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AWARENESS ON WEEKLY EXERCISE TO ACHIEVE LONG LASTING HEALTH BENEFITS AMONG COLLEGE STUDENTS - SURVEY

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ABSTRACT

Regular physical exercise helps in developing your muscles and boosts your endurance. Exercise delivers oxygen to the cardiovascular system and helps in work more efficiently. People who do simple exercise daily such as walking, stretching will have a huge range of benefits for the body and mind. And regular exercise will help you to increase your lifespan. To create awareness on weekly exercise among the college students. In this study awareness on weekly exercise to achieve long lasting health benefits among college students. The questionnaire is based on knowledge, attitude, information, about the weekly exercise. A set of 15 questions was framed and sent through the online google form link. The collected data were analysed using an appropriate statistical tool. Among 100 college students 74% of the students are aware about the weekly exercise and its benefits. And remaining 24% they were not aware about the weekly exercise and their benefits. The weekly and regular practise of exercise will help you achieve your life and prevent us from the disease.

Keyword: Awareness; healthy life; knowledge; online survey; weekly exercise

INTRODUCTION

Greater amount of exercise will provide a greater amount of health benefits. Doing a spread out exercise during a course of a week will improve your health [1]. Aerobics exercise will help in strengthening the muscle. The moderate exercises are walking, swimming and stretching exercises. And harder exercises are aerobic dance, running etc... Any exercise can be done rather than doing nothing [2]. Physical activity is one of the important parts of life. Doing exercise will make you feel happier, help you to reduce your body weight, and make your muscles stronger, and make strong bones. An increase of exercise will help in improving the energy level, and help in reducing the risk of the chronic disease, your skin health and improve your brain health, And help to improve your memory and you will have a good sleeping cycle. At Least two days of exercise will make you healthy [3].

In the previous literature the author explains about physical activity and older adults. In this the older people who do physical exercise have good cardiovascular systems, musculoskeletal, psycho social health. And they have a good quality of life [4]. Nowadays many people are facing depression and stress and from that they

should do physical exercise which helps to decrease their stress level. In the previous literature the author said that the people who are doing regular exercise have less stress and sometimes no depression, but, the person who are not doing regular exercise will have a high depression level. Medication and exercise plays an important role in major depressive disorder. And in this the author said that depression can be controlled both by exercise and pharmacotherapy [5]. By doing yoga and exercise there are many benefits. Exercise is one of the methods for maintaining physical and emotional health. Yoga is effective and improves your variety of health and it helps in prevention from the disease [6]. Exercise helps in the self esteem of children and old people. And from that exercise they can protect them from the injuries and problems [7]. Aerobic exercise is not much important for mood alteration. For mood alteration yoga and swimming can be done. The psychological benefit of exercise may be one way to encourage adults to be physically active [8].

There are many advantages of exercise. Doing exercise will make your muscles muscle strength and help to boost yourself and the Delivers versus good oxygen level in the blood and this up place the nutrition do

you what issue. Help improve the cardiovascular system and make them to work effectively and help in increasing lifespan and avoid the disease and improve the bones and muscles [9]. There is many lack of exercise they lack time. That time for doing the exercise should be allotted and they should share their interest towards the exercises. They should have a proper resource and equipment to do exercise. They should have motivation and energy for doing exercise. family care giving obligations, if they have frequent work and leave the travel there will not to do exercise and that they should do at least some simple exercise [10]. Instead of travelling in by car or something else they can drive a cycle to keep them fit and healthy [11]. So the purpose of this study is to examine the awareness of weekly exercise and their benefits among the college students.

MATERIALS AND METHODOLOGY

This study is a prospective observational study, the pros are determined by the target population, economical, easy to

create and it should be widely reached and cons is determined by under coverage, homogeneous population and Based responses size and this study is approved by scientific you bored of Saveetha college and the people involved for this research is researcher and guide and the sampling method used and this is simple random sampling and the sample size collected is hundred and in the survey 10 were prepared. A questionnaire validation is based on Analysis, review and then prepare the final question and output variable is descriptive variable is represented by pie chart and a bar diagram. The statistical test used is chi-square analysis and the type of analysis is percentage analysis and the step followed in statistical software is data collection, analysis, interpretation, and the independent variables are based on age, gender and the dependent variable is based on knowledge and awareness. The statistical analysis was done in SPSS version 22 [12-16].

RESULT AND DISCUSSION

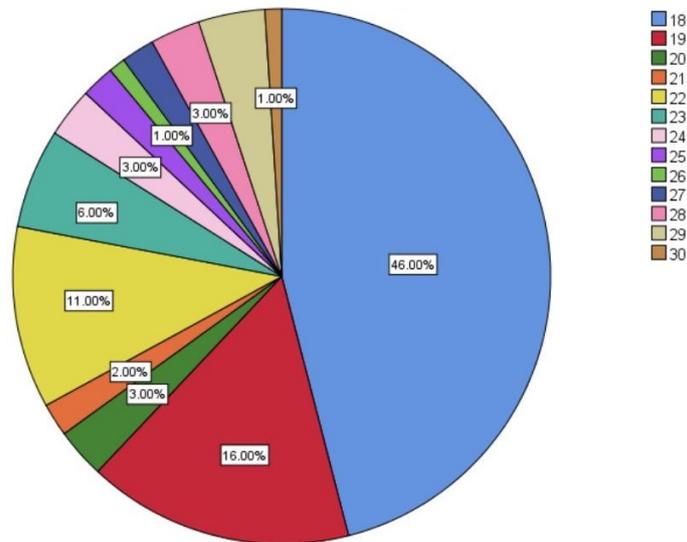


Figure 1: Pie Chart represents the age group of the participants. The above Pie Chart represents the age group between 18-30. Majority of the participants 46% are about 18 years of age

