Research Paper Physical education

Comparative Study of Physical Wellness Traits of Life Style among Students of Different Professional Courses and Their Interaction with Regions

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ABSTRACT

Purpose: the purpose of the study was to assess and to find out comparison of Life Style Related Traits (Physical Wellness) among Students of Different Professional Courses and their interaction with Regions. Materials and Methods: One hundred twenty male students of different professional courses (30 from each profession) and different regions (15 each region) were selected from D.A.V.V Indore M.P. Age of the subjects was being ranging from 19 to 28 years. Physical Wellness Assessment as traits of Life style was considered as dependent variable. Physical wellness was measured by Life-Style Assessment Inventory developed by Anspangh David S. Michal, H. Hamrich and Fran D. Rosato. 4 x 2 factorial design was used. To assess and compare Life Style related variable (Physical wellness) among students of professional courses of different regions (Urban and Rural), Descriptive statistics and Two Way Fishers Analysis of variance was used. Bonferroni post hoc test was used for the comparisons of paired means of four different professional courses in relation to Physical Wellness assessment. Results: Mean and Standard deviation for rural and urban area was found 77.00±11.95, 49.68±21.11, 55.06±15.56, 55.06±15.72 and 71.57±17.09, 55.87±15.79, 56.73± 15.82,56.60±17.52 respectively for P.E, I.P., M.B.A and I.E.T. Insignificant difference was found between the means of different professional courses in relation to Physical wellness assessment at .05 level, since F value of .077, .615 for professional courses and interaction (Professional courses* Regions) was found less than the required value 3.89 respectively at 1,112 df and significant difference was between regions , since F value of 10.07 was found greater than the required value 2.65 at 3,112 df..Conclusions:1) Insignificant difference was found among the means of Professional Courses and interaction (Professional courses* Regions) in relation to Physical wellness assessment.2) Significant difference was found between the means of different region (Rural & Urban) in relation to Physical wellness assessment.

KEYWORDS Life style, Professional Courses, Region, Physical Wellness

Introduction

Lifestyle is the typical way of life of an individual, group, or culture. The term refers to a combination of determining- in tangible or tangible factors. Tangible factors relate specifical ly to demographic variables, i.e. an individuals demographic profile, whereas intangible factors concern the psychological aspects of an individual such as personal values, preferenc es, and outlooks. A rural environment has different lifestyles compared to an urban metropolis. Location is important even within an urban scope. A particular neighbourhood affects lifestyle due to varying degrees of affluence and proximity to open spaces. For example, in areas within a close proximity to the sea, a surf culture or lifestyle is often present. The-con cept of Lifestyle Management has developed as a result of the growing focus on lifestyle [1]. Health and physical activi ty concepts that enable informed decisions for healthy, active lifestyles. Through knowledge and understandings of key con cepts, students are informed and take a critical perspective on health and physical activity issues within family, school, com munity and work settings. Students know the essential health concepts and understand the importance of a balanced life style that takes into account work, leisure and recreation [2].

Objectives of the study

The main objective of the study was to assess and to find out comparison of Life Style Related Traits (Physical Wellness) of Students of Different Professional Courses and Regions.

Following sub objectives were formulated to achieve main objective of the study:-

First sub- objective of the study was to assess life style- re lated one variable (Physical Wellness Assessment) among stu dents of different Professional course (Institute of manage ment science, Institute of Engineering Technology, Institute of Pharmacy and Physical Education).

Second sub- objective of the study was to assess life style-re lated one variable (Physical Wellness Assessment) among stu dents of different regions (Rural and Urban).

Third sub- objective of the study was to compare life style re lated one variable (Physical Wellness Assessment) among stu dents of different Professional courses (Institute of manage ment science, Institute of Engineering Technology, Institute of Pharmacy and Physical Education).

Fourth sub- objective of the study was to compare life style related one variable (physical Wellness Assessment) among students of different regions (Rural and Urban).

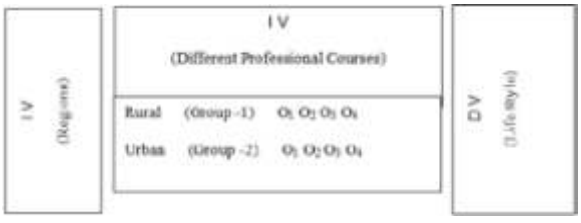
Fifth sub- objective of the study was to find out the interac tion between different regions (rural and urban) and different professional courses (Institute of management science, In stitute of Engineering Technology, Institute of Pharmacy, and Physical Education) in relation to life style related one variable (Physical Wellness Assessment).

Material and Methods

The subjects for this study were selected from Devi Ahilya Vishwavidyalya Indore Madhya Pradesh. A total of 120 male students was selected, 30 from each profession (Physical Ed ucation, Institute of Business management, and institute of Engineering technology) of Devi Ahilya Vishwavidyalya Indore Madhya Pradesh from both regions (Urban and Rural). Age of the subjects was being ranging from 19 to 28 years. Physical wellness was measured by Life-Style Assessment Inventory developed by Anspangh David S. Michal, H.Hamrich and Fran D. Rosato was considered as dependent variable. Following Professions was considered as independent variables i.e- In stitute of Pharmacy , Physical Education ,Institute of Business management ,institute of Engineering technology and Follow ing Regions was also being considered as independent va ria bles i.e. Urban ,Rural.

Design of the Study

4 x 2 factorial design was be used for the study. Students of professional courses, Total 04 Courses (Institute of manage ment science, institute of Engineering of technology, Institute of Pharmacy and Physical Education) was be selected at two regions i.e. Urban and rural[4].



