Volume: 4 Issue: 7 Pages: 84-88

Comparative Study on Habitual Physical Activity Level of Baba Ghulam Shah Badshah University Employees and Students of Kashmir

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Article Info.
E-ISSN: 2583-6528
Impact Factor (SJIF): 6.876
Peer Reviewed Journal
Available online:
www.alladvancejournal.com

Received: 19/June/2025
Accepted: 18/July/2025

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Abstract
The present study was designed to assess the Habitual Physical Activity Level of Baba Ghulam Shah Badshah University Employees and Students of Kashmir. Total (150) Female subjects were selected for present study randomly from different departments of Baba Ghulam Shah Badshah University. 50 subjects were selected from teaching background, 50 from non-teaching background and 50 participants were Students. All participants were regular students and employees of Baba Ghulam Shah Badshah University. It was hypothesized that there was Low level of Physical Activity in employees and Students of Baba Ghulam Shah Badshah University. It was hypothesized that there was no significant difference in the physical activity level of various groups.

The population comprised of Female Employees and Students of different departments of Baba Ghulam Shah Badshah University. A sixteen (16) item questionnaire "Baecke questionnaire of Habitual Physical Activity" was used in the present study. The primary goal of the questionnaire was to create a simple and reliable method for quantifying habitual physical activity, which could be used in large-scale population studies. The Baecke Questionnaire of Habitual Physical Activity is a self-administered tool used to assess a person's physical activity level in different domains: work, sports and leisure. The questionnaire includes 16 items and is divided into three main categories: occupational physical activity, sports activity and leisure time physical activity. Descriptive and inferential statistics was applied in order to find the physical activity level of Baba Ghulam Shah Badshah University Employees and Students and to find the difference among the physical activity level of three groups (Teaching, Non-teaching and Students). For the ANOVA test the level of significance was set at 0.05 levels.

Keywords: Teaching, Non-teaching, Students.

Introduction

Physical activity comprises any bodily movement produced by the skeletal muscles that results in an increase in metabolic rate over resting energy expenditure. Under this broad concept, we need to consider leisure-time physical activity, exercise, sport, transportation, occupational work and chores. The energy expenditure associated with physical activity is the only discretionary component of total daily energy expenditure. Balance exercises such as Tai Chi or balance drills improve coordination and prevent falls which is particularly important for aging adults. Activities that challenge the body to stabilize itself in dynamic movements also strengthen the muscles responsible for maintaining balance.

Exercise is a form of leisure-time physical activity that is usually performed repeatedly over an extended period of time (exercise training) with a specific external objective such as the improvement of fitness, physical performance or health. When prescribed by a physician or exercise specialist, the regimen typically covers the recommended mode, intensity, frequency and duration of such activity. Exercises that focus on flexibility such as stretching, yoga and Pilates help maintain the elasticity of muscles and tendons reducing the risk of injury. These exercises improve the range of motion in joints and help in everyday activities like bending, twisting and lifting. For older adults, flexibility exercises reduce stiffness and help maintain mobility and independence.

Methodology

The researcher selected different departments of Baba Ghulam Shah Badshah University for the purpose of collection of data. Various departments were randomly selected. The research scholar has personally visited to all the departments for collection of data with the prior permission from the authorities of concerned departments. (50) Teaching employees, (50) Non-teaching Employees and (50) Students have been randomly selected for collection of data through questionnaire. They have been given the questionnaire there after scholar has narrated them about the purpose of the present study and its aim. It was further directed to read questionnaire carefully and answer each question without consulting anybody. In case of any question raised by the students, the researcher explained it. For the collection of data, the questionnaire method was adopted. The selected subjects were confirmed about their voluntary participation during the process of collection of data. As, the collection of data was purely based upon the responses provided by the selected subjects so, the willful participation was important factor to get the actual response. Efforts were initiated to observe the hearty participation in the process of collection of data. Therefore, before distribution of questionnaire the purpose of the present study was explained and requested to fill the actual response.