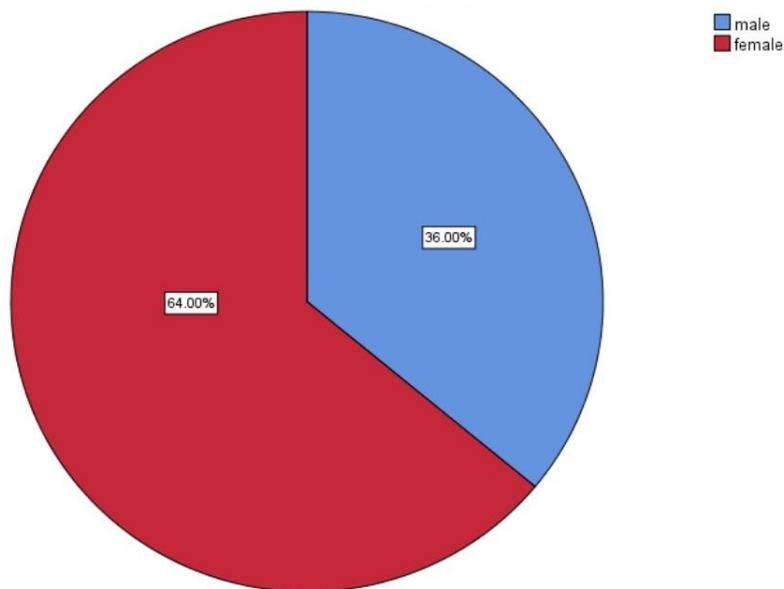


Figure 2: Pie Chart represents the percentage distribution of Gender. 36% of male were aware about the weekly exercise. (blue) and 64% of females were not aware about the weekly exercise (red). Majority of females were more aware than males.

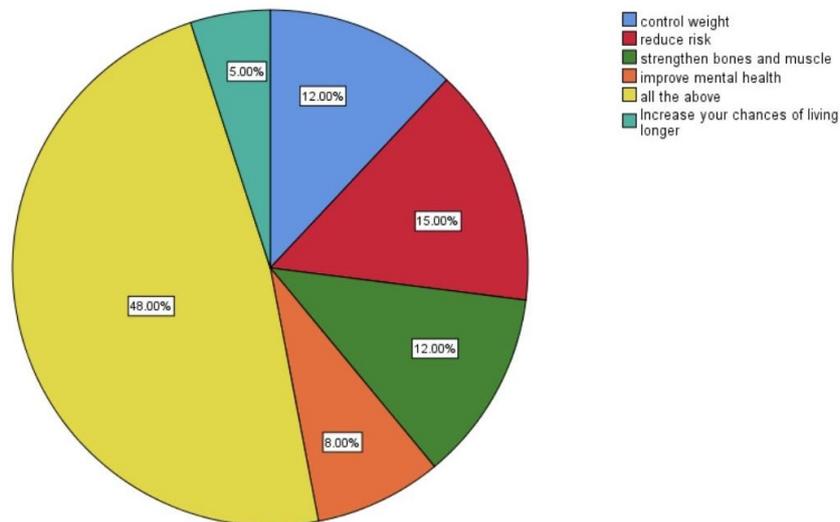


Figure 3: Pie chart representing the percentage distribution on benefit of exercise. Responses from different options were; 12% controlled weight(blue), 15% reduced the risk factors(red),12% strengthened bones and muscles(green), 8% improved mental health(orange), 48% all the above(yellow), and 5% increased your chance of living(aqua blue). Majority 48% of the students were aware about all the benefits of exercise.

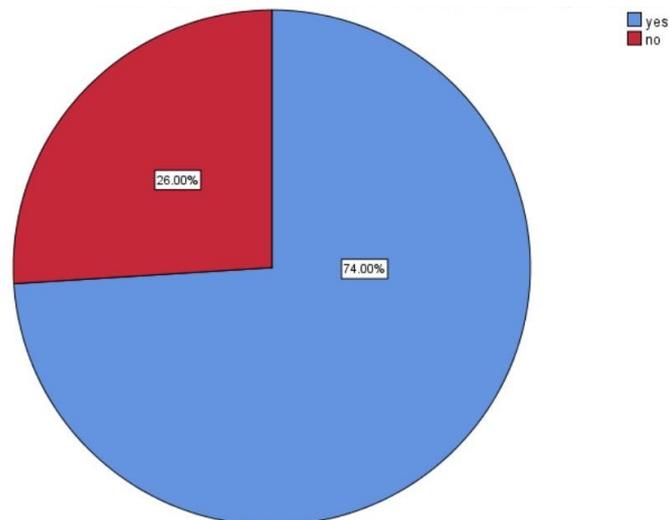


Figure 4: Pie chart representing the percentage distribution on weekly exercise to achieve long lasting life. Majority of the responses were aware that weekly exercise will help to achieve long lasting life 74%(blue) and 26% responses were not(red).

