

ATTITUDE TOWARDS HEALTH AND FITNESS OF MIDDLE AGE AND OLD AGE CITIZENS OF GWALIOR

DR. RAJENDER SINGH^a, DR. PRADEEP KUMAR^b,
MR. SONU KUMAR^a AND MR. PRABAL PRATAP SINGH^{a,*}

^a Department of Physical Education, Jiwaji University, Gwalior, Madhya Pradesh-474001, India

^b Asst. Professor, Dept. of Physical Education, Veerbhumi Govt. P.G. College, Mahoba,
Uttar Pradesh-210437, India

*Corresponding Author Ph: 0751 2343327; Email: prapds@gmail.com

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Abstract

Purpose: -The purpose of the study was to assess the Attitude towards Health and Fitness among Middle and old age Citizens of Gwalior

Methodology:- Selection of Subjects: - One Hundred male and female middle and old age walkers from different part of Gwalior were randomly selected as subjects for the study. The average age of the subjects was 40 to 80 years.

Criterion Variables: - A self-constructed attitude questionnaire was used as tool. **Statistical Technique:** - Descriptive statistics i.e. percentile method was used.

Results:- it was found that 87% people walk, Run, and Exercise for better health, 80% for physical fitness, 34% for overcoming aging, 49% for improving digestion, 14% for leisure time recreation, 19% to meet his friends, 9% for time pass, 30% to rehabilitate diabetes, 24% to rehabilitate blood pressure, 23% to overcome heart disease, 29% to overcome arthritis, 5% to show as social status, 7% to discuss local politics, 63% to get fresh air, and 8% to overcome asthma, 48% people come which believe that walking, running, jogging exercise, or yoga is good for improving physical health, 36% for improving mental health, 24% for improving emotional health, 13% for improving social health, 67% for improving total health, 85% people are in favour of implementing Physical Education, Sports and Yoga for All level of Education, 88% people give his your opinion that govt. should provide good parks for exercise for citizens, 90% people believe that Indian politicians should be physically fit like European countries politicians, and 93% people believe that India need to have more sports grounds than hospitals.

Conclusion: - Healthy people generally maintain positive attitudes toward fitness. It was concluded that mostly people walk, Run, and do Exercise for better health, and come to walk for remaining themselves physical fit, and every people should involve in Physical activity.

Key Words: - Old age, Middle Age, Health, Attitude, Fitness, Curriculum

INTRODUCTION

-If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

-Hippocrates

Health is a common theme in most culture. In fact, all communities have their concept of health, as part of their culture, among definition still used, probably the oldest is that health is the -absence of disease. In some culture, health and harmony are considered equivalent, harmony being defined as -being at peace with the self, the community, god and cosmos. The ancient Indian and Greeks shared this concept and attributed disease to disturbances in bodily equilibrium of what they called -humours [1-13].

The concept that people need physical activity is not new. What is new is the idea that activity need not be overly strenuous to provide benefit. Traditionally, people have been given advise on how much exercise they should perform, usually including recommendations to work out at vigorous intensities for prolonged period of time. It was thought that this kind of exercise was necessary to improve health and physical fitness [14-23].

Healthy people generally maintain positive attitudes toward fitness. They see it as an integral part of their lifestyle

and typically schedule regular periods of time to undertake physical activities.

Now a days People are more aware towards health and fitness. Now people have more positive attitude towards health fitness. The reason of walking or exercise may be different like some for recreation, some for fitness, some for to keep them away from disease like obesity and diabetes a number of student has been conducted on effect of walking or exercise or fitness or other aspect of fitness but there is no study which Researcher the attitude of walkers towards health and fitness. Researcher take the middle age and old age population because the generally the people this age suffer from lower fitness or any disease in last ten years there is a drastical change in number of walkers specially in cities so the author to conducts a study on attitude of walkers.

