



Psychological Outlook and Preventive Health of Exercising Females

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Abstract

Many of our population are much more conscious about the benefits of regular exercises, but physical inactivity and low fitness levels are one of the major problems which affects the health of the people worldwide (Trost and Loprinzi, 2008).

In this study the researcher examined the psychological outlook and preventive health of female students who exercise regularly and those who do not exercise regularly. The subjects for the study were 200 regularly exercising (REF) and not regularly exercising female (NREF) students between 20 to 25 years, from Pondicherry University. Perceived Psychological outlook and Perceived preventive Health were evaluated by using EBBS (Exercise Benefits/Barriers Scale). Feasible scores ranged between 1 to 4; 4 be regarded as greater perception of benefits. psychological outlook included six benefit items and preventive health included three benefit items. The collected data was examined by using descriptive statistics and independent sample t- test. The level of significance was fixed at 0.01 level of confidence. The analysis of results revealed that REF possess higher psychological outlook and preventive health than NREF. This study aims to provoke females to become physically active by identifying the numerous ways in which they can understand the benefits of exercise, giving them guidance on how to exercise and to stay motivated.

Introduction

Our lifestyles have changed suddenly with ever-increasing advancement in technology and resulting as physically inactivity and lifestyle disorders. Heart disease, stroke and cancer are the most prevalent diseases that we are suffering today, for which decreased physical activity is a major cause.

Recent research reveal that leading a sedentary lifestyle has become a major issues both in childhood and teenagers (Roberts, 1991) particularly among university students. Nearly

one quarter of all students beginning university attain a notable amount of weight in the course of their first semester itself (Irwin, 2007).

Regular practice of physical activity can create a greater amount of physical and psychological benefits (Biddle, 1993). Physical activity must be a part of our daily and weekly routine. An effective strategies and intervention programmes needed for to assist these young people to maintain healthy life style.

Hypothesis

It was hypothesized that the psychological outlook and preventive health would be higher in regularly exercising females than non-regular exercising female

Methods

The subjects for the study were 100 regularly exercising female (REF) and 100 not regularly exercising female (NREF) students between 20 to 25 years, from Pondicherry University.

All the subjects were evaluated by using Exercise Benefits/Barriers Scale (EBBS). In that psychological outlook contains 6 benefit items and preventive health contains 3 benefit items.

Feasible scores ranged between 1 to 4; 4 be regarded as greater perception of benefits. The collected data was examined by using descriptive statistics and independent sample t-test. The level of significance was fixed at 0.01 level of confidence.

Results

Table 1
Descriptive Statistics of Psychological Outlook and Preventive Health of REF

Variables	Mean	SD
Psychological Outlook	3.12	0.28
Preventive Health	3.05	0.43

Table 1 shows the scores of psychological outlook and preventive health of REF. The greatest perceived benefits from exercise were 'psychological outlook' (AM=3.12, SD=0.28, range=2.5 to 4) followed by Preventive health (AM=3.05, SD=0.43, range=2.33 to 4).

Figure 1

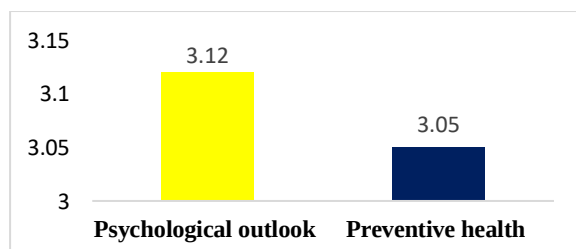


Table 2
Descriptive Statistics of Scores Based on Psychological Outlook and Preventive Health of NREF

Variables	Mean	SD
Psychological outlook	2.90	0.30
Preventive health	2.75	0.41

Table 2 shows the scores of psychological outlook and preventive health of NREF. The greatest perceived benefits from exercise were psychological outlook (M=2.90, SD=0.30, range=1.33 to 3.83) followed by Preventive health (M= 2.75, SD=0.41, range=1.67 to 4).

Figure 2

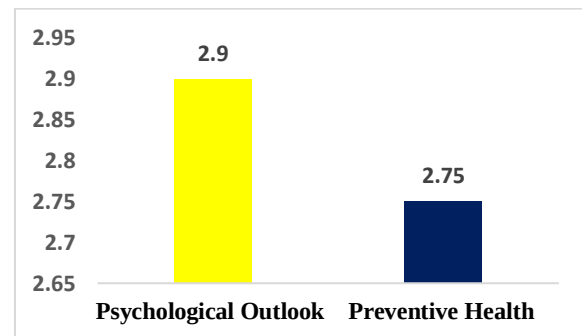


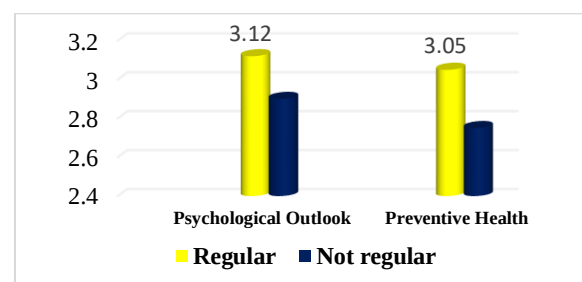
Table 3
Paired 't' Test for Psychological Outlook and Preventive Health of REF and NREF

Benefits	Group	M	SD	t	P
Psychological Out Look	RR	3.12	0.28	5.41	p<0.01
	NR	2.90	0.30		
Preventive Health	R	3.05	0.43	4.99	p<0.01
	NR	2.75	0.41		

Table 3 shows that the average 'psychological outlook' scores for REF were 3.12 with SD 0.28 and that of NREF were 2.90 with SD 0.30. The calculated t value was 5.411 with P<0.01 indicating that the psychological outlook of REF was higher than that of NREF. The average 'preventive health' scores for REF were 3.05 with SD 0.43 and that of NREF were 2.75 with SD 0.41. The calculated t value was 4.991 with P<0.01 indicating that the preventive health of REF was higher than that of NREF.

The comparative bar diagram of REF and NREF with respect to their psychological outlook and preventive health is shown in Figure 3.

Figure 3



Findings

It was hypothesized that the psychological outlook as well as preventive health would be higher in regularly exercising females (REF). Results of this study recognized that REF had a higher psychological outlook and preventive health than NREF. Henceforth the research hypothesis was accepted.

The results were in consonance with findings of Geoff P Lovell et al., (2010) who conducted a study on perceived benefit and barrier intensities to exercise. Exercise Benefits/Barriers Scale was used for this study. Two hundred inactive females university students from the United Kingdom were selected as subjects. They stated that they have higher perceived benefits from exercise than barriers. 'Psychological outlook' was the greatest perceived benefits followed by 'preventive health'.

Conclusion

The University students who exercised regularly were healthy and cheerful because they have actually enjoyed the benefits of exercise and become healthier. NREF were very poor in time management, mostly their laziness seemed to create problems because they were not ready to exercise regularly and today's lifestyle habits could have also made them more sedentary, and too much academic pressure also seemed to be a major barrier. Even if they made use of their recreation time for exercise they would be able to manage their time better and they can also get the benefits of exercise and they can concentrate better on their studies. They became generally more healthy and cheerful.

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