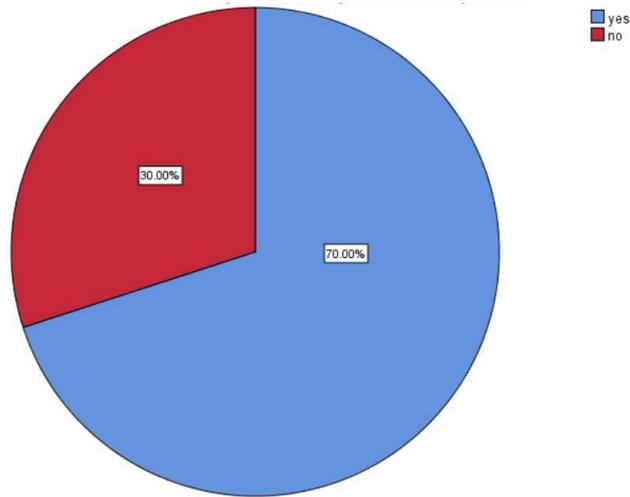


Figure 5: Pie chart represents the percentage distribution on importance of daily exercise. Majority 70% agree with the statement (blue), 30% don't agree with the statement(red).

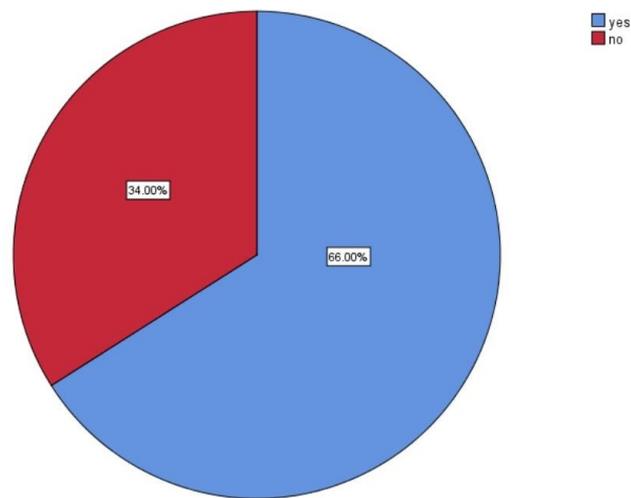


Figure 6: Pie chart represents the percentage distribution on daily practise of exercise. Majority 66% were practising daily exercise(blue) and 34% responses do not exercise daily(red).

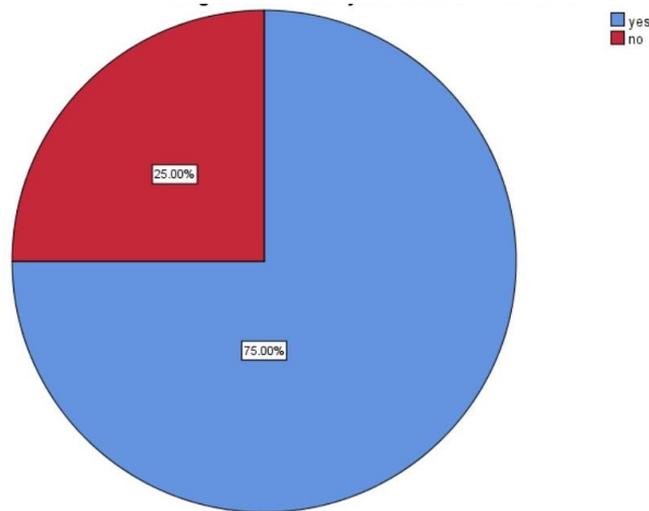


Figure 7: Pie chart represents the percentage distribution of exercise which makes your brain active. Majority 75% agree with the statement (blue) and 25% do not agree with the statement (red).

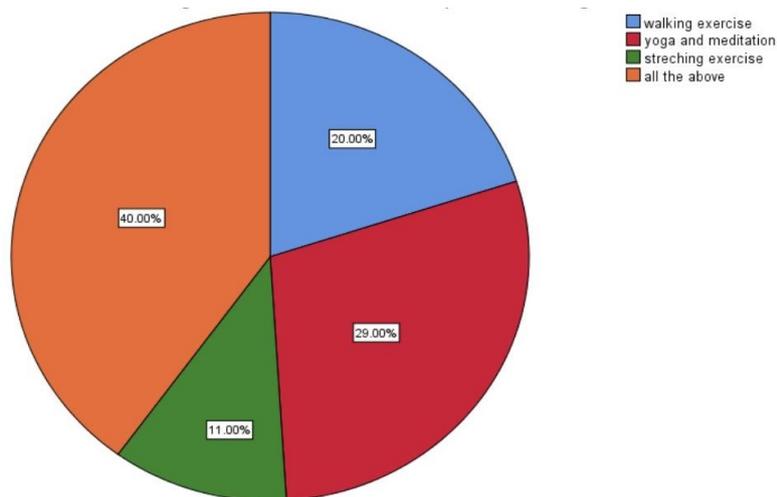


Figure 8: Pie chart represents the percentage distribution of exercise that helps in achieving long lasting life. 20% opted walking exercise (blue), 29% yoga and meditation (red), 11% stretching exercise (green), Majority 40% agrees all the above exercises help in healthy life (orange).