Aging and ultimate death seem characteristic of all living organisms. Atherosclerosis and arteriosclerosis progressively decrease the tissue oxygen supply, and in some organs such as the brain, cells that die are not replaced. In other tissues, the cell constituents change with aging; for example, cross-linkages develop between adjacent collagen fibrils, decreasing their elasticity and facilitating mechanical injury. In consequence, most biological functions show a progressive, age-related deterioration.

A study on Motives for participation in physical activity was conducted in Brazilian adults. The purpose of the investigation was to examine the validity and reliability of a questionnaire which assessed motives of Brazilian adults for participation in physical activities, compared motives for participation in walking and fitness programs, and examined differences by sex, age, and education. Participants were 100 men and 138 women, ages 16 to 60 years ($M=30.5$, $SD=11.4$). Factor analysis identified four factors which were fairly consistent with previous research. Improvement in physical appearance and enjoyment were rated significantly more important reasons for participants in fitness programs than for walkers. Men were more motivated by social experience than women. Young adults rated importance lower in health and fitness and rated enjoyment, social experience, and improvement in appearance of higher importance. Health and fitness were considered more important by participants with more education. These results are consistent with previous research on the factors underlying motives for regular exercise and support the importance of considering differences associated with culture.

Kirkby and others conducted a study on Cultural factors in exercise participation of older adults [22]. The purpose of the study was to know the influence of Cultural factors in exercise participation of older adults. Participation motives were investigated in 81 Australian-born and 42 overseas-born older Australians (M age = 67.8 yr.) involved in community-organized exercise programs. Australians born overseas scored significantly higher on factors of Affiliation/Personal, Recognition/Achievement, and Exercise Involvement of the Participation Motivation Questionnaire but not on Fitness.

Kolt and others conducted a study on older Australians participate in exercise and sport [8]. The purpose of the study was to carried out to identify the participation motives of older Australians involved in regular exercise and sport. The 815 participants (399 men, 416 women) ranged in age from 55 to 93 years ($M = 63.6$, $SD = 7.8$) and were participating in their activities of choice at least once per week. All participants completed the Participation Motivation Questionnaire for Older Adults. The most common exercise/sport activities that participants were involved in were walking, golf, lawn bowls, tennis, and swimming. The most highly reported motives for participation were to keep healthy, liking the activity, to improve fitness, and to maintain joint mobility. Principal-components analysis of the questionnaire revealed 6 factors: social, fitness, recognition, challenge/benefits, medical, and involvement. Analyses of variance showed significant differences in reasons for participation in exercise and sport based on gender, age, education level, and occupation.

Frandin K conductes a study on Walking habits and health-related factors in a 70-year-old population. The purpose of the study was to find out the attitude of old age walkers in the city of Gothenburg, Sweden. A representative population sample of 619 of 70-year-old people in the city of Gothenburg, Sweden were selected as subjects for the study. Walking was the most common physical activity declared, and two thirds of those without an obvious disability walked 30 min or more every day. Subjects who took a daily walk of at least 30 min had a significantly better climbing capacity, higher bone mineral content and lower concentration of blood triglycerides than subjects who walked less. Male 'walkers' had a significantly larger lung volume than 'non-walkers'. Walkers had a more positive attitude towards physical activity as well as a higher estimation of their own physical fitness than non-walkers.

Material and Method: - Selection of Subjects: - One Hundred male and female middle old walkers from different part of Gwalior were randomly selected as subjects for the study. The average age of the subjects was 40 to 80 years. The subjects selected are regular walkers in the morning hours at Madhav Rao Scindia sports complex, jiwaji University, Gwalior.

Criterion Measure: - The selection of proper tools was of vital importance for the study since the aim was to assess the attitude of the walkers towards the health and fitness in different part of the Gwalior. It was decided to use attitude questionnaire as the tools. The questionnaire consist 7 questions related to various aspects of health and fitness like Physical Fitness, Aging, Diabetes, blood pressure, heart disease, Social status, facilities etc., so as to get maximum worthwhile detailed and meaningful information from the sample.