Results

Table 1: Descriptive statistics of the data

S. No	Question Title	N	Mean	Std. Deviation
01	Occupation	150	1.0000	0.0000
02	Sitting at Work	150	2.2800	1.04348
03	Standing at Work	150	2.8667	1.02758
04	Walking at Work	150	2.3667	1.03895
05	Lifting Heavy loads at Work	150	1.4867	0.85716
06	Tiredness after the Work	150	3.1133	0.96611
07	Sweating during Work	150	2.8667	1.19094
08	How hard is work Physically	150	2.2800	1.02401
09	Playing Sports	150	0.8308	1.29578
10	Level of Physical Activity during Leisure time	150	2.5133	1.18002
11	Sweating during Leisure time	150	2.7733	1.05007
12	Playing Sports during Leisure time	150	2.3600	.90695
13	Time spent on Television watching	150	3.4333	1.14351
14	Walking during Leisure time	150	2.9733	1.02287
15	Cycling during Leisure time	150	1.9400	1.06959
16	Walking and/or cycling per day	150	2.9200	1.29801

Table 1 provides a brief and overall description of the descriptive statistics of the Teaching staff, non-teaching staff and Students. This table shows the Mean and standard deviation of the responses of all questions given by 150 participants (50 Teaching staff, 50 non-teaching staff and 50 students) of the Baba Ghulam Shah Badshah University.

Table 2: Descriptive statistics of the three groups

Group	N	Mean	SD	Std Error	Lower Bound	Upper Bound	Minimum	Maximum
Teaching	50	2.41	0.36360	0.5142	2.3096	2.5163	1.69	3.14
Non-teaching	50	2.30	0.4181	0.06248	2.1785	2.426	1.52	3.80
Students	50	2.40	0.40737	0.057691	2.2931	2.5246	1.56	3.27
Overall	150	2.37	0.40596	0.03315	2.3098	2.4408	1.52	3.80

Table 2 show the Descriptive statistics and graphical representation respectively, of all three groups. The Mean of Teaching staff is 2.4129, Mean of Non-teaching staff is 2.3040, Mean of Students is 2.4088 and the overall mean of all the groups is 2.3753. The mean of all three groups falls under the category of Moderate habitual physical activity level. So, the Habitual physical Activity level of Baba Ghulam Shah Badshah University Employees and Students was Moderate.

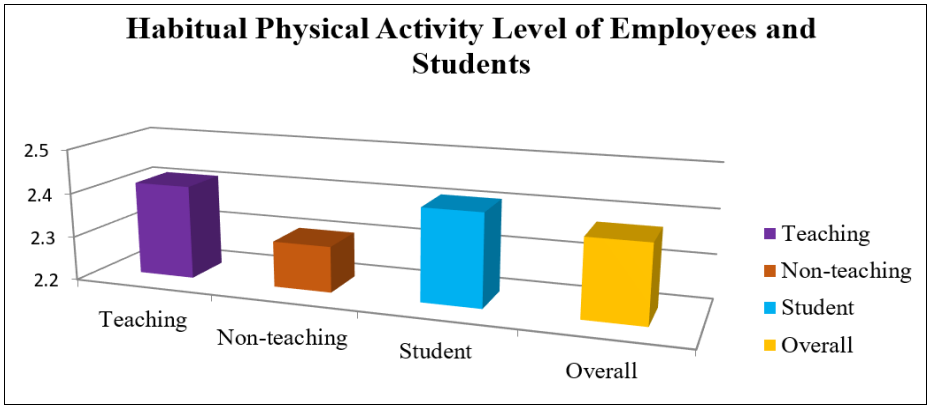

Fig 1: Graphical representation of "Habitual Physical Activity Level of Employees and Students ".

Table 3: Inferential statistics of the three groups.

Groups	Sum of squares	df	Mean square	F	Sig.
Between groups	0.381	2	0.191	1.158	0.317
Within groups	24.174	147	0.164		
total	24.555	149			

Table 3 shows the inferential statistics of the data. The significance level was set at 0.05 and the calculated value is 0. 317.So, the calculated value is high, it means that there is no significant difference in the Habitual physical activity level of Teaching staff of Baba Ghulam Shah Badshah university, non-teaching staff of Baba Ghulam Shah Badshah University and the Students of the Baba Ghulam Shah Badshah University.