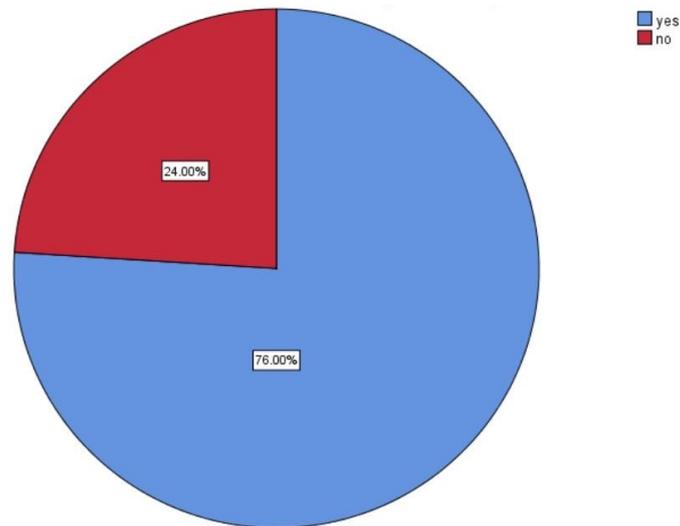


Figure 9: Pie chart represents the percentage distribution of exercise that helps to live an active life. Majority &76 % agreed with this statement that Exercise helps to live an active life (blue) and 24% do not agree with the statement (red).

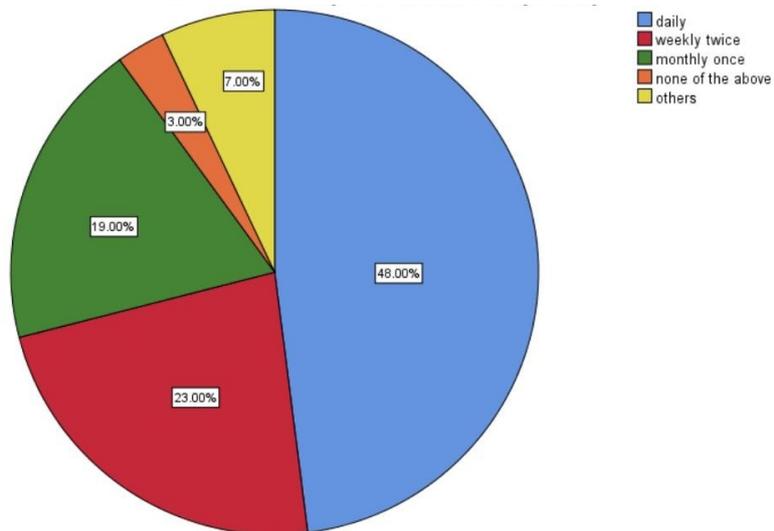


Figure 10: Pie chart represents the percentage distribution of doing exercise often. Majority 48% responses(blue) responded that they exercise daily, 23% weekly twice(red), 19% monthly once(green), 3% none of the above(orange) and 7% others(yellow).

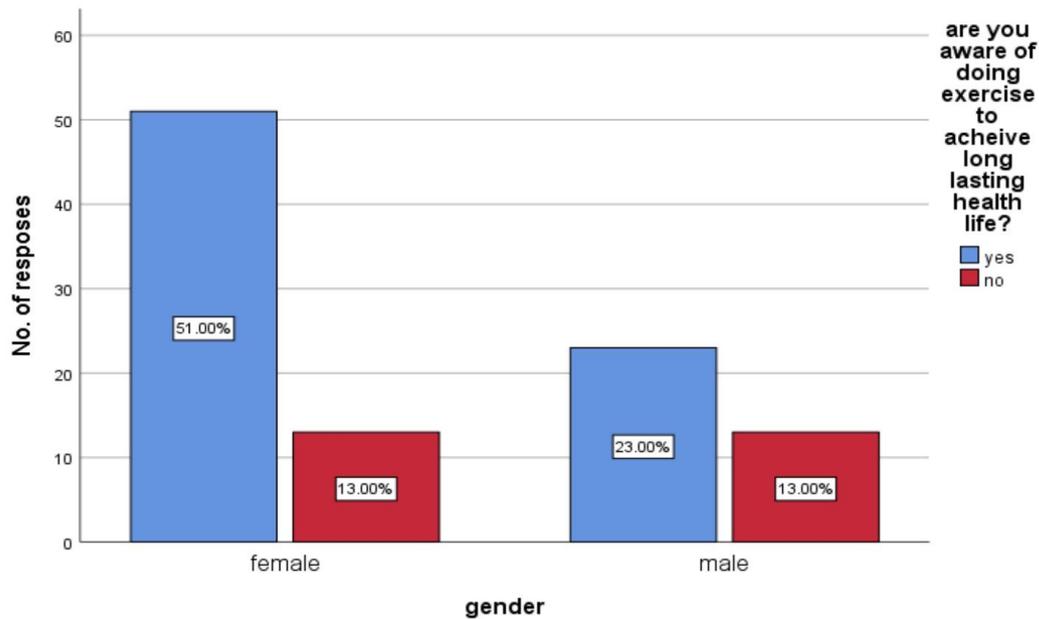


Figure 11: Bar graph representing the association between gender variation and awareness on doing exercise. X-axis represents gender variation and y-axis represents number of responses . Blue denotes that they were aware and red denotes that they were not aware. Majority 51% (blue) of females were more aware about the benefits of daily exercise rather than males. Chi square test was done. p value: 0.084, (p>0.05), df=1, pearsons value= 2.989 and it was not statistically significant.

