



PHYSICAL ACTIVITY BETWEEN URBAN AND RURAL PEOPLE: A COMPARATIVE STUDY

Jaskaran Singh

KEYWORDS :

Physical inactivity is now believed a worldwide health issue, the cause and effect of inactivity pushes the human race towards dark future. Activity is life; to save the human race humans must involve themselves in physical activity. Worldwide numerous programmes encourage the people to participate in physical activity

The present study is conducted to compare the physical activity participation between urban and rural population of mansa district. Population distribution of mansa is that 21.25 % of its population lives in urban and 78.75% is rural. The proportion of the world's population living in urban areas has increased dramatically over the past half century. A similar trend has been evident in Mansa over the last two decades; According to 2011 census, the total population of Mansa district is 769751. It was 688758 in 2001. Little is done to promote health of rural people, In general and in particular compared with urban communities, rural communities have limited access to health care, suffer more preventable morbidity and mortality and have lower numbers and diversity in speciality of health professionals per population (Muula, 2007). Urbanization is periodically highlighted as a factor that influences physical activity, sedentary behaviours, weight status and cardio respiratory fitness in youth. It has been intuitively assumed that individuals living in urban centres would be less active than their rural counterparts, and by inference would have lower levels of cardio respiratory fitness and higher levels of overweight and obesity (Springer et al., 2006; Liu et al., 2008; Albarwani et al., 2009; Ismailov and Leatherdale, 2010).

Social inequalities between urban and rural Urbanization refers to the concentration of people in towns/cities and associated changes—economic transformation, migration, shifting residential patterns and behavioural changes (Ezzati et al., 2005). Trends in physical fitness show more variable contrasts. Youth from rural communities were more likely to be classified as physically fit, especially in cardiorespiratory fitness, compared with urban youth in Oman (Albarwani et al., 2009). On the other hand, differences in several motor fitness and somatic characteristics between rural and urban Belgian youth were negligible (Taks et al., 1991). The authors attributed the observations to an ongoing process of conurbation in Belgium, which is a relatively small country geographically. Among relatively impoverished Mexican school youth, those resident in an urban colonia had somewhat better endurance performance (distance run) compared with peers from an impoverished indigenous rural community (Reyes et al., 2003).

Presently available data relating urbanization to physical activity, sedentary behaviour and cardiorespiratory fitness indicate somewhat variable results within and among specific countries and regions. Research addressing the lifestyles and physical fitness of Portuguese urban and rural youth is limited (Coelho e Silva et al., 2003). PA occurs in social contexts that have specific demands and constraints such as opportunities for walking, access to playgrounds, proximity to shopping centres, and so on. Changes in parental work habits, television viewing, availability of video games and other culturally related factors in the environment have also been indicated as contributing to increased opportunities for sedentary behaviours (Moreno et al., 2001). The effect of urbanization may also interact with rearing styles; for example, mothers with higher levels of education are more likely to engage in health-promoting behaviour (Sherar et al., 2009).

The purpose of this study was to compare PA, physical inactivity, time spent in screen-related sedentary activities and CRF in rural and urban adolescents in the Portuguese Midlands. Although the proposed topic

is interesting in its own right, it is presently relevant given the observation that youth from southern European countries, including Portugal, have a high prevalence of overweight and obesity (Padez et al., 2004).

Objective. This study aimed to identify the prevalence of, and the socio-demographic correlates related to, the achievement of recommended physical activity levels.

Tools- International Physical Activity Questionnaire Long Last 7 Days Self-Administered Format was used to access the physical activity of urban and rural population.

Sample- Total 100 urban and 100 rural people were selected for this study.

Limitation- The study is limited to male population of Mansa district only.