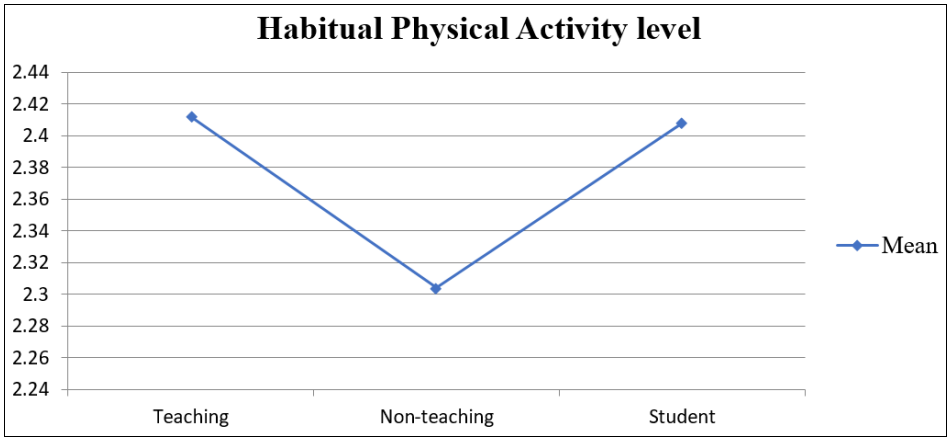

Fig 2: Graphical representation of Habitual physical activity level of subjects

Conclusions

The analysis of physical activity levels among Baba Ghulam Shah Badshah University employees and students reveals that the habitual physical activity levels across the board are moderate. This finding highlight that while there is some engagement in physical activities, it is neither excessively high nor critically low. The moderate level of physical activity indicates that participants are somewhat active but not to the extent that might significantly impact their overall health or fitness in a substantial way. This moderate level of activity is characterized by a balance between sedentary and active behaviours which suggests that while participants do incorporate some form of exercise into their routines it is not sufficiently frequent or intense to categorize them as highly active. The uniformity in physical activity levels across different groups-Teaching staff, non-teaching staff and Students points to a general trend where physical activity does not significantly vary depending on one's role within the university. This uniformity may be reflective of broader societal trends where work and academic environments do not inherently promote high levels of physical activity and where personal lifestyle choices play a significant role in determining activity levels.

A key finding of this analysis is the consistently low level of physical activity reported during occupational tasks. Participants across all categories-Teaching staff, non-teaching staff and Students-engage in minimal physical activity at their respective workplaces. This low level of occupational physical activity is characterized by a predominance of sedentary tasks such as sitting which is a common aspect of many work and academic environments.

For Teaching staff and non-teaching staff the nature of their work often involves extended periods of sitting with occasional standing or walking. This sedentary work pattern is further exacerbated by tasks that do not require significant physical exertion, such as administrative work or lecturing. Similarly, students while not typically engaged in physically demanding tasks also exhibit limited physical activity during their study sessions or class hours. The predominance of sedentary behaviour in these environments can contribute to negative health outcomes, such as decreased cardiovascular fitness and musculoskeletal problems.

The low level of physical activity at the workplace underscores the need for interventions aimed at increasing movement within these settings. Encouraging more frequent breaks, integrating physical activity into the workday and redesigning workspaces to facilitate movement could help address this issue. In contrast to occupational physical activity, leisure time activities reveal a more moderate level of physical engagement. Participants report engaging in moderate physical activities during their free time, such as walking or cycling, but these activities are not the primary focus of their leisure hours. Notably, there is a significant preference for sedentary activities, with watching television being the most frequently reported leisure activity.

The moderate engagement in physical activities during leisure time suggests that while participants do make some effort to include exercise in their lives, it is often overshadowed by more passive activities. This pattern of behaviour could be attributed to various factors, including a lack of motivation, time constraints or simply the greater appeal of sedentary leisure activities.

The preference for sedentary activities highlights a potential area for intervention. Programs designed to promote physical activity could benefit from emphasizing the enjoyment and benefits of active leisure pursuits and providing incentives or opportunities for participants to engage in these activities more regularly.

The ANOVA results indicate that there are no significant differences in physical activity levels among the three groups studied-Teaching staff, non-teaching staff and Students. The calculated F-value was 1.158, with a significance level of 0.317, which is higher than the standard threshold of 0.05. This finding suggests that physical activity habits are quite similar across these groups and that role or status within the university does not substantially influence one's level of physical activity.

The lack of significant differences among the groups may reflect a common environment or culture within the university that does not significantly impact physical activity levels. It could also indicate that individual lifestyle choices and external factors such as time constraints and personal interests play a more critical role in determining physical activity than the specific role or responsibilities of the individuals.

The uniformity in physical activity levels across different groups calls for a holistic approach to promoting physical activity. Instead of targeting specific groups, strategies should be designed to address the general population within the university focusing on creating a culture of wellness that encourages everyone to integrate more physical activity into their daily routines.

Overall, the analysis highlights a need for targeted interventions to increase physical activity across all segments of the university population. By addressing both occupational and leisure-related physical activity and promoting a culture that values and supports physical well-being there is potential to enhance overall health and fitness levels among Baba Ghulam Shah Badshah University employees and students.

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