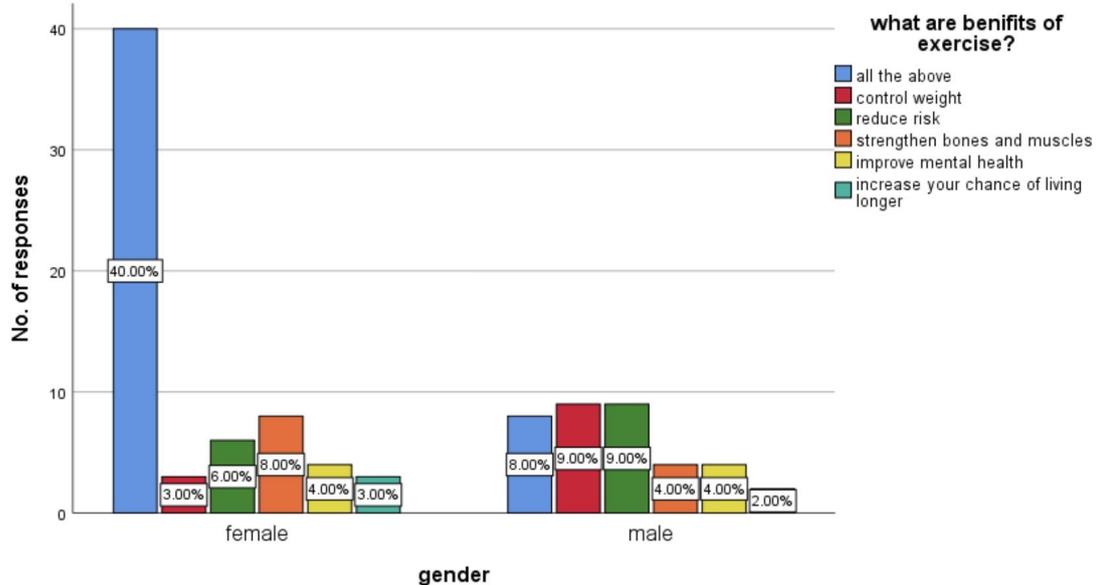


Figure 12: the above bar chart represents the association between gender and benefits of exercise. In X-axis it represents the gender and y-axis represents the benefits of exercise. In this blue colour represents the all the above, red colour represents the control weight, green colour represents the reduced risk, orange colour represents the strengthened bones and muscle, yellow colour represents mental health and aqua blue indicates the increase your chance for living. Females have a good knowledge regarding the health benefits of daily exercise when compared to males. Chi square test was done. Chi Square value:20.211,DF:5, p value: 0.001,(p<0.05) and it was statistically significant.