Table 1

Personal Information	Urban N=100	Rural N =100	SD
Age	45	55	7.071068
Weight	75	65	7.071068
Annual income	600000	400000	141421.4
Vegetarian	55	40	

It may be observed from the above table that Mean age of rural people is 55 which is higher than the urban people having mean age of 45 and having SD value of 7.07 which indicates that urban people become early aware regarding health and start participating at early age as compared to rural people. In weight category the urban population possess more mean weight of 75 kg as compared to urban population and having SD value of 7.07 which indicates that urban people consume more calories and burn less as comparative to rural population, the results of Ferreir Filipe Soares (2013) were of view that overweight decrease physical activity. Mean Annual income of urban population is 600000 as compared to rural population having SD value of 141421.4 the results indicated that urban people had more opportunities and more means of income than the rural population. Urban people were more vegetarian than their counter partners having mean value of 55 and 40 which indicated that urban people are more health oriented than rural people.

Table -2			
JOB-RELATED PHYSICAL ACTIVITY	Urban N=100	Rural N=100	SD
Having job	70	80	
Vigorous activity for 10 minutes in last 7 days	3	6	2.12132
Time in hours for vigorous exercise as part of work in last 7 days	1	3	1.414214
no of days you perform Moderate exercise for 10 minutes in last 7 days	3	7	
time spent in hours on moderate activity as part of work	2	4	
no of days you walk for 10 minutes as part of work	5	7	
walking hours as part of work	2	4	

In the above table having job the rural people had upper hand having mean value of 80 than the urban people having mean value of 70 indicates that rural people are more engaged in job work than urban people. Rural population have more mean value of 6 as compared to

urban people having SD value of 2.12 in vigorous exercise that last for 10 minutes, indicates that rural people do more vigorous exercise than urban people due to association with agriculture. On the time spent in hours per week on vigorous exercise the urban people had less mean value of 1 than their counterparts which had mean value of 3 and SD value of 1.41 showing that rural people do more physical work than the urban people. Rural people spend more time on moderate exercise as their mean value is 7 as compared to urban people having mean value of 3 indicates that urban people devotes less time on moderate exercise. Time spent in hours on moderate activity as part of work the mean value of 4 representing rural people involvement is more than the mean value of urban people having mean value of 2. In case of time devoted for walking in minutes and time spent in hours in walking as part of work the urban people having lesser mean value of 5 and 2 respectively than their counter part having more mean value of 7 and 4 indicates that rural people do their work manually as compared to urban people. Regis Manuela Ferreira et.al (2016) were of the view that people living in rural areas were less exposed to the sedentary behaviours, chose more active leisure, and had higher levels of physical activity.

Table-3

TRANSPORTATION PHYSICAL ACTIVITY	Urban N=100	Rural N= 100	SD
no of days you travel in last 7 days	5	3	1.414214
time spent per day in minutes while travelling in last 7 days	30	15	10.6066
no of days you use bicycle for at least 10 minutes in last 7 days	3	6	2.12132
time spent in minutes on bicycle in last 7 days	25	40	10.6066
no of days you walked at least 10 minutes from place to place in last 7 days	3	6	2.12132
time spent in minutes while walking from place to place	25	40	10.6066

From the above table the time spent in days while travelling indicates that urban people travel more than rural people having mean value of 5 as compared to rural people having mean value of 3 and SD value of 1.41. Further time spent in minutes while travelling the urban people having more mean value of 30 as compared to rural people having mean value of 15 and SD value of 10.6 showing that urban people had better means of transport and use them more frequently as compared to rural people. In the use of bicycle for no of days for 10 minutes the rural people had more mean value of 6 as compared to urban people having mean value of 3 and SD value of 2.12. In case of time spent in minutes on bicycle the rural people had more mean value of 40 as compared to urban people having mean value of 25 and SD value of 10.6 indicates that in rural life bicycle is used as means of transport as compared to urban people. In case of walking days from place to place for at least 10 minutes the rural people had more mean value of 6 than urban people having mean value of 3 and SD value of 2.12. Time spent in minutes while walking from place to place the rural people having more mean value of 40 as compared to urban people having mean value of 25 and SD value of 10.6, the result shows that rural people prefer walking to do their daily work as compared to urban people using means of transport while doing daily work. Rissel Chris et.al(2012) time devoted in walking and cycling helps in increasing physical activity and fitness level.

