes of Physical activity 3 days per week).
- 80% of the respondents responded no with the statement have you ever experienced pain or discomfort in the chest, neck, jaw arm, or other areas of your body that indicate Lack

of blood flow to the heart.

Conclusion:

Data collection through the questionnaire about the fitness in which age group 18-25 years are included shows that many students are not curious about their health. According to the data of questionnaire maximum respondents responded that they have no interest about their health status. Most important thing is that most of respondents are not doing any physical activity to keep them physically fit. Physical fitness level of students of university of education Lahore age group 18-35 is satisfactory, yet they not doing any regular physical activity.

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