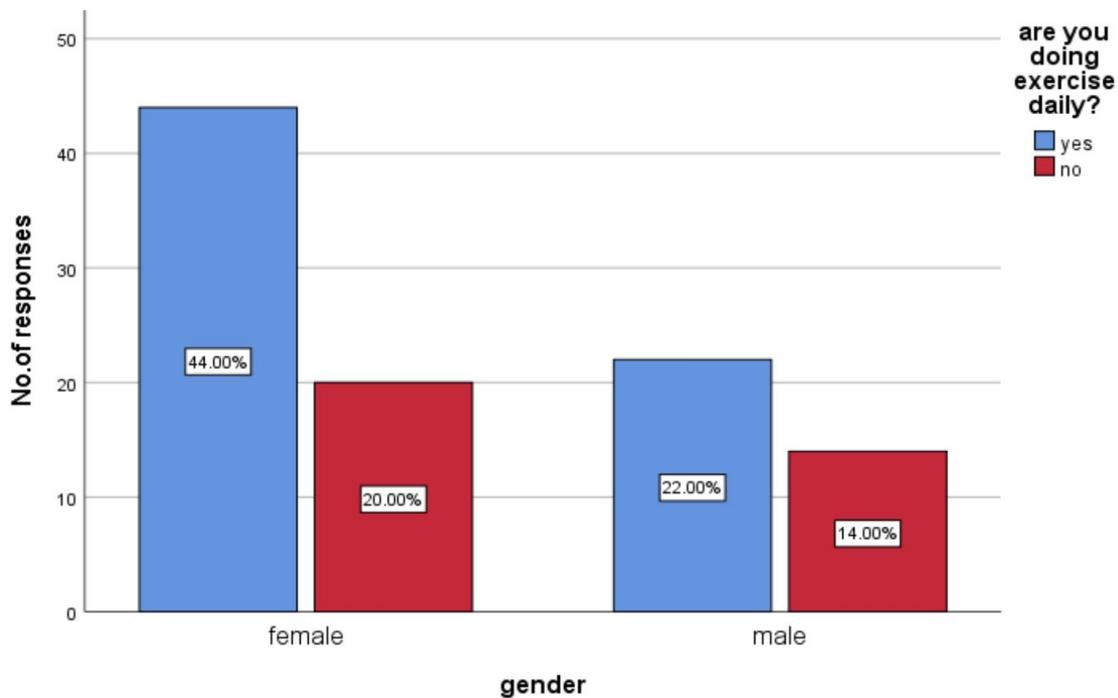


Figure 13: Bar graph represents the association between gender and regular practise of exercise. X-axis represents the gender and Y-axis represents no. of responses. Blue represents yes, red represents no. Majority 44% of females exercise daily. Females are more concerned in maintaining a daily routine of exercise when compared to males. Chi square was done. Chi square value=0.599,df=1, p value was 0.439($p > 0.05$), hence statistically not significant.

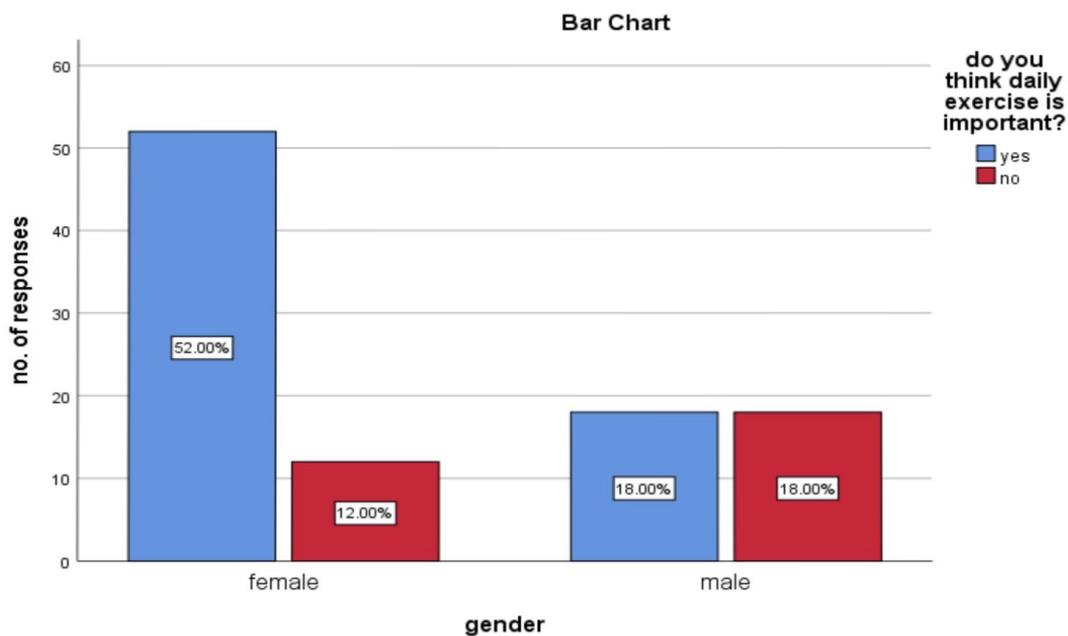


Figure 14- Bar graph represents the association between gender variation in daily exercise. In X-axis it represents the gender and Y- axis represents. Of responses. Majority 52% of females were aware about the importance of daily exercise more than males. Chi square test was done. Chi square value=10.714,df= 1, p value was 0.001($p < 0.05$), and it is statistically significant. Blue colour denotes yes and red colour denote no.