Administration of the Questionnaire and Collection of The Data: - The questionnaire was distributed personally by the scholar to the Male and Female old walkers who come at Jiwaji University Ground for walking or doing exercise from different area of the Gwalior. The responses were collected in the same way. For collecting data the questionnaire distributed to hundred walkers during morning and evening session. The questionnaire was given to them for 20 min. completing the questionnaire and after completing the time the questionnaire was collected.

Statistical Procedure: - In order to analyse the Attitude towards Health and Fitness among middle and old age citizens of Gwalior, Descriptive statistics i.e. percentile method was used.

Results: -

TABLE 1

PERCENTAGE ANALYSIS OF REASON WHY PEOPLE COME TO WALK, RUN OR EXERCISE

Sr. No.	Questions	Percentage
1	For better Health	87%
2	For remaining Physically Fit	80%
3	For Overcoming Aging	34%
4	For improving digestion	49%
5	For leisure time recreation	14%
6	To come and meet friends	19%
7	To pass life time at old age	9%
8	To rehabilitate diabetes	30%
9	To Rehabilitate blood pressure	24%
10	To overcome heart disease	23%
11	To overcome arthritis	29%
12	To show as social status	5%
13	To discuss local politics	7%
14	To get fresh air	63%
15	To overcome Asthma	8%

TABLE 2

PERCENTAGE ANALYSIS OF THE QUESTION DO YOU HAVE SOME HEALTH PROBLEM

Sr. No.	Questions	Percentage
1	Heart problem	13%
2	Diabetes	18%
3	Arthritis	15%
4	Blood Pressure	14%
5	Indigestion	12%
6	Asthma	2%
7	Any other medical problem	4%

TABLE 3

PERCENTAGE ANALYSIS OF WALKERS BELIEVE THAT WALKING,
RUNNING; JOGGING, EXERCISE OR YOGA IS
GOOD FOR HEALTH

Sr. No.	Questions	Percentage
1	Improving Physical health	48%
2	Improving Mental health	36%
3	Improving Emotional health	24%
4	Improving Social health	13%
5	Improving Total health	67%
6	Good for treatment of disease like heart attack diabetes etc	33%

TABLE 4

PERCENTAGE ANALYSIS OF QUESTION DO YOU BELIEVE THAT PHYSICAL
EDUCATION PROGRAMME/ YOGA PROGRAMME SHOULD BE A PART OF
CURRICULUM OF SCHOOLS, COLLEGES, AND UNIVERSITIES OF INDIA

Sr. No.	Questions	Percentage
1	School students	4%
2	College students	6%
3	For University students and teacher	5%
4	For all the above	85%

TABLE 5

PERCENTAGE ANALYSIS OF WALKERS OPINION THAT GOVT. SHOULD
PROVIDE GOOD PARKS FOR EXERCISE OF CITIZENS

Sr. No.	Yes/No	Percentage
1	Yes	88%
2	No	12%

TABLE 6

**PERCENTAGES ANALYSIS OF VIEW OF WALKERS BELIEVES THAT
INDIAN POLITICIANS BE PHYSICALLY FIT LIKE
EUROPEAN COUNTRIES POLITICIAN.**

Sr. No.	Yes/No	Percentage
1	Yes	90%
2	No	10%

TABLE 7

**PERCENTAGE ANALYSIS OF WALKERS THAT INDIA NEED TO HAVE
MORE SPORTS GROUNDS THAN HOSPITALS**

Sr. No.	Yes/No	Percentage
1	Yes	93%
2	No	07%

The results show that that 87% people walk, Run, Exercise for better health, 80% people come for remaining themselves physical fit, 34% people come for overcoming aging, 49% people come for improving digestion, 14% people come for leisure time recreation, 19% people come for to meet his friends, 9% people come for pass free time at old age, 30% people come to rehabilitate diabetes, 24% people come to rehabilitate blood pressure, 23% people overcome due to heart disease, 29% people overcome due to arthritis, 5% people come to show as social status, 7% people come to discuss local politics, 63% people come to get fresh air, and 8% people to overcome the asthma.