Table-4

HOUSEWORK, HOUSE MAINTENANCE, AND CARING FOR FAMILY	Urban N=100	Rural N=100	SD
No of days you do vigorous activity at least for 10 minutes at home in last 7 days	2	5	
time spent in minutes on vigorous exercise in last 7 days	15	40	
no of days you do moderate exercise at least for 10 minutes in garden in last 7 days	1	5	
time spent in minutes on moderate exercise in yard	25	40	10.6066
No of days you do moderate exercise that last for 10 minutes at home in last 7 days	2	6	
time spent in minutes on moderate exercise inside your home	20	50	21.2132

In the above table the rural population has more mean value of 5 on the days you do vigorous activity at least for 10 minutes at home in last 7 days than their counterparts having mean value of 2. The time spent in minutes on vigorous exercise in last 7 days the rural people having more mean value of 40 as compared to urban people having mean value of 15 shows that rural people do manual work as comparative to urban people. For moderate exercise the rural people having more mean value of 5 as compared to urban people having mean value of 1. Time spent on moderate exercise in minutes the urban people having more mean value of 40 as compared to urban people having mean value of 25 and SD value of 10.6 showing that rural people do house jobs manually as compared to urban people that were less engage in house work. No of days you do moderate exercise that last for 10 minutes at home in last 7 days the rural population has more mean value of 6 as compared to urban people having mean value of 2. On the time spent in minutes on moderate exercise inside your home the rural people had more mean value of 50 than their counterparts having mean value of 20 and SD value of 21.21 indicates that urban people spent less time on house hold work as comparative to rural people who prefers to work manually. Tesfaye abate(2013) supports the above study that rural population are superior to urban population in physical fitness the results indicates that village life style is more active in nature than the life in urban areas which produced high level of physical and physiological functioning in rural residents.

Table-5

RECREATION, SPORT, AND LEISURE-TIME PHYSICAL ACTIVITY	Urban N =100	Rural N=100	SD
no of days you walk leisurely atleast 10 minutes in last 7 days	6	3	
time spent in minutes on leisure walking in last 7 days	30	20	7.071068
No of days in week you do vigorous exercise during leisure time	2	1	0.707107
time spent in minutes on vigorous exercise during leisure time per day in last 7 days	10	10	0
no of days in week you do moderate exercise during leisure time	4	3	0.707107
time spent in minutes on moderate exercise during leisure time in last 7 days	30	20	7.071068
time spent in hours per day while sitting in last 7 days	4	2	1.414214
time spent in hours while sitting on the weekend day	3	2	0.707107

In recreation, sport, and leisure-time physical activity the urban people have higher mean value of 6 in number of days you walk leisurely at least 10 minutes in last 7 days as compared to rural people having mean value of 3. On time spent in minutes on leisure walking in last 7 days the urban people having higher mean value of 30 more than their counterparts having mean value of 20 and SD value of 7.07 which shows that rural people devote more leisure time on activity than the rural people. Urban people had more mean value of 2 in no of days in week you do vigorous exercise during leisure time than rural people having mean value of 1 and SD value of 0.7 showing urban people do more vigorous activity during leisure time than rural people who devote less time on leisure activity. Time spent in minutes on vigorous exercise during leisure time per day in last 7 days both urban and rural people have same mean value of 10. In moderate exercise during leisure time urban people having more mean value of 4 than rural people having mean value of 3 and SD value of 0.70. In case of minutes spent on moderate exercise during leisure time the urban people having mean value of 30 and rural people having mean value of 20 and SD value of 7.07 the results of moderate activity shows that urban people having edge over the rural people in devoting time in leisure activities. Time spent in hours per day while sitting in last 7 days urban people having more sitting capacity than rural people the results indicate urban people having more mean value of 4 as compared to rural people having mean value of 2 and SD value of 1.41. Time spent in hours while sitting on the weekend day the mean value of urban people is 3 as compared to rural people having mean value of 2 and SD value 0.70 the results shows that rural life is more active than urban life style. Javid Marzyeh et.al(2015) studied that urban people spent more time and participate in different leisure time activities than rural people the

reason being the availability of infrastructure to urban people than rural people.

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