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Evaluation of Physical Activity between Men and Women School Teachers

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Abstract

For this study 300 men and women school teachers were selected as subjects at random they were selected all the recognized schools in Tamil Nadu. Physical activity was selected as a dependent variable. Survey method employed to study evaluation of physical activity between women and men school teachers'. The physical activity questionnaire consists of 27 questions and it is separated by four physical activity factors namely Job related physical activity, Transportation Physical Activity, House work House maintenance & caring for family, Recreation, sports & leisure time physical activity and Time spent sitting. 't' ratio was calculated to find out the significant of the difference between the mean of men and women of school teachers. The level of significance for the study was chosen as 0.05. It was conducted there is no significant difference between men and women school teachers on physical activity.

Keywords: Physical activity, men teachers, women teachers.

1. Introduction

The term "physical activity" describes many forms of movement, including activities that involve the large skeletal muscles. [3, 4] Physical inactivity is a modifiable risk factor for cardiovascular disease and a widening variety of other chronic diseases, including diabetes mellitus, cancer (colon and breast), obesity, hypertension, bone and joint diseases (osteoporosis and osteoarthritis), and depression. [2] An increase in physical fitness will reduce the risk of premature death, and a decrease in physical fitness will increase the risk. The effect appears to be graded, such that even small improvements in physical fitness are associated with a significant reduction in risk. [5] Physical health benefits for seniors are improved physical health and longer life, improved mobility, flexibility and functional ability, reduced risk of disease, reduction in effects of ageing, such as fewer years of disability, stronger bones, reduced risk of osteoporosis and symptoms of osteoarthritis/rheumatoid arthritis, reduced risk of falling and fracturing bones, reduction in severity of falls and independence. [7, 8]

World Health Organization (8) suggested that

- Appropriate regular physical activity is a major component in preventing the growing global burden of chronic disease.
- At least 60% of the global population fails to achieve the minimum recommendation of 30 minutes moderate intensity physical activity daily
- The risk of getting a Cardiovascular disease increases by 1.5 times in people who do not follow minimum physical activity recommendations.
- Inactivity greatly contributes to medical costs - by an estimated \$75 billion in the USA in 2000 alone.
- Increasing physical activity is a societal, not just an individual problem, and demands a population-based, multi-sectoral, multi-disciplinary, and culturally relevant approach.

Physical activity is very essential to the school students for their harmonious development and they are motivated by their school teachers. Teachers should have some awareness about physical activity and its benefits but it will come to true while the teachers follow regular physical activities in their routine life.

From these studies, the importance of physical activities for risk factors while no study have proved the level of physical activities for men and women school teachers. Recent investigation helps to understand the physical activities of school teachers.

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2. Methods and materials

In this study 300 men and women school teachers were selected as subjects at random they were selected all the recognized schools in Tamil Nadu. Physical activity was selected as a dependent variable. Survey method employed to study evaluation of physical activity between women and men school teachers'. The physical activity questionnaire consists of 27 questions and it is separated by four physical activity factors namely Job related physical activity, Transportation Physical Activity, House work House maintenance & caring for family, Recreation, sports & leisure time physical activity and Time spent sitting.

3. Collection of Data

Data were collected by administering the 2 point scale prepared by the researcher in consultation with the research supervisor and experts. The responses on the 2 point scale namely "yes" and "No" were brought in to the following two

categories of responses to get a clear cut view about the varied responses. The agreement and disagreement of the scale was computed and percentage of response estimated. Hence the interpretation of data analyses was done. Scale marks are Yes = 2 points and No = 0.

The school were selected at first by getting permission from the authority the subject was selected at random and were asked to sit in the staff room by this was after responding all the questions in the questionnaire collect the questions back from the 300 subjects from various schools in Tamil Nadu.

4. Statistical Techniques

't' ratio was calculated to find out the significant of the difference between the mean of men and women of school teachers. The level of significance for the study was chosen as 0.05.

5. Results and Discussion

Table 1: The Mean Difference, Standard Deviation and 'T' Value of Physical Activity Group

Group	N	Mean	Std. Deviation	T-Ratio	Table Value
Men	150	37.94	6.63	1.96	2.34
Women	150	35.72	9.56		

Significance at 0.05 level of confidence

To find out the significant difference between men and women on physical activity of various school teachers't' ratio was employed and the level of significance was set at 0.05. The physical activity for men value is 37.94 and physical activity for women is 35.72 respectively. The physical activity group obtained 't' ratio is 1.96 lesser than the table value 2.34. It shows that the physical activity group had no significant difference between men and women teachers. Women and men of school teachers group showed in figure 1.

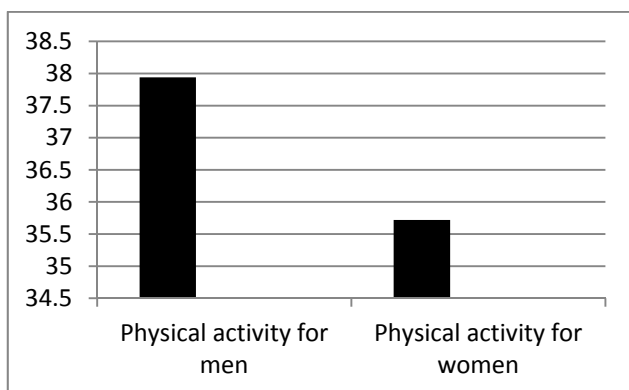


Fig 1: The Mean Difference of Physical Activity

The result of the study reveals that men and women school teachers have same amount of physical activity in relation to their Job related physical activity, Transportation Physical Activity, House work, House maintenance & caring for family, Recreation, sports & leisure time physical activity and Time spent sitting. The mean values of men and women school teachers' physical activity are more or less equal because of their life style. The result of the study also indicates that the mean value is very lesser than the maximum value and it shows that both men and women school teachers are not having enough awareness about the

need and significance of the physical activity. The following research studies supported the significance of physical activities Loprinzi., *et al.*, (2014) supported that Physical Activity may have health benefits for older adults and is associated with functional balance. Park CH., *et al.*, (2014) indicate that physical activity promotion efforts among Korean older adults should focus on enhancing self-efficacy, social support, and self-regulation skills. William B. Strong, *et al.* (2005). suggested that School-age youth should participate daily in 60 minutes or more of moderate to vigorous physical activity that is developmentally appropriate, enjoyable, and involves a variety of activities. Hellison, D. R. (1995) recommended that the sport and exercise to help young people take more responsibility for themselves and the well-being of others. Using the gymnasium, playground, and playing field as centres for building student self-esteem; empowering students to develop their own physical education goals.

6. Conclusions

It was conducted that there is no significant difference between men and women school teachers on physical activity.

7. References

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