It is also evident from the table that 23% people come due to heart problem, 18% people come due to diabetes, 15% people come due to arthritis, 14% people come due to blood pressure, 12% people come due to Indigestion, 2% people come due to Asthma, and 4% people come due to other medical problem.

The results also show that 48% people come which believe that walking, running, jogging exercise, or yoga is good for improving physical health, 36% people come for improving mental health, 24% people come for improving emotional health, 13% people come for improving social health, 67% people come for improving total health, and 33% people come good for treatment of disease like heart attack diabetes etc.

It is clear from the table that 4% people wants that physical education is compulsory for only school student, 6% people wants only for college students, 5% people favour of university students and teacher, and 85% people favour of all the above, 88% people give his your opinion that govt. should provide good parks for exercise of citizens , and 12% people think that no need of providing the parks for exercise of citizens.

90% people believe that Indian politicians should be physically fit like European countries politicians.

It is also evident from the table that 93% people believe that India need to have more sports grounds than hospitals and 7% people believe that India no need to have more sports ground compare to hospital.

The graphical representation of findings

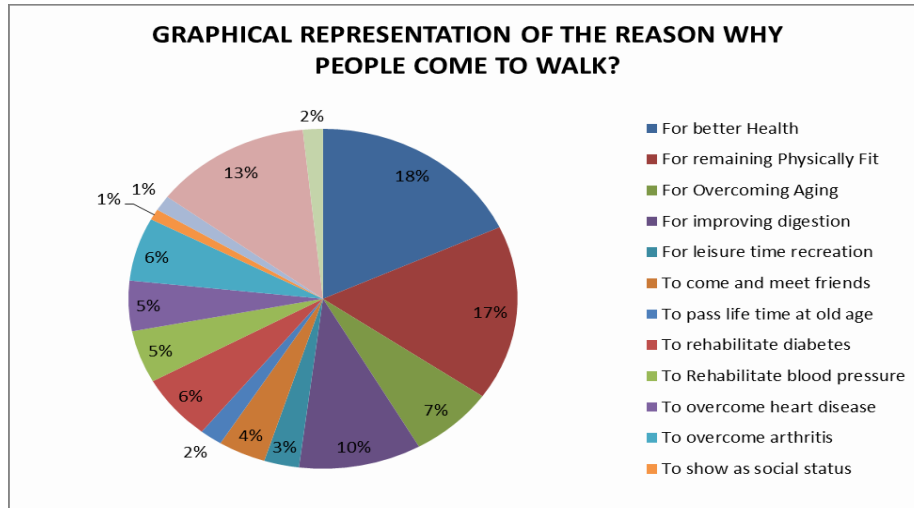


Fig. 1 :- The graphical representation of the reason why people come to walk?

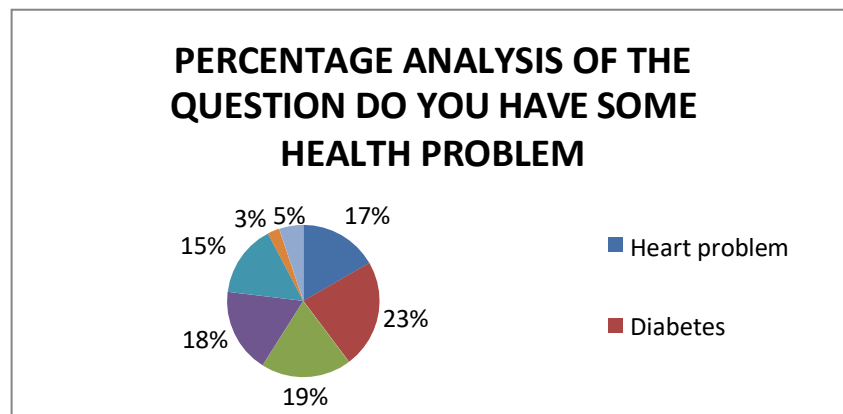


Fig. 2 :-The graphical representation of the question do you have some health problem

