

Effect of bullying on physical activity in obese school going children

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Abstract

Aim of the study is to find out the effect of bullying on physical activity in obese school going children. Total 50 samples to be taken from age group of 7 to 17 years from shreesamartha public school, akola. They were selected according to the inclusive and exclusive criteria and written consents were taken. Participants were assessed for NSPCC questionnaire, Brockpot physical fitness test. The procedure could be done by doing isometric push up, pacer, curl up and trunk lift. The result shows that p value is statistically extremely significant. The conclusion of the study is to be BMI, NSPCC questionnaire, BROK POT physical activity are able to explain the physical fitness in obese school going children.

Keywords: NSPCC and BROK POT physical activity exercises

Introduction

Victimizations caused by external deviation. It is argued that student who are fat, wear glasses or speak with an unusual dialect, etc. Are particularly likely to become victims of bullying. Bullying is characterised by repetitive aggressive behaviour engaged in by an individual or peer group than more common than the victim. Bullied is reported to have adverse effect, including physical and mental health problems such as anxiety, depression, and increased risk of self harm, an attempt of completion of suicide. Bullying can be carried out by single individual-the bully-or by a group. The target of bullying can also be a single individual- the victim-or a group. The stress caused by bullying could lead to three higher no health complaint such as fear, anger, frustration, helplessness, humiliation, loneliness, and feeling of isolation, persecution, sleeping problems, headache, stomach ache, bedwetting, depression, anxiety, obesity, and overweight, may also be more vulnerable to being bullied by other children's. Childhood Victimization is another severe stressor increasingly targeting public health campaign. Emerging evidence suggest that bullying and Victimization associated with overweight in later life. Physical activity defined as any bodily movements produced by skeletal muscles that increases total energy expenditure, decreases the fat around the waist and total body fat. Adequate level of physical levels of physical activity help to control weight. Common physical activities are 1. Isometric push up. 2. Curls up 3. Trunk lift. 4. Pacer.

Material and Method

50 subjects were taken in this observational study. In these study measures of NSPCC and Brockpot physical fitness test who ever in 7-17 age of group. Information return consent was obtained from the participants regarding the procedure prior to the study. Materials used are: pen, paper, mat, scale measurement, consent form, NSPCC questionnaire, brokpot physical fitness test. Procedure is divided in bullying and non-bullying individuals. 1. Isometric Push up: The participant assumes a front-leaning rest position with the hands directly

below the shoulders, the arms extended, the whole body in a straight line, and the toes touching the floor or mat; this is the correct up position for a push-up. The test is terminated when any movement—such as bending, sagging, or swaying—occurs at the elbows, shoulders, trunk, or knees. The participant attempts to hold a raised push-up position for as long as 40 seconds. 2. Curl up: The participant starts by lying in a supine position on a mat. The knees are bent at an angle of approximately 140 degrees, with the feet flat on the floor and the legs slightly apart. The arms are held straight, parallel to the trunk, with the palms facing down toward the mat and the fingers outstretched. Participants complete as many curl-ups as possible, up to a maximum of 75, at a cadence of one curl every 3 seconds. The test is designed to measure abdominal strength and endurance. 3. Pacer: Participants run as long as possible back and forth across a distance of either 15 meters (16 yards, 15 inches) or 20 meters (21 yards, 32 inches) at a specified pace, which gets faster each minute. Designed to measure aerobic capacity, the test is conducted on a flat, nonslip surface. Participants run across the designated area to a line by the time a beep sounds from a recording. At the sound of the beep, they turn around and run back to the other end. If a participant reaches the line before the beep, he or she must wait for the next beep before running in the other direction. Participants continue in this manner until they can no longer reach the line before the beep sounds. Participants who do not reach the line before the beep sounds should be given two more beeps to regain the pace before being withdrawn. 4. Trunk lift: The participant lies on a mat in a prone position. The toes are pointed, and the hands are placed under the thighs. The participant attempts to lift the upper body as far as 12 inches (30 centimeters) off the floor using muscles of the back and to hold the position to allow for measurement. The test is designed to measure trunk extension, strength, and flexibility.

Result and Discussion

The collected data was analysed by using unpaired 't' test. Demographic characteristics:

Table 1: NI and HFZ in bullying subject

P value	t value		Df	SD	Result
	NI	HFZ			
0.0001	0.28959	11.1803	6	0.559	Extremely statistically significant

Result: Mean value for the bullying subject in NI and HFZ are as follows:

Mean ± SD is to be 0.559

t value for NI is to be 0.28959

t value for HFZ is to be 11.1803

p value is statistically extremely significant.

Table 2: NI and HFZ non-bullying subject.

P value		t value		Df	Sd	Result
NI	HFZ	NI	HFZ			
0.0073	0.0003	3.9727	7.5843	6	0.692	Very statistically significant

Result: Mean value for non-bullying subject in NI and HFZ are as follows:

Mean ± SD is to be 0.692

t value for NI is to be 3.9727

t value for HFZ is to be 7.5843

p value is statistically very significant. The subject would be taken by the non bullying individuals who are needs improvement zone.

The study concluded and sampling was done from Samarth public school akola. The category of sampling were collected i.e. performed in nspcc questionnaire, brokpot physical fitness test. The test was performed successfully amongst the childrens age group of 7-17 years which includes both male and female. The main criteria of study is to be checked any lacking physical activity in bullying and nonbullying obese childrens

Conclusion

BMI, NSPCC questionnaire, BROKPOT physical activity are able to explain the physical fitness in obese school going children.

NSPCC and BROKPOT physical activity exercises are some of the factors responsible for bullying individuals in obese school going children.

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