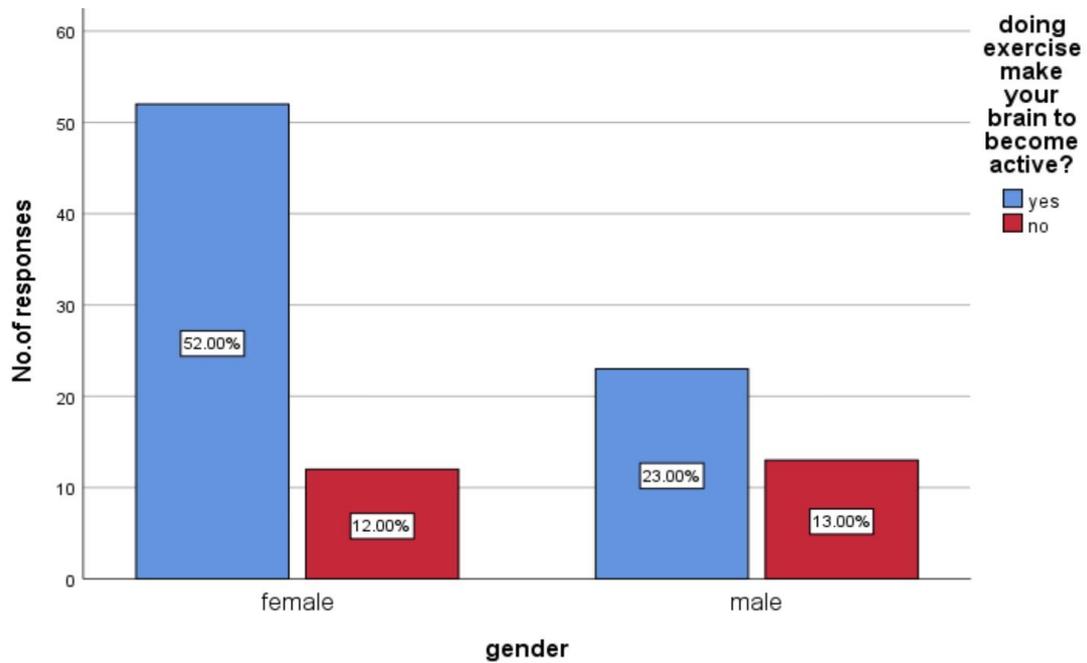


Figure 15: Bar graph represents the association between gender and doing exercise to make your brain more active. The X-axis represents gender and the Y-axis represents the no.of responses. Majority 52% of females were aware that exercise helped to make the brain active. Chi squares were analysed. Chi square value=3.704,df= 1, p value was 0.054(p>0.05) , and it was not statistically significant. In this blue colour represents yes and red represents no.

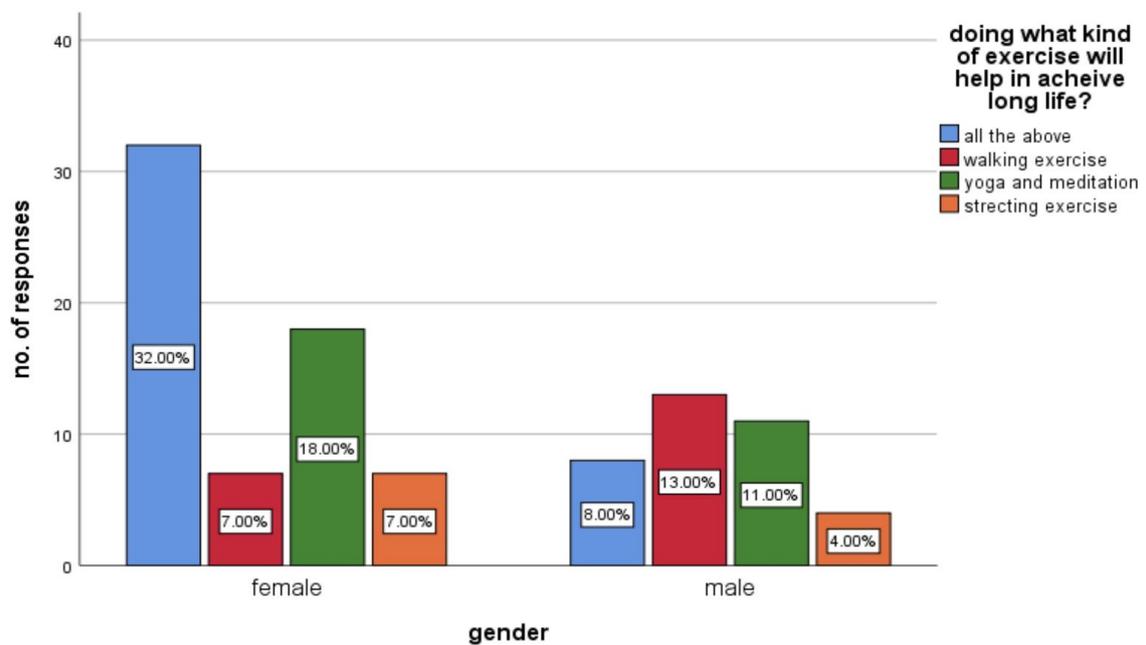


Figure -16 Bar graph represents gender variation in choosing a kind of exercise that will help to live longer. In the X-axis it represents gender and in the Y-axis it represents no of responses. Majority 32% females were aware of choosing a kind of all the exercise that helps to achieve a long lasting life.Chi squares were analysed.chi square value= 11.792, df=3,p value was 0.008(p>0.05), and it was not statistically significant. In this blue colour represents all the above, red colour represents walking exercise, green represents yoga and meditation and colour represents the stretching exercise.