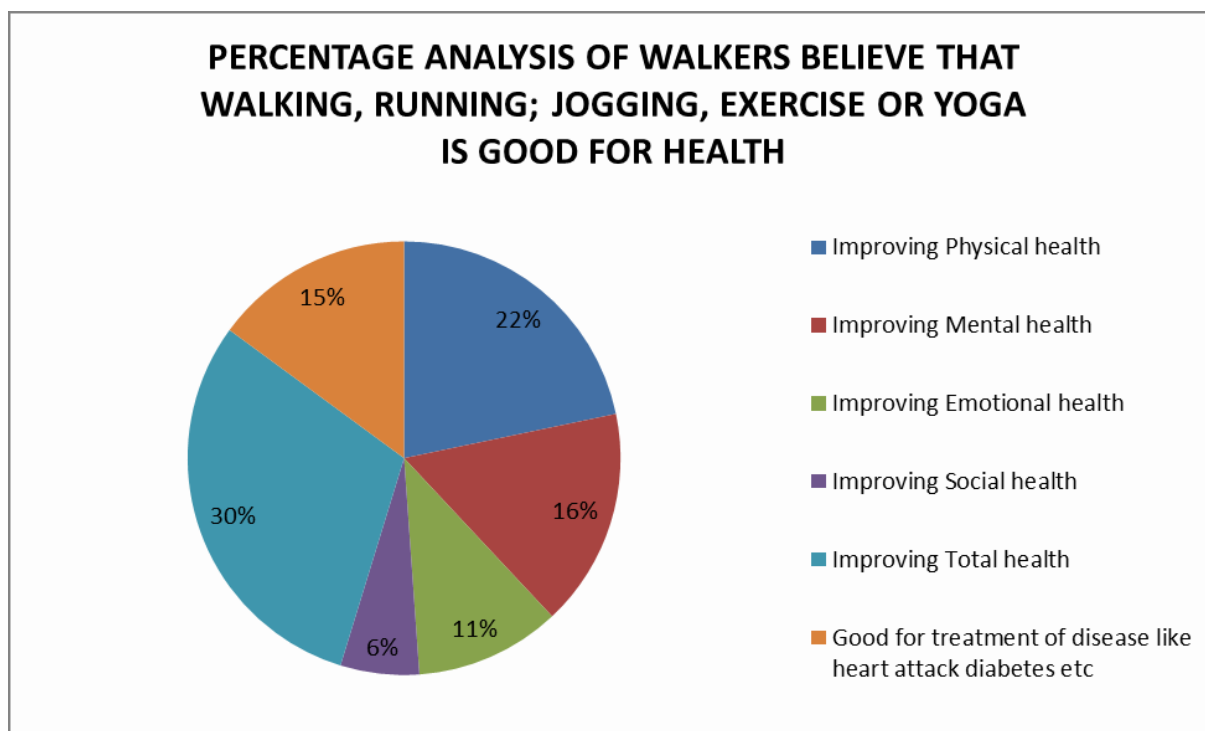


Fig. 3:-The graphical representation of walkers believe that walking, running, jogging, exercise, or yoga is good for health.

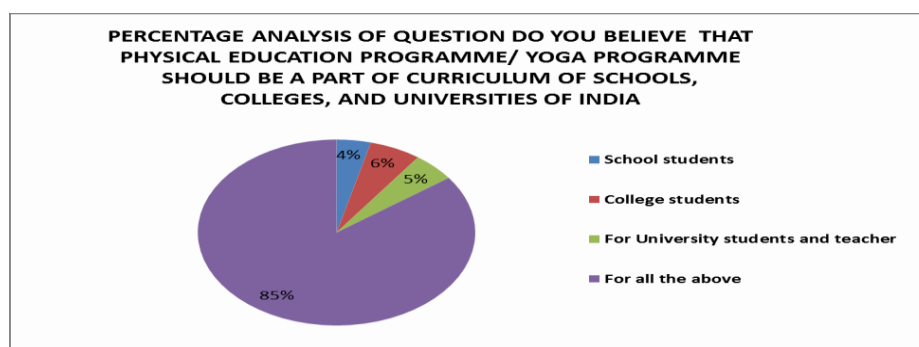


Fig. 4:-The graphical representation question do you believe that physical education programme/ yoga programme should be a part of curriculum of schools, colleges, and universities of India