IV = Independent variables, DV = Dependent variables

Results, Discussion and Conclusions

The statistical analysis of data was conducted on the Life style related variable (Physical Wellness) of hundred twenty male students of D.A.V.V Indore. The descriptive statistics [5]was applied to characterize the life style related trait(physical well ness)among male students of different professional courses (Physical Education, Institute of Pharmacy, Institute of Business management and Institute of Engineering) in relation to differ ent regions (Rural and Urban) and Two Way Fishers Analysis[6] of variance was also applied to compare the Life style related trait(physical wellness) among male students of different pro fessional courses (Physical Education, Institute of Pharmacy, In stitute of Business management and Institute of Engineering) in relation to different regions (Rural and Urban) . The results are given in table 1, 2.

Table 1

Descriptive Statistics of different professional Courses and regions in relation to Physical wellness assessment

Regions	Professional Courses	Mean	Std. Deviations
Rural	Physical Education	77.00	11.95
	Institute of Pharmacy	49.68	21.11
	Institute of Business Management	55.66	15.56
	Institute of Engineering Technology	55.06	15.72
	Total	58.90	19.18
Urban	Physical Education	71.57	17.09
	Institute of Pharmacy	55.87	15.79
	Institute of Business Management	56.73	15.82
	Institute of Engineering Technology	56.60	17.52
	Total	59.93	17.37
Total	Physical Education	74.28	14.73
	Institute of Pharmacy	52.78	18.60
	Institute of Business Management	56.20	15.43
	Institute of Engineering Technology	55.83	16.37
	Total	59.41	18.23

Table 1 revealed In relation to Physical wellness- assess ment mean scores and standard deviation for rural area has been found 77.00±11.95, 49.68±21.11, 55.06±15.56, 55.06±15.72 and total 58.90±19.18 respectively for Physical Education, Institute of Pharmacy, Business of Management and Institute of Engineering.

Mean and standard Scores for urban have been found 71.57±17.09, 55.87±15.79, 56.73± 15.82,56.60±17.52 and 59.93±17.37respectively for Physical Education, Institute of Pharmacy, Business of Management and Institute of Engineer ing.

Table-2

Analysis of Variance for the different Professional courses at different regions in relation to Physical wellness assess - ment

Source	Type III Sum of Squares	Df	Mean Square	F
Professional Courses	21.10	1	21.1	.077
Regions	8295.01	3	2765.0	10.07*
Professional Courses* Regions	506.70	3	168.9	.615
Error	30741.41	112	274.47	

*Significant at .005 level

F-value required to be significant at (1,112) =3.89 & (3,112) =2.65

Table-2 revealed that insignificant difference was found be tween the means of in different professional courses in rela tion to Physical Wellness at.05 levels since F value of .077 was found less than the required value 3.89 at 1,112 df.

On the other hand significant difference exist between the Rural and Urban area in relation to physical wellness at .05 level since F-value found 10.07 greater than the required val ue of 2.65 at 3,112 df.

Insignificant interaction was found between Professional Courses and Regions since F-value of .615 was less than the required value 2.65 at 3, 112 df.

Table-3

Bonferroni post hoc test for the comparisons of paired means of four different professional courses in relation to Physical Wellness assessment

(I) Different Professional Courses	(J) Different Professional Courses	Mean Difference (I-J)	Sig.
Physical education	Pharmacy	21.5045*	.000
	M.B.A	18.0857*	.000
	IET	18.4524*	.000
Pharmacy	Physical education	-21.5045*	.000
	M.B.A	-3.4188	1.000
	IET	-3.0521	1.000
M.B.A	Physical education	-18.0857*	.000
	Pharmacy	3.4188	1.000
	IET	.3667	1.000

Table- 3 revealed that significant difference was found be tween the means of Physical Education and Pharmacy; Phys ical Education and M.B.A; Physical Education and IET in rela tion to Physical Wellness assessment.

On the other hand insignificant difference was found between the paired means of Pharmacy and M.B.A; M.B.A and IET; Pharmacy and IET in relation to Physical Wellness.

Discussion of Findings

The result of present study show that insignificant difference was found among different professional courses in relation to physical wellness and the students of physical education were having greater physical wellness, this might be due to that the physical education courses involved both theoretical as well as practical aspects of games and sports. Physical education students do conditioning every day because conditioning is involved in the curriculum of the physical education cours es so they are physically strong in compare to other courses i.e. M.B.A, Pharmacy and I.E.T. **Choudhary and Kapri (2008)**

conducted a study on the topic Life style assessment based on responses of students of five different teacher education courses. . The Life Style Assessment contents selected for the study were Physical Assessment, Alcohol and Drug As sessment, Nutritional Assessment, Social Wellness Assessment, Spiritual Wellness Assessment, Emotional Wellness Assess ment, Stress Control Assessment and Intellectual Wellness Assessment. Life Style Assessment Inventory by Anspangh Da vids, Michael, H. Hamrich and Frank D. Rosato was adopted to collect data for Life Style Assessment. When the statistical data were judged on the basis of the norms of Life Style-As sessment Inventory, it was clearly revealed that below average in case of physical assessment. The present study was contrary by the study conducted by **Choudhary and Kapri (2008) [7].** Interaction between professional courses and regions were found insignificant. This might be due areas are not factors which determined the courses that rural will be mostly select the M.B.A, I.E.T and pharmacy.

Conclusions

- Insignificant difference was found among the means of Professional Courses in relation to Physical Wellness.
- The observed sequence was found Physical Education ≥ Institute of Pharmacy≥ Institute of Business Management≥ Institute of Engineering Technology in case of Physical Wellness.
- Significant difference was found between the means of different region (Rural & Urban) in relation to Physical Well ness.
- Urban students were having greater physical wellness in comparison to rural students.
- Insignificant interaction was found between region and professional courses

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