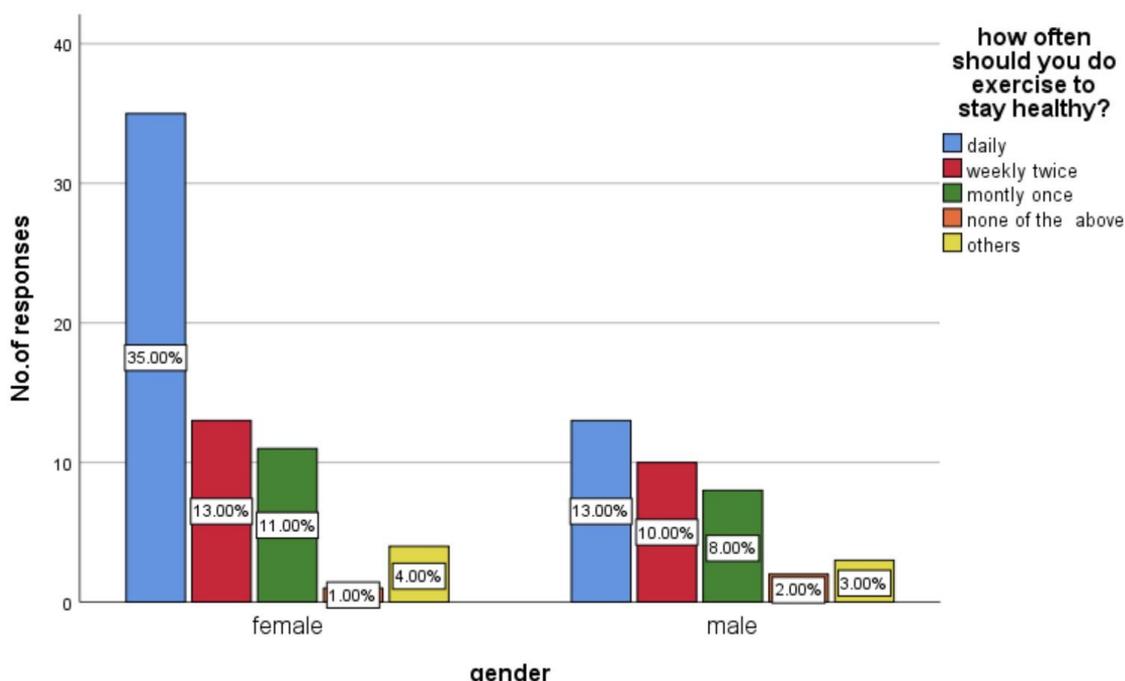


Figure 17: Bar graph represents gender variation in how often one should exercise to stay healthy. In X-axis it represents the gender and Y-axis represents no. Of responses. In this blue colour denotes the daily, red colour represents the weekly twice, green represents monthly once, orange represents none of the above and yellow colour represents others. Majority 35% of females have a daily practise of exercise to stay healthy. Chi squares were analysed. Chi square value = 3.889,df= 4, p value was 0.421($p > 0.05$), and it was not statistically significant.

In **(Figure 1)** 46% are belong to the age group of 18 and 16% of the students are belong to the age group of 19 and 3% of students are belong to the age group of 23 and 2% belong to the age group of 21 and 11% belong to the age group of 22 and 6% belong to the age group of 23 and 3% belong to the age group of one percent belong to the age group of 25 and 1% belong to the age group of 26 3% belong to the age group of 28 and 1% belong to the age group of 29. In **(Figure 2)** among the hundred college students may respond that 64% and female respondents as 36%. In **(Figure 3)** 74% were

aware about the weekly exercise and their benefits and 24% were not aware about the weekly exercise and their benefits. In **Figure 4** for 12% said that weight control is benefit of access and 15% said that it says will reduce the dress and 12 person said that access girlfriend their bones and muscles and a person said that excites will help in improving mental health and 48 person said that it will help in all the above and five person said that it will increase your chance of living longer. In **(Figure 5)** 66% of the students are doing exercise daily and 34% of the students are not doing exercise daily. In

(Figure 6) 70% said that daily exercise is important and 30% said that daily exercise is not important for daily life. In (Figure 7) 75% said that exercise will make the brain active and 25% said that exercise doesn't make the brain active. In (Figure 8) 20% said that walking exercise will help achieve long lasting life, 29% said that yoga and meditation will help in achieving long lasting life, 11% said that stretching exercise is important for lasting life. 40% said that all the exercise will help in achieving a long lasting life. In (Figure 9) 76% said that exercise helps to live a longer life. 24% said that exercise will help to live a longer life. In (Figure 10) 48% said that they will do exercise daily. 23% said that they will do exercise weekly twice, 19% said that they will do exercise monthly once, 3% said that they will not do exercise and 7% said that they will do exercise whenever they need.

In the previous literature the author compares that the benefit of weekly exercise will be able to maintain fitness, maintain general health, stress reduction, enjoyment, pleasure, feels good and this has come back to current study in (Figure 3) benefit of exercise [17]. Daily exercise will reduce the mortality rate and the daily exercise will extend a life expectancy and this is compared with the current study in Figure 7 mortality

[18]. Daily exercise will help in the improvement of the memory, stimulates neurogenesis and modulate the immune and helping regulate the neuro immune cytokine and in this study it is compiled with (Figure 9) improvement of daily exercise [19].

Negative fraction which is not present in this study in that the author explains that the forced and voluntary exercise will affect the brain and cause some problems and Even it cost fracture to the bones and muscles from this previous study the author conclude that there is a negative effect then we do in proper exercise and sometimes heavy exercise at the beginning stage will cost critical problems in health [15, 20].

The present research has origins from previous studies where the investigators involved studies which were done based on clinical reports, interventional studies [21-24], in Vitro studies [13, 14, 16] and systematic reviews [24-30].

The limitation in the current study was, the survey was not taken in a large population. There should be an increase in criteria and the question accuracy. In future this study can be made in large populations and including different ethnicities.

CONCLUSION

This study concludes that college students have a good knowledge about daily exercise

and its benefits. But regular exercise routine was not followed due to laziness, addiction to gadgets, online games etc, so they should be aware about the benefits of exercise which helps them to live strong and healthy.

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