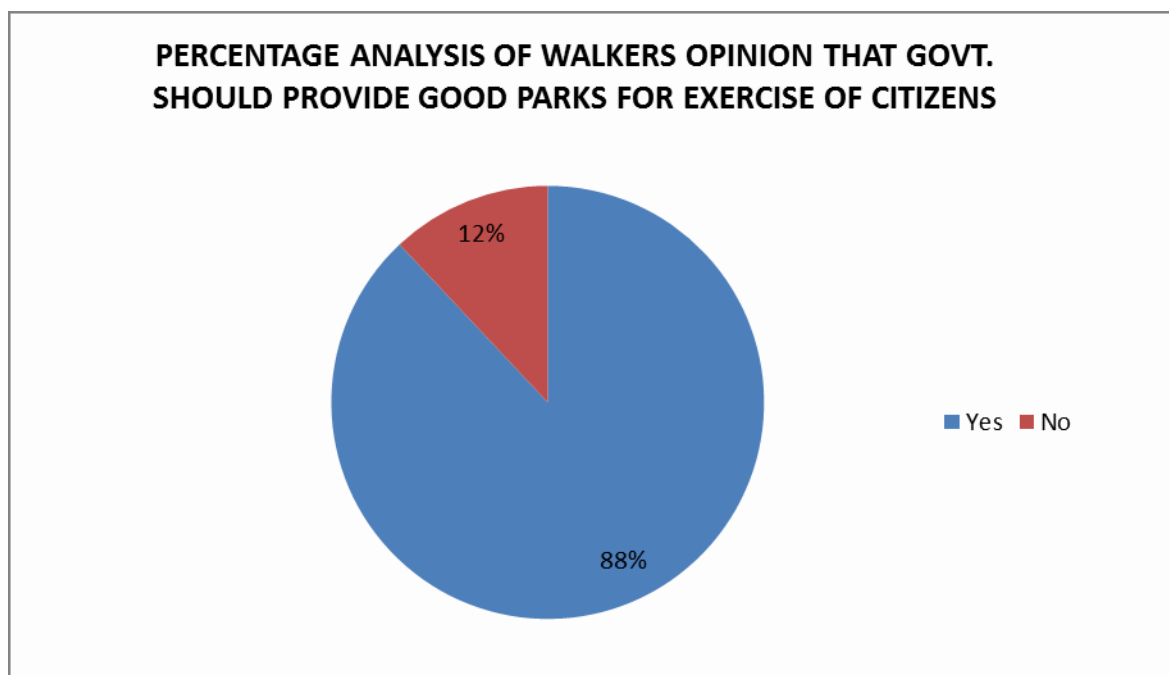


Fig.5:-The graphical representation of walkers opinion that govt. should provide good parks for exercise of citizens.

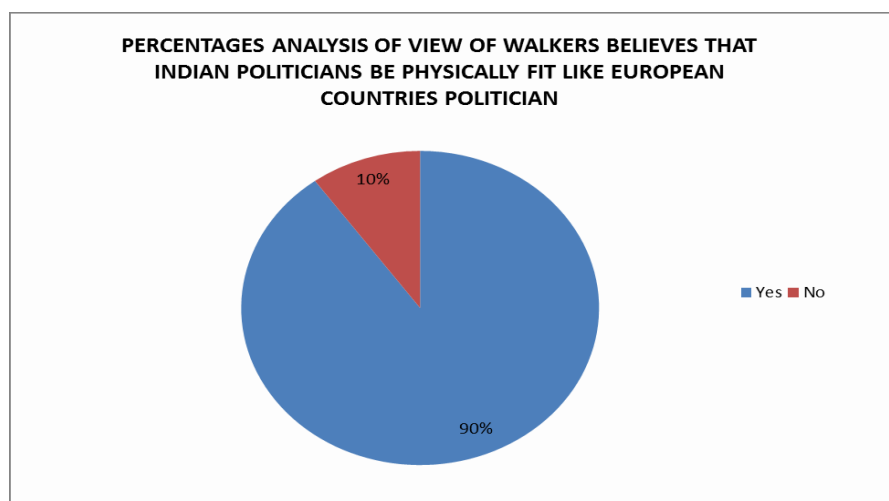


Fig.6:-The graphical representation of view of walkers believes that Indian politicians be physically fit like European countries politician.

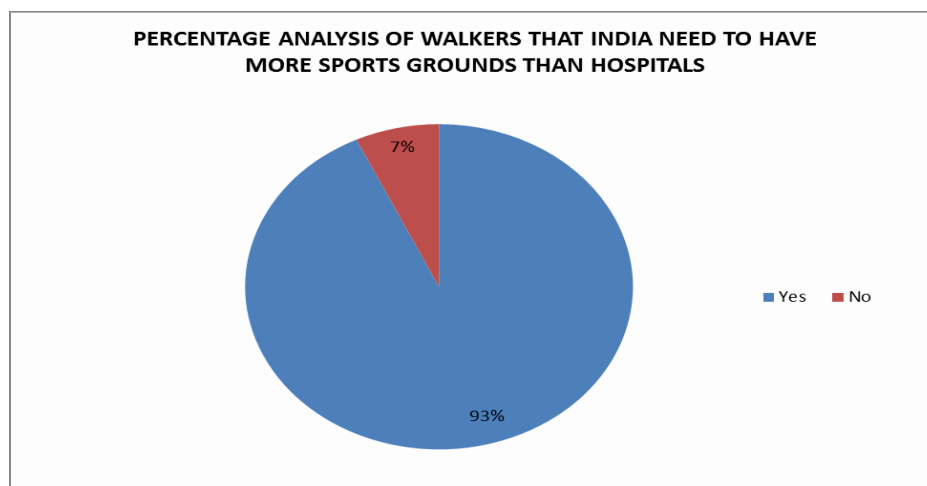


Fig.7:-The graphical representation of walkers that India need to have more sports grounds than hospitals.

Discussion of Findings

It was found that middle age and old age citizens of Gwalior are very conscious about their health. The people of this age want to do the exercise and they want to make Yoga a part of their life. People like to walk, run, or o other type of exercise for coming out of their old age problems. The old age peoples want that Physical Education, Sports and Yoga should be a compulsory part of the curriculum at every level of Education. They want that there should be more and more sports grounds and parks for doing physical activities. Most of the peoples want that Indian politicians should be as fit as European Country politicians; so that they can put an example for the society. Physical Education, Sports and Yoga should be a part of general education because fitness is basic requirement of every life.

Conclusion

Within the limitations of the present study the following conclusions may be drawn:

1. It was concluded that mostly people walk, Run, and do Exercise for better health, and come to walk for remaining themselves physical fit, some of them come for overcoming aging, some to improving digestion, and some of them come for leisure time recreation to meet his friends or pass free time at old age.
2. It was also concluded that some people come to rehabilitate diabetes blood pressure, to overcome due to heart disease, and some of them come to show as social status, to discuss local politics, to get fresh air etc.
3. It was Concluded that very less people wants to physical education is compulsory for school student or college students, or university students and teacher only, but more than 85% people are in favour of that Physical Education should be compulsory for all including school, college or university students and Teachers..
4. It was again concluded that more than 88% people give his opinion that govt. should provide good parks for exercise of citizens , and very less people think that no need of providing the parks for exercise of citizens.
5. It was also concluded that from the table that 93% people believe that India need to have more sports grounds than hospitals and rest people believe that hospitals are more important than grounds hospitals cannot be replaced by Sports grounds or exercise parks.

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